



FACTORS AFFECTING THE WOMEN HEALTH STATUS



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ABSTRACT

Women are an important factor in which the family and family are sitting around. Such women should have the best health, but when they meet all the responsibilities of the family, seeing them as ignoring their health, try to take a detailed review of the factors affecting women's health. The article is being done. It is a small effort to explain the type of health that you first see in health, and how it affects the women's health while studying health.

Women health status in society and the culture that brews with in this structure. Women although making a significant contribution to the base-hold income continue to take the major responsibility for the care of the family. Women were playing multiple roles in her life and take a responsibility for all family members. Women was good producer, domestic worker and their contribution to economic development but women neglected own health issues. There are lots of health issues of socio-economic scenario social factors affecting influencing women's health. Such as pregnancy, motherhood and menopause ect, women health concerns are both biological and gender based.

The factors that disproportionately affect women, such as domestic violence, multiple roles, and lower socio-economic status. Life-style factors that affect the health of women throughout the life span are discussed. The life-threatening and chronic conditions affecting women, including cardiovascular disease, HIV infection, breast cancer, and recurrent headaches.



INTRODUCTION

Health is strongly affected by social, political, economic, environmental and technological factors, including urbanization, affluence, scientific developments, individual behavior and individual vulnerability like genetic makeup, nutritional status, emotional well-being, age, gender and economic status. Health and it recognizes the importance of health.

Biological and social factors affect women's health throughout their lives and have cumulative effects. Although women play an important role for the wellbeing of the family and society, they are relegated to a secondary position because of the traditional practices still prevalent in India In many families. The health of women and girls is given less importance than that of men and boys. Poverty, inequality and discrimination also affect their health in many ways.

The position of a woman to a large extent depends on the kind of family one is placed in. In a joint family system the eldest woman usually enjoys a prerogative in the decision-making process. The type of family differs to a large extent with the type of marriage prevalent in the community. The nuclear family formed through monogamy is the most common type of family prevalent in the tribal communities in India. The extended type of family is also quite a common norm wherein the daughters leave the natal home after marriage to distant places. The older sons too leave the parents after marriage to set up new homes in the near vicinity. It is common to find the youngest son residing with the parents even after marriage.

What is health?

In 1948, the World Health Organization (WHO) defined health: - "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."

Health

- Health
- Social Health



➤ **Spiritual Health**

➤ **Health**

Health is biological system to acquire convert, allocate, distribute and utilize energy with maximum efficiency.

The world health organization define human health "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity and is able to make a contribution to his or her community".

➤ **Social Health**

The concept of social health is less intuitively familiar than that of physical or mental health, and yet, along with physical and mental health, it forms one of the three pillars of most definitions of health. This is partly because social health can refer both to a characteristic of a society, and of individuals. "A society is healthy when there is equal opportunity for all and access by all to the goods and services essential to full functioning as a citizen" (Russell 1973, p. 75). Indicators of the health of a society might include the existence of the rule of law, equality in the distribution of wealth, public accessibility of the decision-making process, and the level of social capital.

The social health of individuals refers to "that dimension of an individual's well-being that concerns how he gets along with other people, how other people react to him, and how he interacts with social institutions and societal mores" (Russell 1973, p. 75). This definition is broad—it incorporates elements of personality and social skills, reflects social norms, and bears a close relationship to concepts such as "well-being," "adjustment," and "social functioning."

➤ **Spiritual Health**

One specific definition does not completely summarize spiritual health. While organized religion and prayer - two concepts familiar to most in Western societies - can certainly be part of spiritual health, they are not all that should be considered. Spiritual health can also consist of more broad concepts, such as hope, purpose, and peace.



Some common criteria that fall within the category of spiritual health include belief in a supreme being, unity with a greater force, a guiding sense of meaning and value, an organized religion, balance, introspection, and meaning. While all of these aspects are not necessary to be spiritually healthy, addressing the main concepts can provide a foundational understanding to this way of approaching one's health.

