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A Study of Health Problems in Girls

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Abstract: - *“To learn effectively, girls need good health” says the World Health Organization’s Expert committee on health services. In spite of the primary health care that exists in India, yet it is unable to cover the health needs of girls, especially the rural area girls. To know their health status and influencing factors, a study is designed in the rural area of Vaijapur tehsil in Aurangabad district of Maharashtra. The present studies observe and identify the health and hygiene problem of girls in rural area Vaijapur. To ascertain the knowledge of reproductive health and health care-seeking behavior among rural girls, the study indicates that the problem is enormous and there is need for appropriate intervention to utilize and upgrade the services for the benefit of the girls.*

Keywords: *health and hygiene, health problems, Reproductive health, Rural girls*

Introduction:

The health and hygiene program can be the most efficient for girls, to improve health awareness between rural area girls health. The Healthy habits learned during early years will be applied throughout life. An evaluation of girl’s health program in the villages girls medically examined had some disease or defect. The social and economic factors surrounding the girls were the considerable reasons for their health status. The housing environment was also playing its’ part in deciding the health status of children. The common problems observed among the girls in the earlier studies were Breast Diseases, dental Problems, Endometriosis, Vaginal Infections (Virginites), Obstetrics and Gynecology, Urogynecology, Mental Health malnutrition dental caries, and skin infections ranging each the problem being more prevalent in government sector than private. Though a lot of cross sectional studies are available that assessed the problems in school children, only a few are concerned with chronic problems. Unlike acute, the chronic health problems severely affect the

growth and learning in long term without early intervention. In the current study, a sincere attempt made to assess the health problems and their influencing factors in girls.

Breast Diseases:

Breast diseases can be classified either with disorders of the integument, or disorders of the reproductive system. A majority of breast diseases are noncancerous. Most women experience breast changes at some time. Breast disease mainly causes lumps, bumps, and discharges.

Endometriosis:

Endometriosis is Associate in Nursing usually painful disorder during which tissue that ordinarily lines the within of female internal reproductive organ, the mucosa, grows outside your female internal reproductive organ. Endometriosis most ordinarily involves your ovaries, internal organ or the tissue lining your pelvis. Rarely, mucous membrane tissue might unfold on the far side your girdle region.

Vaginal Infections (Vaginitis):

Vaginitis is a medical term accustomed describes numerous conditions that cause infection or inflammation of the epithelial duct. These infections square measure generally caused by organisms like bacterium, yeast, or viruses, in addition as by irritations from chemicals in creams, sprays, or maybe wear that's in grips with this space.

Obstetrics and Gynecology:

Obstetrics and medical specialty, usually abbreviated to Ob/Gyn, could be a single entity that deals with the feminine fruitful organs in gestating and non-gestating scenario. Obstetrics was originally a separate branch of drugs, and medical specialty comes underneath the division of surgery.

Urogynecology:

Urogynecology could be a surgical sub-specialty of medical specialty and medical specialty. Urogynecology involves the identification and treatment of enuresis and feminine girdle floor disorders. Some conditions treated in Urogynecology follow include: colpocystocele, Enterocele and feminine venereal prolapse.

Maternal health:

Maternal health refers to the health of ladies throughout maternity, birthing and also the postnatal amount. Whereas kinship is usually a positive and fulfilling expertise, for too many ladies it's related to suffering, ill-health and even death. The main direct causes of maternal morbidity and mortality embody injury, infection, high pressure, unsafe abortion, and stopped labour.

Women's diet and nutrition:

The effects of a women's diet on her kids begin long before she becomes pregnant. Storage of fat, protein, and alternative nutrients designed up over the years are referred to as upon throughout maternity for craniate nourishment. These sorts of food offer ladies with many energy, the suggests that for long weight management, and also the key ingredients for wanting and feeling nice at any age.

Urinary Tract Infection:

A tract infection is an infection that involves the kidneys, ureters, bladder, or urethra. These area unit the structures that excrement passes through before being eliminated from the body. Girl's area unit at bigger risk of developing a UTI than men.

Conclusion:

One third of the study participants were found to have health problem distributed similarly among girls. The social factors behind the health problems in these rural government socioeconomic status, poor hygiene, low parent literacy and poor housing conditions Socioeconomic development is the strong key to improve the health status along with improving the hygiene standards through regular health in girls and health workers.

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