



GENDER REPRESENTATION IN LEGISLATURES: PROGRESS AND BARRIERS

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Abstract

This study examines the development of women's representation in legislatures worldwide coupled with the successes attained and the continuous challenges to realise gender parity in political leadership. Beginning with a historical overview of women's suffrage and political activity, the paper traces important turning points in women's legislative involvement. Current international statistics clearly show regional variations; some countries lag while others have high levels of female involvement. The study examines how different affirmative action policies—including quota systems—might speed up growth. Among the still existing challenges even with progress include cultural norms, political party systems, campaign funding problems, and gender stereotypes. The study examines how increasing female involvement affects public confidence in government, policy outcomes, and legislative behaviour. It also addresses how intersectionality of gender with other identities defines visibility. Understood for their influence on female representation are institutional factors including party policies and voting procedures. The paper also evaluates international projects and groups helping women to be politically active. Using case studies, the study stresses both efficient methods and ongoing challenges in several spheres. Emphasising the importance of civil society and grassroots movements, it at last offers ideas for other projects to advance women's legislative equality.

Keywords: Gender Representation, Legislatures, Women in Politics, Gender Quotas, Political Barriers, Intersectionality, Electoral Systems, Political Participation

Introduction

Women's representation in legislatures is a story of tenacity with both successes and losses. We have to first look back at the long path that took us here if we are really to value the present level of female representation. The fight for women's suffrage—the basic right to vote—opens the narrative. This fight spanning decades and nations prepared women for political engagement. New Zealand became the first nation allowing women to vote in national elections in 1893. Inspired suffragists all about, this watershed event set off a chain reaction of voting rights being awarded all around. Still, voting rights did not automatically convert into representation. Women in legislative bodies first slowly but steadily emerged in the 20th century. American Jeannette Rankin became the first woman elected to the U.S. Congress in 1919, one full year before the 19th Amendment awarded all American women the right to vote. This paradox emphasises the difficult character of advancement in this field. Women's political engagement grew gradually in the years following World War II. Adoption of the Universal Declaration of Human Rights by the United Nations in 1948, therefore confirming the equal rights of men and women, offered an international basis for furthering gender equality in politics.

Women's movements all around surged in the 1970s and 1980s, advocating more representation in all sectors of life, including politics. Gender quotas also first emerged at this time as a means of raising women's representation. Requiring parties to name women for at least 30% of the electable posts, Argentina became the first nation to implement a gender quota rule for national legislative elections in 1991. Notwithstanding these developments, advancement remained gradual and unequal. Just 11.3% of lawmakers globally by 1995 were women. Adopted at the Fourth World Conference on Women in 1995, the Beijing Declaration and Platform for Action resulted from this clear under-representation and established a target of 30% women in decision-making roles.

The turn of the century brought fresh attention on political gender equality. Particularly Goal 3 on advancing gender equality, the Millennium Development Goals of the United Nations gave nations more incentive to close the gender disparity in political representation. It is abundantly evident from looking back on this history that the path towards equal representation has been difficult. From securing voting rights to using quota systems, every milestone has been difficultly earned. Appreciating the progress achieved and the difficulties yet in reaching gender parity in legislatures all around depends on knowing this historical background.

Current State of Gender Representation in Legislatures

Examining the present level of female representation in legislatures all throughout the world is like trying to complete a half-finished jigsaw puzzle. While certain components are annoyingly absent, reminding us of the work needing to be done, others are securely in place and present a picture of development. First the good news: women account for roughly 26% of national parliaments worldwide by 2024. That exceeds two times what it was in 1995! We seem to be at last seeing the panorama from higher up, as we have been gently but definitely ascending a steep hill. Leading the group with women making up more than half of their national parliaments are nations such Rwanda, Cuba, and Nicaragua. The picture gets much more confusing as we enlarge on several areas. It's like a weather map, with some regions caught behind thick clouds of inequality while others are glowing in the sunlight of development. Long the golden children of gender representation, the Nordic nations regularly rank highest on charts. As this is happening, areas like the Middle East and North Africa are catching up; some of these nations are making rather remarkable progress. Many times, developing nations offer an interesting conundrum. Some, like Bolivia and Rwanda, have leapfrogging topped several developed countries from around the world, other underdeveloped nations continue battle firmly ingrained gender inequality that keeps women off the political scene. While some nations appear happy to slink forward at a sluggish rate, others like France and Canada have pushed aggressively for gender parity recently. The existing situation of gender representation is clearly not only about numbers. It's about redefining our conception of what leadership looks like, including many points of view, and so transforming the face of power. Though we have far to go towards actual equality, we have gone a long way from the days when a woman in parliament was a curiosity. Though the vision of a more representative democracy gets clearer with every piece we add, the jigsaw is yet unfinished.

