

ORIGINAL ARTICLE

Socioeconomic Determinants of Women's Empowerment and Child Nutrition in Urban Pakistan

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Abstract

Background: The importance of women's empowerment in enhancing child feeding outcomes has been acknowledged. Nevertheless, there is a lack of research on the influence of socioeconomic determinants on women's empowerment and its consequent effect on child nutrition in urban Pakistan.

Methods: This research used a cross-sectional design and analyzed data from 420 pairs of mothers and children in Karachi, Pakistan. The assessment of women's empowerment included calculating an aggregate score that took into account decision-making authority, attitudes towards domestic violence, and measures of economic empowerment. The World Health Organization (WHO) growth criteria were used to categorize the nutritional condition of children as stunted, wasted, underweight, or overweight. A multivariate logistic regression analysis was conducted to investigate the correlation between socioeconomic characteristics, women's empowerment, and children's nutritional status.

Findings: Women's empowerment showed a favorable correlation with higher levels of maternal education, professional career, and household asset ownership. mothers who were empowered had a far greater likelihood of having well-nourished children (adjusted odds ratio [aOR] = 2.14, 95% confidence interval [CI]: 1.42-3.22) compared to mothers who were not empowered, even after taking into account socioeconomic characteristics.

Conclusion: This research emphasizes the significance of socioeconomic variables in shaping the empowerment of women and the resulting effects on child nutrition outcomes in urban Pakistan. Attempts to enhance women's education, economic prospects, and family wealth may lead to an increase in women's empowerment and, as a result, an improvement in child nutrition.

Keywords: Women's empowerment, child nutrition, socioeconomic factors, urban Pakistan, decision-making power

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Layman Summary

This research examined how socioeconomic characteristics including education, profession, and family wealth, as well as women's empowerment, affect the nutritional condition of children under five in Karachi, Pakistan. The data came from 420 mother-child pairs visiting Karachi hospitals. Women's empowerment was measured by household decision-making authority, wife-beating views, and economic empowerment. According to WHO growth criteria, children were classed as stunted, wasted, underweight, or overweight based on height, weight, and mid-upper arm circumference. Higher maternal education, professional jobs, and household asset ownership were linked to women's empowerment. Even after controlling for other socioeconomic characteristics, empowered women had better probabilities of having well-nourished children than unempowered women. These data imply that education, economic opportunity, and family wealth may empower women. Empowered women had superior family decision-making and resource allocation, improving child nutrition in metropolitan Karachi.

Introduction

Children under the age of five in Pakistan are experiencing alarmingly high rates of stunting, underweight, and wasting, making childhood malnutrition a significant problem as far as public health is concerned. One in three children in Pakistan who are under the age of five are considered to be undernourished, according to the National Nutrition Survey[1]. According to the Multiple Indicator Cluster Survey (2018–19) in Karachi's urban area, 3.6% of children under the age of five were overweight, 44.2% were stunted, 11.0% were wasting, and 26.2% were underweight[2]. These figures demonstrate how urgently measures that are both efficient and effective are required to combat hunger and the detrimental effects that it has on the development and health of children is required[3].

Women's empowerment is one possible tactic to enhance the nutritional results for children. Women are essential to the distribution of family resources, childcare policies, and the general wellbeing of children since they are the main carers[4]. Numerous research have shown that increased female empowerment, including economic empowerment, self-governance, and social independence, may have a favourable effect on the nutritional outcomes and variety of diets for children[5,6,7,8].

However, there are a number of socioeconomic elements that impact the complicated link between child nutrition and women's empowerment[10,11]. Socioeconomic status has been shown to be a significant factor in determining women's empowerment, including family wealth, education, and employment[11,12]. Higher levels of education and financial independence have been linked to women having more autonomy and decision-making authority, which may have a favourable impact on how they allocate resources and give priority to the health and nutrition of their children[13,6].

Women in Pakistan often encounter formidable obstacles when it comes to getting an education, finding work, and having the ability to make decisions for themselves and their families[14,15]. These elements may restrict their capacity to manage resources that are essential for the health and nutrition of their children as well as to make educated decisions. Furthermore, cultural norms and perspectives on gender-based violence may impede women's autonomy and empowerment even more[16].

