



Obstacles in the Development of Rural Women Rural Women's Social, Economics, Educational, Health Status and Obstacles

KEYWORDS

Dr. Suman Buwa

Assistant (Senior) Professor, Department of Adult And Continuing Education & Extension Work Shivaji University, Kolhapur, MAHARASHTRA

ABSTRACT *Women being the major component of human reproduction system need special care of her health. Rural women has less access to the facilities than that of urban women. Many Factors like old cultural, traditional superstitious beliefs, poor economic conditions and mainly lack of knowledge keep women away from good and sustainable health. The obstacles faced by rural women in maintaining their good health are vastly different from those of women of urban areas. Empowerment of women involves many things - economic opportunity, social equality, and personal rights. Women in rural areas are relegated mainly to household duties and cheap labour and generally considered to be incapable of generating considerable income. Therefore all these factors has covert and overt effects on rural women's health. This paper casts light upon the present status of rural women's health .This paper also deals with obstacles in her health. As the research is associated with the Department of Adult and Continuing Education and Extension Work Shivaji University Kolhapur and conducting awareness , skill oriented and need based programmes she shares her observation so as to encourage such programmes to tackle health issues of rural women more effectively.*

Introduction:

India is known to be a country of villages. Out of total population 70 % of the population lives in villages. Be its urban or rural, women deserves special consideration for their mag-nanimous contribution in everyone's life. They are blessed with a verity of roles of a mother, a sister, a wife and a daughter to play in a single life. The greatness of her contribution to human life is not only gauged for her ability to give birth but also equally to her ability to bringing up of the family. She is the spine of the family. In this respect, the healthier is the spine the stronger is the family. Women being the major contributor of human reproduction system need extra care. Her physical structure is delicate and thus she is more vulnerable to disease and physical disorders. Because of the secondary treatment given to her in most of the rural areas and lack of availability of resources due economic uncertainty she faces a great deal of physical problems. Being more vulnerable to many physical disorders, women suffer health issues like anaemic conditions, low ,blood pressure etc. Most of them don not observe hygienic practices which further adds to their health problems. A girl as the most important part of the reproductive system, it is very important to channelize healthy reproductive life, proper care and management of reproductive health from the beginning of life; and most importantly from the beginning of menstruation which marks the start of reproductive life for a girl. Reproductive health being a critical component of women's general health, is a prerequisite for women's social, economic and human development. Lack of access to safe, and ample reproductive health care results in the damaging consequences for women. Also they have to face a great deal of mental stress due to health problems.

Methodology

The researcher has been conducting health related programmes for rural women and thus possess a practical experience about the health related issues about them. Therefore by this paper she intends to put forth her observations during each of the course to advocate the need of such programmes to surmount the health problems of the rural women by creating awareness and providing them the required knowledge. She has been organising such programmes at regular intervals and has a number programmes to share. However only few of them have been considered in this research as a sample.

Objectives of the Study:

1. To address the health status of rural women to work out on the required area
2. To shed light on the major obstacles in her health development
3. To impart the efficacy of the programmes organised by as a suggestions to encourage more of such programmes.

Rural Women and their health

Women being the major part of reproduction system should be given more care for her health however conversely the women are given secondary treatment in most of the mail dominated societies. They are kept deprived of many facilities and sometimes their fundamental human rights. Health being one the fundamentals rights is it is vital for women's health and life that she has access to medical and health care needs for preventive and curative health. Comparatively urban women have more access to more facilities than rural Women.

Factors like old cultural, traditional superstitious beliefs, poor economic conditions and mainly lack of knowledge keep women away from good and sustainable health. The obstacles faced by rural women in maintaining their good health are vastly different from those of women of urban areas. Economic factors, social and cultural differences, limited educational facilities and conditions of areas have a great deal of lack of impact on ability of rural residents to lead a healthy life. Empowerment of women involves many things - economic opportunity, social equality, and personal rights. Women in rural areas are relegated mainly to household duties and cheap labour and generally considered to be incapable of generating considerable income . They are not in a position to voice their opinions without the power to work and earn a good income. Even in matters of sex and child bearing, women often do not have the ability to oppose the wishes of their men. Women in rural are not self- reliant and they dependent on their husbands or families economically. They do not have decision making power which makes them psychologically dependent as well. As most of them do not have access to education they are unaware about the basic health and hygienic practices. Women go through many biological bodily changes in her life which calls for proper and timely care. However due to lack of knowledge and misconception she continues with the traditional practices followed

by other women in her family. This most of the time instead of proving as a remedy adds to her health issues. Rural women is likely to fall a pray to superstitions observed by her family or community in her health related matters.

