

CHALLENGES IN ATTAINING HEALTH AND WELL-BEING FOR WOMEN: A HUMAN RIGHTS PERSPECTIVE.

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Abstract

Background

Globally, associations and federations of social workers acknowledge that human rights education is crucial to social work practice's ability to be used in various cultural contexts and, consequently, to surpass the objective of social justice. A significant portion of women lack literacy, which limits their access to services, knowledge, and decision-making on health issues. The health needs of disadvantaged and vulnerable groups in society can be given priority by national governments and international health bodies using the principles provided by a human rights approach. To implement corrective measures, it is critical to comprehend the obstacles and problems impacting women's health and well-being. This article seeks to clarify these points. The primary goals of the research are to: 1. Identify the most reliable source of information regarding women's rights. 2. To investigate the awareness of human rights among Lucknow City women employed in the chikankari sector. 3. To assess these women's awareness of their rights as women.

Method

The purpose of this study was to determine the level of awareness regarding women's rights among Lucknow City women employed in the chikankari sector. For this study, a random sample strategy was applied. Respondents provided primary data through the use of a standardized questionnaire. For the study, 200 questionnaires were issued; 176 respondents completed the questionnaire. The study is restricted to Lucknow City women employed in the chikankari sector. The Statistical Package for the Social Sciences (SPSS) was used to examine the data.

Result

Analyzing the collected data, it was found that overall awareness of women's fundamental rights is low; When looking at the preferred source of information on women's health and human rights, the largest number of respondents chose NGOs as the answer; Analyzing the collected data on awareness of human rights and women's health rights, it was found that 72.72% of women are aware of the right to health facilities; and 78.4% of women are aware of the right to work as their human right regardless of gender

Conclusion:

According to the findings of this survey, there is still a gap between awareness and application of fundamental human rights, even if women are now considerably more aware of them. Numerous variables that differ depending on a woman's location, socioeconomic class, and cultural background can be used to assess her health in India. Modern strategies to safeguard women's health and well-being include public health and human rights.

A multifaceted strategy should be implemented to raise awareness among women employed in the unorganized sectors, demand it when needed, and make it conveniently available to them, regardless of their gender. The entitlement to health transcends adequate medical care. It also means that rather than weakening or jeopardizing women's health, the environments in which they live and work, both at home and elsewhere, should promote it.

Key Words: Health, Human rights, Gender, Women's rights, health care, reproductive rights

Background

By definition, a person's physical and mental well-being constitute their state of health. Since not everyone's health is taken into consideration, health situations today vary widely. The reasons for the decline in conditions in certain nations could be attributed to a lack of resources and expertise in the medical field, or to the financial standing of nations that forbid the government from offering health care to their population. Because of this, the diverse populations of these nations may only rely on happiness, hope, and religion for their well-being, which will have an impact on the emotional climate in these inadequately furnished households. Health care is a human right that should be provided to all people since, notwithstanding certain nations' lack of progress in this area, everyone living on Earth has the right to health care.

The Human Rights of Women and Girls: Generally speaking, women's social standing is lower than men's, leading to an imbalance of power. Women and girls may be more susceptible to human rights breaches as a result, which could have a negative impact on their health. Since women's demands differ from men's due to biological differences, they are likely to require special consideration when determining the global health agenda (Sankaran, *Challenges in Achieving Health and Well-Being for Women: A Human Rights Perspective* 2010).

The primary international human rights treaty pertaining to women's rights is the Convention on the Elimination of All Forms of Discrimination Against Women (CEDAW). The UN's Economic and Social Council (ECOSOC) passed a resolution in 1997 requesting that all of the organization's specialized agencies incorporate a gender perspective into all of its policies and initiatives. The rights and demands of women in health care have been reaffirmed as a result of numerous subsequent conferences and declarations.

