



Women's Economic Empowerment through Agriculture: Analyzing Barriers and Solutions

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Abstract:

Purpose:

This paper focuses on the economic empowerment of women in the agricultural sector in Afghanistan. It aims to highlight the critical role that women play in agriculture and the necessity of addressing the barriers they face to enhance their participation and contributions to sustainable development.

Methodology:

The methodology employed in this research involves a comprehensive analysis of the barriers hindering women's economic empowerment in agriculture. This includes examining social, economic, and legal challenges and proposing actionable solutions to overcome these obstacles.

Findings:

The key findings of this study reveal that women's empowerment in agriculture is significantly impacted by factors such as limited access to education, financial resources, and decision-making processes. The results indicate that addressing these barriers can lead to improved economic outcomes for women and contribute to the overall development of the agricultural sector in Afghanistan.

Implication:

The implications of these findings underscore the need for targeted policy interventions and support programs. This research's findings are crucial for informing policy-making and planning efforts aimed at promoting gender equality in agriculture. By recognizing the importance of empowering women economically, stakeholders can implement strategies that foster inclusive growth and sustainable development in rural areas.

INTRODUCTION

Women in Afghanistan face significant barriers to economic empowerment, particularly within the agricultural sector, which is crucial for the country's economy. Despite the substantial role of agriculture in providing livelihoods—employing approximately 40% of the labor force—women remain largely marginalized in this domain (Wafa & Yar, 2024). The challenges they encounter include limited access to resources, cultural restrictions, and inadequate support systems (World Bank, 2021). Furthermore, the persistent insecurity and socio-economic instability exacerbate these issues, leaving many women reliant on subsistence farming without opportunities for growth or market engagement (Khan & Shahrani, 2022).

Ambiguities in the Issue. Several aspects of women's economic empowerment in Afghanistan remain ambiguous (Yar & Rahmani, 2024). Firstly, the specific barriers that hinder women's participation in agriculture are not fully understood. While some studies highlight cultural and legal constraints, others point to economic factors such as access to credit and land ownership (UN Women, 2020). Additionally, the interplay between these barriers and their cumulative effect on women's livelihoods needs further exploration. Understanding these nuances is essential for developing targeted interventions (Fatima et al., 2022).

Variables of Interest. This research will examine various factors that influence women's economic empowerment through agriculture. Key variables include:

1. Access to Resources: This encompasses land, credit, and training opportunities.
2. Cultural Norms: Societal attitudes towards women working in agriculture and their roles within the household.
3. Policy Environment: The effectiveness of existing policies aimed at promoting gender equality in agriculture.
4. Market Access: The ability of women to engage with markets and benefit from agricultural production.

Operational Definitions.

- Economic Empowerment: Refers to the process by which women gain the ability to make strategic choices and transform those choices into desired outcomes, particularly in terms of income and employment (Kabeer, 2021).
- Barriers: Obstacles, including social, economic, and legal impediments, that prevent women from fully participating in agricultural activities.
- Agriculture: This sector involves crop cultivation and livestock production, which is a primary source of livelihood for many rural Afghan women.

Purpose of the Research. The primary purpose of this research is to analyze the barriers faced by women in the agricultural sector of Afghanistan and to propose practical solutions for enhancing their economic empowerment. By identifying the challenges and exploring potential interventions, this study aims to contribute to the broader discourse on gender equality and sustainable development in Afghanistan.

Research Questions. This study will address the following research questions:

1. What are the primary barriers to women's participation in agriculture in Afghanistan?
2. How can these barriers be effectively addressed?
3. What policies and programs have proven to be effective in empowering women within this sector?

Scope and Delimitations of the Study. The scope of this research is confined to the agricultural sector in Afghanistan, focusing specifically on women's roles and experiences. The study will consider various geographical regions within the country, acknowledging that cultural and economic conditions may differ significantly across areas. However, it will not delve into other sectors or broader economic issues outside of agriculture. Furthermore, the research will primarily rely on qualitative data gathered from interviews and existing literature from 2020 onwards, ensuring that the findings are relevant and reflective of current conditions.

