

SELF ESTEEM, DECISION MAKING, MENTAL HEALTH AND KNOWLEDGE AWARENESS ON PARENTING AMONG RURAL WOMEN

V.S. BHALERAO , R.M. SHAIKH AND S.R. GAIKWAD

See end of the article for
authors' affiliations
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Correspondence to :

V. S. BHALERAO

Dept. of Child Development
College of Home Science,
Marathwada Agricultural
University, PARBHANI
(M.S.) INDIA

Accepted : January, 2008
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ABSTRACT

Fifty rural women (25-35 yrs) from 5 villages of Parbhani district were studied by administering inventories on self esteem, knowledge awareness on parenting, mental health scale & decision making developed by AICRP-CD component. All rural women assessed to have medium level of self esteem and mental health while with regard to role in decision making and knowledge on parenting were found to be low. The decision making capacities and knowledge awareness on parenting of rural women revealed to have significant positive correlation with their mental health while their socio economic status and self esteem found to have no significant correlation with it.

Key words : Mental health, Socio-economic status, Self esteem, Decision making, Parenting

Women constitute nearly fifty percent population in India. In our country, women play a pivotal role in family and community, shouldering all the responsibilities, providing needs and comforts of the male members of the family and the children, running the household, managing within the limited budget etc. Women particularly in rural area, have low level of literacy and education which in turn affects the attitude of men and women about their own rights and privileges (Sabri, 1998). Although the role of women in the family and society is versatile. Rural women are considered as backbone of Indian economy (Nand and Kumar, 1980), as such they play an important role not only in maintaining their home but also managing their farms and animals, depending upon the situational, personal and socio-economic characteristics of the family to which they belong, they have no role in decision making (Patki and Nikhade, 1999). Effective decision making is an important developmental process by which a course of action is consciously chosen from available alternatives. It involves three stages namely, awareness, evaluation of available alternatives and taking the final decision (Indira Devi, 1982). Das (1993) observed that employed women take active part in decision making in expenses. Similar decisions regarding entertainment and social ceremonies, employed housewives play equal role in the family in comparison to unemployed housewives, may be because of their wider outlook and more social interactions with others at home and at work place. Women

share most of the family responsibilities and perform range of duties on farm and in home (Rekha Thakre, V.V, Kulkarni and R.S. Bhopale, 1991) but have rare role in decision making in all these matters. The woman who feel she has some contribution towards her family or society, develops high self esteem. As self esteem is a part of mental health and women having good mental health can face problems in their day to day life, to develop self-esteem they should recognize their value within themselves about which they may not be aware. In addition the health of woman is the concern of the family and community and is very essential for the healthy life of a community. One of the major concern of health is mental soundness of an individual. When the mental condition of woman is good, she may take up various responsibilities of a family and herself. She may understand the complications, try to solve them, plan for future and may become mentally strong. In light of this, the present study was conducted with following objectives as

- To collect the background information of the selected rural women and to assess their mental health, self esteem, decision making and knowledge awareness on parenting by administering AICRP-CD inventory.
- To study correlation between mental health of rural women and their selected background variables as self esteem, decision making, mental health and knowledge awareness on parenting.

METHODOLOGY

Fifty randomly selected women (25-35 yrs) from the five villages i.e. Nandkheda, Erandeshwar, Brahmanagan, Taroda and Singanapur of Parbhani district were