

## **Abstract**

The thesis "Empowerment and Democracy" explores the concept of empowerment within democratic theories, focusing on the mechanisms of "voice" and "exit". The thesis links theoretical approaches to the analysis of civic participation, highlighting the differences between integrative and aggregative theories of democracy. The aim is to identify how these mechanisms influence the empowerment of civil society and democratic processes. The research focuses on defining empowerment as a key element for the functioning of inclusive and participatory democratic structures, with an emphasis on the practical implications in terms of civic engagement and institutional frameworks.