

CHAPTER - V

SUMMARY CONCLUSION AND SUGGESTION

The presentation of analysis and results is followed as a separate final chapter. This chapter is more extensive than the abstract given in the beginning of the report, containing a summary of essential background information, findings and recommendations.

5.1 Abridgement

Reproductive health is an important future concept of general health and it occupies an essential feature of human development. Even though reproductive health has a global concern, it is very much important for women especially during the reproductive years. The health of the new born always depends upon the health and nutritional status of the mother as well as her efforts to seek health care services; the 2016 data says that nearly half of all women (48 %) of reproductive age (i.e, 15-49 years) have had anemia in India and these women have been very borne to have various infections and such women when they become pregnant in due course they would give birth to under developed children with poor immunity. If such condition prevails in the coming years , then the future India would be collapsed and hence for bringing out the better health condition among the women especially those who are in the reproductive age more number of studies must be conducted with different perspectives. In this light the present study entitled “**Reproductive Health Practices of Rural Women - A Sociological Study with Reference to Omalur Taluk of Salem District**” is an attempt to find out the antenatal and postnatal reproductive health practices such as marital relationship, age at first pregnancy, age at marriage , kind of delivery, supplementary food, immunization and child rearing practices This study has been conducted among the women aged

between 20-35 years residing at rural areas of Omalur Taulk, Salem District. A total number of 433 women with experience in child bearing and child rearing practices have been chosen as respondents by using **systematic random sampling method**. An interview schedule has been adopted to collect primary data through face to face interview. SPSS software package has been used to analyze the data. Chi-square test has been adopted to find out the significant relationship between the variables and the major findings of the present study are presented as follows:

5.2 SUMMARY

Respondents by age

The majority 71.83 per cent of the respondents belongs to the age group of 20 – 25 years.

Respondents by religion

Four-fifth of the respondents (79.68%) belongs to the Hindu religion.

Respondents by community

Nearly half the proportion of the respondents (47.35 %) belongs to the most backward community.

Respondents by Education

Nearly half the proportion of the respondents (47.80%) has studied up to 6 to 10 standard.

Respondents by Occupation

Nearly four-fifth of the respondents (78.29%) are home makers, 12.47 percent of the respondents are involved in agriculture.

Respondents by Husbands Education

Nearly two-fifth of the respondent's husbands (39.72%) has studied only primary education that is upto 5th standard.

Respondents by Husbands Occupation

Half the proportion of the respondents' husbands (49.19%) work as coolie or daily wagers.

Respondents by Family Monthly Income

One third of the respondents (33.02%) have mentioned that their family monthly income is between Rs, 5,001/- and Rs.10,000/-.

Respondents by Nature of House

More than half of the respondents (51.50 %) live in concrete houses.

Respondents by Ownership of house

An overwhelming proportion of the respondents (90.06%) have own houses.

Toilet facility

Four-fifth of the respondents (80.14 %) does not have toilet facility in their houses and the remaining one fifth of the respondents (19.86 %) does not have toilet facility.

Respondents by type of family

A sizeable proportion of the respondents (83.37%) live in nuclear families and one-sixth of the respondents are (16.63 %) in joint families.

Respondents by age at marriage

Nearly three- fifth of the respondents (57.51 %) got married between 16-18 years of age.

Respondents by husbands got marriage

Sixty nine per cent of the respondents' husbands got married between 25 and 30 years of age.

Respondents by kind of marriage

More than three-fifth of the respondents (61.89 %) have done arranged marriages

Respondents by relationship with and their spouse

Forty seven per cent of the respondents have kin relationship with their spouses and more than half of the respondents (52.66%) mentioned that their spouses are non-relatives.

Respondents by Husbands' Personal habits

Nearly half of the respondents' husbands (48.26 %) have clean personal habits.

Respondents by Age at Puberty

Two-third of the respondents (66.28 %) has attained their puberty between the ages 11 and 13 years.

Respondents by celebration of puberty rituals

More than half of the respondents (55.43 %) have celebrated puberty rituals.