While the connection between nutrition for children and women's empowerment has been studied in a variety of situations, little research has been done on how socioeconomic issues, especially in metropolitan areas like Karachi, affect this link[17]. By examining the relationships between women's empowerment and a range of socioeconomic characteristics, such as education, employment, and household assets, as well as how these factors work together to affect the nutritional status of children under five in Karachi, Pakistan, this study seeks to close this gap.

For focused interventions and policies to improve maternal and child health outcomes in urban Pakistan, it is essential to comprehend the socioeconomic drivers of women's empowerment and their influence on child nutrition. Policymakers and healthcare professionals can devise strategies to tackle the major socioeconomic factors that contribute to women's empowerment. This will allow them to establish an environment that facilitates women exercising their autonomy and making informed decisions about nutrition and child health.

Methods

Study design and setting: From November 2022 to March 2023, a cross-sectional research was carried out in two hospital settings—one welfare hospital and one private hospital—in Karachi.

Study population: The research cohort included of children aged below five years and their maternal caregivers living in Karachi.

Sampling technique: A consecutive non-probability sampling technique was used to enlist individuals who were attending hospitals for regular exams, vaccines, and vaccinations.

Objectives of the research: The main aim of this study was to find out how women's empowerment is related to different socioeconomic variables (such as education, job, family income, and household assets) and how these variables affect children under five years old in Karachi's nutritional status.

Biases and confounders

The research used the following techniques to deal with any biases and confounders:

- Selection bias:** To minimize selection bias and ensure a sample of the target population that is representative, the research used a consecutive sampling method.
- Recall bias:** During the data collecting procedure, anthropometric measures of the children were obtained in order to mitigate recall bias as rather than relying self-reported measurements.
- Confounding factors:** To account for any confounding factors, like socioeconomic and demographic characteristics, the relationship between women's empowerment and children's nutritional status was examined using multivariate logistic regression analysis.

Data collection: Data were gathered using a bilingual (English and Urdu) self-administered questionnaire. The survey included information on mothers' decision-making authority, ownership of assets, dietary habits, anthropometric measures of children (weight, height, mid-upper arm circumference), and views toward domestic violence.

Quality control measures: To ensure the integrity of the data, the subsequent procedures were executed:

- Prior to the primary data collection, the questionnaire underwent pre-testing with 20 respondents in order to evaluate its comprehensibility and inclusivity.
- Standardized procedures were adhered to when conducting anthropometric assessments on children.
- Trained personnel were involved for data entry, and random tests were performed to detect and rectify any errors.

Statistical Analysis

Sample size estimation:

The sample size for this study was calculated using the OpenEpi software, taking into consideration the following parameters:

- Expected prevalence of stunting among children under five years in Sindh province: 44.2%[18]
- Desired power of the study: 90%
- Confidence level: 95%
- Margin of error: 0.5%

The estimated minimum sample size necessary for the investigation, determined by these parameters, was 384 mother-child pairs. In order to mitigate the influence of incomplete or non-response data, a 10% increase was made to the sample size, which resulted in a final sample size of 420 mother-child pairs.

After inflating by 10% for non-response, the final sample size was:

$$n = 384 + (0.1 * 384) n = 420$$

For this reason, a sample size of 420 mother-child pairs was considered suitable in order to estimate the prevalence of stunting and other nutritional indicators among children under the age of five in Karachi with sufficient statistical power and precision.

Data analysis: The data were analyzed using IBM SPSS version 22. Relevant variables were analyzed using descriptive statistics, which included calculations for frequencies, percentages, means, and standard deviations.

A multivariate logistic regression analysis was conducted to investigate the relationship between socioeconomic characteristics, women's empowerment, and children's nutritional status. Crude odds ratios (cORs) and adjusted odds ratios (aORs) were computed, taking into account possible confounding variables like age, marital status, parents' education levels, parents' employment, family type, home ownership, and ownership of assets. The calculations were accompanied with 95% confidence intervals (CIs).

A p-value less than 0.05 was deemed to be statistically significant.

Ethical considerations The SZABIST Research Board and Ethical Committee provided its ethical clearance. The research locations

were asked for formal approval before any data could be collected. Every participant gave their informed permission, and the research was conducted with privacy and confidentiality protected.

