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THE IMPACT OF THE PROGRAM MULHERES MIL ON THE SUBJECTIVE WELL-BEING OF ITS BENEFICIARY PUBLIC, IN THE BRAZILIAN CONTEXT¹

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ABSTRACT

Este artigo tem como objetivo analisar a influência e a repercussão do Programa Mulheres Mil (PMM) no desenvolvimento pessoal e social das mulheres que participaram do programa, em termos do bem-estar subjetivo. Como procedimento metodológico foi utilizado a técnica de entrevista semiestruturada, de acordo com a Escala de Bem-Estar Subjetivo, composta por 24 itens, analisando dois períodos distintos, antes e após a participação no PMM. Para o processamento dos dados utilizou-se o *software* SPSS. Os resultados evidenciaram que os fatores escolaridade, idade e religião influenciam o bem-estar subjetivo das mulheres, sendo que a participação no programa proporcionou uma significativa alteração nos fatores afetivos positivos e satisfação com a vida, com melhoria do bem-estar subjetivo feminino.

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INTRODUCTION

According to Souza (2006), public policies are forms of state intervention to meet the demands of society inherent in social, economic, structural, environmental issues, and, therefore, legitimize the government that is currently installed. In this way, the public policies are constituted of projects, programs and actions with the intention of introducing the aims and electoral platforms to reformulate the presented policies put and to insert changes in the real world. According to Tude, Ferro and Santana (2010), public policies, from the twentieth century, became an object of analysis and the studies coming from this subject began to go through the whole process, considering the actors involved for its development, from the design to its final formatting.

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According to the authors, since antiquity, the humanity has been seeking for reflections on political decisions, however, this need of understanding about what the obligations and rights of rulers and governed will be raised from the emergence of the promotion of social welfare, as a new and important function of the State. The authors also point out that studies related to public policy "are of great value for the planning of government actions, whether at the municipal, state or federal level, of companies and even ordinary citizens" (TUDE; FERRO; SANTANA, 2010, page 13). According to Land (1975), in the 1950s, in order to monitor social changes and implementation of social policies, the concept of Subjective Well Being (SWB) appeared. In Gusmão's (2004) perspective, the theory of subjective well-being is used to verify how individuals are satisfied with themselves and the environment in which they live, as well as how they balance the conflicting and happy experiences of their lives. From this conception, SWB was used as an important indicator of quality of life, since, according to Campbell, Converse and Rodgers (1976), people respond for the world subjectively defined by it, even living in objectively defined environments. Siqueira and Padovam (2008) present SWB in two dimensions: emotional and cognitive.

According to the authors, the emotional dimension is based on emotions, affections and feelings (negative affections and positive affects), while the cognitive dimension is sustained and is operationalized in assessments of satisfaction with life in general, with specific aspects of life and of work. The authors also consider that each person evaluates their own life, applying subjective conceptions, organized in thoughts and feelings about their existence, relying on their own concepts, such as: emotions, values, expectations and previous experiences. Prearo (2013) shows the need of studies about the relationship of subjective well-being and the evaluation of public services, in a way of guiding public managers, when defining guidelines and government policies, with the aim of identifying, planning and developing more that can effectively contribute to the well-being of the populations. In this sense, it is assumed that public policies, such as the Thousand Women Program (TWP), can impact the lives of its beneficiaries, through the insertion of variables and transforming factors, such as: access to information; increase of schooling; insertion in the labor market. These factors can significantly modify the life trajectory as these women understand that they can have new experiences, reach new heights and, mainly, they can modify their current reality, becoming more independent.

In this way, it is proposed to understand to what extent the effective participation in a public education policy, with a gender cut, such as the TWP can contribute to the quality of life of its graduates, seeking to examine the program, (SWB), which is composed of positive, negative affections and life satisfaction, in order to understand the impact of the program on women's lives.