Respondents by menstruation prior to first experience

Nearly four- fifth of the respondents (78.98 %) do not have the knowledge about menstruation prior to puberty and remaining

21.02 per cent of the respondents have had adequate knowledge about menstruation prior to puberty.

Respondents by Menstruation related beliefs and practices

Majority of the respondents (79.68 %) followed menstruation related beliefs and practices like avoidance of visiting temple and entering pooja room in their houses.

Respondents by menstruation beliefs and Taboos

Majority of the respondents (75.06%) acquired the menstruation related beliefs and practices especially from their family members.

Respondents by Menstruation Perineum care

More than two fifth of the respondents (41.11%) clean the perineum whenever they felt discomfort.

Respondents by Methods used to Clean Perineum during Menstruation

Three-fifth of the respondents (60.51 %) used cold water alone for perineum care.

Respondents by Type of Absorbent Used

A sizeable proportion of the respondents (86.61%) used napkins as absorbent during menstruation period and remaining 13.39 per cent of the respondents used cloth as an absorbent during menstruation.

Respondents by using napkin as an absorbent during menstruation

Regards to frequency of usage of napkin among the napkin, users more than half of the respondents (52.27 %) are using napkin rarely.

Respondents by Condition to change the absorbent

Nearly half the proportion of the respondents (49.19%) changed the absorbent only when the pad got soaked.

Menstrual cycle faced by respondents before and after Marriage

Nearly one-third of the respondents (31.18%) have had monthly irregular menstrual cycle before marriage.

Respondents by treatment for menstrual Problems

Most of the respondents (66.74 %) took self-medication for their problems related to menstrual cycle.

Number of Miscarriage

More than one-third of the respondents (36.03%) have had natural miscarriage once in their reproductive life.

Place of treatment taken by respondents for Miscarriage

More than one-third per cent of the respondents (30.94) who have had miscarriage in their reproductive span mentioned that they have consulted the doctor for the treatment.

Respondents by Miscarriage during the reproductive span

Around two-fifth of the respondents (40.35 %) mentioned that they have had miscarriage between the 13 and 16 weeks of conception.

Respondents by Preference of Male Children

Majority of the respondents (72.00) have preferred male children during their pregnancy.

Respondents by Reason for preference of male children

Nearly half the proportion of the respondents (48.08 %) mentioned that social status has been the major reason for preferring male children.

Respondents by Age at conception

A sizeable proportion of the respondents (83.60 %) have conceived between the ages of 18 and 20 years.

Method to know the pregnancy

A sizeable proportion of the respondents (83.00 %) mentioned that through the experience of morning sickness they came to know their pregnancy.

Respondents by level of awareness on number antenatal visits

More than two- third of the respondents (68.36 %) have not been able to say number of antenatal visits which have been required during pregnancy.

Respondents by Antenatal visits

Around two-fifth of the respondents (40.06 %) have visited for antenatal care atleast five times during their pregnancy period.

Respondents by level of awareness about TT Injection

One-third of the respondents (35.79 %) have stated that the tetanus vaccination has been helpful for both mother and fetus.

Respondents by awareness about dosages of TT Injection

Most of the respondents (61.66%) correctly revealed that the pregnant women should be given with two doses of TT injection.

Respondents by awareness about high blood pressure affect the fetal growth

More than half of the respondents (59.12 %) have stated that they do not know that high blood pressure affected the fetal growth.

Opinion about iron and folic acid tablets given to pregnant women

More than half of the respondents (55.42 %) do not know about the benefits of iron folic acid tablets.

Changes in the food during pregnancy

Three-fourth of the respondents (70.44 %) has not changed their diet.

Regards to Intake of green leafy vegetables, 42.73 per cent of the respondents have decreased the intake of green leafy vegetables. 68.82 per cent of the respondents have not changed their habit of consumption of milk; 63.05 per cent of the respondents have not changed the consumption pattern of fruits.

Saffron taken during Pregnancy

Thirty four per cent of the respondents have (34.41 %) taken saffron during their pregnancy in order to get fair complexion children.

