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## Impact of Gender equality on Sustainable Development

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### Abstract

Women and man are both equally play a vital role in the creation and development of their families in a particular and the society in general. Since long back, women are considered as an oppressed section of the society and they are neglected for centuries. They were considered as burden and so inequality between men and women can take many different forms as natalivity inequality, professional inequality, ownership inequality and household inequality. Gender inequality occurs when one gender is given preferential treatment over another due to sex or gender- based prejudice. The study is descriptive and purely based on secondary data. This study investigates the connection between the sustainable development and equality for gender. The finding shows that gender disparity is a major impediment for sustainable development especially in the areas like reducing health, education, poverty and economic growth. Gender equality is essential for sustainable development because it foster economic growth, enhances social well being and strengthens environmental resilience.

**Keywords:** Gender equality, oppressed, gender disparity, impediment, sustainable development

### Introduction

face systematic deprivations relative to men in all societies. Gender equality by 2030 requires urgent action to eliminate the many root causes of discrimination that still curtail women's rights in private and public spheres. In Europe and Central Asia, inequalities persist between women and men in access to decent work and income. Women perform more than twice as much unpaid care and domestic work as men, reducing their ability to work for income. On average, the gender gap in labor force participation around 20 percent in the region. Women face multiple challenges as they try to advance their career, while women earn on averages 30 percent less than men (1).

Gender equality denotes equal rights, responsibilities and opportunities for all genders, encompassing access to education, healthcare, economic participation and decision- making process. It targets historical disadvantages and structural inequalities faced by women, girls and minorities. Women and girls everywhere must have equal right and opportunity and be able to live free of violence and discrimination. Women's equality and empowerment is one of the 17 sustainable development goals, but also integral to all dimensions of inclusive and sustainable development (1).

Sustainable development aims for economic growth, social inclusion and environmental conservation to benefit current and future generations, Sustainable development Goals, especially SDG 5 (Gender Equality), and mainstream gender as critical for all 17 goals.

According to study gender inequality has a substantial impact on the sustainable development. Poverty and absence of access to financial, medical and education opportunities affects women more than man. Heath and happiness may suffer as a result of gender disparity. Anxiety, sadness and symptoms of trauma- related stress disorder are just a few of the mental and physical health issues that discrimination and violence based on gender can cause, as stated by the world Health Organization.

Gender equality is not just a social imperative but a foundational pillar for achieving sustainable development globally. Recognized in international agreements and the United Nations' sustainable development Goals (SDGs), gender equality serves as both a human right and a catalyst for prosperity, justice and ecological stability. This article explores how gender equality drives sustainability in economic, social and environmental spheres and highlights actionable pathways for policymakers and practitioners.

### **Why Does Gender Equality Matter in the SDGs?**

Women and girls comprise half of the globe's population and represent half of humankind's possibilities. Society benefits as they lead better lives. For example, when women obtain steady employment and high earnings, they address poverty (SDG 1), improve their dependence's well-being, nutrition, and literacy and support more general goals such as the Sustainable Development Goals 2, 3, and 4.

Ending every forms of violence perpetrated on girls and women are not just pivotal for SDG 5; it is vital for promoting overall health and well-being (SDG 3). Unfortunately, women who have experienced intimate partner abuse face higher risk of HIV, depression and alcoholism. Moreover, this violence has long-term impacts on their children, affecting their physical, mental and social development (7).

Gender equality plays a crucial role in achieving all SDGs. However, progress across the 2030 Agenda has been uneven. While there is some headway in girls' education, many disadvantaged communities' women and girls fall behind (SDG 4) (7).

Women worldwide face substantial barriers impacting various aspects of their lives. To achieve the 2030 Agenda, it is critical to eliminate these gender-specific limitations and other forms of discrimination. Overlooking gender equality means missing out on its pivotal role in attaining the goals of the 2030 Agenda. (UN Women, 2018) (7).