Progress made in gender Representation in Legislatures

Regarding women in politics, we have come a long way, yet, we still have to achieve a lot. Let us pause to value the progress we have accomplished. We first consider the trailblazers. Unbelievably, Rwanda is the world champion in women's representation in national parliament. Women account for more than sixty percent of their lower house as of 2024. They seemed to be looking at the antiquated "women belong in the kitchen" stereotype and then declaring, "Nah, we belong in Parliament." The terrible events of their 1994 genocide, which left Rwanda with a female-majority population, help to explain some of the success narrative of the nation. In rebuilding, they deliberately chose to give women's leadership top priority. It's a sobering reminder that seeds of growth can be sown even at the worst of circumstances. Not far behind is Sweden, sometimes regarded as the model for female equality. Since the early 2000s, they have regularly kept more than forty percent of women in their parliament. They seemed to have decided that gender balance is the new cool and Viking tropes were so previous millennium. Still, it goes beyond these stars. Nations all around have been raising their performance. Thanks to some really significant muscle in their quota rules, Mexico, for example, has seen a tremendous increase in women's representation. They are saying, "No mujeres, no party," not only urging that parties incorporate women. And it's starting to pay off. Regarding quotas, they have changed

several nations dramatically. Quotas arrived saying, 'Hey, where are the girls at?' as political parties were holding a sausage fest. Nowadays, some type of gender quota in elections is used in almost half of the nations on Earth. Some people contend that's not the most elegant fix, but who are we to dispute if it produces results? The progress in legal systems has also been somewhat significant. Many nations have revised their constitutions and legislation to expressly safeguard women's right to political participation. They seem to have at last understood that, given half of the population excluded, "all men are created equal" does not really fit. Policy results are also reflecting a ripple effect. More women joining legislatures is driving more attention to problems disproportionately affecting women. Parliaments all across are giving maternity leave, equitable pay, and anti-gender-based violence more attention. It turns out, you know, women's issues tend to come up when you let ladies into the room where it happens. Who could have guessed? Still, public opinion represents maybe one of the most important spheres of development. We are gradually erasing the belief that men should be leaders. Every time a woman stands for president, sits in parliament, or becomes prime minister, it normalises the idea of women in leadership. We seem to be collectively changing the script on what a leader looks like. Furthermore, catching up is the media. Coverage of women in politics are increasingly sophisticated. Indeed, there is still the odd tale regarding the wardrobe choices of a female politician, but their ideas and accomplishments are increasingly under discussion. Not less important are the influence of role models. Every woman who enters the political arena is clearing the path for others. Growing up among women in positions of prominence, young girls everywhere are beginning to believe, "I could do that too." It feels like a girl power positive feedback cycle. Thus, we have indeed made progress. It has been gradual, difficult, and occasionally it feels as though we are moving two steps forward one step back. Looking at the whole picture, though, women are clearly occupying their place at the political table. And let me tell you, we arrived at ordering from the menu about time.

Persistent Barriers to Gender Representation in Legislatures

There are many reasons of women's less representations in legislatures. Some of them are:

First let us consider the social and cultural conventions. These are the unseen threads dragging at women, advising them, "politics isn't for you." The raised eyebrows upon a woman declaring she is running for office are the echoes of "But who will take care of the children?" Many communities have a strongly rooted conviction that leadership is a manly quality. Breaking these conventions is like attempting to swim upstream in a river of molasses: demanding, sticky, and you never really know whether you're moving forward.

