

Research Paper - Education



"Health Consciousness among Tribal and Rural Population"

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Introduction

Health is defined as the condition of our body especially whether or not we are ill. Consciousness means the knowledge or understanding that something exists or is important. Health consciousness refers to individual's comprehensive orientations towards health, rather than issue-specific orientations (e.g. smoking, weight control). Health consciousness is an important aspect related to social psychological and educational issues. Five components of health consciousness have consistently appeared in studies over the previous two decades, which are (1) integration of health behavior, (2) attention to one's health, (3) health information seeking and usage, (4) personal health responsibility, and (5) health motivation.

Study Region: -

Jalgaon district is one of the socially and economically developed districts in the Maharashtra state of India. Northern part of the district is occupied by Satpuda Mountain and Southern part is by Ajanta hills. The central part is occupied by Tapi river fertile agricultural prosperous area. These mountainous area is occupied by tribal population i.e. Pawara, Bhil, Tadavi and Vanjari community. According to 2001 census 10.36% tribal population is living in the study region. The central part of the study region occupied by 58% rural and 42% urban

population. Tribal area is inaccessible and lack of amenities as compare to rural and urban area of the study region.

Need and Significance of the study:-

Large sections of the Indian population as well as world population are victims of poor and deteriorating health and health care. In this modern age health care is one of the important aspects of human life. Worldwide mission has been started by World Health Organization (WHO), various governments, private and non-government organization to develop health consciousness in the population. In this research work a small sample has consider to study health consciousness among tribal and rural population in Jalgaon district in Maharashtra State. The health consciousness was studied into two phases i.e. consciousness about need of nutritious food for health and consciousness about health care among the population, in the study area.

Objectives

- (1) To study the environmental level among tribal and rural population.
- (2) To study the role of environment on health consciousness among population.
- (3) To highlight the problems of health consciousness in the population.

Methodology

In this research work the survey method is implemented to study health consciousness score

in the population. Two questionnaires are prepared to consider environment score and health consciousness. Among the health consciousness survey there are two parts of questionnaire each with 20 questions with one mark each. First questionnaire with 20 questions related nutritious food for health and second with 20 questions related to consciousness about health care. Environmental questionnaire relates to environmental degradation, pollution, natural sources etc. Research work is based on secondary and primary data collected during the intensive fieldwork. Questionnaire, field observation is the tools used to collect authentic data. Data analyzed by statistical methods. With the stratified sampling method three tribal and three rural settlements are considered for the study.

Discussion -

Environment score and need of nutritious food for health awareness among the tribal and rural population :-

In this study environmental score is calculated with the help of availability of various environmental factors in the tribal and rural areas. There are twenty questions related to environment with twenty marks and environmental score for individual head of household was calculated and it is compared with nutritious food for health awareness score. The nutritious food for health awareness score is calculated by data collected from each head of household with questionnaire twenty questions with twenty marks. Thirty households from three tribal villages and three villages i.e. V1.....V6 are selected for study. Individual household environmental score and nutritious food for health score is tabulated in the

table. Table shows the environmental score and nutritious food for health awareness score of individual household from tribal and rural areas in the study region.

Table 1-Environment score and Nutritious food for health awareness among the tribal and rural population

Population samples household	V1 En	V1 NFA	V2 En	V2 NFA	V3 En	V3 NFA	V1 En	V1 NFA	V2 En	V2 NFA	V3 En	V3 NFA
1	8	6	9	10	10	11	11	13	14	16	13	16
2	7	8	7	9	9	10	10	11	13	15	14	17
3	6	8	8	9	11	12	9	13	12	16	15	16
4	4	5	7	8	9	11	13	14	11	13	13	15
5	3	2	6	9	10	12	11	13	12	14	14	16
6	5	4	8	10	9	10	10	12	11	15	15	16
7	6	7	7	11	8	10	11	13	13	16	13	14
8	7	8	8	10	11	12	12	13	12	15	15	16
9	6	7	7	9	10	11	14	15	14	15	14	17
10	5	7	9	9	12	15	12	16	13	16	13	16
average	5.7	6.2	7.6	9.4	9.9	11.4	11.3	12.8	12.5	15.1	13.9	15.9

En = Environmental Awareness NFA = Need of nutritious food for health awareness

a) Nutritious food for health awareness in tribal area: To study the environment and nutritious food for health awareness investigator have selected three tribal villages i.e. V1, V2 and V3. V1 (Nimdya) is an isolated tribal village located in interior part of Satpura mountain. The second tribal village V2 Barkheda Bk is located in foothill Zone of Satpura Mountain and V3 Thighare is located in Tapati river ravine area. All three tribal villages with identical environment. The locality of all selected tribal villages are different from each other. Ten households from each village were interviewed by three types of questionnaire with twenty questions and marks. The environmental score and nutritious food for health awareness score is calculated for each individual head of the family from three tribal villages. There is a close relationship between locality of tribal villages and

environmental score. Tribal isolated village household having low environmental score than tribal village located in foothill and ravine area. In this table we can mark that there are close relationship between environment score and nutritious food for health awareness in the tribal region. Village Nimdya with lower environmental score with lower nutritious food for health awareness. Borkheda Bk and Tighre with higher environmental score with higher nutritious food for health awareness. Table shows that higher the environmental score than higher the nutritious food for health awareness in the tribal areas of the study region. Out of the twenty marks Nimdya a isolated tribal village with average environmental score 5.7 marks and nutritious food for health awareness score 6.2 marks while ravine location of Tighre tribal village with environmental score 9.9 marks and nutritious food score 11.4 marks. As the environmental score increases than nutritious food for health awareness also increases in tribal area of the study region.