Contribution of Shivaji University, Kolhapur

With an aim to take the university to the masses and considering the importance of third dimension of higher education as extension work Shivaji University Kolhapur established Adult and Continuing Education and Extension Work Department in 1982. The department has been instrumental in development of women through various field out-reach and need based and lifelong learning programmes.

The researcher has been associated with the department of Adult and Continuing Education and Extension Work Shivaji University Kolhapur and has been organising various awareness and need based programmes regarding health and hygiene of a women. Following list of programmes witness the efficacy of such programmes in removing obstacles in the health rural women

1. In the month of November 2012 the department of Adult and Continuing Education and Extension Work Shivaji University Kolhapur had organised a one day programme health and hygiene for the women of Satarde ,Taluka Panhala ,District Kolhapur. The programme was attended by 96 women from the area. Most of the diseases and physical disorders suffered by rural women are because of lack of knowledge about health and hygienic practices and superstitious beliefs. Therefore this programmes was organised.to provide them knowledge about woman's health, their health problems, precautions to be taken, importance of personal and social hygiene and hygienic practices, importance of clean and pure drinking water, waste and human waste management, cleanliness of area and family health etc.

Many beneficiaries after the programme have been observing the healthy and hygienic practices taught in the programme. And as a result they have been experiencing less physical problems and positive signs of health.

2. Balance diet is key to healthy and long life. Not all, especially people from rural areas, are aware of the fact. Most of them though aware of the importance of the balance diet on account of inadequacy of funds or out of sheer negligence do not take balance diet. Doing so they face many health issues. A woman is responsible to give birth to healthy child and for that woman at first place needs be healthy to conceive and deliver a child without any complexities. Therefore balance diet has a tremendous importance in anyone life. Keeping the view to inform the importance of balanced diet many programmes in the month of November and December 2012 were organised by the department of Adult and Continuing Education and Extension Work Shivaji University Kolhapur for rural women. Participants were elaborated the importance of balance and notorious diet, the ill effects of mal nutrition on human body in long run. They were also told about how prepare the timetable of daily diet and the diet to take during the various physical disorders.

Many of the beneficiaries were completely unaware of the role of balance diet in our life. They got the answers for their health issues which they had been facing due wrong diet routine and mal nutrition. Through this programme they also learnt the cooking methods to retain the nutritious properties of the food. According the feedback of many beneficiaries such programmes are eye opener for those who are blinding following the traditional practices.

3. "Aajicha Batwa"-Recent years are the evidence of the widely burgeoning acceptance for Indian culture all over the world. Indian culture is not only unique for its values but for the various scientific base it offers .Our kitchens are full of medicines. Despite the developments in medicine science in many parts of India homemade remedies are applied. The kit consisting the household edibles is called "Aajicha Batwa".Therefore to impart the knowledge about the usefulness of household items like Turmeric, ghee, butter, dry ginger, embelia rives, asafoetida,orris-roots etc.

Beneficiaries of the programme were happy to know the availability of the effective medical treatment at home. The aajicha batwa is not only useful in illness or diseases but it also helps increase immunity, take care of skin, hair etc. Therefore these programmes boost confidence in women.

4. Vegetables have high nutritional properties.. Therefore a variety of vegetables should be the part of our daily food intake. Medical reports reveal that level of haemoglobin in Women especially of rural areas is low. Therefore most of them tend to become anaemic. On this grounds women should eat a variety of vegetables.

To provide knowledge to make the vegetables available by planting in available space around ,a one day programme was organised by the department for the women of Punal village, Taluka Panhala District Kolhapur. Total 50 women from the area took the advantage of the programm.The beneficiaries not only learn the importance of the vegetables in our diet but also got the source to make them available.

Conclusion –

The health problems of Rural Women needs to be addressed effectively in order to attain the all- round development of women. Comparatively less in numbers and already having the privilege of urban area women in urban areas get more access to various facilities. Therefore with respect to create awareness and provide them knowledge about women's health, their problems and the treatment for the same, such programmes should be organised in various villages. As rural women are deprived of the fundamental right of education, lifelong learning and field outreach programmes has a lions share in providing knowledge and creating awareness for her development.

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