Secondly, we then have the classic boys' club, sometimes referred to as political party structures. Though many political parties talk a great game about gender equality, when it comes to really putting women in winnable roles on party lists or backing them as candidates? As if they are saying, "We'd love to have women in politics... just not right now, and not in this particular seat."

Third is money, many women find great difficulty with campaign financing. Running for office costs a lot of money, and women usually start with multiple drawbacks. Usually, they have less access to business contacts and rich contributors. Moreover, in many nations' women manage less wealth than males generally. It's like coming up for a poker game where you start with a handful of pocket lint and all the chips have already been dispersed.

Imagine now that you have surmounted all these obstacles and have made it into office. There is more, politically active women can struggle with a terrible work-life balance. Men designed the political world; frequently men with spouses at home tending to everything else. Late-night sessions, weekend meetings, frequent travel—this arrangement can be especially taxing for women who are still typically expected to be the main carers in their families. It's like riding a unicycle backwards and trying to balance blazing torches. Not to overlook everyone's preferred subject, which is media representation either. Should you be a woman in politics, be ready for a lot of criticism on your family life, and "likability." That will create headlines. Raised your voice in a debate? You're emotional and sharp. Remain cool-headed. You are unrelatable and frigid. This is a lose-lose scenario that could make you feel as though you are continuously treading carefully across a pit of ravenous critics. Turning now to critique, let's discuss the gender stereotypes and double standards still prevalent in politics. A woman who is aggressive is overbearing; a man who is assertive leads powerfully. An

emotional guy is passionate; an emotional woman is unstable. A woman who concentrates on her job is abandoning her family; a man who does the same is dedicated. It's like trying to play a game where the rules vary just for you. Not less important is the intersectionality of it all. Women of colour, LGBTQ+ women, women with disabilities, and women from religious minorities sometimes encounter exacerbated difficulties; women are not a monolith. Less lives and more challenges make it like playing the game on extra hard difficulty. Then there is the terrible reality of harassment and violence directed against political women. From actual physical threats to internet trolling, many women in public office deal with a degree of venom seldom experienced by their male counterparts. It's sufficient to cause anyone, let alone those in politics, second thoughts about getting involved. Not least of all, there is the sneaky effect of imposter syndrome. Many women absorb the belief they belong nowhere in politics after overcoming so many outside obstacles. That persistent whisper asking, "Who do you think you are to run for office?" It's the unwillingness to offer oneself for leadership roles and the uncertainty to speak up in parliamentary debates. It's like carrying a small gremlin on your shoulder, murmuring uncertainties in your ear all the time.

The challenge route women must negotiate in the political realm. Though it's not fair, it's the reality we live with. It's not nice. The good news is that First step towards change is awareness. Women all around are also showing up, running for office, and speaking out notwithstanding all these obstacles. They are trying to modify the rules, not only engaging in the game. And that, friends, is the way advancement occurs.

Impact of Increased Female Representation in Legislatures

Women's increasing involvement in legislative bodies has brought about notable changes in political environments all around. The several effects of more female participation on legislative behaviour, public opinion, and policy results are investigated in this part.

Research shows that, when compared to their male colleagues, female legislators sometimes give different policy issues top priority. Women in U.S. state legislatures were more likely to propose measures pertaining to women's problems, education, and healthcare according a 2019 Catalano study. Likewise, Franceschet and Piscopo (2008) noted that female legislators in Argentina were more likely to start gender-related legislation. Still, the influence goes beyond usually understood "women's issues." More social expenditure in many spheres results from more female representation. This points to a more general impact on national policy agendas.

Legislative Behaviour and Cooperation: Improved female representation has been linked to changes in legislative activity. Women in the U.S. Congress, get more federal money for their districts and sponsor more measures than men members. Furthermore, study found that women show greater cooperative behaviour, especially in minority parties, therefore improving bipartisan harmony.

