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Abstract: The importance of women’s education for family health and planning needs no emphasis though the pivotal role they play has been undermined by the male domination in the society. Man continues to dominate womenfolk through their powers within households backed by cultural tenets. This scenario must be changed and women educated and transformed for better family health along with planning. Women effect different roles on several aspects of life at the family environment. Women’s education affects almost all their role such as health, economic opportunities, timing of marriage, planning of pregnancy, children socialization, sanitation and hygiene among others. The paper examined all these facts using a holistic conceptual model on status affecting variables of women (Mahadevan et al., 1989). Female education is the principal determinant that promotes the status of women in any country. It directly influences other determinants of status of women such as age at marriage which is a bio-social determinant for the total development of women. In fact, education of women transforms them through increase in income, better residence, sanitation and hygienic behavior and greater autonomy leading to increase use of health care services. Also the paper examined the development of women in 15 major states of India in the light of their literacy, age at marriage and sex ratio. And the paper found that states with better education and higher age at marriage have progressed in developing women in the field of education as against those with low level of literacy and age at marriage. Hence, it concludes that good health, planning and development, proper child care, better nutrition, income, sanitation and hygiene can be achieved through development of women either by formal or non-formal learning. Finally the paper recommends development of women through health and population education for improving the quality of life of all family members.
Key words: Women’s education, family health, planning, development, socialization, nutrition.