

# A Study on Health Care Of Housewives Mothers among Tribal People with Special Reference to Idukki District

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*Abstract: Tribal women face far more problems than the typical city/village women. And as a mother she struggles to grow her children into civilized citizens. Tribal are commonly depending to their hereditary herbs and ancient healthcare systems. Child birth also intended into this. In this research it focused more on specified to the health care of housewives mothers. Housewives mothers struggles to cope up with their functions like to deal with and focuses on the affairs which mostly concern with the family and making home. They have to look after their family, proper growth of their children, husband and that family more. As a housewife mother, she can be witness and take care of her children's each and every lifespan development. She could nurture well her children thus. By only focusing her own family affairs, she might forget to take care of her own health sometimes.*

*The present study revealed that they are definitely facing such issues on taking care of their own healthcare by obsessed with others health and to meet other deals. And it inevitable of taking care of their own health by making a proper time to care their health as well as progress with others. As a tribal woman it takes more on into depends at least modern medicines for intense healthcare.*

*Keywords: women health care, housewives women, housewives mothers healthcare, health of tribal women.*

## I. INTRODUCTION

Healthcare is inevitable in one's life. When it come housewives it will get more complex because they got a family to look after and here are deals with those who are housewives in this kind among the tribal. There must be great difference between working mothers and housewives mothers when it comes to their health care especially for the tribal women. Because of course there are some variations of their food habits and health care life style. Who are considered indigenous to places (i.e., forests) within India wherein they live, either as foragers or as tribalistic sedentary communities.

## MATERIALS AND METHODS

### OBJECTIVES OF THE STUDY

- To find out the socio demographic profile
- To analyse the health lifestyle of tribal women
- To find out awareness and knowledge of tribal women on health infrastructure
- To assess the nutritional and mental health status of tribal women
- To find out the problems in pregnancy and parental care

This study focuses tribal housewives mothers thus in this, researcher preferred cluster sampling at Idukki district. Cluster sampling is a sampling plan used when mutually homogeneous yet internally heterogeneous groupings are evident in a statistical population. Cluster sampling refers to a type of sampling method with cluster sampling; the researcher divides the population into separate groups, called clusters. Then, a simple random sample of clusters is selected from the population. The researcher conducts his analysis on data from the sampled clusters.

Data collected from Mannan tribal community located at kattappana municipality of Idukki district. Where is that famous tribal people inherited area called Kovilmala, locally known as Kozhimala (the hill of hen), is a tribal settlement and a small village near Kattappana in the district of Idukki in Kerala state, India. It is the only existing tribal kingdom in South India which falls under the Kanchiyar gramapanchayath of Idukki tehsil (previously Udumbanchola tehsil).

**RESULT AND DISCUSSION**

Table 1.1 Problems In Pregnancy And Parental Care			
Delivery		Age Gap between Children	
Home	40%	More than 2 years	64%
Hospital	60%	Less than 2 years	36%
Total	100%	Total	100%

Table shows 92% of housewives mothers' child birth was at hospitals yet 40% went on by home. And the next to table shows that 64% of housewives mothers has more than 2 years age gap between their children's deliveries. The tribal housewives mothers gives birth their children in home which is risky and insecure. But it got lesser than the old days. Most of them had kept minimum two years age gap between their children's birth.

Table 1.2 Problems In Pregnancy And Parental Care			
Nutritional Food During Pregnancy		Menstrual Hygiene	
Yes	0%	Bath 2 times in a day	100%
No	100%	Bath 1 time in a day	0%
Total	100%	Total	100%

From the detailed interview schedule with tribal housewives mothers don't know what are the proper nutritional foods especially those take due pregnancy period. This is very visible in this above table. Even though its next to table shows every one of them have menstrual hygiene. They assured they would shower two times in a day while menstruation period goes on.

Table 1.3 Health Lifestyle			
Awareness on Nutritional Food		Water Conception Per Day	
Yes	29%	Minimum 8 glass	100%
No	71%	Less than 8 glass	0%
Total	100%	Total	100%

Above table convinces awareness of tribal housewives mothers in nutritional food is only 29% and 71% of them do not have awareness on it. The next to table shows minimum water conception of housewives mothers are 100%. Thus none of them did say otherwise. 71% of these housewives mothers don't know what the nutrient filled foods are and they avoids some basic nutritional foods during pregnancy. Whatever the works and duties are they don't forget to drink minimum 8 glass of water in a day.

Table 1.4 Health Lifestyle			
Awareness on Seasonal Diseases		Most Depended Medicine	
Yes	20%	Home	55%
No	80%	Hospital	45%

Total	100%	Total	100%
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This table shows that only 20% of tribal housewives mothers know seasonal diseases. Which affects their health care in order to can't take enough preventive measures. And its next to table shows 55% of housewives mothers in tribal people chose not to go to hospital at first ,thus they tries their own homely medicines. But the rest 45% says they goes directly to the hospital whatever and whenever they feel any sickness.

Table 1.5 Nutritional And Mental Health Status			
Lifestyle Disease		Stress Sharing Person	
Yes	20%	Family Member	96%
No	80%	Other	4%
Total	100%	Total	100%

Only 20% of the housewives mothers marked as they have different kind of lifestyle diseases and 80% of them as have not any. In next to table can see whenever they come up with any stress, 96% of housewives mothers share it with their own family member and 4% share it with others. Not majority of these tribal housewives mothers have any of lifestyle diseases. Of course these housewives choose to share their stress with, any of their family member first.

Table 1.6 Nutritional And Mental Health Status			
Vaccination		Enough Time to Order Everything	
Yes	10%	Yes	90%
No	90%	No	10%
Total	100%	Total	100%

Among tribal housewives mothers there had only 10% taken the vaccination according to their accurate ages in their lifespan and those are educated, young mothers and awareness on its benefits. The other 90% are uneducated and old age. Other table shows if they can manage and fulfill every household as well other duties according to its needs and 90% of housewives mothers could respond to it positively. Same time 10% could not.

**SUGGESTIONS**

- They had better get nutritious food to have more healthy children and to keep their own health.
- They should take accurate and enough nutritious food due pregnancy period.
- Its better knowing about seasonal disease in order to prevent them when the time comes
- It's better to set all their deliveries at a hospital setting; which will reduce the risk factors.
- Try to increase the age gap between the children.
- Awareness on vaccination benefits would result to prevent the diseases.

**CONCLUSION**

It seems fully developed from outside, this Kovilmala/kozhimala tribal people, especially housewives mothers still have to take more care in their health. They're still cling on their some dense believes such pulling them back from lead a healthy lifestyle as well as build a healthy generation. Because mothers are main part of make a child into a good citizen. Especially a housewife mother could do it best by look care the child's each and every footstep.

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