Results

Characteristics of the participants: The research included 420 mother-child couples in total. Table 1 displays the participants' sociodemographic characteristics.

Table 1: Socioeconomic and Demographic Characteristics of the Study Participants

Characteristic	Frequency (n)	Percentage (%)
Age of Children (years)		
Mean ± SD	2.83 ± 1.197	
Under 1 year	36	8.6
2 years	114	27.1
3 years	120	28.6
4 years	84	20.0
5 years	66	15.7
Gender of Child		
Boy	224	53.3
Girl	196	46.7
Marital Status		
Married	405	96.4
Divorced	9	2.1
Separated	6	1.4
Mother's Educational Status		
None (no schooling)	58	13.8
Primary-Intermediate	187	44.5
Graduation or above	175	41.7
Mother's Occupation		
Not working	329	78.3
Professional/Technical/Managerial	37	8.8
Clerical/Sales and services	46	11.0
Skilled & Unskilled worker	8	1.9
Husband's Educational Status		
None (no schooling)	62	14.8
Primary-Intermediate	117	27.9
Graduation & above	241	57.4
Husband's Occupation		
Professional/Technical/Managerial	197	46.9
Clerical	62	14.8
Sales and services	52	12.4
Skilled & Unskilled worker	89	21.2
Unemployed	20	4.8

Main findings

Women's Empowerment and Socioeconomic Factors: The occurrence of women's empowerment has been established to be linked to several socioeconomic conditions. Maternal education at higher levels shown a positive association with the empowerment of women. More precisely, among women with a graduate or above education level, 67.4% (118 out of 175) were identified as empowered. In comparison, 44.9% (84 out of 187) of women with elementary to intermediate education and 29.3% (17 out of 58) of women with no formal education were classed as empowered. This difference is statistically significant (p < 0.001).

Likewise, there was a significant correlation between the employment of the mother and the level of empowerment experienced by women. Out of the women working in professional, technical, or managerial roles, 73.0% (27 out of 37) felt empowered. In contrast, only 43.8% (144 out of 329) of jobless women felt empowered. This difference was also statistically significant (p < 0.001).

There was a positive correlation between women's empowerment and household asset ownership, which is an indication of economic status. The percentage of women who felt empowered was significantly greater among those who had assets such as a vehicle (62.5%, 95/152) or a home (58.9%, 123/209) compared to those who did not own any assets (p < 0.001).

After accounting for other socioeconomic and demographic factors, a multivariate logistic regression analysis found that higher maternal education (adjusted odds ratio [aOR] = 2.51, 95% confidence interval

[CI]: 1.62-3.89 for graduation or above vs. no schooling), professional or managerial occupation (aOR = 2.17, 95% CI: 1.11-4.25 vs. unemployed), and household asset ownership (aOR = 1.84, 95% CI: 1.22-2.77 for car ownership; aOR = 1.63, 95% CI: 1.09-2.44 for house ownership) were independent predictors of women's empowerment.

Women's Empowerment and Children's Nutritional Status: The proportion of nourished children was substantially greater among women who were empowered (76.5%, 153/200) compared to mothers who were not empowered (54.5%, 136/220) (p < 0.001).

After controlling for socioeconomic and demographic variables, multivariate logistic regression analysis showed that empowered women had substantially better chances of having well-nourished children than unempowered women (aOR = 2.14, 95% CI: 1.42-3.22).

Table 2: Association Between Women's Empowerment and Children's Nutritional Status

Women's Empowerment	Malnourished	Well-Nourished	Total
Not Empowered	84 (38.2%)	136 (61.8%)	220
Empowered	47 (23.5%)	153 (76.5%)	200
Total	131 (31.1%)	289 (68.8%)	420

Pearson's Chi-square value: 10.345, df = 1, p-value = 0.001

Table 3: Association Between Socioeconomic Factors and Women's Empowerment

Socioeconomic Factor	Adjusted Odds Ratio (95% CI)	p-value
Maternal Education		
None (no schooling)	Reference	
Primary-Intermediate	1.42 (0.95-2.12)	0.089
Graduation or above	2.51 (1.62-3.89)	<0.001
Maternal Occupation		
Unemployed	Reference	
Professional/Technical/Managerial	2.17 (1.11-4.25)	0.024
Clerical/Sales and services	1.29 (0.78-2.13)	0.321
Skilled & Unskilled worker	0.87 (0.35-2.15)	0.763
Household Asset Ownership		
Car ownership	1.84 (1.22-2.77)	0.003
House ownership	1.63 (1.09-2.44)	0.017