Overall health can be positively impacted by high levels of spiritual health. For example, people experiencing a life-changing event may deal with their situation in a more positive manner if their levels of spiritual health are high. In other words, people can become more resilient by properly addressing their spiritual health.

Factors affecting of the women's health

- 1) Socio-economic
- 2) Environment
- 3) Nutrition
- 4) Life style
- 5) Discrimination
- 6) Friends
- 7) Exercise
- 8) Sleep
- 9) Stress
- 10) Over workload ect,

There are some health issues that disproportionately affect women or indeed are unique to women. The changing roles of women have also contributed to their health status. Many women, although making a significant contribution to the household income, continue to take the major responsibility for the care of the family and, in particular, its health. The majority of people living in poverty are women, which highlights their economic vulnerability and the associated health risks of poor diet and housing. Indeed, the association between women's health and issues such as poverty, powerlessness, discrimination, and fertility is now well documented.



The social factors influencing women's health vary with different societies and the economic development of that society, other developed societies, factors such as multiple roles, discrimination, and sexual health influence women's health status. The effect of the multiple roles experienced by women highlights the complexity of the outcomes on their health. Race and ethnicity are important socio-cultural constructs that are linked to socio-economic factors. These constructs indicate the social classification of people and can capture the impact of racism. Racial discrimination leads to disparities in income, education, neighborhood poverty and access to health care.

Woman had to suffer in many ways. Polygamy, infanticide, child marriage, widowhood, rape, harassment, illiteracy, malnutrition, unemployment, under employment, slavery, exploitation, child labour, subordination at home and outside, dependency, dowry, sati, prostitution, trafficking, divorce etc. are some of the social evils affecting women of India. These practices have their direct or indirect impact on the health of women.

Social and economic inequalities are fundamental causes of inequalities in health. Maternal and child mortality rates increase with decreasing income, resulting in a twofold difference in mortality rates between those in the top annual income band and those in the bottom annual income band. Gender, caste and economic differences tell upon the health of women to a great extent in the male-dominated Indian society. The health condition of Dalit women needs more attention. Poverty, inequality, and discrimination endanger women's well-being. Poverty is one of the most consistent predictors of depression in women, probably because it imposes considerable stress while attacking many potential sources of social support. Economic inequalities within societies are associated with reduced life expectancy and a variety of negative physical health outcomes.

Marriage has been regarded as the point of initiation of sexual activity, and therefore the beginning of exposure to reproduction. So the age at marriage pattern seems important in the women health. The age at marriage shows that most of the women were married in the age group 16-19 years. The highest age groups constituted a small



percentage of women. This implies that most of them started their child bearing and rearing in their adolescent age itself. This has a bearing on the status of reproductive health of these women.

Education is considered as an important of the women health. Education enhances the capacities and capabilities of individuals to a large extent. It also influences the style of life, occupation and adjustment pattern of people. The behavior pattern and thinking of educated persons is different from illiterate or semi-educated people. Likewise the educated women are assumed to be well-off when compared to the semi educated or illiterate women in all respects especially in the area of general awareness and health related matters. .

Education is associated with later entry into marriage, preferences for smaller families, spacing, and planning the second childbirth, increased awareness, acceptability and use of contraception. Education has long been recognized as a crucial factor influencing reproductive behavior (UN, 1996). So in our analysis, the variable levels of education of respondent and her husband have been given due importance.

CONCLUSION:

Socio- cultural factors have a significant influence on women's health problems and on the pattern of treatment availed. To be truly healthy women need the chance to make decisions necessary for good health and they need access to a fair share of the resources in their communities and in the world. This concept keeps before government and the public the understanding that health is not something which can be achieved exclusively by medical services. It is profoundly influenced by conditions of life. The value of this interpretation means that health involves elimination of poverty, universal education, full and rewarding employment.. Poor health reduces women's productive capacity which is currently undervalued and poorly utilized. Improving the health and productive potentials of rural women will play a vital role in all aspect of the country's development including its potential for economic growth.



Women are an important component of which the community and family are sitting around. Therefore; it is the responsibility of the family and the government to maintain the best health for women.

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