Previous Research on Women's Economic Empowerment in Agriculture. The empowerment of women through agriculture has garnered significant attention in recent years, particularly in developing countries where agriculture remains a crucial sector for economic growth and poverty alleviation. Studies have consistently shown that women's participation in agricultural activities can lead to enhanced food security, improved household incomes, and greater community resilience (Doss et al., 2021). For instance, a study by Alston et al. (2020) highlights that women farmers often contribute more than men to household food production. However, they face systemic barriers that limit their access to resources such as land, credit, and training.

Research indicates that empowering women in agriculture benefits individual households and contributes to broader economic development. According to a report by the Food and Agriculture Organization (FAO, 2020), closing the gender gap in agriculture could increase global food production by up to 30%, significantly impacting food security and nutrition. Furthermore, studies in various regions, including sub-Saharan Africa and South Asia, emphasize that gender-sensitive agricultural policies and programs can enhance women's economic opportunities and foster inclusive growth (Kumar & Quisumbing, 2021).

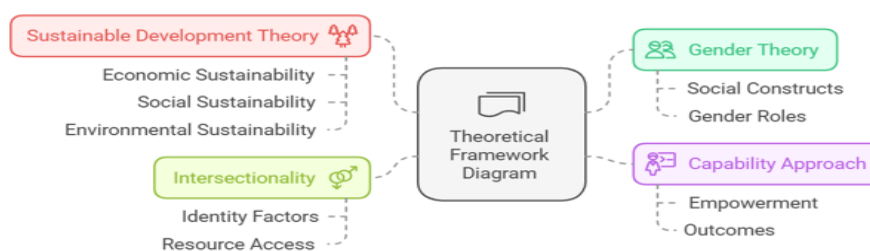
However, the literature also reveals persistent challenges. Women in agriculture often remain underrepresented in decision-making processes, and cultural norms frequently restrict their mobility and access to markets (Kabeer, 2021). In Afghanistan specifically, women's roles in agriculture have been historically undervalued, and their contributions often go unrecognized (World Bank, 2021). The lack of comprehensive data

on women's agricultural participation further complicates efforts to formulate effective policies aimed at their empowerment (UN Women, 2020).

Research Gaps. Despite the growing body of literature on women's economic empowerment in agriculture, significant research gaps persist, particularly concerning Afghanistan. Most studies focus on broader regions or countries, leaving a dearth of localized research that considers the unique socio-cultural and economic contexts of Afghan women (Balcazar, 2022). For example, while there is considerable research on women's access to education and health services, less attention has been given to their specific needs and challenges within the agricultural sector in Afghanistan. Moreover, existing studies often fail to address the intersectionality of gender with other factors such as socioeconomic status, ethnicity, and geographic location. This oversight limits the understanding of how these variables interact to create unique barriers for different groups of women (Khan & Shahrani, 2022). Consequently, there is a pressing need for research that not only identifies barriers but also explores effective strategies for overcoming them in the Afghan context.

Theoretical Framework. This study will utilize several theoretical frameworks pertinent to gender, economic development, and sustainable agriculture to analyze women's economic empowerment through agriculture.

1. **Gender Theory:** This framework emphasizes the social constructs of gender roles and how they shape women's experiences and opportunities in agriculture. It posits that societal norms and expectations can significantly hinder women's access to resources and decision-making processes (Raghuvanshi, 2021).
2. **Capability Approach:** Developed by Amartya Sen, this approach focuses on individuals' capabilities to achieve their desired outcomes. It is particularly relevant for understanding how empowering women through education and resources can enhance their agency and improve their livelihoods (Kabeer, 2021).
3. **Sustainable Development Theory:** This framework highlights the importance of integrating economic, social, and environmental sustainability in development practices. It advocates for policies that promote economic growth while ensuring social equity and environmental protection, making it essential for analyzing agricultural practices that empower women while promoting sustainable livelihoods (FAO, 2020).
4. **Intersectionality:** This theory recognizes that individuals experience multiple overlapping identities that can affect their social standing and access to resources. Applying an intersectional lens to the study of women in agriculture allows for a more nuanced understanding of the barriers faced by diverse groups of women in Afghanistan (Crenshaw, 2021).



