

**TO STUDY THE PREVALENCE OF DISEASES AND IMPACT OF HEALTH
EDUCATION IN MIDDLE AGE WOMEN OF AURANGABAD CITY**

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INTRODUCTION:-

God in his infinite created man as the highest form of creation and provided us with everything we need for our sustenance and wellbeing. Hence it is the duty of man to safeguard the health of all human beings and make them strong by providing good food, disease free environment and peaceful life.

Webster, (2000) defines diseases as "a condition in which health is interrupting the performance of Vital functions" Thus disease is just apposite of health which causes Physiological or Psychological dysfunction. As a matter of fact, it is need of the hour to understand the health problems that are creating negative impact on our general wellbeing.

It is also necessary to introspect our lifestyle which allowed certain diseases to creep in our lines by making us unwell and addiction to medicines

OBJECTIVES OF THE STUDY:-

1. To Know and study menopausal disorders among women's of Aurangabad city.
2. To study the awareness about menopause syndromes amongst middle age women of Aurangabad city.
3. To study the impact of health Education and improvement in the daily routine of the subject's with regards to health and lifestyle changes

METHODOLOGY:-

The Present research study titled "To Study prevalence of diseases and impact of health education in middle age women of Aurangabad city was conducted covering the area of Aurangabad city (Urban).

Understanding the health problems faced by middle age women, questionnaire method was formulated. The samples were chosen by random sampling technique. Approximately six hundred questionnaires were distributed among, Schools teachers, office clerks, house wives, working and non-working women's age group lying between 38 to 55 years.

Marvelous response was received during the survey work 352 out of 600 showed surprising results and opened the doors for further details research to be carried out to actually solve the health problems of our community and society as such.

ANALYSIS

Table No. 01:- Showing Epidemiological data (in %) of Diseases prevalent among Middle aged Women's in Aurangabad City

Disease	Prevalent	Non-prevalent	Total
Diabetes	9.35	90.65	100
BP	30.03	69.97	100
Anemia	33.71	66.29	100
Obesity	20.68	79.32	100
Osteoporosis	21.53	78.47	100
Arthritis	17.28	82.72	100
TB	1.7	98.3	100
Breast Cancer	30.03	69.97	100
Asthma	3.97	96.03	100
Any Other	21.25	78.75	100

It is Revealed from table 1.1 that the middle aged women are prone to diabetes, blood pressure and coronary heart diseases with a pace of 9.35%, 30.03% and 9.07% respectively, whereas some other women were found to be affected by Anemia, obesity and osteoporosis at par with 33.71%, 20.68%, 20.68%, and 20.53% respectively, Evidences further showed that diseases like arthritis, T.B., Breast cancer and asthma 1.45% and 3.97% as also 21.25% such few subjects were found to be suffering from common complaints like; back pain, headache, spondylitis, insomnia, stroke, general weaknesses etc.