METHODOLOGY

It is an observational, descriptive and cross-sectional study that investigated 170 TWP graduates from the campi Barbacena and Santos Dumont, from the Federal Institute of Southeastern Minas Gerais, in the state of Minas Gerais, located in the southeastern region of Brazil. For the collection of data the semi-structured interview technique was used. According to Marconi Lakatos (2011), the interview, because it is flexible and allows the social interaction between the researcher and those subjects that are part of or are affected by the object of study, is an important technique of data collection. The evaluation of subjective well-being was performed according to the Subjective Well-Being Scale, according to the model proposed by Campos (2015), adapted from Albuquerque and Tróccoli (2004), which involves 24 items, which are: ten positive factors (Joyful, Friendly, Understandable, Confident, Courageous, Funny, Happy, Optimistic, Responsible and Pleased); and ten negatives (Depressed, Discouraged, Careless, Frustrated, Unhappy, Evil, Afraid, Worried, Angry and Spiteful), in addition to four sentences in relation to satisfaction with life, which are: a) In most aspects, my life is close to my desires; b) I am satisfied with my life; c) As much as possible, I have achieved the important things I want in life; d) If I could live a second time, I would not change almost anything in my life. According to Campos (2015), for the ten positive factors and ten negative factors, a six-point Likert scale was used, ranging from: 1 = Not at all; 2 = A little; 3 = Moderately; 4 = Fairly; 5 = Extremely and 6 = I do not know what it means. For the four sentences related to life satisfaction, a five-point Likert scale was used, with the following variation: 1 = Strongly disagree; 2 = Disagree; 3 = I do not know; 4 = I agree a little; 5 = I fully agree. For the analysis of the quantitative data, we used the descriptive and association statistics, using the Chi-square test (χ^2), while the analysis of variance was verified by the Kruskal Wallis test, in order to identify the significant difference between the proposed conditions by SWB factors. These tests were performed using SPSS software (Software Statistical Package for the Social Sciences).

RESULTS AND DISCUSSION

The main objective of this study was to understand and characterize the association between the Thousand Women Program and the subjective well-being, according to the life assessment made by the TWP graduates. The characteristics of the socioeconomic profile of the TWP participants, who attend the present research are presented

in Table 1. The majority of the students were between the ages of 46 and 55 (30%), with predominance of color / ethnicity (41.2%) and marital status (37.1%). Referring to wellbeing data, before and after the TWP, Table 2 presents the Positive Factors of subjective well-being, demonstrating that, before TWP participation, about 21.0% of the respondents perceived themselves as "Enough" (4), on the scale of 1.0 to 6.0 of the positive factors of SWB. This result was mainly influenced by the following components: "friendly" (26.47%), "responsible" (29.41%), "understandable" (24.12%), "Responsible" (29.41%), with indices higher than the average (21.24%). At the moment identified as "after" participation in the program, the majority of women interviewed expressed "Extremely" (5) "responsible" (62.35%), "courageous" (44.12%), (41.18%) and "optimistic" (41.18%), factors that registered higher than average rates (38.6%). The data also showed a rise in the percentage average of the "very" scales, from 21.2% to 36.5%, and "extremely" from 19.1% to 38.6%. On the other hand, it also showed a decline in the average percentage of the "not at all" (1), "a little" (2) and "moderately" (3) scales, going from 18.4%; 20.2%; and 20.8%, to: 1.5%; 2.7%; and 12.9%, respectively. It was also observed that this change was registered in all ten research components. These results demonstrate that women started to have more positive affective aspects, with participation in TWP.

Table 1. Characterization of the Socioeconomic Profile of the TWP participants, Minas Gerais, 2018

Variables		Total	
		n	%
Age	Upto 25 years	9	5,3%
	26-35	35	20,6%
	36-45	44	25,9%
	46-55	51	30,0%
	56-65	27	15,9%
	> 70 years	4	2,4%
Marital Status	Single	41	24,1
	Married	63	37,1
	Divorced	27	15,9
	Widower	12	7,1
	Stableunion	27	15,9
Religion	Atheist	1	0,6
	Catholic	122	71,8
	Protestant	39	22,9
	Other	7	4,1
	Didnotanswer	1	0,6
Schooling	Neverattended	1	,6
	Incomplete fundamental	50	29,4
	Complete fundamental	39	22,9
	Incomplete high school	26	15,3
	Complete high scholl	45	26,5
	Incompletegraduation	3	1,8
	Complete graduation	4	2,4
	Postgraduate	2	0
	Didnotanswer	2	1,2
Situação empregaticia	Employed	42	24,7
	Unemployed	71	41,8
	Informal	38	22,4
	Freelance	19	11,2
	Employer	0	0
Renda mensal			
	Upto1 minimumwage	85	50
	From 1 to2 minimumwage	59	34,7
	From2 to 3 minimumwage	21	12,4
	> 3 minimumwage	2	1,2
	Didnotanswer	3	1,8

Source: Research data, 2018.