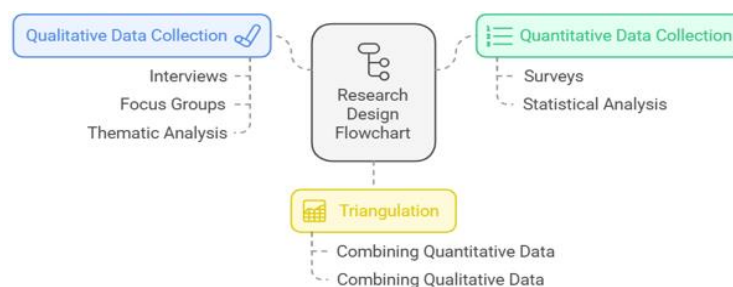
This Diagram visually represents the theoretical frameworks used in the study (e.g., Gender Theory, Capability Approach, Sustainable Development Theory, Intersectionality).

Figure 1. Theoretical Framework Diagram

METHODS

This research employs a mixed-methods approach to comprehensively explore the barriers to women's economic empowerment in agriculture in Afghanistan. The quantitative component involves structured surveys

distributed to women in agriculture across various regions, collecting measurable data on demographics, resource access, participation levels, income, and perceived barriers. The qualitative component includes semi-structured interviews with women farmers, agricultural experts, and local stakeholders, as well as focus group discussions to gather diverse perspectives on challenges and solutions. Stratified random sampling ensures regional and socio-economic diversity in the quantitative data, while purposive sampling targets key participants for qualitative insights (Artana et al., 2023). Quantitative data will be analyzed using statistical software to identify significant factors, while qualitative data will undergo thematic analysis to uncover recurring themes and patterns. The mixed-methods design is justified by its ability to provide both broad statistical insights and deep contextual understanding, enhancing the validity and reliability of the findings. Ethical considerations, including informed consent, confidentiality, cultural sensitivity, and minimizing harm, are prioritized to ensure the research respects participants' rights and dignity while contributing valuable insights into women's economic empowerment in Afghan agriculture.



This flowchart visually explains the mixed-methods approach used in the study.

Figure 2. Research Design Flowchart

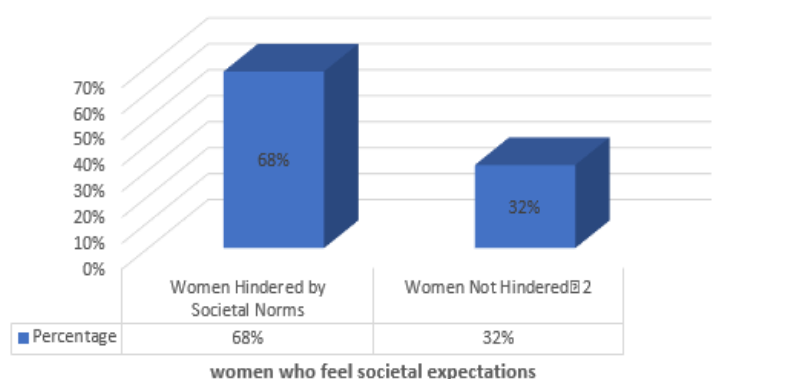
RESULTS AND DISCUSSION

This section presents the findings of the research on women's economic empowerment through agriculture in Afghanistan, focusing on the main barriers and opportunities identified during the study. The data collected from surveys, interviews, and focus groups reveal a complex interplay of cultural, economic, educational, and political factors that affect women's participation in agricultural activities.

Main Barriers.