Understanding the distinctions between men and women is the foundation of a gender-oriented strategy. Unfair gender roles are lessened by policies that support women's empowerment (Rosenfield, Min, & Bardfield, 2010). Notwithstanding numerous endeavours to establish gender parity, women continue to be susceptible, and numerous women are still unable to fully realize their fundamental human rights. Every discussion of the Millennium Development Goals must acknowledge the significance of women's rights since innumerable research has demonstrated that gender equality is a necessary condition for both sustainable growth and the eradication of poverty. The World Health Organization (WHO) defines health generally as "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity" in the 1946 Preamble to the Organization's Constitution. The government defines the right to health as "the enjoyment of the highest attainable standard of health" and lists several guiding principles, including the child's healthy development, the fair distribution of medical knowledge and its

benefits, and social programs designed to ensure adequate health. One of everyone's fundamental rights is to have the best possible health, regardless of their ethnicity, religion, political beliefs, social standing, or economic standing. Everyone should have access to healthcare since everyone has a right to it. Women are frequently the poorest and face increasing threats to their health from these global policies. They are also frequently denied basic rights by society and their own families simply for being women.



Other fundamental human rights, such as having access to clean water and sanitation, wholesome food, sufficient housing, an education, and secure working conditions, all clearly influence one's ability to maintain good health.

Everyone should be able to manage their body and health, including having unrestricted access to sexual and reproductive treatments and information, without facing violence or discrimination, according to the right to health. Everyone is entitled to their own space as well as to be treated with dignity and respect. Without giving their informed consent, no one should be put through forced medical examinations, medical experiments, or treatments. WHO advocates for people-centered care because it embodies human rights in the delivery of healthcare.

Individuals who experience marginalization, stigma, or discrimination tend to have worse physical and mental health. Discrimination in the medical field is wrong and a serious roadblock to progress. However, when individuals are given the opportunity to actively participate in their care as opposed to being passive beneficiaries, their human rights are upheld, better results are achieved, and health systems operate more effectively.

Women and girls all over the world seek their basic human rights, which are known as women's rights. It was anchored by the United Nations for all people on Earth approximately seventy years ago. Worldwide, women's rights are highly valued by all. It is advantageous to every employee in the organization, not just her. The world can advance together and everyone has a crucial role to play when women are granted equal rights.

Women's Reproductive Rights: A fundamental part of women's human rights is their reproductive rights, which cover a variety of choices and privileges pertaining to their autonomy

and reproductive health. The empowerment, equality, and well-being of women depend on these rights. States have a duty to uphold, defend, and respect women's rights regarding their sexual and reproductive health.

Women and girls still face significant obstacles to fully exercising their reproductive rights, including poor quality health services and denial of access, even though India was one of the first countries in the world to develop legal and policy frameworks guaranteeing access to abortion and contraception. feminine strength.

Women's status is incredibly paradoxical. While there are many inspiring tales of women who have achieved success in a variety of fields, other people's lives are made miserable by acts of violence, prejudice, torture, exploitation, etc. Women no longer only carry children and take care of the house; instead, they leave these roles and struggle for their own identities. They have the same rights and responsibilities as men because they are fellow humans. Though they haven't done much yet, they have accomplished a great deal. The issue of women especially women who belong to Dalits, tribal communities, nomadic communities, and women who labor in unorganized sectors persists despite these advancements. We believe that in these conditions, a detailed examination of women's rights is warranted.

Data and Methodology The purpose of this study was to determine the level of awareness regarding women's rights among Luckow City women employed in the chikankari sector. For this study, a random sample strategy was applied. Respondents provided primary data through the use of a standardized questionnaire. For the study, 200 questionnaires were issued; 176 respondents completed the questionnaire. The study is restricted to Luckow City women employed in the chikankari sector. The Statistical Package for the Social Sciences (SPSS) was used to examine the data.

Findings

After the data was analyzed, it was shown that there was a general lack of awareness regarding women's fundamental rights. The majority of respondents indicated non-governmental groups as their preferred source of information on women's health and human rights, while television was indicated as their least favoured option. Furthermore, newspapers were favoured by 26% of women, followed by schools and other educational establishments (32%), social media (42%), and government organizations (16%).