Consumption of iron and folic acid tablets

One- fourth of the respondents (28.64%) have mentioned that they rarely consumed the iron folic acid tablets which they received from the village health nurse.

Number iron and folic acid tablets consumed during pregnancy

More than one-third of the respondents (30.96%) have consumed more than 200 iron folic acid tablets during their pregnancy period.

Hours of rest during day time

Majority of the respondents (71.82%) took rest between 5 and 6 hours per day apart from their night sleeping hours during pregnancy.

Health problems which they suffered during the first trimester of the Pregnancy

More than two- third of the respondents (70%) suffered hunger and all the respondents (100 %) suffered vomiting and excessive tiredness have been experienced by 86.61 per cent of the respondents and all the respondents suffered anxiety during the time of first trimester of the pregnancy.

Respondents by Noticing the movement of the fetus in womb

More than four fifth of the respondents (83.83%) have noticed the movements of their valley in the womb between 4-6 months of pregnancy.

Respondents by Food which were avoided after conforming pregnancy

Maximum percent of the respondents (92.84%) avoided to consume the horse gram millets at the time of pregnancy.

Respondents by whom they received advice to avoid some food during pregnancy

An overwhelming of the respondents (97.00%) has received such advice from their family members.

Respondents by Place of administration of immunization

A sizeable proportion of the respondents (87.76%) have taken immunization from the primary health centers at different location of Omalur taluk.

Respondents by Nature of Medical tests done during pregnancy

All the respondents revealed that they have undergone blood test, scan, and urine test along with weight measurement during their pregnancy period. Out of total respondents more than two-fifth of the respondents (42.73 %) remembered that they have undergone blood pressure checkup and fetal heart beat test.

Respondents by Health problems faced during pregnancy

More than three-fifth of the respondents (62.82 %) have suffered anemia; all the respondents uniformly mentioned that they have had health problems like edema in hands and legs, vomiting and have suffered fever for more than three days. On the other hand none of the respondents reported that they have suffered abnormal white discharge.

Respondents by opinion on Exercise during pregnancy

Majority of the respondents (79.45%) felt since they have already worked hard there has been no need for physical exercise separately.

Respondents' by opinion on Consumption of iron and calcium tablets together at a time

Most of the respondents (66.74 %) wrongly mentioned that pregnant women must consume both iron and calcium tablets together at a time.

Respondents by Hemoglobin

More than one fourth of the respondents (41.01%) have had the hemoglobin range between 10.1 and 12 gm per 100 ml during pregnancy period.

Respondents by Type of delivery

Majority of the respondents (75.52 %) have had normal delivery.

Place of Birth of their Children

More than half of the respondents (53.12 %) have given birth atleast to one baby at the primary Health Centre.

Respondents' opinion on Exercise after Delivery

Nearly three-fifth of the respondents (56.12) has not under taken any physical exercises because they felt that exercise is not necessary.

Respondents by Health check-up carried out after delivery

Nearly three-fifth of the respondents (56.58 %) have undergone health checkup after a week from the delivery date.

Respondents by Exactness to the Delivery Date

Majority of the respondents (77.37 %) mentioned that their date for delivery had been extended.

Respondents by First Breast Feeding Given to the New Born Baby

More than one-third of the respondents (33.95%) have given mother's milk after 30 minutes of delivery.

Types of First food administered to the new born baby other than mother milk

More than one-fourth of the respondents (40.19%) have administered sugar water as first food other than mother milk to the new born.

Advice received for administering first food to the new born baby soon after birth

Nearly three-fifth of the respondents (63.27%) revealed that their grandmother practiced “chevvan” to the baby.

Healing methods to the new born baby’s Umbilical cord wound

Most of the respondents (67.66%) applied cow dung ash mixed with coconut oil to heal the umbilical cord wound.

Providing breast feeding to the new born baby

Two- fourth of the respondents (29.10 %) have given mother’s milk up to 6 months to the new born baby.

Weight of the infants soon after delivery

More than half of the respondents (53.3%) have reported that the new born measured normal weight.

Age of introduction of weaning practices to the new born baby

More than half of the respondents (53.57%) have started the weaning practices between 7-9 months of baby’s age.

