



OBSTACLES FACED BY RURAL HOME MAKERS REGARDING HOUSEHOLD PRACTICES

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ABSTRACT

Rural homemakers experience distinct challenges, such as a lack of access to proper sanitation, quality education, and reliable healthcare, further compounded by inadequate rural infrastructure and limited access to technology. The specific objectives are to study the general information of the rural home makers, to assess the obstacles faced by rural home makers, to find out the key challenges faced by rural women regarding household practices, to give remedial suggestions to the rural home makers. The data collection has been done in vihirgaon village with the 239 sample cases in District Nagpur. Rural home makers are educated prevailing nuclear family system. The major obstacle she faces of dependency on others. The key challenges of clean water found to be more in some areas. Rural home makers have urgency of promoting education, improve healthcare and smooth livelihood for future life.

Keywords: Rural home makers, obstacles, household practices.

INTRODUCTION

Rural homemakers face a unique set of challenges stemming from inadequate infrastructure, limited access to resources, and societal norms. These challenges often impact their physical and mental well-being, leading to social isolation, undervaluation, and a lack of autonomy. Rural homemakers are women in rural communities who manage households, care for families, and are crucial to the social and economic fabric of their families and communities, often undertaking extensive tasks with little recognition or financial compensation.

Rural home makers often perform various activities, from collecting resources and food preparation to childcare and agricultural support, and face unique challenges such as physical drudgery, limited access to education and resources, and the need for empowerment through skill development and access to entrepreneurial opportunities.

OBJECTIVES

1. To study the general information of the rural home makers.
2. To assess the obstacles faced by rural home makers.



3. To find out the key challenges faced by rural home makers regarding household practices.
4. To give remedial suggestions to the rural homemakers.

RESEARCH METHODOLOGY

Research methodology is the strategic, systematic, and logical plan for conducting a study to answer a research question, ensuring valid and reliable results. The information was collected from the 239 rural home makers which encompasses the circumstances like obstacles and challenges she faced in her life. The collection of data was held in the vihirgaon village, Dist. Nagpur as per convenience of the researcher by schedule method.

RESULT AND DISCUSSIONS

Table 1.1 Age of the rural home makers

Sr. No.	Age	No. of Respondents	Percentage
1	Upto 30 years	09	3.76
2	31-35 yrs.	29	12.13
3	36-40 yrs.	35	14.64
4	41-45 yrs.	25	10.46
5	46-50 yrs.	70	29.28
6	51-55 yrs.	26	10.87
7	56-60 yrs	38	15.89
8	61 yrs. and above	07	2.97
		239	100.0

The above table revealed that 29.28% of the rural home makers belong to 46-50 yrs. whereas 15.89% ranges between 56-60 yrs. age group. 14.64% respondents fall into the category of 36-40 yrs., 12.13% of women belongs to 31-35 yrs. category, whereas 10.87% of rural home makers under the category of 51-55 yrs. and 10.46% of 41-45 yrs. of age group. The negligible percentage of rural home makers found to be upto 30 yrs. and 61 yrs. and above age group respectively.



Table 1.2 Education of the rural home makers

Sr. No.	Education	No. of Respondents	Percentage
1	Upto Std. 5	28	11.71
2	Std. 6-10	120	50.20
3	Std. 11-12	52	21.75
4	Graduation	39	16.34
		239	100.0

The above table opined that 50.20% of the respondents had completed their school education from Std. 6-10 and 21.75% of the rural home makers had educated till 12th std. 16.34% had completed their graduation whereas 11.71% of the respondents had educated upto std.5 simultaneously.

Table 1.3 Type of family of the Respondents

Sr. No.	Type of family	No. of Respondents	Percentage
1	Nuclear family	190	79.49
2	Joint family	49	20.51
		239	100.0

It is found from the above table that 79.49% of the rural home maker had nuclear family system and 20.51% had joint family system which is found in the rural areas.

