

Original Research Article

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Comparative Study on Knowledge of Rural Women about Health Care

Poonam Choudhary¹, Dhriti Solanki¹ and Smita Bhatnagar^{2*}

¹College of Home- Science Udaipur (Raj.), India

²S.M.S, (Home-Sc.), Chomu, India

*Corresponding author

ABSTRACT

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The objective of the present study was to find out the knowledge of rural women about homestead technologies in Chittorgarh district. The study was conducted in *Bhadesar* and *Bassi* panchayat samities of Chittorgarh district of Rajasthan state. From each panchayat samiti, two villages where the homestead technologies have been promoted by the KVK since last five years were included in the study. The sample consisted of randomly selected 100 rural women, 25 from each village. Personal interview method was used for data collection. Mean per cent score were used for analysis of data. The knowledge of the respondents about health care component revealed that majority of the respondents (89.30%) possessed good knowledge.

Introduction

A rural women hold on three fold responsibilities of home, farm and management of livestock. In home she devotes endless time in preparing food, washing clothes, procuring fuel from forest, bringing water, storing food grains, cleaning and maintaining house, looking after children and adults, participating in social and religious ceremonies and the list is never ending.

Beside this, she does a lot of work in agriculture and animal husbandry. Adding to the plight of these, women use age old

customary methods for performing all these tasks which make their work more drudgery ridden, tedious and thorny.

Technological innovations and their reach to the rural women can result in enhancing women's welfare and their empowerment. Low cost, reliable homestead technologies related to nutrition, health and sanitation, drudgery reduction, post-harvest technologies etc. can provide a great leap forward for meeting rural women's practical needs for reducing their drudgery, increasing their efficiency and improving family's health condition.

Materials and Methods

The study was conducted in Chittorgarh district of Rajasthan state.

The district has 11 panchayat samities out of these, two panchayat samities namely *Bhadesar* and *Bassi* were selected purposively where the homestead technologies have been promoted by the KVK since last five years (2009-2013).

Total four villages from two selected panchayat samities were included in the study. Sample for the study consisted of 100 rural women, 25 from each village.

Personal interview method was used to collect the data from the respondents.

Mean percent score were used for analysis of the data.

Results and Discussion

Background information of the respondents

More than 40 per cent respondents belonged to the age group of 18-30 years and 38 per cent were from 31-45 years of age. Majority of the respondents (60%) were under upper caste category. Regarding education, 29 per cent respondents were illiterate and 24 per cent were educated up to middle level. Only 15 per cent respondents were graduates. Farming was the main family occupation of 89 per cent respondents. All the respondents were involved in some subsidiary occupations like farm labor, business and service. Majority (63%) belonged to nuclear family. More than 40 per cent respondents had small size family consisting of up to 4 members. Majority of the respondents (62%) were small and marginal farmers. Majority of the respondents (75%) were residing in *pucca* houses.

Table.1 Knowledge of the respondents about health care

n=100

S. No.	Aspect	f / %
1.	Considerations for keeping the body healthy	
	a) Teeth should be cleaned daily to avoid germs, cavities & diseases	100
	b) Eyes be cleaned daily to avoid eye diseases	100
	c) Nails be cut regularly to keep them clean	100
	d) Hairs be cleaned daily	100
	e) One should take bath daily	100
2.	Washing hands	
	a) after defecation	100
	b) before eating food	100
	c) before cooking	100
3.	Importance of wearing clean cloths	
	a) To prevent skin diseases	100
	b) To prevent bed odour of perspiration	3
4.	Reasons for getting sick	
	a) Unhygienic surroundings	100
	b) Imbalanced diet	74
	c) Impure drinking water	86

Knowledge of the respondents about health care

Knowledge of the respondents about nutrition. Critical examination of the knowledge score highlights that the respondents possessed average knowledge about nutrition component (89.30 MPS).

An in depth enquiry into knowledge of the respondents in different components was made to find out specific deficiencies in knowledge so that necessary efforts can be made to increase the knowledge of the rural women about homestead technologies.

Health care

Table 1.1 depicts knowledge of the respondents about health care practices. All the respondents had knowledge of keeping the body healthy i.e. cleaning teeth, eyes, nails, hairs and cloths regularly. Similarly cent respondents knew that hands should be washed properly after defecation, before eating food and cooking. Cent percent respondents had knowledge that unhygienic surroundings (74%), imbalanced diet (74%) and impure drinking water (86%) are the main reasons for getting sick.

Kiri (2001) also observed good knowledge

(61-77%) of the rural women in personal health, hygiene and cleanliness, household cleanliness, food handling and health services. Fair knowledge about safe drinking water was exhibited by 55 per cent respondents.

Based on the findings it could be concluded that the respondents had good knowledge about health care.

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