Number of baby birth

Three-fourth of the respondents (74.06%) has had the experience of atleast one delivery.

Respondents by Opinion towards breast feeding

More than one-fourth of the respondents (43.00%) do not know the purpose of giving mother's milk to the children.

Awareness of the polio drops

All the respondents (100%) have been aware of the Administration of polio drops.

Availability of Reproductive health counseling in the residential areas

A sizeable proportion of the respondents (88.00%) mentioned that the reproductive health counseling including prenatal and postnatal care is not available in their residential area even though anganwadies available in their areas.

Discussing reproductive health problems with husbands

Two-third of the respondents (65.36%) rarely discussed the reproductive health problem with their husbands.

Reaction of the family members after hearing the reproductive health problems

Three-fourth of the respondents (75.98%) family members immediately accompanied the respondents to hospital after hearing the reproductive health problems.

Deciding the number of children to the family

Four-fifth of the respondents (79.21%) has reported of no freedom to decide the number of children to be had.

Respondents by Methods adopted to prevent pregnancy

More than half of the respondents (54.72%) have not followed any birth control measures.

Respondents by Awareness of the Muthulakshmi Reddy Maternity Scheme

Two-third of the respondents (64.67%) has not been aware of the Muthulakshmi Reddy Maternity Scheme.

Antenatal health practices

The hypotheses viz., there is a significant relationship between respondents' age, education, family monthly income and antenatal health practices have been accepted in the present study.

The hypotheses viz., there is a significant relationship between respondents' community, occupation, and antenatal health practices have been not accepted in the present study.

Postnatal health practices

The hypotheses viz., there is a significant relationship between respondents' age, education, family monthly income and postnatal health practices have been accepted in the present study

The hypotheses viz., there is a significant relationship between respondents' community, occupation, and postnatal health practices have been not accepted in the present study.

Age and frequency of Antenatal visit

The chi-square value indicates that there is a statistically significant relationship between age and frequency of antenatal visits and it meant that as the age increased their visit on antenatal care also increased.

Education and frequency Antenatal visits

The chi-square value shows that there is a significant relationship between respondents' educational level and their antenatal visit. The respondents' who have had higher education also had the history of more antenatal visits than the respondents who have had less education and no education. These results also go along with the earlier studies (Metgurd, 2009, Yadaw, 2004 and Sach ,2007) which found that the literacy status of mother has statistically influenced the mitigation of full antenatal care.

Husband of Education and frequency of Antennal visits

The chi-square value reveals that there is a statistically significant relationship between educational level of the respondents' husbands and respondents visit on antenatal care. It meant that when the respondents' husbands have had post graduation level of education then the respondents also visited five and more times of antenatal care than respondents' husbands who have had less education and no education. The association between these two variables is also closely associated with the findings of Baral et al (2010) Mumbane and Rage (2011) and Sumitra et al (2006) which revealed that husband's education is an important predictor of the use of maternal health care service.

Family Monthly Income and frequency of Antenatal visits

The chi-square value shows that there is a significant relationship between respondents' family monthly income level and their antenatal visit. It meant that the respondents who have good family monthly income went for more antenatal visits than the respondents who have less family monthly income. The above findings is also consistent with the research work of Gebremeskel (2015) which revealed that the pregnant women with low household

monthly income delayed antenatal care booking by five times higher compared to their counterparts with higher monthly income.

Education and intake of food

Chi-square shows that there is good association between respondents' educational level and their pattern of food intake and such association is also statistically significant. It meant that when respondents' education level increased their food intake also increased; the statistical relationship between these two variables indicated that the educated respondents might give more priority towards the increased consumption of food than the less educated and illiterate respondents.

Education and intake of green leafy vegetables

Chi-square shows that an attempt has been made to study to show if there has been any relationship between respondents' educational level and intake of green leafy vegetables. There is significant relationship between respondents' education and the intake of green leafy vegetables. It meant that respondents who have had higher education increased their consumption of green leafy vegetables than the respondents who have had less and no education.

