

## **An Economic Study on Health Awareness With Special Reference To Meelanelitha Nallur Block.**

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### **“Healthy Is as Healthy Does”**

“Health” comes from the old English word “hale,” which meant having a strong mind and a strong body. What’s your definition of health? Is it the absence of illness or discomfort? Is it the ability to perform normal tasks and to High blood pressure, heart disease, gout, and diabetes used to be called “rich man’s diseases. The situation described earlier illustrates why. What can we learn from this?

Health care is an expression of concern for fellow human beings. It is defined as a *“multitude of services rendered to individuals, family or communities by the agents of the*

*health services or profession, for the purpose of promoting, maintaining, monitoring or restoring health".* And hence, this research work is aimed

- To identify the health awareness of women in Meelaneelitha Nallur block.
- To Know the extent of their health awareness
- To suggest a few measures to promote awareness on health care among women.

Using both secondary and primary data from a sample 300 women in health sector – Nurses, Anganwadi teachers, women in primary health centre, midwife.

Key Words: Well-Being, Health Investment, Health expenditure, Health awareness.

## INTRODUCTION

### “Healthy Is as Healthy Does”

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Health care is an expression of concern for fellow human beings. It is defined as a *"multitude of services rendered to individuals, family or communities by the agents of the health services or profession, for the purpose of promoting, maintaining, monitoring or restoring health"*. Health care The Indian healthcare sector is predicted to reach US\$ 280 billion by 2020. Some of the driving factors for the growth of the sector include growing population, increasing lifestyle related health issues, cheaper treatment costs, thrust in medical tourism, improving health insurance penetration, increasing disposable income, government initiatives and focus on Public Private Partnership(PPP) models. Women and men share many similar health problems, but women also have their own health issues, which deserve special consideration.

## **Women Health Is The Asset Of The National:**

Women contribute more than 50% of a population of a nation. Women's lives have changed over the centuries. Historically, life was particularly difficult for most women. Aside from the numerous dangers and diseases, women became wives and mothers often when they were just emerging from their own childhood. Many women had a large number of pregnancies which may or may not have been wanted. In the past, childbirth itself was risky and not infrequently, led to the death of the mother. Most women in the past did not live long enough to be concerned about menopause or old age. In 1900, a woman's life span was about 50 years. Now, in the new millennium, average life expectancy for American women is 82 years of age, and it is continuing to rise. Not only are women living longer, but they also can anticipate the possibility of enjoying a better quality of life throughout their span of years. In order to accomplish this, it is essential that women take charge of their own bodies and that they comprehend how they can maximize their personal health and fitness. It is also helpful that men understand and are supportive of the health concerns of the women.

Gynecology is the primary branch of medical science concerned with women's health issues. The word "gynecology" is a word consisting of "gyneco," meaning "woman," and "logic," meaning "knowledge." Taken together, it is "woman knowledge." It is important that every woman has access to knowledge related to the spectrum of women's health issues, not only about her reproductive system.

## **Women's general health and wellness**

There is credible information available to women not only on such problems as eating disorders, stress, alcoholism, addictions, and depression, but also on basic topics such as good nutrition, heart health, and exercise. For example, it is beneficial that a woman maintain her optimum weight. If a woman's waist size measures more than 35 inches (89 cm), she is more

likely to develop heart disease, high blood pressure, and diabetes. Eating sensible meals, eliminating after-dinner snacks, and making physical activity a part of daily life are significant ways to help control weight and lower the risk of a long list of health problems. Smoking is detrimental to anyone's health, as well as the health of those around them. Unfortunately, women continue to smoke despite the known health risks. Even though the number of female smokers is declining, still about 16% of women in the U.S. continue to smoke. Women are smoking in spite of the well-publicized risks including cancer, heart disease, and innumerable other health issues. Drinking an excessive amount of alcohol is also harmful to health. Although women typically begin drinking at a later age than men and tend to drink somewhat less, lower doses of alcohol are required for women to develop alcohol-related medical problems including alcohol toxicity, cirrhosis, and hepatitis.

Women should be aware that they metabolize a number of drugs differently than men. In some cases and for some medications, the rate of metabolism Many diseases affect both women and men alike, but some diseases occur at a higher frequency in women. For example, gallstones are three to four times more common in women than in men. About 18% of women in the U.S. suffer migraine headaches compared with only 6% of men, a ratio of three females to one male. Other conditions seen more often in women than in men include irritable bowel syndrome and urinary tract infections. Urinary tract infections, including cystitis (bladder infection) and kidney infection (pyelonephritis) are significant health problems that especially affect women. Kidney disease is a leading cause of high blood pressure (hypertension). And, after age 50, hypertension is more common in women than in men. Also more common in women than men are the autoimmune disorders (for example, multiple sclerosis, Sjögren's syndrome, and lupus). In these diseases, the immune system attacks the body's own tissue. Autoimmune disorders afflict at least 12 million Americans and 3/4 of them are women. One autoimmune disorder, rheumatoid arthritis, affects approximately 1.3 million Americans, with 2/3 of the sufferers being women.

