



Short Communication

A Comparative Analytical Study of Health Awareness and Behavior among Educated and Uneducated Rural Women in Nawada District, India

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Abstract

This research presents a comparative analytical study aimed at assessing the level of health awareness and behavior among educated and uneducated women in the rural regions of Nawada district, Bihar. A sample of 300 rural women (150 educated and 150 uneducated) was evaluated using a structured questionnaire. The study focused on key areas like nutrition, hygiene, mental health, menstrual practices, and usage of health services. Statistical tools like percentage, mean, standard deviation, and t-test revealed significantly higher awareness and better health behavior among educated women. The study concludes that education plays a vital role in empowering rural women to make informed health decisions, adopt preventive health practices, and seek timely medical care.

Keywords: Health Awareness, Rural Women, Education, Nutrition, Mental Health, Menstrual Hygiene, Healthcare Utilization, Bihar.

Introduction

Health is one of the most valuable assets of human life. A healthy individual contributes positively to society and national development. Women’s health is especially vital as it affects not only their own well-being but also the health of families and future generations. In rural India, disparities in education create significant differences in how women understand and act upon health information. This study examines the health mindset among women and how it is shaped by education, economic status, cultural practices, and access to healthcare services¹.

Materials and Methods

The study was conducted in rural areas of Nawada district, Bihar. A sample of 300 women (150 educated and 150 uneducated) was selected using random sampling techniques. Data was collected using structured questionnaires, interviews, and physical observation. Variables included awareness of nutrition, menstrual hygiene, maternal care, mental health, and use of medical services. Statistical tools such as percentage, mean, standard deviation, and t-test were applied to assess the significance of differences².

Results and Discussion

As shown in Table-1 and Figure-1, the level of health awareness among educated women was significantly higher compared to uneducated women.

The comparative analysis between educated and uneducated women shows that education has a significant impact on health

behavior³. Regular Health Checkups: Educated women (Mean = 72%) were more attentive than uneducated women (35%), with a t-value of 6.92. Menstrual Hygiene: Educated women (85%) were significantly more aware than uneducated women (40%), t-value = 9.09. Health Services During Pregnancy: Educated women used services better (78%) compared to uneducated (38%), t-value = 7.68. Nutritious Food Consumption: Educated women (68%) had a higher tendency compared to uneducated (38%), t-value = 5.46. Mental Health Awareness: Educated (60%) vs. Uneducated (25%), t-value = 6.56, showing education positively affects mental health awareness. Health Information Sources: The greatest difference was observed here; educated women (80%) vs. uneducated (20%), t-value = 12.99.

Table-1: Distribution of Responses Based on Health Awareness and Practices.

Statement	Educated Women (%)	Uneducated Women (%)
Regular health checkups	72.00%	35.00%
Menstrual hygiene practices	85.00%	40.00%
Use of health services during pregnancy	78.00%	38.00%
Consumption of nutritious food	68.00%	38.00%
Mental health awareness	60.00%	25.00%
Sources of health information (e.g., school/camp)	80.00%	20.00%

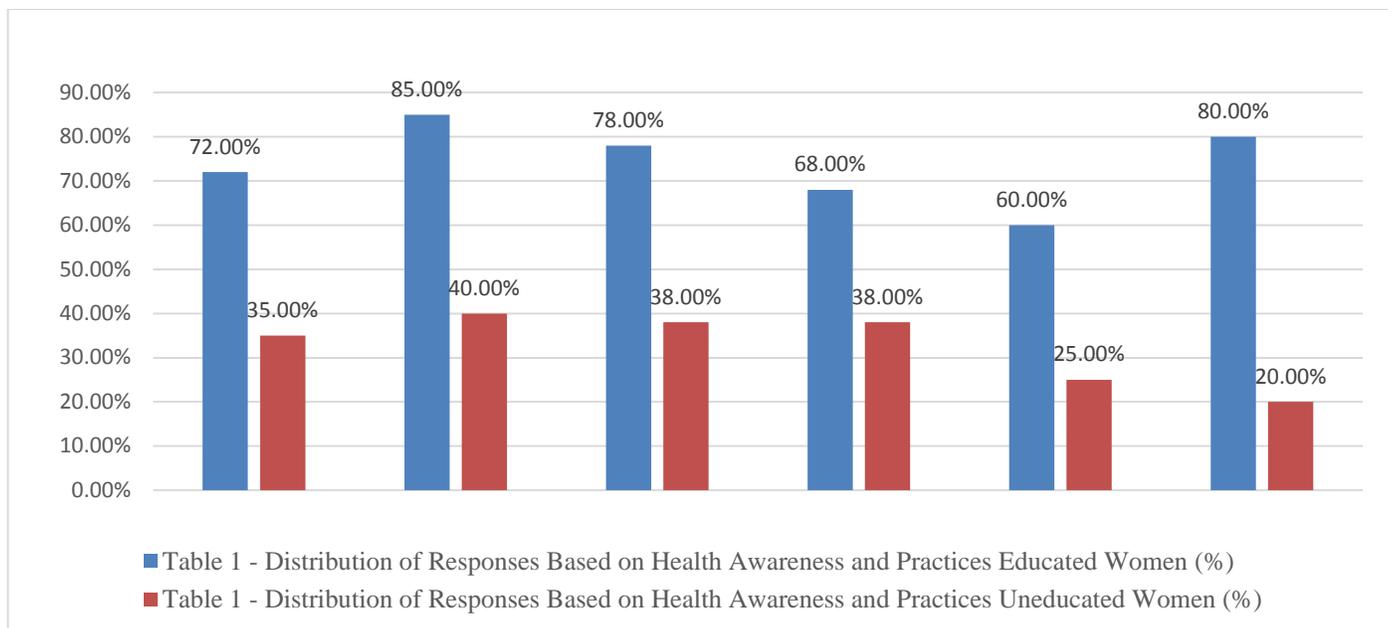


Figure-1: Distribution of Responses Based on Health Awareness and Practices.

Table-2: Comparative Statistical Analysis ($n_1 = n_2 = 150$).

Health Indicator	Educated Women Mean (%)	SD	Uneducated Women Mean (%)	SD	t-value
Follow-up medical checkup	72	3.67	35	3.89	6.92
Monthly hygiene practice	85	2.92	40	4	9.09
Use of health services during pregnancy	78	3.38	38	3.96	7.68
Consumption of nutritious food	68	3.81	38	3.96	5.46
Mental health awareness	60	4	25	3.54	6.56
Health information source (school/camp)	80	3.27	20	3.27	12.99

Conclusion

The study highlights that education is a key determinant in health behavior among rural women. Educated women exhibit greater concern for nutrition, maternal care, hygiene, and mental health. The findings support the need for expanding educational access, organizing awareness campaigns, and enhancing rural healthcare infrastructure¹.

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