Education and Intake of Milk

The Chi-square analysis result indicates that there is a statistical significant relationship between respondents' educational level and the intake of milk. It meant that the respondents who have had higher education have had the practice of increased intake of milk than the respondents who have had lower education and no education.

Education and Intake of Fruits

The chi-square value shows that there is a statistically significant relationship prevailing between respondents' educational level and their level of intake of fruits. The relationship indicates that the respondents who have completed higher education have started to increase the intake of fruits than the respondents with less education and no education.

Frequency of Antenatal visit and Intake of food

The chi-square value of the association between these two variables indicates that there is a statistical significant association between antenatal visit and intake of food. With regard to this, the increase of food intake among the respondents has been seen in those who visited six times antenatal visit.

Frequency of Antenatal visit and Green leafy vegetables

The chi-square value of the above variables shows that there is a statistical significant relationship between numbers of antenatal visit and intake of green leafy vegetables. It meant that the respondents who visited antenatal care for six times have increased the consumption of green leafy vegetables than other respondents who visited antenatal care for less than six times. The increase of intake of green leafy vegetables among the respondents who visited six times antenatal care coincides with the results of Ogechi and Hamdalat (2017) who have concluded that good nutritional practices is being influenced by antenatal visits, socio-economic status, education and husband support and factors that can minder women from maintaining adequate nutritional practices in pregnancy includes low socio-economic status, inadequate knowledge about food items, ignorance, lack of husband support and forgetfulness.

Frequency of Antenatal visit and Intake of milk

The chi-square value of the said variables shows that there is a statistically significant association between antenatal visit and intake of milk. It meant that the respondents who visited antenatal care for six times increased their intake of milk considerably than the respondents who attended antenatal care for three times among the respondents who attended the antenatal care for six times the percentage of increased quantity of consumption of milk.

Frequency of Antenatal visit and Intake of fruits

There is a statistically significant relationship between the frequency of antenatal visit and the intake of fruits during the time of pregnancy period. It meant that the respondents who visited antenatal care for six times comparatively have been in greater percentage who increased the quantity of intake of milk during pregnancy period than other three categories of respondents who visited six times antenatal care. Edmonds et al. (2011), Nguyenet et al. (2017), Lakshmi (2013) concluded that good nutritional practices has been influenced by antenatal visits, socio-economic status, education and husband support and factors that can minder women from maintaining adequate nutritional practices in pregnancy includes low socio-economic status, inadequate knowledge about food items, ignorance, lack of husband support and forgetfulness.

Frequency of Antenatal visits and Hemoglobin Level

The chi-square value reveals that there is a statistically significant relationship between these two variables and such relationship indicates that the respondents who attended more member of antenatal care have good hemoglobin level and vice versa among the respondents who attended six time antenatal care.

Intake of food and Hemoglobin Level

The chi-square analysis indicates that there is a statistically significant relationship between intake of food and hemoglobin level of respondents. It meant that the respondents who followed good intake of food have good hemoglobin level and vice versa among those who do not have good intake of food

Intake of Vegetables and Hemoglobin Level

The chi-square value shows that there is a statistically significant relationship between respondents' consumption of vegetables and hemoglobin level and it meant that the respondents who followed the practices of vegetable intake then the same respondents have good hemoglobin level and vice versa in others.

Intake of Milk and Hemoglobin Level

The statistical significant relationship between the said variables indicates that the respondents who have the habit of consuming a considerable quantity of milk after pregnancy have maintained good hemoglobin level and vice versa in others is evidenced among the respondents who good hemoglobin level after pregnancy.

Intake of Fruits and Hemoglobin Level

Chi-square has been used in the present study to understand the relationship between the respondents' intake of fruits and their hemoglobin level and the result of such analysis indicates that there is a statistically significant relationship between these two variables. Maskey et al. (2014) Abdelnefez et al. (2012) and Dorairajan et al. (2014) found that factors like education, age at marriage, socio-economic status, poor knowledge, lack of birth spacing and history of

anemia before pregnancy have been significant determinants of hemoglobin level during pregnancy period.

