

Study on Health and Hygiene awareness and Self Esteem Level of NHG Rural Women in Kannur District, Kerala State

Maya Raveendran

Ph.D Research Scholar, Department of Sociology, Annamalai University

Dr. Kirubakaran Samuel

Professor & Head, Department of Sociology, Annamalai University

Abstract

The present study aimed to know the study on health and hygiene awareness and self esteem level of NHG rural women in kannur district, kerala state. Health is a complex multidimensional concept, encompassing physical, mental and emotional components of an individual. The rural area of Kannur district in Kerala was considered as the universe of the present study. Kannur district consists of four Thaluks namely Kannur, Thaliparamba, Thalassery and Iritty. 480 samples were selected from NHG in rural women in Kannur district, Kerala state by using simple random sampling method. Questionnaire and interview method was used more to collect the necessary data. The statistical test used for F-test and correlation test.

To find out the health and hygiene of the respondents based on demographic variables. To identify the significant relationship between self-esteem and before, after joining NHG group. Result shows that respondents differ in their level of health and hygiene on the basis education. So, primary level group respondents have high level of health and hygiene. Survey exhibits that respondent's level of health and hygiene on the basis of type of family. Hence the joint family has better opinion about health and hygiene then compare to nuclear family respondents. Therefore, it is concluded that there is a significant relationship between self-esteem and before, after joining NHG group. So, after joining NHG group have high positive relationship between self-esteem.

Keyword: Health and Hygiene, Self-esteem, Rural, Women, Empowerment and NHG.



1. Introduction

Empowerment of women and their participation in the development process has been considered an essential feature of development. It is presumed that real development is possible only if the women and men work in equal terms. Gender equality and empowerment of women is recognized globally as a key element to achieve progress in all areas. Rural women are regarded as voiceless and defenseless. Raping cases are appearing in the newspapers every day. Even politicians are not supporting them. So, they are to be empowered to fight against the evils faced by them. Empowerment of women involves many things economic opportunity, social equality and personal rights. Women are deprived of their human rights, often as a matter of tradition. In rural areas, women are generally not perceived to have any meaningful income generation capacity, and name they are relegated mainly to household duties and cheap labour. Kudumbashree plays a vital role in enhancing the financial status of the less privileged women in the State through its thrift and credit societies.

The empowerment of women has become a subject of great concern for the nations all over the world especially in poor and developing countries. Empowerment means emancipation of women in harmonious co-existence with men in the society. Power provides social recognition, dignity, prosperity, property, value and security. Hence empowerment has acquired considerable importance. Empowerment is a way of acquiring the ability and opportunity to participate in decision making and implementation of decisions with proper knowledge of self-dignity and self-confidence. The concept 'empowerment' was introduced at the International Women's Conference at Nairobi in 1985, where it was defined as "a redistribution of social power and control of resources in favour of women. Empowerment is not only essential in political field; but also in personal, economic, social, and political dimensions with personal empowerment".

2. Concept of Women Empowerment

Empowerment is the process of changing power relations in favour of those at the lower levels of a hierarchy. Empowerment of women implies process by which women's power of self-realisation is promoted and reinforced. They develop the capacity for self-reliance out crossing the relationship subordination on account of gender, social and economic status and the role in the family and society. It encompasses the ability to make choices, control resources and enjoy participatory relationship within family and community. To achieve these objectives, empowerment of women also implies their ability to participate in it and also lead social movements to remove obstacles in their progress towards their goal.

As per the United Nations Development Fund for Women (UNIFEM), the term women's empowerment means acquiring knowledge and understanding of gender relations and ways in which these relations may be changed; developing a sense of self-worth, a belief in one's ability to secure desired changes and the right to control one's life; gaining the ability to generate choices and exercise bargaining power; and developing the ability to organize and influence the direction of social change, to create more just social and economic order, nationally and internationally.