After the data on women's awareness of their human rights and health rights was analyzed, it was discovered that 72.72% of women knew that they had a right to health facilities, and 78.4% knew that they had a human right to work, regardless of their gender. Of the women surveyed, 63.63% are aware of their legally granted property rights and 49.43% are aware of their economic rights. Of women, 48.29% are aware of their rights related to religion. 39.20 Recognize your rights about security. 38.06% of women are aware of their rights as spouses. Women's awareness of their social rights is 37.5%. Merely 21% of women are aware of their right to education, while 31.81% are aware of their reproductive rights.

Table: Profile of Respondents

Age	Caste	Marital Status	Education
18-27	Hindu	Married	10 th
28-37	Muslim	Single	12
38-47	Sikh	Divorced	Graduation
48-57	Christian	NA	No formal school education
	Jain		Less than 10 th
	Bodh		Above graduation

Table 2: Awareness regarding Women's Rights

Awareness	Frequency	Percentage
Yes	56	32
No	120	68
Total	176	100

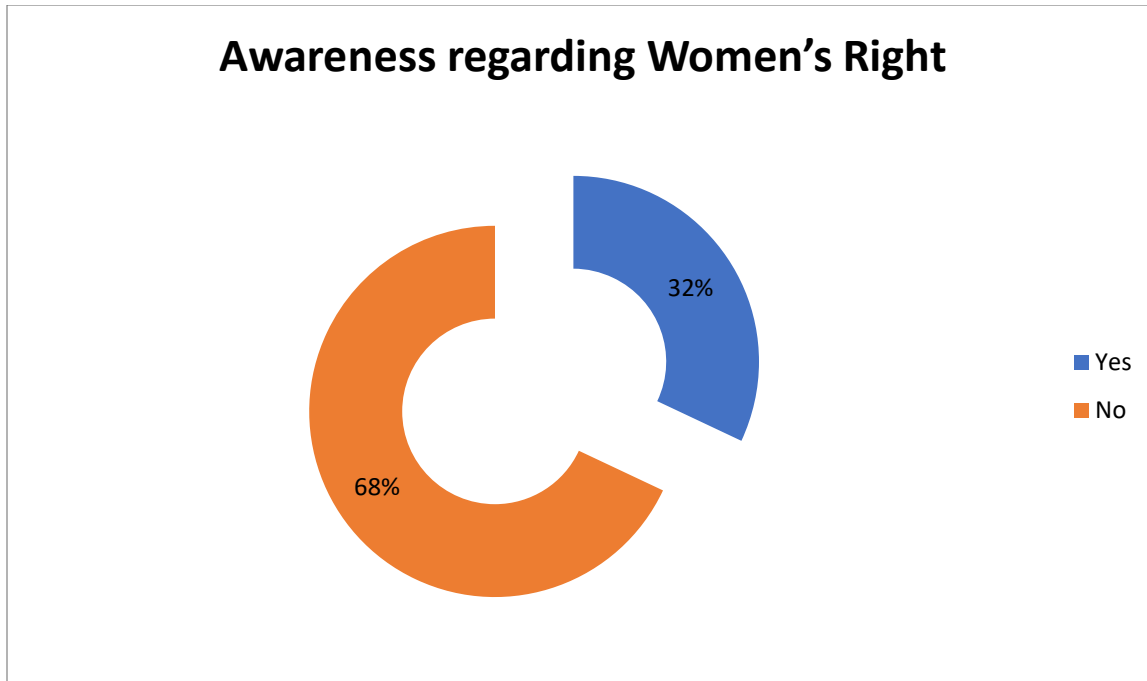


Table 3: Preferred source for gathering Women’s Health Rights Information (N=176)

Source	Frequency	Percentage
Television	12	6.8
Newspaper	26	14.7
School/educational institutes	32	18.18
Social media	42	23.86
Government agencies	16	9.09
NGO’S	48	27.27