²The Kruskal-Wallis test looks for a significant difference between the midpoints of any or all conditions, indicating only that there is significant difference, somewhere. (DANCEY, 2013)

³In the article related to the situation of violence experienced by the women who came out of the TWP, there is a more in-depth discussion about the characterization of the socioeconomic profile of the analyzed public.

⁴Most women had children (89.4%), being practicing the Catholic religion (71.8%). The predominant schooling of respondents was equivalent to incomplete primary education (29.4%) and most were unemployed (41.8%). The monthly income, in the majority of cases (34.7%), was 1.0 to 2.0 minimum wages, and only 40% (n = 68) were the main source of income.

Tabela 2. Positive Factors of SWB, before and after participating in the TWP, Minas Gerais, 2018

	Scale points–Before TWP								Scalepoints–After TWP								
	1 %	2 %	3 %	4 %	5 %	6 %	Average	SD*	1 %	2 %	3 %	4 %	5 %	6 %	Average	SD*	
Joyful	25,88	20,59	20,59	21,18	11,76	0,00	2,72	1,36	Joyful	0,59	3,53	14,71	44,71	36,47	0,00	4,13	,833
Friendly	12,94	18,24	25,88	26,47	15,88	0,59	3,16	1,28	Friendly	0,59	2,35	16,47	47,65	32,35	0,59	4,11	,807
Understandable	12,35	21,76	26,47	24,12	14,71	0,59	3,09	1,26	Understandable	1,18	2,94	17,06	47,65	30,59	0,59	4,05	,851
Confident	25,88	28,24	21,18	14,12	10,00	0,59	2,52	1,3	Confident	0,59	0,59	5,88	12,94	41,18	38,82	4,10	,946
Courageous	20,00	20,00	17,06	18,24	24,71	0,00	3,08	1,48	Courageous	4,12	4,12	14,12	33,53	44,12	0,00	4,09	1,056
Funny	17,06	24,12	17,65	22,35	18,82	0,00	3,02	1,38	Funny	1,76	4,12	22,35	42,94	28,82	0,00	3,93	,914
Happy	22,35	20,00	22,35	18,82	16,47	0,00	2,87	1,39	Happy	2,35	4,12	14,12	42,35	37,06	0,00	4,08	,942
Optimistic	20,00	20,59	21,18	20,59	16,47	1,18	2,93	1,4	Optimistic	0,59	2,35	3,53	14,71	41,18	37,65	4,07	,995
Responsible	3,53	8,24	11,76	29,41	47,06	0,00	4,08	1,11	Responsible	0,59	0,00	4,71	32,35	62,35	0,00	4,56	,643
Pleased	23,53	20,59	24,12	17,06	14,71	0,00	2,79	1,37	Pleased	2,35	2,94	16,47	45,88	32,35	0,00	4,03	,906
Average	18,35	20,24	20,82	21,24	19,06	0,29	3,02	1,33	Average	1,47	2,71	12,94	36,47	38,65	7,76	4,11	,89

(*) Standard Deviation Source: Research data, 2018.

Table 3. Negative Factors of SWB, before and after participating in the TWP, Minas Gerais, 2018