The empowerment of women include creating awareness and consciousness about situations of women, discrimination of women, rights of women, opportunities to the women and importance of gender equality; organizing a group collectively, group identity and group pressure; capacity building and skill development – ability to plan, to decide, to organize, ability to manage, ability to carry out activities, ability to deal with people and institutions in the world around them; participation in decision making at home, in the community and in the society; and access and control over resources, over means of productivity and over distribution.

3. Health and hygiene

The sociology of health and illness, alternatively the sociology of health and wellness (or simply health sociology), examines the interaction between society and health. Health, or lack of health, was once merely attributed to biological or natural conditions.

4. Self esteem

Self-esteem is a positive or negative orientation toward oneself; an overall evaluation of one's worth or value. Self-esteem is only one component of the self-concept, which Rosenberg defines as "totality of the individual's thoughts and feelings with reference to himself as an object."

5. Definition of NHG

Neighbourhood Groups (NHGs) are the primary units of the Kudumbashree community organisation. Ten to twenty women from a neighbourhood form a NHG.

6. Review of Literature

Kara L. Ross (2015) Women empowerment could be the key to unlocking women's productivity potential in Africa. Women's contribution to the agricultural sector is greatly influenced by their health status. The examines the impact of women's empowerment in agriculture on women's health and the implications for the African food and agricultural sector. It utilizes a unique dataset from a 2012 survey of 2,405 women in northern Ghana and the Multiple Indicators Multiple Causes modeling approach. Findings provide insight on how gender-sensitive policies and private-public initiatives can translate into better health outcomes for women and improved capacity to meet future needs of food and agriculture in Africa. Initiatives focusing on increasing women's membership in social and economic groups, easing women's access to credit, and increasing women's incomes are some key empowerment strategies for improving women's health status and production capabilities.

Vijayakeerthi. R, *et al.*, (2016) the assessed knowledge and practice of menstrual hygiene in women of age group 15-44 years and to find out the relationship between knowledge and practice of menstrual hygiene. This cross-sectional study done at South Pichavaram, Chidambaram. The result shows participants had adequate knowledge about menstruation and menstrual hygiene and good level of menstrual hygiene practice in the women. Finally the concluded nearly half of them were not having adequate knowledge about menstruation and menstrual hygiene. Therefore, there is a need to increase awareness about menstrual hygiene the women by giving periodic health education. Also, the recommended all women should be encouraged to use the sanitary pads for which these pads should be affordable to every women of our society.

FaitiraManuere (2018) the concept of "Women empowerment" has received much attention from researchers, government and captains of industry. There are several meanings attached to the concept of women empowerment. This literature review explores the origin of the term women empowerment as it is related to gender and equality. This literature review looks at four power perspectives that are used to explain the increasing need for women empowerment today. The related concepts of power, agency, resources and achievements are used to explain and describe the problems associated with women empowerment globally. The theoretical underpinnings of this literature review are important for policy-makers and government the world over. Finally, the models that can be adopted to empower women, socially, economically and politically are identified and explained.

7. Methodology

7.1 Objectives

7.11 To find out the health and hygiene of the respondents based on education and type of family.

7.12 To identify the significant relationship between self-esteem and before, after joining NHG group.

7.2 Hypothesis

1. There is no significant difference between health and hygiene of the respondents based on education and type of family.
2. There is no significant relationship between self-esteem and before, after joining NHG group

7.3 Method of Data collection

To collect the primary data standard questionnaires were used. The tool were circulated among the selected respondents and interview method also adopted.

7.4 Statistical tool used

The following statistical tools were used to analyze the data . They were

- Descriptive analysis (Mean and Standard Deviation),
- Percentage analysis

The means, standard deviations of the entire sample are computed, In order to test the significance 't' test, F-test and Correlation were used.