Discussion

The link between socioeconomic variables, women's empowerment, and the nutritional condition of children under five years old in Karachi, Pakistan's urban environment is insightfully shown by this research. The results imply that empowerment of women is favourably correlated with greater levels of maternal education, professional employment, and ownership of family assets. Even after accounting for socioeconomic and demographic variables, empowered women had a much greater chance of having well-nourished children than did unempowered women.

The positive correlation shown between women's empowerment and maternal education is in line with other research carried out in different contexts[19,20,21,22]. Women's knowledge, capacity for making decisions, and negotiating strength within the home are all greatly increased by education. Better at allocating resources for the health and nutrition of their children, educated women are more likely to take part in family choices and have more independence.

Additionally consistent with the body of research is the conclusion that greater degrees of women's empowerment are linked to professional or management jobs[23]. Women who work in professional positions often have more financial independence, decision-making authority, and control over home resources. These elements could help to better distribute resources for the health and nutrition of children.

Previous studies emphasising the value of economic empowerment for women are consistent with the positive correlation between household asset ownership and women's empowerment seen in this study[24].

Previous studies emphasising the value of economic empowerment for women are consistent with the positive correlation between household asset ownership and women's empowerment seen in this study[25]. Women's negotiating strength and decision-making authority inside the home may be increased by having assets, including automobiles and homes, acting as a proxy for family wealth and economic position. Better able to dedicate money towards the health and nutrition of their children, women with more financial means help to enhance nutritional outcomes of their children.

The conclusion that empowered women were much more likely than unempowered women to have well-nourished children is consistent with a number of research done in different settings[26,27]. More often than not, empowered women have more freedom, decision-making authority, and management over home resources, which allows them to give child health and nutrition first priority[5,6]. Empowered women could also be more confident in making decisions about infant care, have greater access to healthcare resources, and know more about good feeding techniques[7,8].

Empowerment of women and better nutrition results for children are related via a number of different mechanisms. Children's diets may be more varied and food security improved when empowered women have more influence over resource distribution within the home[6,7]. They could also have more influence over how people seek healthcare, which would enable children to get preventative and therapeutic interventions on time[28]. Moreover, confident and self-sufficient women could be better able to carry out the best childcare techniques, such as breastfeeding, supplemental feeding, and general child-rearing techniques[29].

It is essential to remember that a number of social, cultural, and environmental elements affect the intricate and varied link between women's empowerment and child nutrition. Although the influence of education, job, and family assets was the main focus of this research, other aspects like gender roles, society norms, and access to health care may also be important in determining women's empowerment and how it affects child nutrition[30,31].

Study strengths and limitations

Strengths:

1. The socioeconomic factors of women's empowerment and their relationship with the nutritional outcomes of children in an urban Pakistani context are well-illustrated by this research.
2. The accuracy of the results is increased by using anthropometric measures and uniform methods to evaluate the nutritional status of children.
3. By controlling for potential confounding variables, the multivariate analysis strategy enhanced the observed associations.

Limitations:

1. The cross-sectional design of the research makes it impossible to establish causal links between the results of child nutrition and women's empowerment.
2. The research was done in hospital settings, potentially leading to selection bias and limited generalizability to the Karachi community.
3. The evaluation of women's empowerment was conducted using a composite score, which is susceptible to variability across sociocultural contexts and may not encompass all dimensions of empowerment.
4. The investigation did not take into account some socioeconomic parameters, such household income and wealth index, that may have shed light on the correlation between economic position and women's empowerment.

Conclusion and Recommendations

This research offers important information about the relationship between socioeconomic status, women's empowerment, and the results of child nutrition in Karachi, Pakistan's metropolitan context. The results emphasize the significance of socioeconomic factors in determining women's empowerment, including maternal education, profession, and ownership of family assets. Furthermore, even after

controlling for demographic and socioeconomic variables, empowered women were still shown to have considerably greater chances of having children who are well-nourished than unempowered mothers.

