

## **Social Exclusion among Women Living in Rural Areas Suffering from Hypertension: The Case of Dikgale-Communities**

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**ABSTRACT** Social exclusion is the consequence of long-lasting forms of instability that undermines the capacity of rural women. The objective of the study was to explore the effect of social exclusion among women suffering from hypertension. The researchers used a qualitative exploratory research design. A purposive sampling technique was used to select sixty (60) Black African women suffering from hypertension. Five (5) focus group interviews and ten (10) in-depth interviews were conducted with women living with hypertension. The NVivo programme was used to manage and organize qualitative data. The findings indicated that deep structural factors such as poverty, unemployment and inequality describe how women experience social exclusion and how these factors can exacerbate the health conditions of women living with hypertension. In order to deal with the challenge of poverty, unemployment and inequality, more intervention programmes to increase empowerment should be implemented.