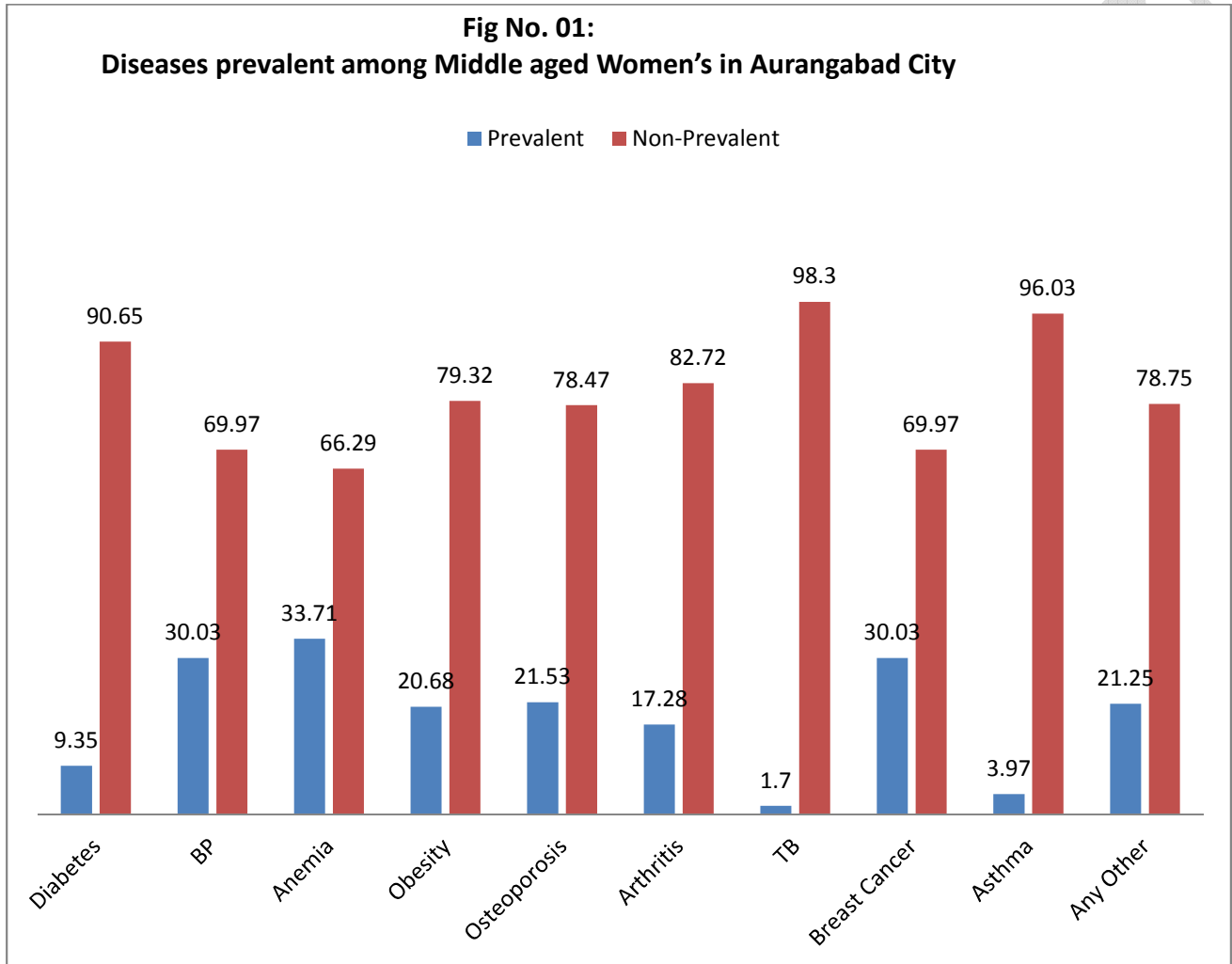
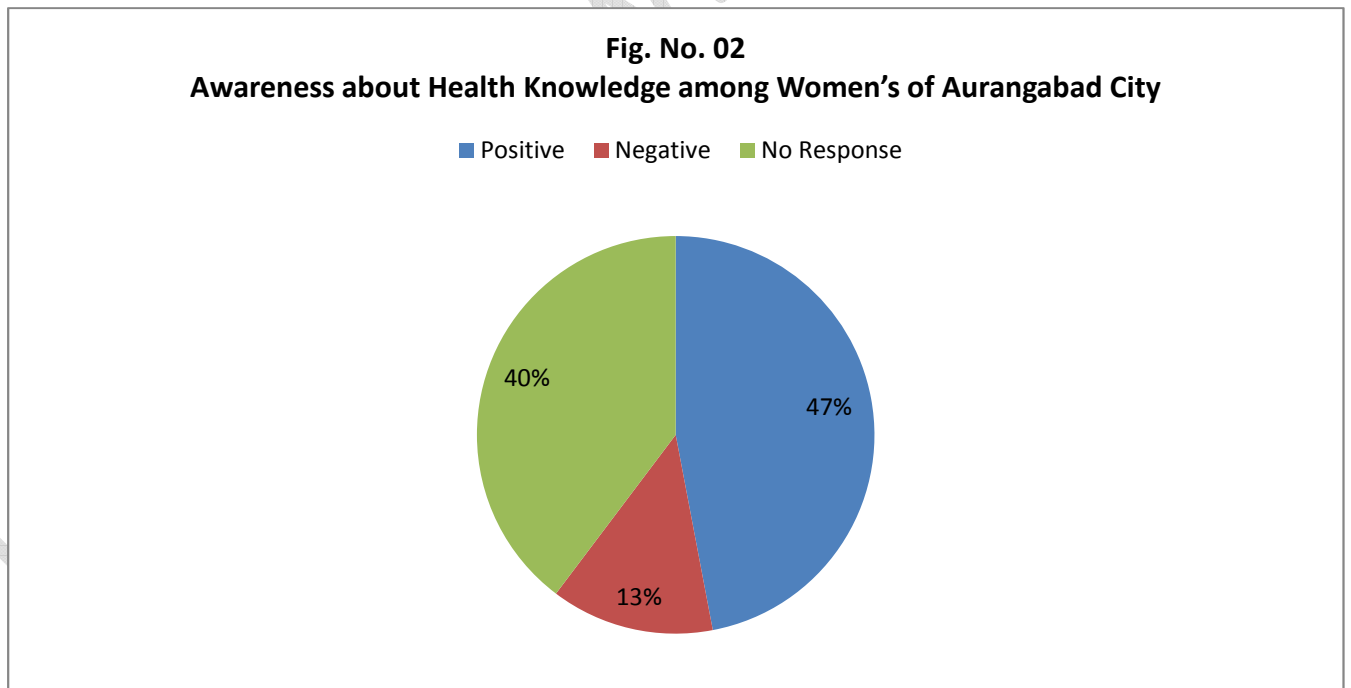


Table No. 02 data showing Awareness about Health Knowledge among Women’s of Aurangabad City.

Factors	Response	Dwelling Aurangabad city
Awareness about Health Knowledge	Positive	47.0%
	Negative	13.3%
	No Response	39.7%
Total		100%

While analyzing the table 1.2 it was obvious that general awareness about health knowledge was 47.0% among women of Aurangabad city among 39.7% city women were very less were concerned about their own health



CONCLUSION:-

Life style modification, weight reduction, diet therapy and exercises are the preferred treatments for most of the present era diseases globally as today people are getting more exposed to many known and unknown diseases, the researchers sensed the gravity of the problem and updated health awareness programmes through different media can protect the mankind from destruction and ill health to certain extent.

It can thus be concluded that though the subjects partially responded and were significantly found suffering from most of the root level for developing awareness, for good health, balanced diet with calorie consciousness, lifestyle changes and regular exercise and early diagnose to prevent health deterioration and unexpected fatal results.

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