Women face many of the same problems associated with men, including heart disease, cancer (but of course cancer of the breast or uterus is unique to women), high blood pressure,

common infections (including sexually transmitted infections), eating disorders, stress related illness, alcoholism and drug addiction, depression, osteoporosis, and joint health concerns.

In addition to these, women also struggle with gynecological issues (conditions of the uterus, urinary tract, and reproductive tract), childbirth, birth control, and child-rearing issues, and women-only conditions such as Turner syndrome, and Ret Syndrome. It is of great importance that you should first seek **natural and organic** methods of treatment looking to prevent disease, or when the issue is in its formative or beginning stages. This includes managing lifestyle factors, some that we will get into below. Only when these mild and less invasive should the “big gun” treatments of Western medicine be used in your health arsenal. When we look at Western medicine, the main branch associated with women’s health is gynecology. The term is derived from “gyneco” and “logic”, meaning women’s knowledge. This type of medicine is concerned with diagnoses and treatment of conditions pertaining to women. Eastern medicine tends to look at the holistic whole of the woman and aims at minimizing disease through prevention. There are also several herbal remedies that can benefit women, but first let’s talk about some common issues that women face.

Health is defined by the World Health Organization as “a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity”. Women have health issues all their own, which deserve special consideration. Women’s lives have definitely changed over the years. In the past, life could be quite difficult. Danger, disease, and motherhood could all would have contributed to many different conditions afflicting women. Childbirth, risky even today, was even more so historically. Most women of yesterday did not even live to make it to menopause. The average woman’s lifespan was incredibly short in the past, being around 50 years just one hundred years ago. Huge advances in technology and our continuing knowledge of the human body have coincided with the average lifespan making a huge leap, to around 82 years today. It’s true, women are living longer, but this also creates the need for more education on various health issues as women age. Women should be empowered to take control of their health care, and seek support from their male counterparts.

Today's woman is much different from the woman of the past, which can be both good, and bad. The woman of today has much more social freedom, responsibility, and often occupies many jobs that were traditionally held by men. Yes, today it's natural to see a woman leading a work meeting, taking the kids to soccer practice, and cooking up a homemade meal. Women have become true jacks of all trades, and balance can be tough to strike with so many demands. With more and more women entering the workforce and living more demanding lifestyles, stress management, sleep, exercise, and other disease preventing lifestyle factors become much more important to cope with increased responsibility at work and at home. A woman's health should always be at the forefront of her mind. In this article, we will go over women's health issues, prevention strategies, and how women can balance all of their responsibilities in stride.

Hence the present study is highly significant today. Following working **Objectives** are framed for this price of research.

- To identify the health awareness of women in Meelaneelitha Nallur block.
- To Know the extent of their health awareness
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The literature review throws light on the fact that income, technological progress, variation in medical practices, and characteristics of health systems are the significant factors that determine the level and growth of health care expenditure.. The more recent studies recognize the importance of health factors such as health financing parameters, provider payment mechanisms and service provision.