Frequency of Antenatal visits and number of baby Birth

There is a statistically significant association between the number of baby birth and antenatal visits. It meant that when the number of baby birth increased the number of antenatal visits also increased among the respondents who have had the experience of three baby birth.

Intake of food and baby weight

The chi-square value indicates that there is a statistically significant relationship between intake of food and birth weight of the baby. It meant the respondents who increased the intake of food during pregnancy period delivered comparatively more number of babies with normal weight than the respondents who have not changed their intake of food as well as the respondents who decreased their intake of food.

Intake of green leafy vegetables and baby weight

The chi-square value reveals that there is a statistically significant relationship between the respondent's consumption pattern of green leafy vegetables and birth weight of the baby. The respondents who increased the consumption pattern of green leafy vegetables delivered more number of babies with normal birth weight than who followed decreased consumption pattern of green leafy vegetables during pregnancy period.

Intake of milk and baby weight

The chi-square value indicates that there is a statistically significant relationship between these two variables. From such relationship we inferred that the respondents who increased the

consumption pattern of milk during pregnancy period gave birth to more number of normal weight baby than others.

Intake fruits and baby weight

Chi-square value reveals that there is a statistically significant relationship between these two variables. The respondents who increased the consumption pattern of fruits gave birth to normal weight baby. The respondents who increased the fruits consumption during the time of pregnancy have delivery comparatively with high percentage of normal weight baby than others. Verma and Shrivastava (2014) Murphy et al. (1986) Sharma and Mishra (2014) studied the frequency of low hemoglobin level during 3rd and 2nd trimester.

Hemoglobin Level and Duration of breast feeding

The chi-square value shows that there is a statistically significant association between the hemoglobin level and the span of giving breast milk. It meant that the respondents who have good hemoglobin level have better span of given breast milk to their new babies than the respondents who have mild, moderate and severe hemoglobin level.

Education and duration of Breast Feeding

The chi-square value shows that there is a statistically significant relationship between respondents' education level and the span of giving breast milk to the newborn baby. It meant that the respondents with higher level of education have the history of better span of giving breast milk to the new born baby than the respondents who have less education and no education.

Hemoglobin Level and Baby weight

The chi-square value shows that there is a significant relationship between these two variables. It meant that the respondents who have maintained good hemoglobin level at the time of pregnancy, 72.53 of them delivered a baby with normal birth weight whereas among the mild, moderate and severe hemoglobin level respondents, 53.98 per cent, 40.86 per cent and 43.66 per cent of them respectively delivered a baby with normal weight.

Husband Education and Duration of Breast Feeding

The chi-square value shows that there is a statistically significant relationship between husbands' education and span of breast feeding. It meant that the respondents' husbands who have had good educational qualification their respondents also have good span of breast milk feeding than those who have had less education and no education.

Intake of food and Duration of Breast feeding

The chi-square value indicates that there is a statistically significant association between the intake of food during pregnancy and the span of breast feeding. It meant that when respondents increased the intake of food during pregnancy period then they have good span of breast feeding than others.

Intake of green leafy vegetables and Duration Breast Feeding

The chi-square value shows that there is a statistically significant relationship between these two variables and it meant that the respondents who increased the consumption pattern of green leafy vegetables during pregnancy period have better span of breast feeding to the new born baby among the respondents who

increased the consumption of green leafy vegetables during pregnancy period.

Intake of Milk and Duration of Breast Feeding

The chi-square value indicates that there is statistically significant relationship between the said two variables. It meant that the respondents who increased the quantity of milk during pregnancy period have the history of better span of breast feeding to the new born baby.

Intake of fruits and Duration of Breast Feeding

The chi-square value shows that there is a significant relationship between intake of fruits and duration of breast feeding their two variables and it meant that the respondents who increased the consumption pattern of fruits during pregnancy also have good span of breast feeding to the new born baby. Ashwini, Katt: and Mallapur (2014) study has revealed that mother's education, her socio-economic status and receiving information in the hospitals about benefits of breast feeding influenced the breast feeding practices, among the women during postnatal period.

