

# Health and Wellness among Women: A Comparative Study of Rural and Urban Women in Vijayapura District

Shilpa Manohar Meeshi<sup>1</sup>, Prof. Vijaya. B. Korishetti<sup>2</sup>

<sup>1</sup>Research Scholar, <sup>2</sup>HOD and Research Guide

<sup>1, 2</sup>Department of Sociology, Karnataka State Akkamahadevi women university, Vijayapura

## Abstract

Wellness and health are two sides of the same coin. Because people frequently have decent health but lack wellbeing in their day-to-day lives. Medical services and characteristics are typically associated with health. However, people's mindsets are always where wellness can be discovered. Undoubtedly, a nation's general progress and advancement of both men and women. Excellent women's health is a sign of human progress. The appropriate state of women's health is the cornerstone of every house, family, community, and country. Women's health is therefore a crucial component of every nation's total healthcare system. Sadly, women have less access to health care systems and services than men do throughout their lifetimes. Girls and women are taught to recognize that all women have pain and health issues. She has the least opportunity to communicate her illness. Women's unique health requirements are frequently overlooked, and illnesses and health issues are commonly categorized as those of males and boys. The poor health of women is more prevalent in rural than in metropolitan regions.

**Keywords:** Health, wellness, Women, Reproductive, Menstrual, Maternal

## Introduction:

"A state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity" is how the World Health Organization (WHO) defines health, and women's health is an example of population health. Many organizations contend that the term "the health of women" should be used to refer to the general health of women, rather than only their reproductive health. Women, whose health encompasses both their risks and experiences, are further disadvantaged in poor nations, exacerbating these disparities.

## METHODOLOGY:

Methodology of the Study Secondary data-based paper, Researcher collected data from different sources there are e-books reports, policies, disability Acts, websites, observations of various organizations, journal articles, national and international articles published in local papers, etc.

**Objective:**

- 1) To understand women's Health Concepts.
- 2) To find out the Wellness among Women.
- 3) To find out the Health Status of Women.

**Women's Health**

The general development of any nation depends on its citizens' health and well-being. The Sustainable Development Goals of the United Nations Development Program (UNDP) are a path to a healthy and sustainable planet. Goal 3 of the UNDP is dedicated to health and well-being. Ensuring healthy lives regardless of age is the goal. In addition to ensuring widespread access to sexual and reproductive health services, such as family planning, educating the public about reproductive health, and incorporating reproductive health into national policies and programs, the 2030 schedule aims to reduce the global maternal mortality ratio (MMR) to more than 70 per 100,000 live births, reduce neonatal mortality, and ensure universal health coverage, access to high-quality healthcare services, affordable medications, and vaccines for all. It also aims to develop health infrastructure, finance, and support research and development in the field of health (UNDP).

Maternal and reproductive health issues, other health difficulties, the growing use of assisted reproductive technologies for childbearing, and their relationships to the social determinants of women's health will be the main topics of the study. The "social, cultural, physical, and political circumstances under which people live and grow are equally important in determining their health conditions," as the saying goes (WHO, Women, Ageing and Health: A framework for Action: Focus on Gender, 2007).

The Global Nutrition Monitoring Framework uses dietary consumption to characterize the health of women. The reason why ladies are undernourished from the inside out is anemia.

Women's health may also be impacted by a number of physical elements, such as location, which can be classified as either rural or urban. Health is significantly impacted by the ease of access to healthcare facilities, which varies between rural and urban locations. Transportation and the distance to a medical centre are additional obstacles. In a similar vein, poor food quality, declining air quality, and climate change all lead to illness. Thus, by comparing the health outcomes of literate and illiterate women from rural and urban areas and analyzing the discrepancies, the study also investigates this aspect of health. Another important element influencing women's health was whether they lived in an urban or rural area. The socioeconomic factors that influence the health of women in rural and urban regions are also examined in this study on "Health and Wellness among Women: a Comparative Study of Rural and Urban Women in Vijayapura District." The following social determinants are included of the study:

**Social Determinants of Women's Health**

- 1) Age
- 2) Educational qualification
- 3) Occupational level
- 4) Caste
- 5) Residence
- 6) Marital Status
- 7) Socio-cultural factors

8) Religion

9) Physical factors like the availability of nutritious food, sanitation and access to basic amenities.

### **Reproductive Health of women**

Reproductive health is a condition of physical, mental, and social well-being in all areas of life that are related to the reproductive system. People who are in good reproductive health are capable of having a fulfilling and safe sexual life and are free to choose if, when, and how frequently to have children. This includes the rights of both men and women to information, access to safe, effective, inexpensive, and acceptable family planning methods, and the right to appropriate health care services that allow women to safely conceive and give birth.

### **Menstrual Health**

Pregnancy is made possible by the menstrual cycle, a sequence of organic alterations in hormone production and the uterine and ovarian tissues of the female reproductive system. The ovarian cycle regulates the cyclic release of progesterone and estrogen as well as the development and release of eggs. The uterine cycle controls how the uterine lining (womb) is maintained and ready to receive an embryo. These cycles typically run between 21 and 35 days, with a median duration of 28 days. They are coordinated and occur concurrently. Menstrual cycles last for around 30 to 45 years, with menarche (the start of the first period) often occurring around the age of 12.

The cycles are driven by naturally existing hormones; the follicle stimulating hormones' periodic rise and fall stimulates the development of oocytes, or immature egg cells. In the event of conception, the hormone estrogen causes the endometrium, the lining of the uterus, to thicken in preparation for the embryo. A successfully implanted embryo receives nourishment from the thicker blood supply. The lining degrades and blood is discharged if the implantation fails. Menstruation (also called a "period") is the cyclical shedding of the lining and is a sign that pregnancy has not occurred. It is triggered by declining progesterone levels.