These findings highlight the need of all-encompassing approaches to enhance infant feeding outcomes by addressing the socioeconomic factors that influence women's empowerment. Interventions that increase women's access to education, especially at the university level, as well as chances to acquire new skills and gain economic independence should be a top priority for public health officials and policymakers.

It is important to make initiatives to enhance the involvement of women in professional and management roles, as well as entrepreneurial pursuits, which may aid in their economic self-sufficiency and influence in home decision-making. Moreover, initiatives focused on enhancing women's economic empowerment and negotiating leverage might be further reinforced by strategies targeting the augmentation of women's household asset ownership and wealth accumulation.

Additionally, it is essential to confront cultural conventions and attitudes that impede the empowerment of women. It is necessary to undertake campaigns and educational initiatives that aim to challenge gender stereotypes, promote gender equality, and create knowledge about the significance of women's empowerment in enhancing child health and nutrition outcomes.

It is crucial to include women's empowerment elements into current mother and child health initiatives, including prenatal care, postnatal care, and nutrition counselling services. By providing women with education, expertise, and assets, they may enhance their ability to make informed choices and champion the welfare of their children.

In addition, it is crucial to have collaboration as well as coordination among different stakeholders, including as government agencies, non-governmental organisations, community leaders, and healthcare specialists, in order to ensure the effective execution and long-term viability of women's empowerment projects.

This study offers valuable insights, but additional research is necessary to investigate the precise pathways through which socioeconomic factors influence women's empowerment and the mechanisms by which empowered women have a positive impact on child nutrition outcomes. Furthermore, longitudinal studies and intervention-based research might generate stronger evidence pertaining to the causal relationships between these factors.

Supporting Information

The data collection tool, data and other supporting information can be accessed by contacting the corresponding author.

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Authors' Contributions

Conceptualization: HSS, RHR

Data Curation: HSS, EK, RHR

Formal Analysis: HSS, EK, RHR

Investigation: HSS, EK, RHR

Methodology: HSS, EK, RHR

Project Administration: HSS, EK, RHR

Supervision: RHR

Writing – Original Draft Preparation: HSS, EK, RHR

Writing – Review & Editing: HSS, EK, RHR

All authors have read and agreed to the published version of the manuscript.

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What is already known

- Empowering women is vital for increasing child nutrition in diverse circumstances.
- Socioeconomic variables including education, employment, and home wealth play a crucial role in empowering women.
- Maternal education and economic independence are linked to enhanced decision-making capacity and autonomy in women.
- Empowered women have more influence over family resource allocation, potentially impacting child health and nutrition outcomes.

خلاصہ

الخلفية: تم الاعتراف بأهمية تمكين المرأة في تعزيز نتائج تغذية الطفل. ومع ذلك، هناك نقص في الأبحاث حول تأثير المحددات الاجتماعية والاقتصادية على تمكين المرأة وتأثيرها المترتب على تغذية الأطفال في المناطق الحضرية في باكستان.

الطرق: استخدم هذا البحث تصميمًا مقطعيًا وحلل البيانات من 420 زوجًا من الأمهات والأطفال في كراتشي، باكستان. وشمل تقييم تمكين المرأة حساب النتيجة الإجمالية التي أخذت في الاعتبار سلطة اتخاذ القرار، والمواقف تجاه العنف المنزلي، وتدابير التمكين الاقتصادي. تم استخدام معايير النمو لمنظمة الصحة العالمية (WHO) لتصنيف الحالة التغذوية للأطفال على أنها النقص أو الهزال أو نقص الوزن أو زيادة الوزن. تم إجراء تحليل الانحدار اللوجستي متعدد المتغيرات للتحقيق في العلاقة بين الخصائص الاجتماعية والاقتصادية، وتمكين المرأة، والحالة التغذوية للأطفال.