	Scale points–Before TWP								Scale points–After TWP								
	1 %	2 %	3 %	4 %	5 %	6 %	Average	SD*	1 %	2 %	3 %	4 %	5 %	6 %	Average	SD*	
Depressed	34,71	12,94	10,00	22,94	19,41	0,00	2,79	1,58	Depressed	67,06	14,71	10,59	4,71	2,94	0,00	1,62	1,044
Discouraged	40,00	14,12	13,53	17,06	15,29	0,00	2,54	1,524	Discouraged	71,76	15,88	7,65	1,76	2,94	0,00	1,48	,931
Careless	1,18	61,76	8,24	10,00	11,76	7,06	1,91	1,368	Careless	1,18	80,00	8,24	5,88	2,94	1,76	1,35	,872
Frustrated	46,47	7,65	12,35	20,00	11,76	1,76	2,45	1,606	Frustrated	67,06	12,94	8,82	8,24	1,18	1,76	1,65	1,183
Unhappy	57,06	8,24	10,00	11,76	12,94	0,00	2,14	1,523	Unhappy	85,88	4,71	5,29	1,18	2,94	0,00	1,29	,860
Evil	92,35	1,76	1,76	1,76	2,35	0,00	1,2	,766	Evil	95,88	3,53	0,00	0,59	0,00	0,00	1,05	,293
Afraid	41,18	15,88	14,71	17,65	10,59	0,00	2,41	1,437	Afraid	62,35	15,29	10,00	8,82	3,53	0,00	1,76	1,159
Worried	5,88	12,94	13,53	32,94	34,71	0,00	3,78	1,22	Worried	17,65	12,94	12,94	29,41	27,06	0,00	3,35	1,449
Angry	52,35	12,94	11,76	14,12	8,82	0,00	2,14	1,411	Angry	62,35	17,06	8,24	7,65	4,71	0,00	1,75	1,176
Spiteful	71,18	2,94	8,82	12,94	4,12	0,00	1,76	1,281	Spiteful	84,12	5,88	2,94	4,12	2,94	0,00	1,36	,946
Average	44,24	15,12	10,47	16,12	13,18	0,88	2,31	1,372	Average	61,53	18,29	7,47	7,24	5,12	0,35	1,67	0,991

(*) Standard Deviation Source: Research Data, 2018.

Table 4. Satisfaction with life, before and after participating in the TWP, Minas Gerais, 2018

	Scale points–Before TWP								Scale points–After TWP							
	1 %	2 %	3 %	4 %	5 %	Average	SD*	1 %	2 %	3 %	4 %	5 %	Average	SD*		
In most respects, my life is close to my desires.	7,06	27,65	9,41	47,06	8,82	2,24	1,089	In most respects, my life is close to my desires.	2,94	17,65	9,41	54,71	15,29	3,98	,929	
I am satisfied with my life.	12,35	33,53	6,47	29,41	18,24	2,44	1,161	I am satisfied with my life.	3,53	27,06	3,53	42,35	23,53	4,24	,987	
As much as possible, I have achieved the important things I want in life.	15,29	19,41	3,53	39,41	22,35	2,26	1,118	As much as possible, I have achieved the important things I want in life.	3,53	5,88	0,00	53,53	37,06	4,08	1,017	
If I could live a second time, I would not change almost anything in my life..	28,82	37,65	5,88	24,71	2,94	1,89	,951	If I could live a second time, I would not change almost anything in my life.	31,76	31,76	5,88	27,65	2,94	2,75	1,202	
Average	15,88	29,56	6,32	35,15	13,09	2,21	1,080	Average	10,44	20,59	4,71	44,56	19,71	3,76	1,034	

(*) Standard Deviation Source: Research data, 2018.

Tabela 5. Central tendency measure of the subjective well-being Factors of the TWP participants, Minas Gerais, 2018.

	Before TWP			After o TWP			
	N	Average	Standard Deviation	N	Average	Standatd Deviation	
Positive Factors	170	3,02	1,33	Positive Factors	170	4,11	0,889
Negative Factors	170	2,31	1,372	Negative Factors	170	1,67	0,991
Satisfaction with life	170	2,21	1,080	Satisfaction with life	170	3,76	1,034

Source: Research data, 2018.

Table 6. Analysis of the association between women's profile and Positive and Negative Factors of subjective well-being and Life Satisfaction, before and after the TWP, verified with the *Kruskall-Wallis* test, Minas Gerais, 2018

Variabless	Before TWP						After TWP						
	Positive Factor		Negative Factor		Satisfaction with life		Positive Factor		Negative Factor		Satisfaction with life		
	χ^2	<i>p</i>	χ^2	<i>p</i>	χ^2	<i>p</i>	χ^2	<i>p</i>	χ^2	<i>p</i>	χ^2	<i>p</i>	
Age	1,664	,893	2,156	,827	3,203	,669	Age	6,525	,258	4,991	,417	6,514	,259
Marital status	3,979	,552	4,763	,446	3,609	,607	Marital status	4,509	,479	2,367	,796	3,370	,643
Religion	2,697	,610	16,213	,003*	1,777	,777	Religion	2,839	,585	20,999	,000*	,759	,944
Schooling	3,571	,828	9,583	,213	12,349	,055	Schooling	9,733	,204	7,409	,388	5,298	,506
Employmentsituation	4,479	,214	,776	,855	,784	,853	Employmentsituation	6,199	,102	10,989	,012	6,667	,083
Monthlyincome	2,311	,679	2,531	,639	2,706	,608	Montlyincome	2,221	,695	3,925	,416	1,328	,857