Every cycle has distinct phases that are determined by events that take place in the uterus (uterine cycle) or the ovary (ovarian cycle). The menstrual, proliferative, and secretory phases make up the uterine cycle, whereas the follicular, ovulation, and luteal phases make up the ovarian cycle. The first day of the period, which lasts for roughly five days, is known as day one of the menstrual cycle. The ovary typically releases an egg around day fourteen.

Some women may develop premenstrual syndrome, which includes symptoms including fatigue and sensitive breasts, as a result of their menstrual cycle. Three to eight percent of women suffer from premenstrual dysphoric disorder, which is characterized by more severe symptoms that interfere with day-to-day functioning. Some women have period pain during the first few days of their periods, which can radiate from the abdomen to the upper thighs and back. Hormonal birth control can alter the menstrual cycle.

### **Maternal health**

People's health throughout pregnancy, childbirth, and the postpartum phase is referred to as maternal health. In order to guarantee a happy and satisfying experience, maternal health typically includes the medical aspects of family planning, preconception, prenatal, and postnatal care. In other situations, maternal morbidity and death can be decreased by maternal health. The focus of maternal health is on

the well-being of expectant mothers, namely throughout pregnancy, childbirth, and the postpartum period. According to WHO, a significant portion of women encounter health issues, which can occasionally lead to mortality, even though motherhood is regarded as a rewarding and emotional natural experience. Investments in women's health are therefore necessary. Subsidizing healthcare costs, promoting effective family planning, educating women about maternal health, and monitoring the health of women who have given birth are some of the primary ways that the investment can be made. Women of colour and those residing in low- and lower-middle-income nations are disproportionately affected by maternal morbidity and mortality.

### **Fertility**

The innate ability to bear children is known as fertility. The number of children born per couple, individual, or population is known as the "fertility rate." Fecundity, which is the capacity for reproduction (affected by gamete creation, fertilization, and carrying pregnancy to term), is distinct from this. The phrase was first used exclusively to refer to females in the English language, but as our understanding of reproductive mechanics grows and the significance of the male function becomes more widely recognized, it is also being used more and more to refer to guys. A lack of fertility is called infertility.

### **Antenatal care**

The antenatal period lasts from the time of conception to the end of pregnancy. A safe delivery starts with proper prenatal care. The use of prenatal services is essential for both healthy moms and healthy children. Prenatal care is essential to a safe pregnancy and the life of the unborn child. In reproductive life, it is an essential occurrence. Reducing pregnancy-related morbidity and mortality is another goal of antenatal care.

### **Postnatal care**

The postnatal period is the time frame from the moment of delivery to six weeks. It covers the mother's and the baby's care. Good maternal health and child survival are guaranteed by postnatal care. Therefore, one of the most important factors in lowering mother and newborn morbidity and mortality is the availability and use of postnatal services.

### **Immunization**

Children's immunization status is a critical determinant of child survival and safe motherhood programs. BCG, polio, TB, diphtheria, tetanus, measles, and DTP immunizations are all included in the vaccinations. These vaccinations are essential for the child's healthy growth and development at every stage of life and for the mother's safety during pregnancy.

### **Family planning**

Couples and individuals can use family planning to predict and achieve the number of children they want as well as the spacing and timing of their births. It is accomplished through the use of involuntary therapy and contraceptive measures. The ability of a woman to limit and spread out her pregnancies directly affects both the outcome of each pregnancy and her overall health and well-being.

**Wellness**

Depending on the situation, wellness is viewed as a different construct with different widely recognized definitions. When looking at the human being in its entirety, wellness should be the focus, with the goal of achieving optimal wellbeing.

According to Reardon (1998) wellness can be defined as “A composite of physical, emotional, spiritual, intellectual, occupational, and social health; health promotion is the means to achieve wellness”

Thompson (1997) defines wellness as “An attitude characterized by a strong sense of personal responsibility that is also characterized by the intentional choice of healthier life and balance of physical, mental, emotional and spiritual health”.

**Women's wellness**

To improve women's overall health and wellness, this study sought to examine women's wellness in several areas. The goal is to provide women of all ages with the information they need to improve their own and their families' health. which is based on integrity, decency, consideration, and empathy, Procedures based on evidence are non-competitive, non-hierarchical, and cooperative. The notion that health has several facets is the foundation for the notion that it includes more than just physical well-being. Numerous facets of health, such as mental, emotional, spiritual, vocational, financial, and environmental health, are necessary for wellness.

**Women's Wellness Dimensions**

- 1) Physical Wellness
- 2) Social Wellness
- 3) Emotional Wellness
- 4) Financial Wellness
- 5) Environmental Wellness
- 6) Intellectual Wellness
- 7) Spiritual Wellness

**Importance of Women's Wellness:**

- 1.Preservation of Long-Term Health
- 2.High Risk of Serious Illness
- 3.Preventive Measures
- 4.Keeps Track of Health Changes
- 5.Reduced Stress
- 6.Improved Mental Health
- 7.Increased Self-Esteem

**Conclusion:**

Every human being aspires to live a long life, and a long life implies good health and wellness. Good health is not just about doctors and drugs; it also depends on safe drinking water and sanitation, adequate nutrition, protection from disease, and most importantly, freedom security for a woman, girl child, and girl baby everywhere and always. The socioeconomic and cultural factors that affect women's health and

wellness are inextricably linked to illiteracy, low education, early marriage age, living in a rural area, and other cultural and economic factors that limit women's access to health care.

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