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FEMINISM AND GENDER EQUALITY: A LITERATURE-BASED REVIEW

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Abstract: Feminism is a social and political movement that promotes equal rights and opportunities for women and men. This article examines feminism's role in achieving gender equality through a review of academic literature and reports from international organisations, including the United Nations. Drawing on recurring themes of education, political participation, economic inequality, gender stereotypes, and leadership representation, the study argues that feminism has contributed to tangible progress in women's rights, yet formal legal gains have not been uniformly translated into substantive equality. The article demonstrates that legal reforms alone are insufficient and that education, public awareness, and equal opportunities are also necessary to reduce discrimination and promote social justice.

Keywords: feminism, gender equality, women's rights, gender stereotypes, political participation, social justice

INTRODUCTION

Feminism is a social and political movement that promotes equal rights and opportunities for women and men. It remains important because gender discrimination persists in education, employment, and politics.[1] This article examines feminism's role in achieving gender equality by reviewing academic literature and reports from international organisations, including the United Nations.[2] The article first outlines the methodology used, then presents the main findings, and finally discusses their implications for policy and social change.

METHODS

This study adopts a literature review design based on academic publications and reports from organisations such as the United Nations. The sources were analysed to identify progress in women's rights and ongoing challenges. The review focused on recurring themes related to education, political participation, economic inequality, gender stereotypes, and leadership representation. This approach is appropriate for synthesising existing evidence and for situating contemporary debates within broader scholarly and policy discussions. A limitation of the design is its reliance on secondary sources; nevertheless, the combination of academic and institutional literature enhances the credibility of the findings.

RESULTS

The findings show that feminism has contributed to improving women's rights and increasing access to education and political participation.[3] However, gender stereotypes, economic inequalities, and limited representation in leadership remain significant challenges.[4] These results suggest that progress in formal rights has not been uniformly translated into substantive equality across social and economic domains.

DISCUSSION

The findings suggest that feminism remains important for achieving gender equality. However, legal reforms alone are insufficient; education, public awareness, and equal opportunities are also necessary to reduce discrimination and promote social justice.[5] These findings carry implications for policy design and for future research, which should examine how formal legal gains can be translated into substantive improvements in women's lived experiences.

CONCLUSION

This article has examined the role of feminism in advancing gender equality through a review of academic literature and reports from international organisations. The evidence indicates that feminism has contributed to tangible progress, particularly in access to education and political participation. Nevertheless, persistent challenges—including gender stereotypes, economic inequalities, and the underrepresentation of women in leadership—demonstrate that formal legal gains alone are insufficient. Achieving substantive gender equality requires complementary efforts in education, public awareness, and the creation of equal opportunities across economic and political life. Feminism therefore remains an essential framework for identifying and addressing the structural barriers that continue to limit women's rights, and future research should focus on translating legal equality into lived equality.

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