

Constraints and Suggestion of Farm Women Regarding the Awareness about Sanitation and Hygiene

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ABSTRACT

Women in India face significant health challenges due to poor social position, limited autonomy, and inadequate access to healthcare and sanitation facilities, leading to physical, social, and emotional problems. Improved sanitation, hygiene practices, and awareness are crucial for addressing these issues and promoting overall well-being, particularly in rural areas. This study was conducted in the Narmada district of Gujarat to analyze the impact of awareness and adoption of health, hygiene, and sanitation practices among rural women. The district of Narmada and the Dediapada block were purposively selected. Using a stratified random sampling technique, 300 respondents were selected.

Keywords: Farm women, Sanitation and Hygiene, Poor social position

INTRODUCTION

Women are concerned about access to health care services. They face significant health challenges, including self-denial and a lack of safe spaces to speak openly and consult trained medical specialists. The poor social position of women in many areas of life is directly linked to their health status. Indian women are often perceived as financial liabilities despite their contributions to families. They frequently have limited autonomy and remain under the authority of sons, spouses, and fathers within the household (Ips, 2021). Civilized societies place great importance on cleanliness, sanitation, and hygiene. Sanitation is crucial for long-term socio-economic prosperity and improved health outcomes. The Purpose of the study was to assess the knowledge and practice regarding water, sanitation and hygiene and based on the findings to make those women sensitize on the areas where they are lacking in knowledge and the right practice to have a healthy community which is free from water borne diseases hence contributing towards the

achievement of Millennium Developmental. Therefore, the Present study will be conducted with following objectives:

Objectives :

1. To study the extent of adoption of water and sanitation hygiene practices among tribes
2. To find out relationship between profile of tribal and their extent of adoption

METHODOLOGY

The research was conducted using an ex-post-facto design, as the variables under study had already occurred and were beyond the control of the researcher. This design facilitated the examination of existing conditions and relationships among variables in their natural setting without any intervention. The study was carried out in the state of Gujarat. Narmada district and Dediapada taluka were purposively selected based on accessibility and the availability of rural women who met the study

How to cite this Article: Tiwari, Meenaxi V., Poshiya, V. K. and Shukla, Anita (2026). Constraints and Suggestion of Farm Women Regarding the Awareness about Sanitation and Hygiene. *Internat. J. Appl. Home Sci.*, 13 (3 & 4) : 121-123.

criteria. A total of 300 women respondents were selected from the study area using a stratified random sampling technique. Data were collected through a structured interview schedule consisting of both open-ended and closed-ended questions to ensure consistency and ease of analysis. Appropriate statistical tools, including the Paired Samples Test, were applied to analyze the data and assess the significance of relationships and differences among variables.

RESULTS AND DISCUSSION

The data in Table 1 that majority (53.00 %) of respondents had medium level of adoption followed by 29.00 per cent having higher level of adoption. it can be inferred from this table that only 18.00 per cent respondents had low level adoption water and sanitation hygiene practices.

From the Table 2, it was inferred that age (0.7142**), Education (0.6748**), Size of family (0.5609**) occupation (0.13139**), Marital status (0.443**), Social participation (0.25019**), Source of information (0.1228*), Training (0.88083**), Types of activity (0.89034**)

Knowledge (0.9163**) positive and significant at 0.01 level, Source of information (0.1228*) significant at 0.01 level, whereas Type of House (0.06586 NS) annual income (-0.06511 NS) respondents were found to have Non significant association with and their adoption of water and sanitation hygiene practices.

Conclusion:

Raising awareness is essential for improving the health, hygiene, and sanitation practices of rural women (NITI Aayog, 2025). Awareness has a significant and positive impact on the health, sanitation, and hygiene habits of rural women. It promotes not only personal well-being but also gender equality and healthier communities. To ensure long-term improvements in the living conditions and health of rural communities, efforts to raise awareness in these areas should be continued and expanded. The study determined the effect of awareness on rural women’s health, sanitation, and hygiene in the study area. For rural women, awareness of sanitation, hygiene, and health is a transformative strength. It provides them with the knowledge and skills needed to safeguard their families, make informed decisions, and improve living

Table 1 : Distribution of the respondents according to their overall level of adoption about water and sanitation hygiene practices (n=300)

Sr. No.	Categories	No. of respondents	Percentage
1.	Low level of adoption	54	18.00
2.	Medium level of adoption	159	53.00
3.	High level of adoption	87	29.00
	Total	300	100.00

(Mean=46.54/SD=22.53)

Table 2 : Relationship between selected characteristic of respondents with their adoption in water and sanitation hygiene practices.

Sr. No.	Personal characteristics	Correlation coefficient ('r')
1.	Age	0.7142**
2.	Education	0.6748**
3.	Size of family	0.5609**
4.	Occupation	0.13139**
5.	Type of House	0.06586 ^{NS}
6.	Annual income	-0.06511 ^{NS}
7.	Marital status	0.443**
8.	Social participation	0.25019**
9.	Source of information	0.1228*
10.	Training	0.88083**
11.	Types of activity	0.89034**
12.	Knowledge	0.9163**

NS: Non significant * Significant at 0.05 level

** Significant at 0.01 level

conditions in their communities. Such knowledge offers long-term benefits that extend beyond personal health; it fosters culture of sustainability and wellness that can lead to more resilient and prosperous rural communities across the country. Preventive health behaviors, including frequent hand washing, safe water storage, sanitary toilet use, and proper waste management, are encouraged by increased awareness (Patel *et al.*, 2020). Well-informed women are more likely to maintain a clean household and promote hygienic practices among their children and other family members.

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