5.3 Conclusion

Health is one of the important contributing factors, for the empowerment women and among the life span of the women the reproductive span of life starts with age at menarche and ends with age at menopause and every women may live at least 35 to 40 years between these menarche and menopause. The present study aims at understand the reproductive health practices among the rural women in from the above findings it may be concluded that half of the respondents got married before the legal year of marriage since the study area is rural one and therefore such type of marriage has been widely prevalent. Significantly three- fourth of the respondents

do not have menstruation related knowledge before their puberty and to have discussion about this topic with others has been considered as one of the social stigma. This type of social stigma also reflected among the respondents after marriage because two-third of them hesitated to discuss about their reproductive health problems with husband.

Without the knowledge about menstruation these respondents have got married before the legal years of marriage and such situation definitely forced the women to live in pathetic conditions with various health hazards and this may be the reason among the respondents to rarely use napkin as an absorbent found in around half of them. Also when the respondents suffered any menstrual related problems two- third of them bought medicines on their own from the medical shop.

While considering antenatal visits two-fifth of the respondents attended the prescribed five antenatal visits and others attended less than the prescribed visits. These improper visits have impacted on various facets of pre- and -postnatal health care practices like usefulness of TT injection, causes of high blood pressure, benefits of iron and folic acid tablets, less consumption of food, green leafy vegetables, fruits and milk, span of breast feeding and its benefits. Similarly some of the respondents have wrong conception about government hospitals and their services and this wrong conception force them less number of antenatal visits and if ever they visited they have not fully followed the prescription given by the government medical personnel. These respondents attended the antenatal care at governmental hospitals only to obtain the Dr. Muthulashmi maternity benefits scheme of Rs. 18000/-.

The patriarchal Indian social setup also reflected in the present study because four-fifth of the respondents revealed that they do not

have any rights to decide the size of their family and this might have been the reason that 72 percent of the respondents expected to deliver male child.

In the present research, the researcher used health belief model a theoretical framework to analyse the data and the results of this research also go along with the mentioned theoretical framework, i.e. respondents' age, education, husband's education, family income, positively influence the frequency of antenatal visits and this frequency of antenatal visits in turn influence intake of food, fruits, vegetables, milk and this consumption pattern of food items in turn influenced the respondents hemoglobin level as well birth weight of the baby and also on the good span of breast feeding.

In order to bring good reproductive health practices among the rural women in the study area the following recommendations might be incorporated.

5.4 SUGGESTION

1. A sizeable proportion of the respondents wrongly perceived that the government hospitals always gave same medicines for several health problems. This type of myth might be removed from the respondents through appropriate awareness programmes, street plays and circulating pamphlets etc.
2. A considerable per cent of the respondents received antenatal care for name sake only in the anganwadies through village health nurse as well as in the government hospitals just to obtain the Dr. Muthulaxshmi Reddy Maternity Benefit scheme, for the enrolment of their pregnancy at government hospitals is essential to get the amount Rs. 18,000/-. Because these respondents do not have any good faith on the government hospitals as well as its services and this type of misconception

on government hospitals and its services might be removed from the respondents through village level workers.

3. Whenever any women became pregnant they always expected male baby and this type of expectation has been in practice in the study area and that could be removed through appropriate ways like telecasting, broadcasting, printing the related news items in press, radio, television, film and also through street plays.
4. Awareness programmes must be conducted in the rural areas about the benefits of intake of vegetables, fruits, milk and other food items during the pregnancy period. Because of the inadequate consumption of the said food items a sizeable proportion of the respondents also suffered anaemia.
5. The importance of the usage of napkins must be established among the rural women because a good number of respondents never use napkin during the periods and even some of the respondents use napkin but not on regular basis and this type of improper usage as well as non-usage might be corrected through appropriate awareness programmes.
6. The government must also ensure the availability of free napkin at anganwadies every day because sometimes when it is not available some of the respondents tend to use cloth as an absorbent.
7. Both anganwadie workers as well as village health nurse must communicate the importance of the various tablets given to the pregnant women and instead of consuming the same some of the respondents throw them away. This type of wrong perception about government medicines might be rectified through various drama, street plays and programmes in media.