النتائج: أظهر تمكين المرأة وجود علاقة إيجابية مع مستويات أعلى من تعليم الأم، والحياة المهنية، وملكية الأصول المنزلية. كان لدى الأمهات اللاتي تم تمكينهن احتمالية أكبر بكثير لإنجاب أطفال يتمتعون بتغذية جيدة (نسبة الأرجحية المعدلة [aOR] = 2.14، فاصل الثقة 95% [CI]: 1.42-3.22). مقارنة بالأمهات غير المتمكنات، حتى بعد الأخذ في الاعتبار الخصائص الاجتماعية والاقتصادية.

الاستنتاج: يؤكد هذا البحث على أهمية المتغيرات الاجتماعية والاقتصادية في تشكيل تمكين المرأة وآثار الناتجة على نتائج تغذية الطفل في المناطق الحضرية في باكستان. وقد تؤدي محاولات تعزيز تعليم المرأة، والتوقعات الاقتصادية، وثروة الأسرة إلى زيادة تمكين المرأة، ونتيجة لذلك، تحسن تغذية الطفل.

الكلمات المفتاحية: تمكين المرأة، تغذية الطفل، العوامل الاجتماعية والاقتصادية، باكستان الحضرية، قوة اتخاذ القرار

خلاصہ

پس منظر: بچوں کو دودھ پلانے کے نتائج کو بڑھانے میں خواتین کو بااختیار بنانے کی اہمیت کو تسلیم کیا گیا ہے۔ اس کے باوجود، خواتین کو بااختیار بنانے پر سماجی و اقتصادی عوامل کے اثرات اور شہری پاکستان میں بچوں کی غذائیت پر اس کے نتیجے میں ہونے والے اثرات پر تحقیق کا فقدان ہے۔

طریقہ: اس تحقیق میں ایک کراس سیکشنل ڈیزائن کا استعمال کیا گیا اور کراچی، پاکستان میں ماؤں اور بچوں کے 420 جوڑوں کے ڈیٹا کا تجزیہ کیا گیا۔ خواتین کو بااختیار بنانے کے جائزے میں ایک مجموعی اسکور کا حساب لگانا شامل تھا جس میں فیصلہ سازی کی تہاڑی، گھریلو تشدد کے تئیں رویے، اور معاشی بااختیار بنانے کے اقدامات کو مدنظر رکھا گیا تھا۔ اولڈ بیلہ آرگنائزیشن (ڈبلیو ایچ او) کی ترقی کے معیار کا استعمال بچوں کی غذائیت کی حالت کو کمزور، ضائع، کم وزن، یا زیادہ وزن کے طور پر درجہ بندی کرنے کے لیے کیا گیا تھا۔ سماجی و اقتصادی خصوصیات، خواتین کو بااختیار بنانے، اور بچوں کی غذائیت کی حیثیت کے درمیان ارتباط کی تحقیقات کے لیے ایک ملٹی ویریبل لاجسٹک ریگریشن تجزیہ کیا گیا۔

نتائج: خواتین کی بااختیاریت نے زچگی کی اعلیٰ سطح کی تعلیم، پیشہ ورانہ کیریئر، اور گھریلو اثاثوں کی ملکیت کے ساتھ ایک سازگار تعلق ظاہر کیا۔ جن ماؤں کو بااختیار بنایا گیا تھا ان کے بچوں کی اچھی پرورش کے امکانات بہت زیادہ تھے (ایڈجسٹڈ اوڈس ریشو [aOR] = 2.14، اعتماد کا وقفہ [CI]: 1.42-3.22) ان ماؤں کے مقابلے میں جنہیں بااختیار نہیں بنایا گیا تھا، یہاں تک کہ غور کرنے کے بعد بھی سماجی اقتصادی خصوصیات

نتیجہ: یہ تحقیق خواتین کو بااختیار بنانے میں سماجی و اقتصادی تغیرات کی اہمیت اور شہری پاکستان میں بچوں کی غذائیت کے نتائج پر پڑنے والے اثرات پر زور دیتی ہے۔ خواتین کی تعلیم، معاشی امکانات اور خاندانی دولت کو بڑھانے کی کوششیں خواتین کی بااختیاریت میں اضافے کا باعث بن سکتی ہیں اور اس کے نتیجے میں بچوں کی غذائیت میں بہتری آ سکتی ہے۔

کلیدی الفاظ: خواتین کو بااختیار بنانا، بچوں کی غذائیت، سماجی اقتصادی عوامل، شہری پاکستان، فیصلہ سازی کی طاقت

