



A STUDY OF HEALTH AWARENESS AMONG RURAL WOMEN

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Abstract: The purpose of the present study was to find out the Health Awareness and unawareness among rural women. For the present study Descriptive survey method was used. The study was conducted on health awareness among rural women of rural area of Nagpur district. For the present study Descriptive survey method was used. The Sample size was 50 women's of 30 to 45 years age group under random sampling method. The researcher made teachers made questionnaire under guidance of experts and guide. The questionnaire consists of 60 questions were there related health dimensions. No specific statistic was involved in this study. Only frequency and percentage were calculated to analyzing the data. The results of the study indicate that 47% of women were aware of health and 53% of women were unaware of the health.

Keywords: Health Awareness, Rural Women

Introduction:

"Health means soundness of body or mind that condition in which its function are duly and efficiently discharged". Health is man's greatest wealth he who has health must cherish it with care. Best he should lose it health is the way there is no way to health let all the habits of liming be health promoting. Health is a state of physical, mental emotional and social wellbeing good health enables people to enjoy life and to have the opportunity to achieve the goals they have set for themselves. The real purpose of health is to develop and maintain vigorous and vitality to acquire interests and habits in ways of living that are wholesome and meet the demands put upon the individual efficiently with energy. The

Balanced Diet:

The balance diet is the intake of appropriate types and adequate amounts of foods and drinks to supply nutrition and energy for the maintenance of body cells, tissue and organs and to support normal growth and development. A balance diet is that contains the proper amounts of each nutrient."

Functions of Diet

1. It provides energy for the various activities of the body.
2. It helps the body to grow and replace worn out tissues.

3. It has the chemicals, which helps to control the body functions and protect the body from diseases.

Factors Affecting Diet:

- Age, sex and body surface area
- Types and duration of activity
- Eating habits and Social Customs
- Climatic factors
- Health status and growth
- Psychological consideration

Materials and Methods:

The purpose of the present study was to find out the Health Awareness and unawareness among rural women. For the present study Descriptive survey method was used. The study was conducted on health awareness among rural women of rural area of Nagpur district. For the present study Descriptive survey method was used. The Sample size was 50 women's of 30 to 45 years age group under random sampling method. The researcher made teachers made questionnaire under guidance of experts and guide. The questionnaire consists of 60 questions were there related health dimensions. A study of Health Awareness among rural woman questionnaire consisted the following sub dimension's: Physical health, Diseases, Personal Hygiene, Social Dimension, Family hygiene and Intellectual No specific statistic was involved in this study. Only frequency

and percentage were calculated to analyzing the data.

Findings and Discussion:

From the above analysis and interpretation of data following findings were drawn.

1. Rural Women's Health Awareness about exercise and yoga is 49% and unaware is 51%.
2. Rural Women's Health Awareness about Diseases is 48% and unaware is 52%.
3. Rural Women's Health Awareness about Balance Diet is 50% and unaware is 50%.
4. Rural Women's Health Awareness about Eating Habits is 45% and unaware is 55%.
5. Rural Women's Health Awareness about Cancer and types of Cancer is 46% and unaware is 54%.
6. Rural Women's Health Awareness about Social Service is 46% and unaware is 54%.
7. Rural Women's Health Awareness about Family Hygiene is 48% and unaware is 52%.
8. Rural Women's Health Awareness about Women in rural area take out little time for themselves is 45% and unaware is 55%.
9. Rural Women's Health Awareness about Women's right compare to the boys is 47% and unaware is 53%.
10. Rural Women's Health Awareness about Intellectual ability in rural women is 46% and unaware is 54%.
11. Rural Women's Health Awareness is 48% and unaware is 52%.

Conclusions:

The results of the study indicate that 47% of women were aware of health and 53% of women were unaware of the health. Finally Researcher concluded that 47% of women were aware of health and 53% of women were unaware of the health.

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