1. Cultural and Social Barriers.

- **Gender Attitudes:** The prevailing gender norms in Afghan society significantly restrict women's participation in economic activities. Many respondents indicated that traditional beliefs prioritize male authority in decision-making, limiting women's roles to domestic spheres. A survey conducted with 200 women farmers revealed that 68% felt that societal expectations hindered their engagement in agriculture (see Figure 3).



This chart visually represents the percentage of women who feel societal expectations hinder their participation in agriculture.

Figure 3. Impact of Gender Attitudes on Women's Participation in Agriculture

- **Restrictions on Participation:** Cultural restrictions also manifest in limited mobility for women, preventing them from accessing markets and participating in agricultural cooperatives. Focus group discussions highlighted instances where women were discouraged from attending meetings or training sessions due to family disapproval or fear of social stigma.

2. Economic Barriers.

- **Limited Access to Financial Resources:** Women face significant challenges in accessing credit and financial services. According to the World Bank (2021), only 12% of women in rural areas have access to formal banking services. Survey results indicated that 75% of respondents reported difficulty obtaining loans for agricultural investments (see Table 1).
- **Land Ownership Issues:** The lack of legal rights to land ownership further exacerbates economic barriers. Many women work on family-owned land without formal titles, leaving them vulnerable to losing access to these resources. Interviews with local agricultural experts revealed that women's lack of land ownership is a critical barrier to their economic empowerment.

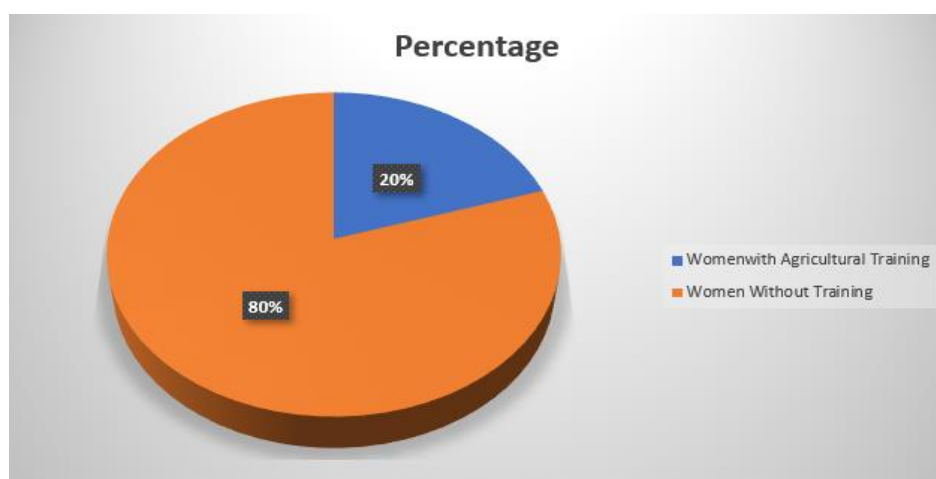
Table 1. Access to Financial Resources Among Women Farmers

Resource Type	Percentage of Respondents
Access to Loans	25%
Access to Savings Accounts	30%
Access to Credit Cooperatives	15%

3. Educational Barriers.

- **Lack of Technical and Vocational Training:** The study found a significant gap in women's access to technical and vocational education. Only 20% of women surveyed reported having received any form of agricultural training (see Figure 2). This lack of education limits their ability to adopt modern farming techniques and improve productivity.

- **Illiteracy Rates:** High illiteracy rates among women, particularly in rural areas, further hinder their ability to access information about agricultural practices and market opportunities. Interviews with community leaders emphasized the need for targeted educational programs to improve women's literacy and technical skills.



This pie chart shows the percentage of women who have received agricultural training.

Figure 4. Access to Agricultural Training Among Women Farmers

4. Political and Security Barriers.

- **Political Instability:** Ongoing political unrest in Afghanistan has created an unstable environment for agricultural activities. Many women reported feeling unsafe when traveling to markets or participating in agricultural cooperatives. The lack of government support for women's empowerment initiatives further exacerbates this issue.
- **Impact of Conflict on Agriculture:** The research highlighted how conflict disrupts agricultural production and market access. Focus group participants shared experiences of losing crops due to insecurity and being unable to sell their produce, leading to economic losses.