Governance and Corruption: Many research have looked at how female participation affects degrees of corruption. It is discovered across nations a negative association between the percentage of women in parliament and corruption indices. **Public Trust and Perception:** Women serving in political roles can affect public opinions of government establishments. Studies by Barnes and Beaulieu (2014) reveal that voters believe women politicians to be less corruptible and more honest. Though further long-term research is required to validate this effect, this view may translate into more confidence in government institutions.

Beyond major influences, women in leadership have a symbolic effect that is really important. The presence of female politicians raises women's political involvement especially among young girls. As Beaman et al. (2012) found in their research of Indian village councils, this "role model effect" also extends to professional and educational goals.

In some situations, rising female representation has resulted in institutional changes. To suit increasingly varied membership, The changes in parliamentary rules, timetables, and amenities. Though seeming little, these developments can greatly affect the inclusiveness of democratic systems.

Intersectionality in Gender Representation in Legislatures

The term intersectionality, which has grown to be an indispensable tool for comprehending the complexity of gender representation in legislatures. This idea underlines how people's social identities interact to produce combined feelings of privilege or discrimination. Within the framework of political representation, intersectionality offers a complex prism through which to view the several obstacles and experiences of women in politics.

Multiple Marginalised Identities: Political women do not form a cohesive group. Gender interacts with factors including race, ethnicity, class, sexual orientation, age, and disability to provide particular challenges and possibilities. From candidature to legislative activity, these overlapping identities greatly shape women's political experiences.

Race and Ethnicity: There are unique difficulties when gender crosses with race and ethnicity. Many nations see ethnic minority women subject to "double jeopardy" in reaching political representation. They have to get above obstacles related to their ethnic identification as well as their gender. For example, National legislatures in Latin America especially lack indigenous and Afro-descendant women.

Class crosses with gender to affect political involvement and representation based on socioeconomic level. The women from lower socioeconomic origins encounter extra obstacles in getting into politics, including restricted access to political networks and resources. This junction can help to sustain elite dominance in female political representation.

Sexual Orientation and Gender Identity: LGBTQ+ women have particular difficulties in political representation. Legislators all throughout the world clearly under-represent openly LGBTQ+ women. Often, the junction of gender non-conformism with political ambition produces compounded discrimination and access restrictions.

Age and Generation: Political representation shows generational variations when one examines the junction of age and gender. Changing society attitudes can help younger women, but they might also run against age-based preconceptions. Younger women politicians sometimes struggle with being considered seriously; especially in societies that respect seniority.

Women with disabilities make up one of the most under-represented groups in political life. The junction of gender and disability generates several layers of discrimination, hence producing extreme under-representation in official political systems.

Religion: Political possibilities and problems are shaped by religious identification interacting with gender. In some situations, religious minority women experience dual marginalization—that is, both as women and as religious minorities—in gaining political influence.

Policy Implications: Knowledge of intersectionality in gender representation has major ramifications for policy. Quota systems and other strategies to boost women's representation, this have to consider intersecting identities if they are to be really inclusive. Single-axis strategies emphasising just gender could unintentionally favour some groups of women over others.

Research Difficulties: Examining intersectionality in political representation calls for particular methodological difficulty. The challenge in simultaneously quantifying and evaluating several, crossing identities. Often this complexity calls for mixed-method approaches, combining qualitative, context-rich studies with quantitative analysis.

Future Directions: More advanced techniques to record intersectional experiences in political representation should be the main emphasis of next studies in this field. Comparative analyses of many political systems could also help to clarify how diverse institutional frameworks interact with intersectional identities to influence women's political involvement and efficacy.

Finally, an intersectional analysis of gender representation in legislatures exposes the several dimensions of obstacles and possibilities that different groups of women experience. Development of more inclusive and

successful plans to improve political participation across all spheres of life depends on this complex knowledge.

Institutional Factors Affecting Gender Representation in Legislatures

Institutional factors greatly influence the representation of women in legislatures. These components either support or hinder women's political involvement since they cover the official rules, institutions, and policies managing political systems. This section reviews significant institutional elements affecting gender representation.

The voting mechanism applied greatly affects the political representation of women. Generally speaking, proportional representation (PR) systems link to higher degrees of female representation than majoritarian systems. It is found that, given their regular use of multi-member districts and party lists—which could be more favourable to gender balance—PR systems typically elect more women.