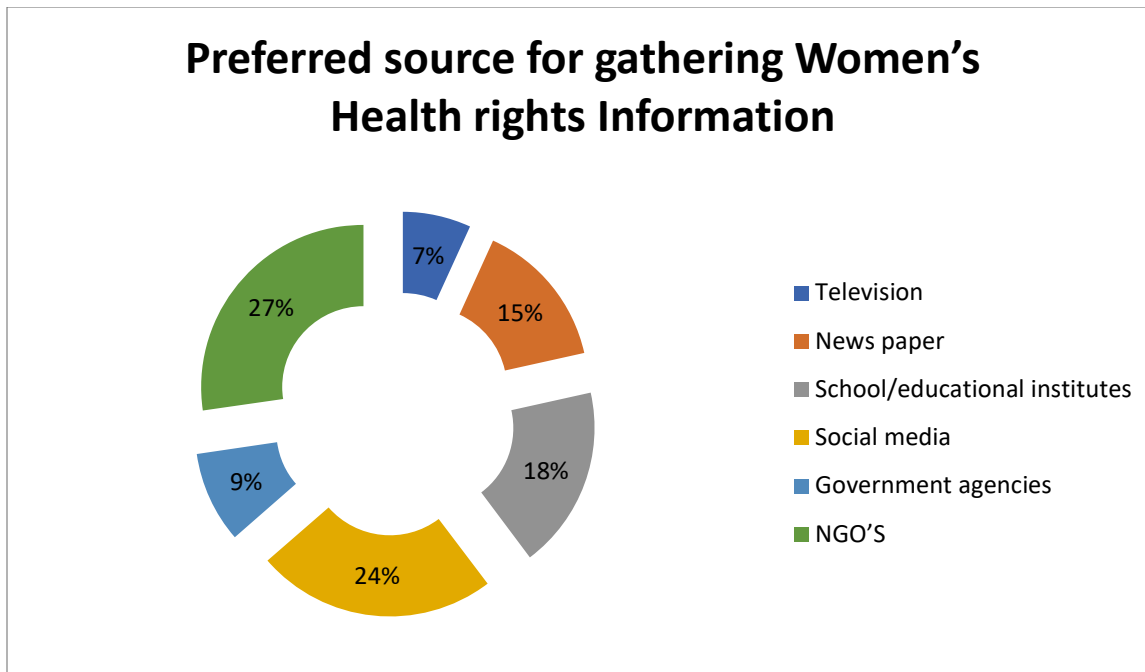
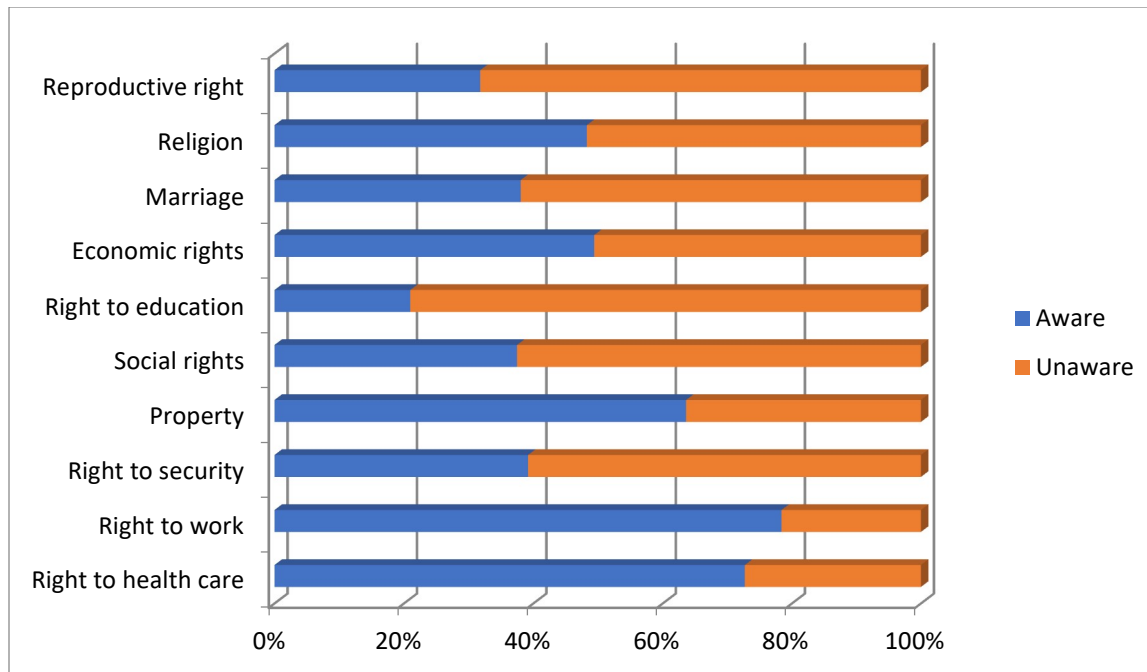