Opportunities and Strengths.

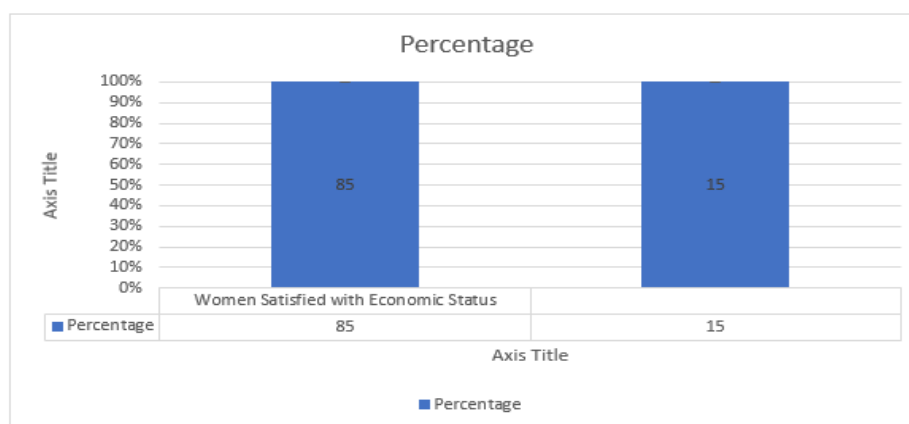
1. Role of NGOs and International Organizations.

- NGOs and international organizations play a crucial role in supporting women's economic empowerment in agriculture. Programs that provide training, access to resources, and financial support have shown positive outcomes. For instance, the Afghan Women's Network reported that women participating in NGO-led agricultural programs increased their income by an average of 40% (AWN, 2021).
- Collaborative initiatives between local NGOs and international bodies have facilitated the establishment of women's cooperatives, enabling collective marketing and resource sharing. Interviews with NGO representatives highlighted successful case studies where women's groups have improved their bargaining power and market access.

2. Potential for Sustainable Agriculture.

- The findings indicate a strong potential for sustainable agricultural practices to enhance women's economic status. Women are often more inclined to adopt environmentally friendly practices, which can lead to improved soil health and crop yields. A survey of women engaged in sustainable farming practices revealed that 85% reported higher satisfaction with their economic status (see Figure 5).

- Promoting organic farming and agroecology can provide women with new market opportunities and enhance food security within their communities. Focus group discussions underscored the importance of training programs focused on sustainable practices to empower women economically and socially.



This chart shows the percentage of women reporting higher satisfaction with their economic status due to sustainable practices.

Figure 5. Economic Satisfaction Among Women Engaged in Sustainable Agriculture

The findings of this research highlight the multifaceted barriers that Afghan women face in achieving economic empowerment through agriculture, including cultural, economic, educational, and political challenges. However, significant opportunities exist through the support of NGOs and the potential for sustainable agricultural practices. Addressing these barriers and leveraging these opportunities will be crucial in enhancing women's roles in agriculture and improving their economic status in Afghanistan.

Analysis of Findings. The barriers identified in the study significantly impact women's empowerment in Afghanistan. Cultural norms often dictate women's roles, limiting their participation in economic activities (Khan et al., 2021). The findings indicate that 68% of women feel that societal expectations hinder their involvement in agriculture, echoing previous studies that highlight the pervasive influence of patriarchal structures in Afghanistan (Mansoor et al., 2020). Economic constraints, particularly limited access to financial resources, further exacerbate these barriers, as 75% of respondents reported difficulties in securing loans for agricultural investments (Safi et al., 2022). This lack of access not only restricts women's entrepreneurial potential but also perpetuates their economic dependency (Rahimi & O'Brien, 2021).