8. Result and Discussion

Table: 1
Respondents level of health and hygiene on the basis education

Education	Mean	S.D	F-value	P-value
Literate	8.92	2.03	7.39	0.001(S)
Primary	14.6	2.28		
Secondary	5.87	1.43		
Higher Secondary	4.67	1.02		
UG	3.98	0.89		

Source: Primary data

* Significant at 0.05 level

The table 1 exhibits the details of Mean, S.D. and F-value for respondents level of health and hygiene on the basis education. It is inferred from the obtained F-value there is a significant difference in respondents level of health and hygiene on the basis education. Since the calculated F-value (7.39) which is significant at 0.001 level. Therefore, the stated null hypothesis is rejected and alternate hypothesis is accepted. Therefore, it is concluded that respondents differ in their level of health and hygiene on the basis education. So, primary level group respondents have high level of health and hygiene.

Table: 2
Respondents level of health and hygiene on the basis of type of family.

Type of family	Mean	S.D	t-value	P-value
Nuclear	18.7	3.28	8.59	0.001 Significant
Joint	25.4	4.76		

It is inferred from the obtained t-value there is a significant difference in respondents level of health and hygiene on the basis of type of family. Since the calculated t-value (8.59) which is significant at 0.001 level. Therefore, the stated null hypothesis is rejected and alternate hypothesis is accepted. Therefore it is concluded that respondents level of health and hygiene on the basis of type of family. Hence the joint family has better opinion about health and hygiene then compare to nuclear family respondents.

Table: 3
Correlation analysis between self-esteem and before, after joining NHG group

NHG group	Self-esteem
Before	0.247*
After	0.582*

*Significant at 0.01 level

The table 3 reveals the correlation result between self-esteem and before, after joining NHG group. Result indicates that there is a positive and significant correlation between the self-esteem and before, after joining NHG group. It is also significant at 0.01 level. Hence the stated null hypothesis is rejected and in alternate hypothesis that there is a significant relationship between self-esteem and before, after joining NHG group. So, after joining NHG group have high positive relationship between self-esteem.

9. Findings

- ✓ Result shows that respondents differ in their level of health and hygiene on the basis education. So, primary level group respondents have high level of health and hygiene.
- ✓ Survey exhibits that respondent's level of health and hygiene on the basis of type of family. Hence the joint family has better opinion about health and hygiene then compare to nuclear family respondents.
- ✓ Analysis proved that there is a significant relationship between self-esteem and before, after joining NHG group. So, after joining NHG group have high positive relationship between self-esteem.

10. Conclusion

The present study aimed to know the study on health and hygiene awareness and self esteem level of NHG rural women in kannur district, kerala state. Health is a complex multidimensional concept, encompassing physical, mental and emotional components of an individual. The rural area of Kannur district in Kerala was considered as the universe of the present study. Kannur district consists of four Taluqs namely Kannur, Thaliparamba, Thalassery and Iritty. 480 samples were selected from NHG in rural women in Kannur district, Kerala state by using simple random sampling method. Questionnaire and interview method was used more to collect the necessary data. The statistical test used for F-test and correlation test. Result shows that respondents differ in their level of health and hygiene on the basis education. So, primary level group respondents have high level of health and hygiene. Survey exhibits that respondent's level of health and hygiene on the basis of type of family. Hence the joint family has better opinion about health and hygiene then compare to nuclear family respondents. Therefore, it is concluded that there is a significant relationship between self-esteem and before, after joining NHG group. So, after joining NHG group have high positive relationship between self-esteem.

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About the authors



Maya Reveendran has recently submitted her doctoral dissertation at Department of Sociology Annamalai University, Tamil Nadu. She has presented more than twenty-five scholarly papers in National and International Conferences. She has published more than seven articles. She is member of Indian Sociological Society and Association for Cultural and Scientific Research. She specialized in understanding how women's empowerment can lead to social change.

Dr. Kirubakaran Samuel is a Professor and Head in the Department of Sociology at Annamalai University, Tamil Nadu. He has been grooming UG, PG, M.Phil., PhD. scholars for Twenty-Eight years. He has about seventeen publications to his credit. He has authored three books



Principles of social work, Environmental Education Curriculum and Teaching Methods, Research Methodology in Social Sciences. He is associated with Indian Sociological Society. He has participated in twenty-one National and International level conferences.