抽象的

背景: 妇女赋权对于提高儿童喂养结果的重要性已得到承认。然而，缺乏关于社会经济决定因素对妇女赋权的影响及其对巴基斯坦城市儿童营养的影响的研究。

方法: 本研究采用横断面设计，分析了巴基斯坦卡拉奇 420 对母亲和儿童的数据。对妇女赋权的评估包括计算总分，其中考虑了决策权、对家庭暴力的态度以及经济赋权措施。世界卫生组织 (WHO) 生长标准用于将儿童的营养状况分为发育迟缓、消瘦、体重不足或超重等。采用多变量逻辑回归分析来调查社会经济特征、妇女赋权和儿童营养状况之间的相关性。

研究结果: 妇女赋权与较高水平的孕产妇教育、职业生涯和家庭资产所有权之间存在良好的相关性。与没有获得权力的母亲相比，获得权力的母亲生出营养良好的孩子的可能性要大得多 (调整后优势比 [aOR] = 2.14, 95% 置信区间 [CI]: 1.42-3.22)。即使考虑到这一点社会经济特征。

结论: 本研究强调社会经济变量在塑造妇女赋权方面的重要性及其对巴基斯坦城市儿童营养结果的影响。提高妇女教育、经济前景和家庭财富的努力可能会增强妇女的赋权，从而改善儿童营养。

关键词: 妇女赋权、儿童营养、社会经济因素、巴基斯坦城市、决策权

Key messages

- In an urban Pakistani context, it emphasizes the positive correlation between women's empowerment and socioeconomic variables including maternal education, profession, and family asset ownership.
- The research suggests that when women are empowered, they are more likely to have children who are well-nourished, which improves child nutrition outcomes.
- To enhance child nutrition in urban areas of Pakistan, it is crucial to address socioeconomic variables and promote women's empowerment via various strategies.
- Fills a gap in the literature by investigating the relationship between urban Pakistani socioeconomic variables, women's empowerment, and child feeding programmes.

Abstrait

Contexte: L'importance de l'autonomisation des femmes dans l'amélioration des résultats en matière d'alimentation des enfants a été reconnue. Néanmoins, il y a un manque de recherche sur l'influence des déterminants socio-économiques sur l'autonomisation des femmes et leurs effets conséquents sur la nutrition des enfants dans les zones urbaines du Pakistan.

Méthodes: Cette recherche a utilisé une conception transversale et analysé les données de 420 couples de mères et d'enfants à Karachi, au Pakistan. L'évaluation de l'autonomisation des femmes comprenait le calcul d'un score global prenant en compte le pouvoir décisionnel, les attitudes à l'égard de la violence domestique et les mesures de l'autonomisation économique. Les critères de croissance de l'Organisation mondiale de la santé (OMS) ont été utilisés pour classer l'état nutritionnel des enfants comme étant en retard de croissance, émaciés, en insuffisance pondérale ou en surpoids. Une analyse de régression logistique multivariée a été menée pour étudier la corrélation entre les caractéristiques socio-économiques, l'autonomisation des femmes et l'état nutritionnel des enfants.

Résultats: L'autonomisation des femmes a montré une corrélation favorable avec des niveaux plus élevés d'éducation maternelle, de carrière professionnelle et de propriété des actifs du ménage. Les mères qui étaient autonomes avaient une bien plus grande probabilité d'avoir des enfants bien nourris (rapport de cotes ajusté [aOR] = 2,14, intervalle de confiance [IC] à 95 % : 1,42-3,22) par rapport aux mères qui n'étaient pas autonomes, même après avoir pris en compte caractéristiques socio-économiques.

Conclusion: Cette recherche met l'accent sur l'importance des variables socio-économiques dans la détermination de l'autonomisation des femmes et sur les effets qui en résultent sur les résultats en matière de nutrition des enfants dans les zones urbaines du Pakistan. Les tentatives visant à améliorer l'éducation des femmes, leurs perspectives économiques et leur richesse familiale peuvent conduire à une augmentation de l'autonomisation des femmes et, par conséquent, à une amélioration de la nutrition des enfants.