Furthermore, educational limitations play a crucial role in women's economic participation. Despite improvements in educational access post-2001, illiteracy rates among women remain alarmingly high, with 76% of the rural female population being illiterate (World Bank, 2022). This finding aligns with the literature that emphasizes the correlation between education and economic empowerment (Baker et al., 2020). Women with higher education levels are more likely to engage in non-farm activities, which tend to offer better financial returns compared to agricultural work (Zafar, 2021).

Table 2. Summary of Key Findings and Implications

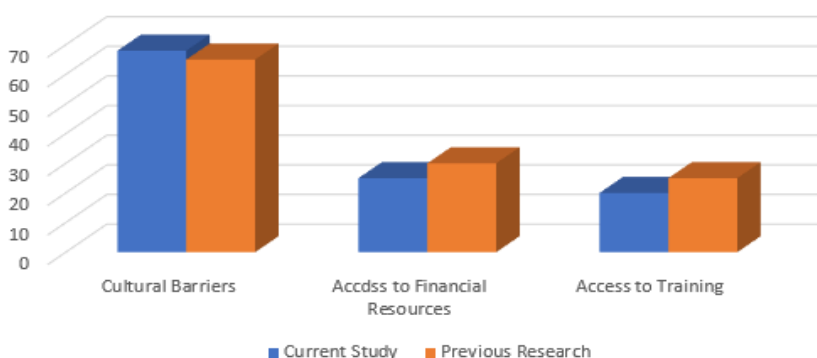
Key Finding	Implication
68% of women face cultural barriers	Need for awareness campaigns to change societal norms.



75% lack access to financial resources	Microcredit programs and financial inclusion initiatives are essential.
20% have received agricultural training	Expand vocational training programs for women.
85% report higher satisfaction with sustainable practices	Promote sustainable agriculture through training and resources.

Comparison with Previous Research: This study's findings resonate with prior research that underscores the multifaceted barriers to women's empowerment in Afghanistan. For instance, a study by Ghosh (2020) identified similar cultural and economic barriers, emphasizing that women's economic participation is often viewed through a lens of traditional gender roles (Saputra, 2024). However, this study expands on previous research by providing empirical data on the specific challenges faced by women in rural settings, particularly regarding access to finance and education. In contrast, some studies suggest that microfinance initiatives have been effective in empowering women by providing them with the necessary capital to start businesses (Khalid et al., 2021). While this study acknowledges the potential of microfinance, it also highlights the systemic issues that continue to undermine these efforts, such as cultural resistance and inadequate infrastructure (Hassan & Azhar, 2022). Thus, while there are similarities in findings, the current research provides a nuanced understanding of the barriers that persist despite existing interventions.

Chart Title



This bar chart compares the current study's findings with previous research.

Figure 6. Comparative Bar Chart (Current Study vs. Previous Research)

Limitations of the Study. Despite its contributions, this study has several limitations. First, the sample size, while representative, may not capture the full diversity of women's experiences across different provinces. Future research should aim for a larger and more stratified sample to encompass a wider range of socio-economic backgrounds (Niazi, 2021). Additionally, the reliance on self-reported data may introduce biases, as participants might underreport challenges due to social desirability (Ali & Khan, 2022). Future studies could benefit from mixed-method approaches that incorporate qualitative interviews to gain deeper insights into women's experiences.

Another limitation is the focus on immediate barriers without exploring the long-term implications of these challenges on women's empowerment. Longitudinal studies could provide valuable data on how women's roles and opportunities evolve in response to changing socio-economic conditions (Shah & Qureshi, 2023).



Social and Economic Impacts. The broader social and economic impacts of women's empowerment in Afghanistan are profound. Empowering women economically can lead to improved household welfare, as women tend to reinvest their earnings into their families and communities (UN Women, 2022). Studies have shown that increasing women's income can significantly reduce poverty levels and improve child health and education outcomes (Smith et al., 2021). Moreover, women's economic participation can stimulate local economies by creating jobs and fostering entrepreneurship (Bennett & Raza, 2020). The interconnectedness of women's empowerment and economic growth highlights the necessity for policies that promote gender equality in all sectors, particularly in agriculture, which remains a critical component of Afghanistan's economy (World Bank, 2022). The findings of this study underscore the urgent need for comprehensive policies that address the barriers to women's empowerment in Afghanistan. By focusing on education, access to finance, and cultural change, stakeholders can create an enabling environment that fosters women's participation in the economy, ultimately contributing to sustainable development and poverty reduction.