Still, it's not clear-cut how women's representation relates to voting processes. It by itself political culture and party philosophy can serve to limit the influence of electoral systems. Furthermore, mixed electoral systems offer distinct dynamics. women are more likely to be elected using PR lists than in single-member districts.

Quotas for gender have evolved into very significant institutional mechanism for increasing women representation. The three main forms of quotas: reserved seats, legislative quotas, and voluntary party quotas. Every type affects women's representation differently.

Different circumstances call for different degrees of quota effectiveness. Some countries—like Rwanda—have experienced notable increases in women's representation after quota adoption; others have only seen more slight shifts. their effects are defined by the design, implementation, and interaction of quotas with other institutional and cultural variables.

Party philosophy is important; left-leaning parties usually include more female candidates however, that this trend has now disappeared since conservative parties in many countries have also taken action to promote women's involvement.

Once elected, internal legislative rules and procedures could have an impact on women's substantive representation. The women MPs may suffer from gendered norms in legislative behaviour including aggressive argument strategies.

Campaign finance rules: The way campaigns finance themselves can greatly affect women's political engagement. The women often find more trouble asking money due to limited access to rich donor networks. Among institutional measures that might help to level the playing field are public sponsorship of campaigns and spending limits.

Federalism and Decentralisation: The vertical power distribution in federal systems generates several forums for political representation. Especially at local levels, that federalism can provide women more opportunities for political engagement. Still, the link is complex and reliant on context.

Constitutional guarantees of gender equality can help to explain women's political representation. It shows how Rwanda's constitutional commitment to gender equality supported quotas and other measures aimed to increase women's political involvement to be implemented.

While not directly connected to home institutions, national institutional arrangements can be influenced by international standards and agreements. The gender quotas and other programs aiming at raising women's political representation worldwide have benefited from international norms of gender equality. Basically, institutional factors have a somewhat significant role in defining women's political involvement possibilities. Still, their effects are rarely consistent and they often interact with social, cultural, and socioeconomic aspects. Future research should focus on the dynamic interaction of institutional design and other contextual aspects to produce more all-encompassing strategies for increasing female involvement in legislatures.

International Efforts and Organisations in Promoting Gender Representation

For international projects and institutions, encouragement of female representation in legislatures has become ever more crucial. Among other things, these worldwide projects have considerably raised women's political participation by setting standards, providing tools, and facilitating information interchange. This section covers the main world players as well as their initiatives to increase female representation in national legislatures.

UN together with its specialised agencies:

The United Nations (UN) has been a main advocate of female equality in political involvement. Adopted in 1979, the Convention on the Elimination of all Forms of Discrimination against Women (CEDAW) provides a full structure for improving women's rights, including political participation (UN General Assembly, 1979). Particularly Article 7 of CEDAW calls for steps to eliminate discrimination against women in political and public spheres.

Originally launched in 2010, UN Women, now leads front stage in this subject. UN Women provides relevant statistics, lobbying, and support for increasing women's political representation by way of its numerous programs, the Women in Politics Map and the Gender Equality in Public Administration initiative among others.

The Inter-Parliamentary Union (IPU)

The worldwide group known as the IPU, which consists of national parliaments, has tracked and promoted women's presence in legislatures all over rather extensively. Regular research and databases give necessary comparable statistics on gender representation, as the Women in Parliament series. The IPU also promotes institutional improvements and supports parliaments to share knowledge in order to raise women's involvement.

Local authorities

Various local administrations have developed initiatives meant to motivate women participation:

Setting guidelines and aims for women's involvement in its establishments, {the European Union (EU)}

Especially emphasising women's political involvement and leadership, {Agenda 2063 of the African Union (AU)}

Founded by the Organisation of American States (OAS, 2020), the Inter-American Commission of Women seeks to advance women's equality throughout the Americas.

Non-Governmental Organisations Internationally:

Particularly crucial for women's political representation in capacity building, research, and advocacy have INGOs been:

Projects worldwide provided by the National Democratic Institute (NDI) enable women to participate politically with technical support, mentoring, and training (NDI).