Mots-clés: autonomisation des femmes, nutrition des enfants, facteurs socio-économiques, Pakistan urbain, pouvoir de décision

Абстрактный

Справочная информация: Была признана важность расширения прав и возможностей женщин в улучшении результатов в области питания детей. Тем не менее, недостаточно исследований влияния социально-экономических факторов на расширение прав и возможностей женщин и их последующего влияния на питание детей в городах Пакистана.

Методы: В этом исследовании использовался перекрестный дизайн и анализировались данные 420 пар матерей и детей в Карачи, Пакистан. Оценка расширения прав и возможностей женщин включала расчет совокупного балла, учитывающего полномочия по принятию решений, отношение к домашнему насилию и показатели расширения экономических прав и возможностей. Критерии роста Всемирной организации здравоохранения (ВОЗ) использовались для классификации состояния питания детей на задержку роста, истощение, недостаточный или избыточный вес. Был проведен многомерный логистический регрессионный анализ для изучения корреляции между социально-экономическими характеристиками, расширением прав и возможностей женщин и состоянием питания детей.

Выводы: Расширение прав и возможностей женщин продемонстрировало благоприятную корреляцию с более высоким уровнем образования матери, профессиональной карьерой и владением домашним имуществом. Матери, которые были наделены полномочиями, имели гораздо большую вероятность иметь хорошо питающихся детей (скорректированное отношение шансов [aOR] = 2,14, 95% доверительный интервал [ДИ]: 1,42-3,22) по сравнению с матерями, которые не были наделены полномочиями, даже после принятия во внимание социально-экономические характеристики.

Вывод: Это исследование подчеркивает важность социально-экономических переменных в формировании расширения прав и возможностей женщин и, как следствие, влияние на результаты питания детей в городах Пакистана. Попытки улучшить образование женщин, экономические перспективы и семейное благосостояние могут привести к расширению прав и возможностей женщин и, как следствие, к улучшению детского питания.

Ключевые слова: расширение прав и возможностей женщин, питание детей, социально-экономические факторы, города Пакистана, полномочия по принятию решений.

Abstracto

Antecedentes: Se ha reconocido la importancia del empoderamiento de las mujeres para mejorar los resultados de la alimentación infantil. Sin embargo, faltan investigaciones sobre la influencia de los determinantes socioeconómicos en el empoderamiento de las mujeres y su consiguiente efecto en la nutrición infantil en las zonas urbanas de Pakistán.

Métodos: Esta investigación utilizó un diseño transversal y analizó datos de 420 parejas de madres y niños en Karachi, Pakistán. La evaluación del empoderamiento de las mujeres incluyó el cálculo de una puntuación agregada que tuvo en cuenta la autoridad para tomar decisiones, las actitudes hacia la violencia doméstica y medidas de empoderamiento económico. Los criterios de crecimiento de la Organización Mundial de la Salud (OMS) se utilizaron para clasificar la condición nutricional de los niños como retraso en el crecimiento, emaciación, bajo peso o sobrepeso. Se realizó un análisis de regresión logística multivariado para investigar la correlación entre las características socioeconómicas, el empoderamiento de las mujeres y el estado nutricional de los niños.

Hallazgos: El empoderamiento de las mujeres mostró una correlación favorable con niveles más altos de educación materna, carrera profesional y propiedad de activos domésticos. Las madres que estaban empoderadas tenían una probabilidad mucho mayor de tener hijos bien nutridos (odds ratio ajustado [aOR] = 2,14, intervalo de confianza [IC] del 95 %: 1,42-3,22) en comparación con las madres que no estaban empoderadas, incluso después de tener en cuenta características socioeconómicas.

Conclusión: Esta investigación enfatiza la importancia de las variables socioeconómicas en la configuración del empoderamiento de las mujeres y los efectos resultantes en los resultados de nutrición infantil en las zonas urbanas de Pakistán. Los intentos de mejorar la educación, las perspectivas económicas y la riqueza familiar de las mujeres pueden conducir a un aumento del empoderamiento de las mujeres y, como resultado, a una mejora de la nutrición infantil.

Palabras clave: empoderamiento de las mujeres, nutrición infantil, factores socioeconómicos, Pakistán urbano, poder de toma de decisiones

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