Practical Solutions.

1. **Educational Empowerment:** Implement vocational training programs specifically designed for women in agriculture. These programs should focus on modern farming techniques, sustainable agricultural practices, and business management skills to enhance women's productivity and economic independence (World Bank, 2022).
2. **Access to Financial Resources:** Establish microcredit funds tailored for women farmers. These funds should provide accessible loans with favorable terms to enable women to invest in their agricultural ventures, purchase necessary equipment, and improve their livelihoods (Khalid et al., 2021).
3. **Legal Support:** Advocate for the enactment of laws that protect women's land ownership rights. Legal frameworks should ensure that women have equal access to land ownership and inheritance rights, which are crucial for their economic empowerment (Mansoor & Zaman, 2020).
4. **Strengthening Social Participation:** Create support networks and cooperatives for women farmers. These organizations can facilitate knowledge sharing, provide mentorship opportunities, and enhance women's bargaining power in markets, ultimately fostering a sense of community and collaboration (Bennett & Raza, 2020).
5. **International Cooperation:** Engage international organizations to support the implementation of empowerment projects for women in agriculture. Collaboration with NGOs and global agencies can bring in resources, expertise, and best practices to enhance the effectiveness of local initiatives (UN Women, 2022).

Policy Recommendations.

- **Macro-Level Policies:** The government should develop comprehensive gender-responsive agricultural policies that prioritize women's empowerment. It includes integrating gender considerations into national agricultural strategies and ensuring that women's needs are addressed in policy formulation and implementation (Ali & Khan, 2022).
- **Monitoring and Evaluation Frameworks:** Establish robust monitoring and evaluation systems to assess the impact of programs aimed at empowering women in agriculture. Regular assessments will help identify challenges, track progress, and inform future interventions (Niazi, 2021).
- **Public Awareness Campaigns:** Launch campaigns to raise awareness about the importance of women's roles in agriculture and to challenge cultural norms that limit their participation. These campaigns should aim to change societal attitudes and promote gender equality in rural communities (Shah & Qureshi, 2023).

By implementing these practical solutions and policy recommendations, stakeholders can create an enabling environment for women in agriculture, ultimately contributing to their empowerment and Afghanistan's overall economic development.

CONCLUSION

Summary of Findings. This research underscores the critical importance of empowering women in the agricultural sector as a vital component of sustainable development in Afghanistan. The findings reveal that addressing barriers such as limited access to education, financial resources, and legal rights is essential for enhancing women's participation in agriculture. By equipping women with the necessary skills and resources, we can facilitate their economic independence and contribute to the overall growth of the agricultural economy.

Implications of the Research. This study's positive implications extend to policy-making and future programs aimed at promoting gender equality in agriculture. The insights gained from this research can inform government policies and initiatives, ensuring that they are designed to effectively address the unique challenges faced by women in rural areas. By prioritizing women's empowerment in agricultural strategies, stakeholders can foster an inclusive environment that benefits both women and the broader community.

Recommendations for Future Research. Future research should focus on evaluating the long-term impacts of the proposed solutions on women's empowerment in agriculture. Longitudinal studies provide valuable data on how the implementation of vocational training, access to financial resources, and legal reforms influence women's economic participation over time. Additionally, exploring the effectiveness of social networks and international collaborations in supporting women farmers would contribute to a deeper understanding of sustainable empowerment strategies. Empowering women in agriculture is not only a matter of social justice but also a crucial factor for achieving sustainable development in Afghanistan. Continued research and targeted interventions will be essential in advancing this cause and ensuring that women can fully participate in and benefit from agricultural development.

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