

Studies on Old-aged Women Health and Care

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Abstract—In present studies it was found that fruits are important for nutritive qualities for old women. They have been found to have choice for fruits in their liking to meet the requirement at old aged life. Findings obtained in their old aged problems of health in women in all three areas taken under present investigations. It revealed the utility of fruits. Women showed their liking for mango, guava and papaya fruits for leading healthy life in families of urban, rural and slum locations, respectively. The nutritive values contents in fruits are most useful for their health at old age body in physical and physiological situations.

Keywords— Urban, Rural, Slum, Nutrients, Old-age, Fruit, content, Quality.

I. INTRODUCTION

Women health is an important wealth of their life span. Its maintenance has been recognized for times memorable years of part of decades (Barnnal *et al.*, 2014). Present time prosperous life and future generations depend to have sustainable wellness and prospective improvement. Nutrition and living in healthy environment always provide desirable progressive growth and development in improvement for growing young ones and also to maintain sturdy and healthy body which keep them free from ailments and disorders (Prasad, 1970; Singh, 2010, Sindhu *et al.*, 2009). In fact women in modern lifestyle feel unsecured living with malnutrition as well as the availability of many kinds of attractive fast foods (Bandyopadhyay and Ghose, 1973). Considering the facts, present study was taken up in three areas surrounding in cities of Western Uttar Pradesh.

II. METHODOLOGY

The study was conducted in Urban, Rural and Slum areas in Baghpat, Shamli, Meerut, Muzaffar Nagar on old women populations during 2013-16 total 100 old aged women in each group were selected in all three age categories Elderly women were grouped ranging from 60 to 69, 70 to 79 and 80 to 88 years old aged units in all three categories. In survey, questions were asked from women and their answers were recorded as the data of observations for findings. Data were recorded in observations and the same were subjected for statistical calculation for deriving the results.

III. RESULTS AND DISCUSSION

Data of table I revealed minor tension, serious illness and incurable disease problem of health 6, 70 and 24 in 3 age groups totaling all ailments 20, 17 and 60 in different aged women of 80-88, 70-79 and 60-69 in urban, rural and slum areas were found, respectively. Similarly in rural and slum areas it revealed 26, 25, 49 and 11, 41, 48 were recorded in 80-88, 70-79 and 60-69 years old aged women, respectively. In complex situations of old women in families are increasingly found due to certain factors of living lifestyle in different categories of the societies. In fact simple old-age of women itself become unpleasant and unhappy. But with certain tension or illness used to become a serious factor as have been found in urban, rural and slum societies by other research workers (Baranwal, *et al.*, 2014; Dubey, 2014).

TABLE I. Health problems of old aged women in different areas.

S.No.	Health problems Illness	Urban area women (n-100*)			Total	Rural (n-100*)			Total	Slum area women (N-100*)			Total
		High age group	Middle age group	Low age group		High age group	Middle age group	Low age group		High age group	Middle age group	Low age group	
		80-88 years	70-79 years	60-69 years		80-88 years	70-79 years	60-69 years		80-88 years	70-79 years	60-69 years	
1.	Normal health	1 (16.66)	1 (16.66)	4 (66.66)	6	2 (25.00)	2 (25.00)	4 (50.60)	8	0 (0.0)	0 (0.0)	2 (100)	2
2.	Abnormal health feeling some problems	5 (7.14)	12 (17.14)	53 (75.71)	70	17 (28.33)	18 (30.00)	25 (41.66)	60	4 (7.54)	19 (35.84)	30 (56.60)	53
3.	Have incurably illness showed ill health	14 (58.33)	4 (16.66)	6 (25.00)	24	7 (21.87)	5 (15.62)	20 (62.50)	32	7 (15.55)	22 (48.88)	16 (35.55)	45
Total		20	17	63	100	26	25	49	100	11	41	48	100

TABLE II. Choice of fruits and nutrients benefits for better healthy life style.

Willingness of Old Women for fruits for health benefit	Urban area women (n-100*)			Total	Rural (n-100*)			Total	Slum area women (N-100*)			Total
	High age group	Middle age group	Low age group		High age group	Middle age group	Low age group		High age group	Middle age group	Low age group	
	80-88 years	70-79 years	60-69 years		80-88 years	70-79 years	60-69 years		80-88 years	70-79 years	60-69 years	
Mango (<i>Mangifera indica</i> L.)	4 (8.69)	11 (23.91)	31 (67.39)	46	8 (16.66)	17 (30.41)	23 (47.41)	48	3 (14.28)	7 (33.33)	11 (52.38)	21
Papaya (<i>Carica papaya</i> L.)	2 (16.66)	4 (33.33)	6 (50.00)	12	4 (21.05)	5 (26.31)	10 (52.57)	19	5 (11.36)	18 (40.90)	18 (51.42)	44
Guava (<i>Psidium guajava</i> L.)	5 (11.90)	8 (19.04)	29 (69.4)	42	4 (12.12)	6 (18.18)	23 (69.69)	33	5 (14.28)	12 (34.28)	18 (51.42)	35
Total	11	23	66	100	16	28	56	100	13	37	50	100

Increasing after 60 years age digestive system become slow in process where fruits reported easily being digestible. Fruits are, suitable in diets and used to help in improvement of health. Data revealed increasing desire of fruits by the old women for fruits mainly mango, guava and papaya. Their choice was also observed as per availability of fruit easily. In certain families the units were 11, 23, 66 (100), 16, 28, 56 (100) and 13, 37, 50 (100) as per the three categories in Urban, rural and slum areas, respectively. The nutritive quality of fruits for health benefit have been reported by (Singh 2010; Kumar *et al.* 2010-11; Singh *et al.*, 2010-11; Singh, 2016, 2017, 2017a). The nutrients present in processed/blended fruit products have been observed helpful for health at old aged people (Tiwari and Singh 2001), in blended guava and papaya (Sindhu *et al.* 2009) in processed fruits and (Singh 2015) in guava also found them for health security. Old women showed choice and affinity for fruits which must be imphasized in diet for maintaining health.

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