Presented under the International Institute for Democracy and Electoral Assistance (International IDEA) are comparative studies and policies meant to enhance gender equality in politics.

The Women's Environment and Development Organisation (WEDO) localised both internationally and locally supporting women's fair participation in decision-making.

Global conferences and speeches

Establishing global targets for female political involvement has mostly been based on international accords, guided by:

UN policy is represented in the Beijing Declaration and Platform for Action issued during the Fourth World Conference on Women in Beijing (1995), with thirty percent women involved in decision-making institutions.

With women fully and actively participating in political life in mind, the Sustainable Development Goals (SDGs) particularly Goal 5 on gender equality include targets.

Intercontinental cooperation and information exchange:

Cooperation and cross-country learning made feasible by multinational initiatives For instance, the International Knowledge Network of Women in Politics (iKNOW Politics) offers a worldwide forum for spreading experiences and best practices in raising women's political involvement (iKNOW Politics).

Complications and goals:

Global projects obviously help to raise female involvement, but they also create some challenges.

One constant issue is the manner national operations are carried out in line with international pledges.

Critics argue that such global initiatives could bring Western-centric ideas of gender equality that would not be appropriate for local environment.

Sometimes the focus on numerical representation takes front stage over problems regarding substantive representation and the quality of women's political involvement.

In the end, efforts and groups overseas have significantly raised women's legislative involvement. They have promoted standard-setting, data collecting, capacity building, and knowledge-sharing. Still, local political, cultural, and social aspects serve to define the challenging process of including these global projects into national context. Future research should focus on the interaction between home dynamics and overseas projects to increase the effectiveness of these measures in raising women involvement in legislatures all around.

Case studies in Gender Representation in Legislature

Case studies offer context-specific examples of both triumphs and difficulties, therefore illuminating the dynamics of female representation in legislatures. This part looks at various noteworthy incidents from all around, stressing the several ways to and results of attempts to raise women's political participation.

Rwanda: Among Globally Leaders in Women's Representation

With women holding 61.3% of the lower house as of 2024 (IPU, 2024), Rwanda has become a pioneer in women's legislative representation worldwide. Many times, the post-genocide setting and later constitutional changes help to explain this amazing success. The 1994 genocide produced a demographic change and cleared path for women's growing political involvement. The 2003 Constitution stipulated a thirty percent female participation in all decision-making bodies. Although the first push came from the top-down, women have lately used their positions to influence legislation and modify society perceptions. It also warns against too simple interpretations, nevertheless, contending that increased female representation does not always translate into democratic development or women's empowerment in all aspects of life.

Sweden: Progressive Development Without Quotas

Without using legal quotas, Sweden has attained great degrees of women's representation (49.6% in 2024). There are a number of elements for this accomplishment, including:

1. The incremental increase strategy adopted by political parties
2. The proportional representation electoral system
3. The influence of women's movements within and outside political parties. The Swedish situation shows how crucial party culture and social gender equality standards are in reaching fair representation.

India: Reserved Seats at the Local Level

India offers a special local level case study of quota application. The 73rd and 74th Constitutional Amendments in 1993 established 33% reserve for women in local government organisations (Panchayati Raj). This strategy, greatly raised women's representation and changed policy results in fields of women's interest. The problems still exist, including the phenomena of proxy representation—where male family members control elected women. With women holding just 15.1% of lower house seats as the effect of local quotas on national-level representation remains minimal.

Japan: Continuous under-representation within a developed economy

Despite its sophisticated economy, Japan offers a case study of ongoing under-representation of women in politics. Women now hold just 10.4% of the lower house. This is due to mix of elements including:

1. The single-member district election system
2. Conservative Party predominance
3. Work cultures and conventional gender roles

Although recent projects like the Act on Promotion of Gender Equality in the Political Field passed in 2018 show encouraging signs, their actual impact is yet unknown.