### **Factors Affecting Gender Equality:-**

#### **Discrimination**

Women are often discriminated against in hiring, promotion and other work related opportunities. By Pew Research Centre Research, 42 % of women across the nation have encountered workplace gender discrimination, such as being passed up job and promotion. Women are often underrepresented in politics, media and other areas of public life (2).

#### **Gender-based Violence**

Gender-based Violence in India is a pervasive issue encompassing domestic violence, sexual assault and online abuse, rooted in patriarchal norms and gender equality. While reported crimes against women have risen significantly, official statistics likely underrepresented the true scale due to social stigma and under reporting. In response, India has enacted several laws, including the protection of women from Domestic violence Act-2005 and the sexual harassment of women at workplace Act, 2013, to provide legal protection and address various forms of Gender-based Violence. Unwanted sexual approaches, statement or behavior that results in a hostile or unpleasant work atmosphere are examples of this. According to research conducted by the United States Equal Employment Opportunity Commission, twenty-five percent to eighty-five percent of women have reported sexual harassment at work.

#### **Limited Access to Education**

In some areas girls and women are not given the same education opportunities as boy and men. According to research 130 million girls worldwide are still not enrolled in educational institutions, and women make up about two third of the world uneducated population.

### **Gender Wage Gap**

The gender wage gap is the difference in earning between men and women, with women globally earning about 77 cents for every dollar earned by men, though this varies by country. It is caused by factors including occupational segregation, discrimination, the motherhood penalty (a pay decrease after having children). Women typically make a little more money than males when doing the same job (3).

### **Traditional Gender Roles**

Traditional Gender norms in society can limit women's possibilities and encourage gender inequality. In many societies for example, women are obligated to prioritize family and care giving obligation above their jobs, which might limit this possibilities for professional progress.

### **Child Marriage**

In many countries girls are compelled to get married at an early age, limiting their opportunities for education and personal development. According to Girls Not Brides, dedicated to ending child marriage, 12 million females marry before the age of 18.

### **Health Disparities**

Women may face unique health challenges or be denied access to health care due to their gender. Women are more prone than male to have reproductive health problems and in some countries; they may face legal or cultural barriers to accessing contraception or abortion services (6).

### **Interlinkages Between Gender Equality And Sustainable Development:-**

**Health and Well-being** - Woman often manage household health need, their empowerment leads to improvements in child survival, nutrition and public health outcomes.

**Education** – Gender equality in schooling drives lifelong learning, workforce readiness, and civic engagement, breaking cycle of poverty.

**Economic Inclusion** – Women's participation in formal and informal economies increases productivity, innovation and equitable wealth distribution.

**Environmental Stewardship** – Women's leadership in resource management fosters community based climate action and sustainable conservation.

### **Policy Recommendations**

- Ensure women's access over productive resources (land, finances, education).
- Fund grassroots woman-led organizations in climate, health and community development.
- Integrate gender equality into national frameworks for SDGs and climate adaptation.
- Invest in gender specific data and monitoring to track progress and inform interventions.
- Global efforts to close the gaps between men and women have partially succeeded. Gender inequality is still a big problem in every development area, from education to economic inclusion.
- Millions of poor women need more power to exercise their fundamental human rights and help the world's economy grow and development.

## Conclusion

Sustainable development are impacted by gender inequality because it prevents women and girls from accessing opportunities and resources that are essential to their overall well-being and slows down the achievement of sustainable development goal. The 2030 Agenda for sustainable development acknowledges the significance of women's rights and gender equality in accomplishing the goals of sustainable development. Gender equality is essential for sustainable development because it is a human right and a key driver of economic growth, social well being and environmental resilience.

Finally establishing equal opportunities for women and men is not only a goal in and of itself, but also a way to advance all around sustainable development. To make sure that the sustainable development goal are implemented with a focus on promoting equality between men and women to ensure the 2030 Agenda for sustainable development works for everyone, it is the duty of every nation and local government and also individuals. The study concluded that all SDGs talk about gender sensitization in one way or another. Women must have the power to eradicate the gender gap and give men and women equal opportunities before gender equality can be attained and sustained.

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