

Health Consciousness among Illiterate and Literate Women in District Srinagar

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KEYWORDS Health. Physical Health. Mental Health. Literate. Illiterate. Women

ABSTRACT The present research study titled, "Health Consciousness among Literate and Illiterate Women in Srinagar District" was conducted on a sample of fifty women among whom twenty- five were literate and twenty- five illiterate. The study focused on physical and mental health consciousness and was conducted to assess factors affecting the health consciousness among the literate and illiterate women, to assess the health status among the respondents and to compare consciousness among literate and illiterate women. Random sampling technique was used to select the sample. The tool used for the collection of data was health profoma, self-designed questionnaire and interview schedule. The study revealed the majority of both illiterate and literate women have the same food intake as other members in the family. Most of the respondents have not attended any lecture related to nutrition. Moreover, majority of illiterate and literate women sometimes had salads whereas, for most respondents fruits formed a regular part of their diet. Further, it was interpreted from the study that majority of women do not go for regular exercise to improve their health. They consult general physician during sickness and rely quite often on medicine. Women do not take iron rich foods during their menstrual periods. Food taboos were found to be common among them. Knowledge regarding nutritional needs was also found to be negligible.