

“A Study Of Women Education & Health With Special Reference To Nagpur City”

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ABSTRACT

Lack of regular exercise and the indifferent attitude towards this became a part of many women in the society. India is undergoing a 'health transition' especially in the context of women health. In general the country is undergoing through the changes, which can be described as desirable and shifts in demographics, changing lifestyles, and behavior pattern and disease accusing.

Keywords: Women Health, Women Education

INTRODUCTION

India is undergoing a 'health transition' especially in the context of women health. In general the country is undergoing through the changes, which can be described as desirable and shifts in demographics, changing lifestyles, and behavior pattern and disease accusing. The educated families and especially educated women in the family can understand this new phase. The diseases found can be classified in the following way.

1. Communicable diseases – The percentage of such diseases are reduced. However they are still present in the rural areas. Like malaria, polio, malnutrition, small-pox, tuberculosis, cholera, etc.

2. Degenerative and manmade diseases- like HIV, India having the largest AIDS- infected population in the world (7.7 million adults and children in 20 15). Cancer in women is quite common. It has increased by 10% from last decade. Life style diseases like stress, diabetes, cancer and cardiovascular problems stemming through unhealthy diets are increasing day after day.

Smoking, alcoholism, drugs, etc are the habits becoming regular amongst the young generation. Nearly about 80% college students are the parts of all or at least one habits. Unfortunately, the young women are also now the part and parcel of this fashion. The percentage must be less compared to men in the society. The most dangerous issue is the involvement of middle-class people in this process. Nagpur city is not separated from these specific problems.

Lack of regular exercise and the indifferent attitude towards this became a part of many women in the society of Nagpur city.

For this women study of Nagpur city, the forms are given on the information obtained from Nagpur city .

OBJECTIVES OF THE STUDY

1. To study of the women education & health in Nagpur city.
2. To study the related issue in women health.

RESEARCH METHODOLOGY

This paper is based on exploratory research. The primary data was collected from people through a structured questionnaire. The Secondary data was collected from different sources; Indian and international journals, health bulletins, newspapers.

Research Type	: -	Exploratory
Sampling Technique	: -	Simple Random Sampling
Sample Unit	: -	Respondents from Nagpur City
Sample Size	: -	500
Tools for Data Collection:	-	Questionnaire (Both Open ended and Close ended questions)

Positive aspects of health in reform period

- Life expectancy of women of this area will likely be 67 years by 2018.
- Improvement in female birth rate will be expected to improve by 2015.
- A majority of infectious diseases have been or are close to being eradicated.
- India's healthcare system is comparatively low cost.

Negative aspects of health in reform period :-

- Every sixth person who die in the world is an Indian.
- By 2016, about 60 percent of the world's cardiac patients will be Indian. About 40 percent out of this will be women.
- Every 10th diabetic in the world is an Indian woman.
- India has the highest number of people living with HIV/ Aids. A large number of women are included in it.

The new affluence among India's middle class is suffering from nervous disorders, hypertension, obesity, cardiac disease, and diabetes- all life style related diseases. Increasing purchasing power and multiple options have changed the food habits of women from urban areas like Nagpur city have been focused in this study.

Indian market in the reform period (early' 90's) the large availability of calorie-contained foods and mushrooming of restaurants and cafes serving global cuisine led to an unhealthy trend. Women are also preparing mostly processed food and frozen meals zapped in their new microwaves. It was also found that urban women of this area and especially working women were buying food and drinks out of home on regular basis.

Health Attributes of Highly Educated Women in Nagpur city

Health Attributes	Frequency of Nagpur city women of different age group		
	20-30	30-40	40-60
Medicines	12	40	90
Evening/Morning walk	0	45	45
Eating habits	1	15	25
Other activity	15	10	8
Attending gym	2	20	0
Yoga	4	40	63
others	10	25	23
Total Respondent	492		

Souce: Primary Data

➡ Some important issues

Following issues are important related to regarding women understand the importance of perfect health.

1. 91% of the Highly Educated women from Nagpur is using Green Vegetables.
2. 21.3% people were consuming milk in natural form.
3. 17.6% are consuming fruits regularly and rest of them occasionally.
4. Hardly 1.4% women consume sprouts on daily basis.
5. Consumption of raw eggs and fish was done occasionally.
6. 30% respondents do not maintain time intervals for eating food.
7. Almost 96% people strongly felt that spending money on health is an investment for future.