Source: Research data, 2018. (*) $p > 0,05$ **Table 7. Results obtained in the χ^2 test applied to pairs of variables related to the Female Profile and Subjective Well-Being and Satisfaction with Life factors of the TWP participant, Minas Gerais, 2018**

Variable	Before TWP			After TWP			
	PositiveFactor	Negative Factor	Satisfactionwithlife	Positive Factor	Negative Factor	Satisfactionwithlife	
	χ^2	χ^2	χ^2	χ^2	χ^2	χ^2	
Age	,432	,482	,797	Age	,479	,063	,007*
Marital status	,478	,509	,081	Marital status	,364	,773	,805
Religion	,437	,238	1,000	Religion	,037	,000*	1,000
Schooling	,382	,847	,000*	Schooling	,050	,744	,011
Employmentsituation	,460	,320	,480	Employmentsituation	,416	,478	,392
Montlyincome	,407	,275	,619	Montlyincome	,045	,917	,851

Source: Research data, 2018. (*) $p > 0,05$

Regarding the research related to the Negative Factors, presented in Table 3, it can be stated that the interviewees, both "before" and "after" TWM participation, identified with the response related to "Not at all", specifically 44.24% and 61.53%. The data indicated that, before the program, the most intense negative affective aspects consisted of feeling "extremely" worried (34.71%), depressed (19.41%) and discouraged (15.29%). On the other hand, after the program, negative feelings were attenuated, considering that more than half of the women felt "not at all" (95.88%), unhappy (85.88%), rancorous (84.12%), depressed (71.76%), depressed (67.06%), frustrated (67.06%), fearful and angry (62.35%). The negative component that presented the highest mean, both before and after the program, was related to worry (3.78 and 3.35, respectively). The greatest differences between the means, in the two moments analyzed (before and after TWP, were associated with the "depressed" and "unhappy", since the average decrease was recorded from 2.79 to 1.62 and 2.14 to 1,29, passing the percentages of the "Not at all" (1) scale from 34.71% and 57.06% (before) to 67.06% and 85.88%

(after). Still, according to Table 3, an interesting data regarding the negative affective factors is that the response "Extremely" (5) had a decrease of approximately 70% in the calculation of the moment after participation in the program. Regarding the results on life Satisfaction, before and after participating in the TWP, the data presented in Table 4 allow us to observe that the participants "agree a little" (4) regarding Satisfaction with life, in the two moments researched, registering average percentages of 35.15% and 44.56%, respectively. According to these data, the components "In most respects, my life is close to my desires" and "Within the possible, I have achieved the important things that I want in my life", were the ones that influenced the results most, with values, both before and after the TWP, equivalent to 35.15% and 44.56%, respectively. At the moment identified, as "before the TWP", these components registered percentages in the order of 47.06% and 39.41%; while, "after the TWP", there was an increase of the percentages to 54.71% and 53.53%, respectively.

Regarding the means of satisfaction analyzed, the highest mean was related to the phrase "I am satisfied with my life", equivalent to 2.44 (before the TWP) and 4.24 (after the TWP); while the biggest difference between the two moments referred to the situation "Within the possible, I have achieved the important things that I want in life". Thus, in the subjective evaluation, proposed by the scale of SWB, related to the factor "Satisfaction with life", it is verified that the TWP collaborated significantly with the evolution of the SWB of the women, both with regard to satisfaction with life, as to the ability to overcome, to achieve what you want for your existence. Thus, according to the results, it can be affirmed that there was a significant increase in the measures of central tendency related to the factor Satisfaction with life. This factor presented an Average = 2.21 and Standard Deviation = 1,080, "before" participation in the program, while "after" the TWP, an Average = 3.76 and Standard Deviation = 1.034. On the other hand, in the item Affective Factor Negative, it was observed a reduction of the measures, presenting Average = 2.31 and Standard Deviation = 1.372, "before" the TWP; and after "participation" in the program, the mean was 1.67 and the standard deviation was 0.991. In this sense, considering the Thousand Women Program, as a life event, the data portrayed indicate a positive increase in SWB, of program participants. Woyciekoski, Stenert and Hutz (2012), corroborating with the evidence, point out that:

