



Empowering rural women through distance education

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ABSTRACT

Distance Education is a field of education that focuses on teaching methods and technology with the aim of delivering teaching .Often on an individual basis, to students who are not physically present in traditional educational system such as a classroom. An experimental study was conducted on Empowering rural women through distance education with the objective to assess the knowledge of selected rural school dropout girls and women at pre and post stage of the distance education. The sample consisted 120 school dropout girls and women who were selected from four villages viz., Harobelawadi, Uppinbetagri, Mansur, Garag of Dharwad taluka. After the education the results revealed that 78 per cent of the respondents gave correct answer about fat followed by water and fibre (76.66%), vitamins (75%), minerals (74.16%), protein (67.50%) and carbohydrate (56.67%). The knowledge about fat shows that majority of respondents gave correct answer for fat and energy, fat storing parts in body and deficiency of essential fatty acids. Above 90 per cent of the respondents answered rightly for functions of kidney and water, and name of fruits containing more water. High majority of the respondents answered correctly with respect to poor man's almond, causes for deficiency of vitamin A and D. Majority of the respondents were able to answer about deficiency features of iron, iodine, minerals and thyroid gland. More than 80 per cent of the respondents gave correct answer for role of protein in body immunity and protein rich foods. Similarly, the knowledge about carbohydrate showed that more than 50 per cent of the respondents answered rightly for sources and functions of carbohydrate.