

Awareness on Reproductive Health Problems of Farm Women

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ABSTRACT

Women carry out most of the farm activities in harsh climatic conditions which leads to various types of reproductive health problems. The unhealthy environment, poor diet, repetitive motion, static postures, dependence on muscular force and strength that make the work too much laborious. Women involved in such work load everyday results in various kinds of health problems in them. The health of the women is the major concern for family and society. The study was aimed to know the awareness on reproductive health problems of farm women by drawing a sample of 75 farm women belonged to the age group of 20-45 years, which were randomly selected from five villages of Loni block of Ghaziabad district. From each village 25 respondents were selected randomly. Self structured questionnaire was used for eliciting information regarding reproductive health problem. Farm women were facing reproductive health problems like heavy bleeding, irregular menses and miscarriage. Nutrition education makes them aware about the good dietary and health practices.

Key Words : Reproductive health problems, Health education, Unhealthy environment

INTRODUCTION

Farming is one of the main occupations in our country. Women are the backbone of the Indian agriculture. Forastieri (2007) of the International Labour Organization described agriculture as one of the three most hazardous sectors of human activity in both developing and industrialized countries, along with mining and construction (ILO, 2000). Reproductive health has been defined as the ability of healthy women to bear healthy children with healthy men thus enabling their children to develop into healthy adults with the same capability (Ohanjanyan, 1999). Reproductive health risks of women are problems that afflict their reproductive system and hinder their overall reproductive and productive capacities. Farm women face various health problems like heavy bleeding, miscarriage, irregular menses, burning sensation, anaemia, heavy bleeding, leucorrhoea and reproductive tract infection. Hospitals, Asha workers, friends, television, magazines and radio

are some of the sources through which farm women workers can be made aware about the reproductive and health problems. Pant (2002) in a study reported that overwhelming population of hill women were in grip of severe to moderate malnutrition. Upadhyay *et al.* (2011) reported that nutritional status as well as nutritional knowledge of hill women is unsatisfactory and needs interventions. Nagarkoti *et al.* (2014) revealed in a study that majority, hill farm women were not aware of dietary differences required for pregnant and lactating women. Most of them were ignorant about anaemia despite suffering from the symptoms of anaemia and different menstrual problems were also prevalent among hill farm women. It was found that Hospital was the main source of nutritional and health knowledge.

Objective:

To find out the knowledge of farm women on reproductive health problems.

METHODOLOGY

The study was carried out in Loni, Ghaziabad district Uttar Pradesh. Multistage sampling technique was used wherein at the first stage district followed by block; village and respondents were selected for the study. The sample size was comprised of 75 farm women aged between 20-45 years. Simple random sampling was adopted to identify the reproductive health problems of farm women. Survey method was employed to collect the data. Self structured interview schedule was employed to access the nutritional knowledge and reproductive problems of farm women. The statistical measures used for analysis were frequency and percentage distribution.

RESULTS AND DISCUSSION

Table 1 depicted that only 47 % of the farm women were not aware about the importance of balanced diet and only 22 % of farm women were aware about balanced diet.

Table 1 : Distribution of farm workers according to their knowledge about balanced diet		
Do you know about balanced diet	Frequency (n=75)	Percentage (%)
Yes	22	29.3
No	53	70.6

Table 2 revealed that majority of information or knowledge on nutritional and health were received from hospital (30.6%) followed by Asha workers (20%), television (17.3%), elders/relatives/friends (12%), newspaper and magazines(10.6%) and radio (9.3%.) During an interview, women told about Asha workers that helped them to provide health care facilities and aware them about the importance of nutritional food during pregnancy.

Table 2 : Distribution of farm workers according to their knowledge about health and nutrition		
Source of Nutritional and health Knowledge	Frequency (n=75)	Percentage (%)
Hospitals	23	30.6
Asha workers	15	20
Television	13	.17.3
Elder /Relatives/friends	9	12
Newspapers and Magazines	8	10.6
Radio	7	9.3

Table 3 reveals that 20 per cent farm women feel pain during menses, 14.6 percent were suffering from anaemia, 13.3 per cent were facing leucorrhoea problem, 10.6 percent faced heavy bleeding problem, 10.6 per cent farm women were facing problem of late periods, 9.3 per cent reported reproductive tract infection, 6.6 per cent experienced burning sensation during urination while 4 per cent had itching in vaginal area. It was found that though farm women had a number of reproductive or menstrual problems and they feel shy to talk about such problems until the situation reached worst condition.

Table 3 : Distribution of farm workers according to their reproductive or menstrual problem		
Reproductive and menstrual problems	Frequency (n=75)	Percentage (%)
Painful menses	15	20
Anaemia	11	14.6
Leucorrhoea	10	13.3
Heavy loss of blood during menses	9	12
Burning sensation	8	10.6
Miscarriages	7	9.3
Reproductive tract infection	6	8
Itching in vaginal area	5	6.6
Irregular periods	4	5.3

Conclusion:

The study revealed that majority of the farm women were facing various reproductive and menstrual problems like painful menses, anaemia, heavy bleeding, leucorrhoea, reproductive tract infection, burning sensation and miscarriages. Hence, in order to improve knowledge of the rural women it is utmost important to educate and train them about nutrition and reproductive problems. The study revealed in majority, farm women were not aware about the importance of balanced diet. Asha workers and Hospital was the main source of nutritional and health knowledge.

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