In general, we investigate the possibility of external events causing some impact on well-being. Above all, the researches point out that life events (LE) perceived and experienced as positive increase the SWB and the perceived and experienced as negative reduce it, indicating that LE perceived as neutral do not cause important effects. (WOYCIEKOSKI; STENERT; HUTZ, 2012, p.285)

The SWB research results, compiled and transformed in the data in Table 5, confirmed the prevalence of Positive Factors of subjective well-being especially "after" participation in TWP. The prevalence of positive factors, "after" participation in the TWP, suggests a greater satisfaction with life and, therefore, improved well-being and, consequently, better conditions for facing violence; because, as Silva (2015) points out, the promotion or development of well-being contributes to an adapted functioning or experience, with greater possibilities to face stressful situations, such as exposure to violence.

The results of the research corroborate with the data presented by Campos (2015) in a survey on subjective well-being in women in social vulnerability, reporting that:

The results of the SWB research indicate that the participants perceive themselves to be "Enough" in subjective well-being about the Positive Factors and that they "agree very little" when questioned about the Negative Factors, indicating the prevalence of Positive Factors of the confirmed subjective well-being for Satisfaction with Life. (CAMPOS, 2015, p 112).

In statistical terms, corresponding to the verified analysis of variance, in Table 6, through the *Kruskal-Wallis* nonparametric test, it was identified that the variable "Religion" was the only one to present a significant difference, with respect to the Negative Factors, in the ($\chi^2 = 16.213$, $p = 0.003$, and $\chi^2 = 20.999$, $p = 0.000$). That is, the analysis indicates that for the "religion" types, the distribution of the Negative Factor is different. The comparison in pairs, according to the proposed statistical method, allows to infer that there was an effect of the categories: catholic and evangelical on the Negative Factor, in the two moments surveyed, with the level of significance "p" equivalent to 0.005 (before the TWP) and $p = 0.001$ (after TWP). Table 7 presents the results obtained in the χ^2 test, applied to the pairs of variables related to the subjective well-being analysis. According to the data contained in said table, it was found that, in the moment before the participation in the TWP, there was an association in relation to "Schooling" and "Satisfaction with Life" ($p = 0.000$); that is, a better educational condition interfered significantly with "Satisfaction with Life". Regarding the analysis of subjective well-being, after the participation of women in the TWP, there was an

association between "Age" and "Satisfaction with Life" ($p = 0.007$). Both conditions indicated a positive subjective well-being relationship in TWP participants. On the other hand, in relation to the "Negative Factor", the data show a level of significance of 0.000, between the variable "Religion", indicating a statistically significant association. Corroborating with the results, Prearo's (2013) research on public services and the SWB of the population, also, demonstrate that, when it comes to explain determining factors of SWB, the age of the individual presents a statistically significant relationship. Regarding the educational variable, this author reported that in 48% of the selected studies there was a statistically significant relationship between schooling and SWB. Still according to the author, in fifty empirical experiments studied on SWB, the variable religion appears in 12% of the studies as a statistically significant variable. Ferreira (2016), in a study carried out on SWB in the elderly, showed that only after the age of 80, there is a tendency to decrease satisfaction with life. Regarding the religion variable, the author emphasizes that in several studies, the variable religion seems to have a statistically significant effect in SWB considering some mechanisms that lead to religion to provide a meaning for life.

Final Considerations

In this article we sought to examine an educational public policy, from the viewpoint of subjective well-being, a theoretical perspective that contributes to the understanding and improvement of people's quality of life. To that end, the subjective evaluation that the TWP participants made about their life moments, before and after the TWP, was performed in terms of positive and negative affects, as well as satisfaction with life. This type of evaluation of the Thousand Women Program is considered relevant since it complements information, in addition to the external indicators previously constructed, when each person evaluates their own life in terms of their positive and negative emotional experiences and satisfaction with life as one all. There was a significant increase in life satisfaction indexes and a significant reduction in the negative factors of SWB, after participation in TWP. It is important to highlight that the results of SWB are associated with variables of the female profile, such as age, schooling and religion, as verified in other studies already done on Subjective Well-Being. In view of the lack of other analyzes of the program, from the perspective studied, it can be concluded that, after participating in the Thousand Women Program, women interviewed felt better in terms of well-being.

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