

Rural Women's Health and domestic activities

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Abstract

Health is considered as fundamental human right and worldwide social goal in modern age and understanding of health is the basic of all health care. Now our topic is based on women's health in rural area. Women's health refers to the health of women, which differs from that of men in many unique ways. Women's health is an example of population health, where health is defined by the world health organization as, "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity". Gender remains an important social determinant of health, since women's health is influenced not just by their biology but also by conditions such as poverty, employment, and family responsibilities. Women's reproductive sexual health has a distinct difference compared to men's health. Even in developed countries pregnancy and childbirth are associated with substantial risks to women with maternal mortality accounting for more than a quarter of a million deaths per year, with large gaps between the developing and developed countries.

Introduction

Globally, less and more of all countries have seen male and female inequalities. In view of the growing opposition of women, the United Nations declared 1975 the year as the World women of the year and made women's issues available to world stage. Each country develop different developmental plans to solve those problems by taking a sympathetic view of women's problems for this our nation is also not exception and see the positive impact of this on the lives of women in Indian society. Women's empowerment is a movement involving respect, honour and recognition toward all Women. Empowerment can be defined in many ways, however, when talking about women's empowerment with reference to women's health, empowerment means "accepting and allowing people (women) who are on the outside of the decision-making process into it. "This puts a strong emphasis on participation in political structures and formal decision-making and, in the economic sphere, on the ability to obtain and income that enables participation in economic decision-making." Empowerment is the process that creates power in individuals over their own lives, society, and in their communities. Women are empowered, "when they are able to access the opportunities available to them without limitations and restrictions such as in education, profession and lifestyle". Feeling entitled to make your own decisions creates a sense of empowerment. Empowerment includes an action of raising the status of women through education, raising awareness, literacy, and training. Women's empowerment is all about equipping and allowing women to make life-determining decisions through the different problems in society.

Objective:-

1. To know the Need of Women's Health
2. To assess the Awareness of Women's Health
3. To analyse the factors influencing women's health
4. To study Rural Women Health and Activities
5. To Identify the Hindrances in respect of Women's Health
6. To offer useful Suggestions in the light of Findings

Know the Need of Rural Women's Health:-

Rural Women's health is most burning issue now days. Because rural women's are facing various problems about their health. Lack of awareness in health they have Haemoglobin, PCOD Problem, various Health issues which they doesn't know about that.

Assess Awareness about Women's Health:-

In rural area women does not know there has been problem in their health. To spread awareness about Women's Health there should be various types of awareness programs in rural areas.

Analyse the factors influencing women's health:-

- i. Lack of awareness about Women's Health by their self
- ii. Lack of attention by husband to his wife, girl child, mal nutritious girls, mal nutrition in pregnant women's,
- iii. Lack of attention by Son to his mother

Study of Rural Women Health and Activities:-

50 years back in India rural Women's are healthy as today's because e.g. there has no Flour Mill Machine there are manual flour mill in each house, in earlier days there are no tap water. To have water for all needs women have to go to well throw bucket in well and bring water to the top and fill the bucket. Because of this, women doesn't have to do an extra exercise. Within these exercise and activities women's health got survived.

Offer useful Suggestions in the light of Findings:-

To give more attention in women's health, to sought more solutions according Rural Women Health.

Conclusion:-

The First priority should be given to women education is important. To give attention to girl child, mal nutritious girls, mal nutrition in pregnant women's health. Women have to give opportunities in sports also. In sports event women have shown courage, powerfulness, team work and many more types of qualities. As our Prime Minister Said "Beti Bachao, Beti Padhao" after that mother of Wrestler Geeta and Babita Fogat added to slogan of Prime Minister about "Beti Khilao". This should be the approach of our Government, our Society, and our people at large according to Rural Women's Health and domestic activities.

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