Table 1.4 Specific obstacles faced by rural home makers

Sr.No.	Obstacles	No. of Respondents	Rank Order
1	Poor housing condition	119	X
2	Insufficient healthcare	123	VIII
3	Illiteracy	120	IX
4	Financial burden	201	VI
5	Aloneness	43	XIII
6	Underestimation and lack of freedom	222	II



7	Pain and conditions in the muscle	218	IV
8	Mental illness	176	VII
9	Dependence on others	239	I
10	Technological gap	221	III
11	Poor market facility	43	XII
12	Traditionalism	116	XI
13	Social inequalities	215	V

It is revealed from the above table that as the answers for each statement is more it accorded in rank order. Homemakers may rely on family members for economic support and stood in the I rank order. Homemakers' contributions may be underestimated, and they may lack of freedom over their lives and decisions and stood in II rank order. Limited access to technology, such as internet and mobile phones, can restrict their access to information, resources, and opportunities and accorded III rank order and pain and conditions in muscles are more and hence IV rank order. Social inequality and caste discrimination can further marginalize rural homemakers and stood V rank order. Financial burden like poverty, unemployment, and lack of access to credit can make it difficult for homemakers to meet basic needs and participate in revenue producing enterprise and stood VI rank order. Social isolation, lack of support, and the stress of managing household responsibilities can contribute to mental illness and stood VII rank order. Rural home makers often have poor healthcare infrastructure, making it difficult for homemakers to access timely medical care for themselves and their families accorded VIII rank order. Due to illiteracy, opportunities can restrict their ability to improve their livelihoods and participate in the various works and scored IX rank order and poor housing condition X rank order respectively. Homemakers may be limited by traditional gender roles and practices, restricting their opportunities and stood XI rank order. Poor road connectivity can make it difficult for homemakers to access markets for selling agricultural production and accorded XII rank order. Homemakers may experience aloneness due to their



shyness focus on household tasks and caregiving responsibilities, leading to loneliness and reduced social support in the society.

Table 1.5 Key challenges faced by rural home makers

Sr. No.	Challenges	No. of Respondents	Rank Order
1	No clean water	159	I
2	No proper sanitation	146	II
3	No quality healthcare	136	III
4	Unreliable electricity	114	VI
5	Limited employment	132	IV
6	Limited income	132	IV
7	Gender inequality	112	VII
8	Lack of educational opportunities	121	V
9	Vulnerability to environmental issues	59	VIII

The distribution of the respondents according to their overall challenges in above table clearly indicate that as there were more replies to each statement, the rank order has been preferred. Rural homemakers faced significant challenges including no clean water system(I rank order), no proper sanitation (II rank order), and no quality healthcare (III rank order), limited employment and income (IV rank order), Lack of educational opportunities (V rank order),unreliable electricity (VI rank order), gender inequality (VII rank order), and vulnerability to environmental issues accorded VIII rank order respectively.



Table 1.6 Suggestions to the rural home makers

Sr. No.	Suggestions	No. of Respondents	Percentage
1	Promoting social upliftment by self employment and enterprise among youth and women	36	15.06
2	Applying policies effectively i.e. actionable and tangible	56	23.43
3	Promote education, improve healthcare and smooth livelihood	119	49.79
4	Enhancing local empowerment	28	11.72
		239	100.0

It clearly indicates from the above table that nearly fifty percent of the rural home makers have urgency of promoting education, improve healthcare and smooth livelihood as well as 23.43 percent applying policies effectively i.e. actionable and tangible where as 15.06% promoting social upliftment by selfemployment and enterprise among youth and women accordingly 11.72% rural home makers suggested to enhance local empowerment hence she will also benefit and lives happily forever.

CONCLUSION:

India is a land of villages with nearly 80% of its population living in rural areas Rural homemakers face a unique set of challenges stemming from inadequate infrastructure, limited access to resources, and societal norms. These challenges often impact their physical and mental well-being, leading to social isolation, undervaluation, and a lack of autonomy.

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