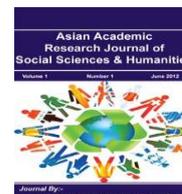




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**A CRITICAL STUDY ON HEALTH STATUS
(PHYSICAL, MENTAL, SOCIAL AND SPIRITUAL) OF WOMEN**

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Abstract

Women plays a vital role for making the life of human being, healthy, wealthy and beautiful but when they are neglected or overlooked then not only the family suffers but also the society, because their development reflects in the progress of the society and the nation as a whole. So they should be cared, honored and highlighted. The objective of the present study was to know the correlation among physical health status, mental health status, social status and spiritual state of belief of women and finally access the total health status of women. Since women's health condition is decreased day by day due to various reasons. The Present study indicates that most women have physical health problem of different kinds which directly or indirectly affect their other aspects like mental, social and spiritual thoughts. For the present study one hundred (100) women are selected as the samples of the study. Out of which fifty (50) were housewives and fifty (50) were employed women. The sole purpose of the study is to know the overall health status of the women. Thus the questionnaire method has been adopted in the present study however interview and observation method was also adhered and where felt necessary as a combination of these three methods yielded a picture of various aspects of women's health status. Besides achieving the survey objectives and providing a scope of the investigator to be acquainted with the concerned topic of women's health status in the chosen area. An interesting observation was shown in the present study that the different health aspects are closely related to each other and immediately affects one another. Physically active women do all the household chores actively, look after their children and the family members and show interest on social gatherings and her social relationship is good. But a women who is physically ill she is unable to work for the family properly she doesn't show any interest in the social activities because her ill health doesn't permits her for all these things, it also make her mentally sick. Women who were in mental tension because of the family, office or for both, they are less active in household works and also show less interest in social participations. Their mental sickness led their way towards loneliness and different behavior problems are seen among them which not only decrease their family relationship but also their social relationship. Their physical health also affected because they show less interest in food intake. Their spiritual beliefs are change towards the negative facet. They blame God for each and every event, on the result of which they develop a negative thought towards their life. On the whole they store a lot of negative thinking in their mind which blocks their happiness. They were not able to mix with others freely out of which their family and social relationship adversely affected .So the health status of a woman largely depends on her all aspects which are having a strong co- relationship with each other.

Keywords: Physical health, mental health, Social health and Spiritual health