

REPRODUCTIVE HEALTH AWARENESS AMONG RURAL WOMEN IN KERALA

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The current focus on Reproductive Health marks a global recognition that reproductive health needs have been largely neglected and that the consequences of this neglect have been profound, particularly for women. Rural women have less access than men to goods and services that affect health, including food, health care, education, employment and income. This is direct result of the prevailing social attitudes and practices, which result in women having lower social and economic status than men. Women often face many difficulties in obtaining health and family welfare services.

- The objectives are -
1. To study the Reproductive health knowledge among rural women.
 2. To study the reproductive health awareness among rural women.

Secondary data is used to conduct this study. The data collected from various books, articles, News papers, Journals, Internet etc.

Women bear their health problems in a “culture of silence” and do not seek timely health care. Along with this, there is often lack of information on good health practices, danger signals during pregnancy and the location of appropriate facilities. Strict seclusion norms prohibit women from visiting health facilities. The National Health and Family Survey indicate that 5% of all women who did not obtain antenatal care reported that the main reason for their non use of services was restricted mobility and lack of permission to go to the clinic. Rural women tend to be poorly informed regarding their own sexuality and physical wellbeing, their health and their bodies. Contraceptives awareness is equally vague, even among educated women. Most of the married women know about at least one method of contraception, most likely to be sterilization. Awareness STD and AIDS is particularly limited among rural women. Improving reproductive health is essential for improving the general health and it also plays as a foundation for social and economic development.