Table 4: Awareness of Human Rights and Women's Health Rights (N=176)

Human Rights	Frequency	Percentage
Right to health care	128	72.72
Right to work	138	78.40
Right to security	69	39.20
Property	112	63.63
Social rights	66	37.5
Right to education	137	21
Economic rights	87	49.43
Marriage	67	38.06
Religion	85	48.29
Reproductive right	56	31.81



Findings

It is necessary to compare different aspects of well-being to both female in India and worldwide health averages in order to effectively improve the health of women in India. A key component of both economic expansion and personal well-being is health.

Poor health outcomes for women are closely linked to gender inequality. Research has shown that there is a significant gender difference in hospital admission rates, with males visiting hospitals at a higher rate than women. Because women are usually entitled to a smaller percentage of household resources than males, they spend fewer resources for health care overall, which leads to differential access to health care.

The area of women's health that receives the least attention is reproductive rights. Providing simple access to safe abortion procedures is still a concern; it is the reason behind 14% of maternal fatalities globally. To enhance the quality of health, it is also necessary to address unmet family planning requirements and raise awareness of contraceptives. Establishing accountability for the provision of women with high-quality health services is a crucial aspect of women's rights.

Education of human rights cannot be limited to academic pursuits. It serves as a conduit for knowledge gained in the classroom to advancements in society. Human rights education ought to be a mandatory component of university and school curricula, as it is a crucial aspect of education. Primary education is now recognized as one of the necessities in India.

Every woman is entitled to good health. This implies, among other things, that everyone is entitled to quality healthcare. The various periods of a woman's life, from youth to old age, are taken into consideration in good health care for women. Regardless of whether she plans to have children or not, it entails meeting all of her needs. For far too long, "women's health care" referred to services related to maternal health, such as those provided during pregnancy and childbirth. These services

are crucial, but they only take care of a small portion of the health needs of women—maternity care. The entitlement to health transcends adequate medical care. It also means that the conditions in which women live and work at home and anywhere should protect their health rather than weaken or endanger it.

Suggestions

According to the research, women's awareness of fundamental human rights has grown as a result of increased government initiatives, but most of them are unaware of how to use them or are reluctant to assert their rights as women. because of ingrained social customs and ideologies. Although there have been significant advancements in medication and treatment for women's health issues, millions of individuals continue to suffer from diseases that are treatable and avoidable. This is partially due to the fact that political, social, and economic factors prioritize the interests of the wealthy and powerful.

When deciding who should have precedence when it comes to giving or demanding rights, gender also plays a significant impact. People who are less wealthy and powerful frequently pay a higher price for their health. Extreme inequality brought about by corporate globalization has left millions of people without access to the resources they need to live healthy lives. Governments are forced by economic policies set by the wealthy and powerful to reduce expenditure on social services, health care, and education, even while the vast majority of people on the planet live in poverty and lack access to even the most basic forms of nourishment, sanitation, and medical care.

Being disease-free is not the only indicator of good health. A lady who is in good health is one who is in good body, mind, and soul. In addition to her physical makeup, a woman's social, cultural, and economic circumstances have an impact on her health. Addressing the "root causes" of poor health, such as poverty, racial and gender inequality, and other types of oppression, is essential to improving women's health. These variables similarly affect men's health, however women are handled differently than males as a group. Women typically hold lesser status and less authority within the family and community.

The best course of action for educating women about their rights and preventing them from falling prey to severe emotional and mental illnesses may be to improve health services in conjunction with education. Concerns about women's health will improve if more women have access to the workforce. Instructing society to realize its own health and nutritional needs is a significant role that healthcare providers can play. Providing women with equal opportunities would enable them to contribute positively to society and raise wholesome children.

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