## **METHODOLOGY**

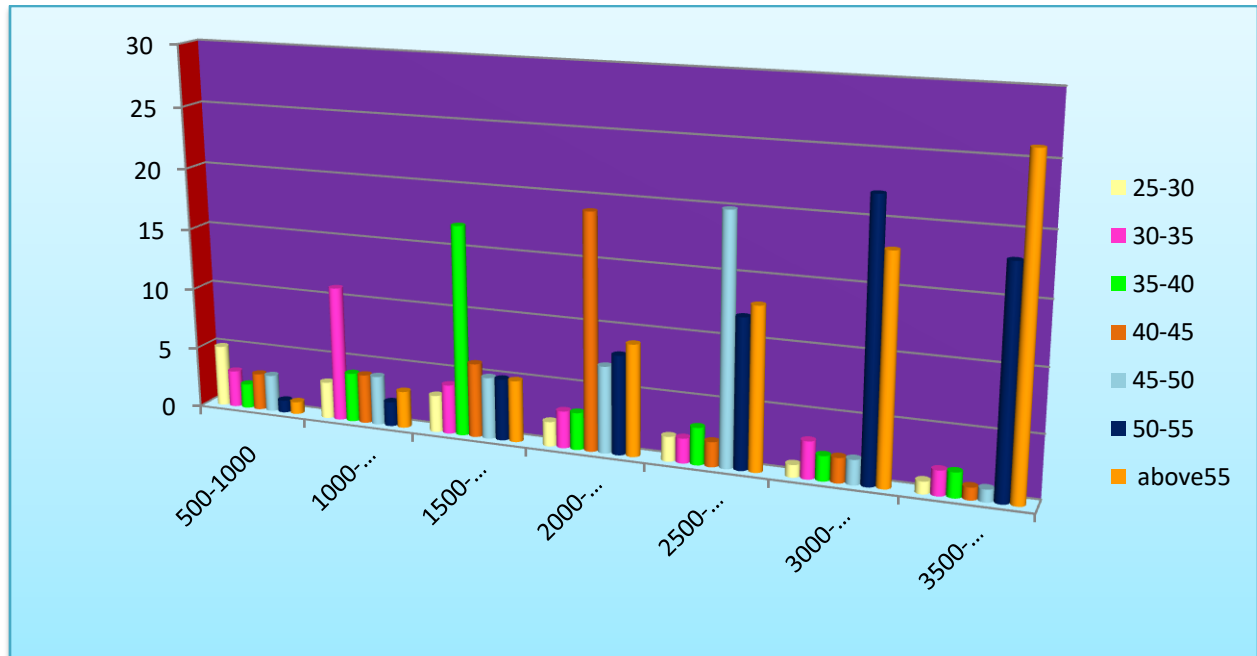
The study is based on both Primary data and secondary data. Primary data is collected from the sample respondents through well structured interview schedule and Questionnaire. Secondary data is collected from text books, journals, magazines, News papers, Government Gazettes, internet etc. The components are sample- nurse, Anganwadi teachers, Anganwadi

aayas & midwives from PHC, were collected through personal visit to the in home. For collection of primary data, interview schedule was used. A Preliminary interview schedule was constructed and administered to 300 households. The interview schedule was prepared keeping in view the objectives of the study. House wives' were also interviewed for more information. In addition to this, informal discussion was also held with heads of the families or other members of the families so as to cross check the information. The present study had been undertaken about health expenditure in Meelaneelithanallur block in Tirunelveli District. From the total population of 95104, the researcher has selected 300 respondents, as sample by using simple random sampling method. Sample- Nurse - 100, Anganwadi teachers - 100, Midwife from PHC—100. The study period is form October 2017.

## **AWARENESS ON WOMEN HEALTH EXPENDITURE:**

Health Expenditure is the total expenditure on health care measures, the final consumption of health goods and service and capital investment in health care infrastructure. The table below shows age wise classification of the sample with their level of health awareness. The level of health awareness is qualitative only.

Age year	RS.500-1000	RS:1000-1500	RS1500-2000	RS2000-2500	Rs2500-3000	RS3000-3500	Rs3500-4000
25-30	5	3	3	2	2	1	1
30-35	3	11	4	3	2	3	2
35-40	2	4	17	3	3	2	2
40-45	3	4	6	19	2	2	1
45-50	3	4	5	7	20	2	1
50-55	1	2	5	8	12	22	18
Above 55	1	3	5	9	13	18	26



Regarding health expenditure incurred by the sample, 5 at the age group of 25-30 years spend Rs500 to1000 per month. 11 at the age group of 30-35 years spend Rs 1000-1500 per month, 17 at the age group of 35-40 years spend Rs1500 -2000 per month, 19 at the age group of 40-45 years spend Rs 2000-2500 per month, 20 at the age group of 30-35 years spend Rs 1000-1500 per month, 20 at the age group of 45-50 years spend Rs 2500-3000 per month, 22 at the age group of 50-55 years spend Rs 3000-3500 per month, 26 at the age group of above 55 years spend Rs 3500-4000 per month, and hence an attempt had been made to analysis the size of sample and the share of health expenditure in income.



## Result

The study reveals the fact that as age goes people's awareness on health care also increases

## Suggestion:

- It is also felt that the health awareness programmes of the government should reach all particularly the Marginalized.
- The actual benefits of all the schemes from government should be made easily available for the people.

## CONCLUSION:

Women constitute more than 50% of the population of a nation. Women's lives have changed over the centuries. Historically, life was particularly difficult for most women. Aside from the numerous dangers and diseases, women became wives and mothers often when they were just emerging from their own childhood.

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