The examined research indicates significant potential for AI to support women, though numerous gaps exist.A significant shortfall is the scarcity of research conducted in Arab and Gulf settings; thus, upcoming studies should create AI solutions that cater to regional cultural and social requirements.Ultimately, investigators ought to examine cutting-edge technologies--like blockchain, edge computing, and wearable AI--to improve privacy, security, and accessibility for women, and create specific metrics to assess long-term empowerment results.Additional research is needed to tackle algorithmic bias, focusing on creating fair and transparent AI models that guarantee equal chances for women.

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