⬅ Some observations were done to understand the common but gradually growing issues in women health after 40's. Some important issues considered are as follows –

a) Porous Bones

A growing number of Indians are becoming prone to bone disorders. Based on the 2001 census, approximately 163 million Indians are above the age of 50; this number is expected to increase to 230 million by 2015. According to leading doctors in India there is an epidemic of vitamin D deficiency, causing severe bone loss in India.

b) Obesity

The study of households of this representative group shows that the children and adolescents, too, are increasingly falling prey to the disease. Sedentary lifestyle regular consumption of junk food are some of the factors responsible for the increasing number of overweight in adolescents.

c) Food/ Nutritional supplements

The food products like fruits and vegetables are now full of pollution and high incidence of pesticides in it. The nutritional value of the good old products is not same as a few decades ago. The food items carry very less amount of nutritional ingredients. Simple daily food like chapattis and rice are fully of impure stuff in it.

D – Fads and Fashions

According to doctors there are three unwanted areas of fashion have emerged about

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|--------------|-------------|----------------|
| 1. Footwear. | 2. Clothing | 3. Food habits |
|--------------|-------------|----------------|

According to them there are few emerging problems connected with their fads and fashions are –

- | | |
|--|---------------------------------------|
| 1. Pains in the legs | 2. Change in the skin color |
| 3. Increase in the acidity and stomachache | 4. Irritation on the skin |
| 5. Suffocation | 6. Fungus infection at internal parts |
| 7. Allergic responses from tattoos, etc. | |

These dangerous and alarming developments was not minimized because of the crazy attitude in spite of educational and awareness availability with them.



Some of the important relations found out other recent studies are as follows –

1. Higher the level of women education in the said areas, better will be the health care pattern that increase in the level of education of women is helping women to take better care of their health.
2. Higher the advancement in health transaction, better life styles for urban people are getting lots of facilities in the market reforms period because of openness and flow of various new concepts and machineries.
3. Higher the advancement in health transaction, unfortunately the rural women are suffering in the present system. In the New policies and Millennium Development Goals the educational and health reforms are not percolating down to rural women in the said area. Some rural families cannot afford it facilities.
4. Increase in the degenerative and manmade diseases. Some manmade diseases are increasing because the living standards have changed in urban as well in rural areas. The life styles are changing fast. The treatment for the diseases is costly. the cost of living is increasing along with disease pattern.
5. Better care taken by self, family and society, higher life expectancy of women is observed.

Risk –Benefit Analysis about women health

The focuses upon the various risk and benefit factors of the women health and education in the pro-market reform period. The idea behind this is to present various risks to understand the related problem for the development of Nagpur city .

The risk can be converted into opportunities if understood and aware properly in the masses. The benefits are the strengths and can be developed more in the new socio-economic pattern.

RISKS – Women Health in Pro-Market Reform Period

- Presence of illiteracy and ignorance
- Degenerative and manmade diseases

- Money spent for fast and unwanted food
- More liking for readymade food by middle class.
- Costly treatment not affordable to low income group.
- Hyper tension, obesity, late night parties, etc. are harmful
- Vanishing indigenous knowledge for food and medicine.
- Emotional instability and negative thinking.

BENEFITS - Women Health in Pro-Market Reform Period

- Health Transaction period
- Overcome from communicable diseases
- Economic changes for better health care
- Good health and increase in life expectancy
- Health care industries are increasing.
- Easy Treatment methods
- Health insurance and consciousness
- Private health spending is highest in the world.
- No of Gyms increased.
- Nutritious food is not costly.

These criteria are linked with each other hence it is true that in Nagpur city the presence of risk in health cannot be ignored. Each benefit can be converted for the better process of development.

The efforts started in the Millennium Development Goals must get special treatment to empower women in the society are-

1. Promote gender equality and empower women -

Eliminate gender disparity at all levels of education.

2. Improve maternal health –

Reduce by three-quarters the maternity mortality ratio.

3. Combat HIV/AIDS, malaria and other diseases –

Halt and reverse the spread of HIV/AIDS as well as halt and reverse the spread of malaria and tuberculosis.

These all are the most seriously off track issues. A big push as per Rodan Theory for the developing world in the context of women health can bring drastic change in the society. The balance can be gained by providing equal opportunities to the women of the developing areas like Central India.

CONCLUSIONS

- Education in women is helping them to take better care of health.
- New concepts and Machineries provide better life style for urban people.
- Many women are not benefiting from new health policies and reforms.
- Increase in the degenerative and manmade diseases.
- Better care taken by self, family and society' higher life expectancy of women is observed

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