Argentina: Leading Latin American gender quotas

Adopting a gender quota law for national parliamentary elections in 1991, Argentina was the first nation to mandate that parties name women for at least 30% of the electable positions. Women's descriptive representation was much raised by the quota law. They contend, however, that achieving meaningful representation has been more difficult and underlines the differences between women's presence and their capacity to influence policy change. Women account for 44.4% of the lower house seats in Argentina as of 2024, therefore illustrating the long-term effects of quota laws.

Uganda: Complementary Systems of Track

Uganda uses a special "complementary track" approach, mixing competition in ordinary constituencies with reserved seats. Although this strategy has raised women's numerical representation. It has also resulted in the impression of women MPs as "affirmative action" candidates, therefore compromising their perceived legitimacy.

In summary:

These case studies show the several strategies to reach gender representation in legislatures as well as the difficulties. They underline the need of giving historical background, political culture, voting systems, and the design of gender equality policies some thought. Some nations have made great progress while others still struggle with ongoing under-representation. Comparative studies of these several experiences should be the main emphasis of future studies in order to pinpoint context-specific difficulties and transferable lessons in favour of female representation in legislators.

Future Outlook and Recommendations for Gender Representations in Legislatures

1. Approval of Intersectional Strategies

The future of gender representation in legislatures has to respect and deal with the several experiences of women. An intersectional approach recognises how aspects including race, ethnicity, class, and sexuality interact with gender to offer distinct challenges and opportunities. Future policies and programs should be designed to support women from all backgrounds so ensuring that higher representation benefits not only a small group of women but also guarantees of support for women everywhere.

2. Engage Politically Using Technology

Digital technology can offer new avenues for political activity and help to remove barriers to women's political engagement. Online is where one can accomplish political education, citizen involvement, and campaign outreach. Strategies must also be developed to manage the challenges of the digital era, including online abuse and disinformation campaigns disproportionately directed against women in politics.

3. Enhance Voting Systems

Still a great tool for increasing female involvement is reform of the voting system. Usually helping women candidates, majoritarian countries should consider switching to mixed systems or proportional representation. In cases when basic reform is not feasible, including proportionality into current systems can help increase women's representation.

4. Strengthen and refine systems of quotas.

While in many cases quota systems have shown success, their design and implementation need work. Future research should focus on enhancing quota rules to include placement criteria, thereby ensuring women are positioned in winnable areas on party lists. One would benefit from strengthened enforcement procedures including large fines for non-compliance.

5. Modify Party Politics:

Choosing candidates still depends much on political parties. Programs aimed at increasing women's representation must also modify party culture. This can mean implementing gender-sensitive recruitment and selection rules, giving women candidates targeted training and mentoring, and managing internal party dynamics that might be adversarial to women's involvement.

6. Strengthen Campaign Financial Policies

Levelling the financial playing field will help women to participate politically. Future changes should consider spending restrictions in order to assist those who nominate more women public money with incentives, so reducing the influence of wealth in campaigns, and offer focused subsidies or tax incentives for women candidates.

7. Fight Violence Against Political Women

Dealing with violence aimed against women in politics helps one create a safe and fair political environment. This covers enacting some legislation criminalising such attack, providing security and support instruments for women politicians, and launching public awareness campaigns to change society attitudes.

8. Stress substantial representation.

While more women should run for Parliament, future projects should also focus on increasing women's actual representation. Here is how one may support cross-party women's caucuses, provide tools for gender-responsive budgeting and policy research, and encourage male allyship in thus achieving gender equality:

9. Combine Worldwide Collaboration

International cooperation can greatly help to promote female representation. These addresses enhancing knowledge-sharing among countries, helping grassroots women's political organisations, and tracking and reporting on international responsibilities.

10. Backtracking Research and Data

Constant research and data collection investments help one to understand the dynamics of gender representation and the success of various projects. Future projects should focus on compiling intersectional statistics, undertaking long-term investigations, and financing comparative research to identify relevant laws.

Taken all together, these recommendations provide a whole plan for raising female legislative presence. They are aware of the complexity of the issue and the need of several responses covering institutional challenges as

well as more general social aspects. Going forward, flexibility and adaptability will be especially crucial so that policies might evolve in reaction to changing political surroundings and new challenges.

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