b) Need of Nutritious food for health awareness in rural area : The stratified samples of three villages from the study region are V4 Dhanora, V5 Chinawal, V6 Nashirabad. Ten stratified samples of household from each village are interviewed by three types of questionnaire with twenty questions and marks. All the three villages with different locality and environment with the help of various environmental parameters environmental score and nutritious food parameters nutritious food for health awareness score is calculated for individual household. Table shows the relationship between environment and nutritious food for health awareness. Dhanora village is located on state

highway with average environmental score 11.3 marks and nutritious food for health awareness score is 12.8 marks, while Nashirabad a large village accessible village with good environmental score 13.9 marks and nutritious food for health awareness score is 15.9 marks. In the rural area of the study region there are close relationship between environmental score and nutritious food for health awareness. Increase in environmental score influence increase in nutritious food for health awareness. Environment score and health care awareness among tribal and rural population: - In the second phase of the study investigator have been studied the role of natural and cultural environment and health care awareness among the three tribal and three villages from the study region. Village I Nimdya is a isolated tribal village, Village II Borkheda (Bk) foothill zone location in Satpura mountain and Village III Tighre is ravine location. Village IV Dhanora village V Chinawal and Village VI Nashirabad a three villages are selected as stratified samples with the help of questionnaire survey ten households from each village are interviewed. Questionnaire includes twenty questions with twenty marks related with health care awareness. The questionnaires for this research is develop with the help of medical officer, social worker and environment expert. Questionnaire includes the questions related with personal and public cleanness awareness, knowledge about general health, diseases, food habits and health, nutritious food and health care, prevention for personal and public health care, future planning for health care. Environmental score is calculated for each household from the

sample villages with the help of twenty questions with twenty marks. Environment score is compared with health care awareness in each household it tabulated in table.

Table 2-Environmental score and Health care awareness among the tribal and rural population

Population samples household	V1 En	V1 HCA	V2 En	V2 HCA	V3 En	V3 HCA	V1 En	V1 HCA	V2 En	V2 HCA	V3 En	V3 HCA
1	8	11	9	10	10	13	11	14	14	15	13	16
2	7	10	7	12	9	15	10	15	13	16	14	15
3	6	9	8	12	11	16	9	14	12	13	15	16
4	4	11	7	11	9	13	13	15	11	15	13	17
5	3	12	6	13	10	14	11	16	12	16	14	16
6	5	9	8	13	9	15	10	15	11	15	15	17
7	6	8	7	12	8	14	11	16	13	16	13	18
8	7	7	8	13	11	15	12	13	12	12	15	17
9	6	11	7	11	10	13	14	13	14	15	14	17
10	5	10	9	13	12	15	12	14	13	17	13	18
average	5.7	9.9	7.6	12.9	9.9	14.3	11.3	14.5	12.5	15	13.9	16.7

En = Environmental Score HCA = Health care awareness

Environment score and health care awareness in tribal areas: - To study the relationship between environment and health care awareness among the tribal population survey method of research is used. As early discussion environment score and health care awareness score is calculated for thirty individual household from three tribal villages and placed in table. Table shows that there is close relationship between environment and health care awareness among the tribal village population. Isolated Nimdya tribal village with lower environment score with lower health care awareness. While accessible tribal village Tighe households having higher environment score with higher health care awareness. There are relationship between environment score like Nimdya environment score 5.7marks and health care awareness score is 9.9 marks. While Tighe environment score 9.9 and health care awareness

score 14.3. It means environment influence the nature of health care awareness in the tribal area of the study region.

Environment score and health care awareness in rural areas: -

Various environmental locations of identical three villages from the study region are considered to study relationship between environment and health care awareness. The methodology of environment score and health care awareness score was used to collect the data. Data collection with the help of questionnaire, field observation and interviews is placed in table. Table shows the variations in environment influence variations in health care awareness among the households. Environment score is influence by locality of the villages. Dhanora a village located in plain fertile, agro based economy with environment score 11.3 marks with 14.5 score for health care awareness, while Nashirabad a large village located on Nation highway, railway, nearness to urban area primary health center with environment score 13.9 and 16.7 score for health care awareness. These three villages show that there are close relationship between environment and health care awareness in the study region. Lower the environment score with lower the health care awareness is seen in the study region. As the environment score increases than health care awareness is also increases in this region.



Observation and Findings: -

- In the study region there are variations in environment which influence health consciousness among the population.
- Tribal population with lower environment score and low level of awareness about nutritious food




for health and health care awareness.

- Rural population with higher environment score and higher level of awareness about nutritious food for health care awareness.
- Environment is closely related with health consciousness in the study region.

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