

Health Education and Strengthening the Women's Awareness of Health

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Abstract

The research attempted to answer a major question about what affects health education on the sources of knowledge of women in Iraqi society related to health issues? The research aims to identify the effect of health education on the sources of knowledge of women in Iraqi society related to health issues, and the importance of research is determined in knowing the effect of health education on the sources of knowledge of women in Iraqi society related to health issues.

The past decades have witnessed a high change in the patterns of diseases and their spread among members of society, from infectious diseases to chronic diseases, especially diseases that are expressed in diseases of the lifestyle such as heart disease and diabetes, and many of these diseases are the result of wrong behavior, hence health education is the cornerstone of prevention. One of these diseases is the first health promotion stimulant, through which knowledge and information are raised, trends are built and health behaviors changed, and in recent years the concepts of health education have been elevated to become a knowledge science that uses behavioral and educational theories, methods of communication, means of education, and media principles to raise the health level of the individuals and society.

Since health is a state of physical, psychological, mental, social and spiritual integration and not merely freedom from disease or disability, and health promotion is that science that helps individuals improve their lifestyles as well as enabling them to control and improve their health, and a healthy habit is what an individual does without thinking or feeling as a result Repeat it frequently.

1. Research dimensions

1.1. Research Issue: The concern about health is considered as a justification for the equality between men and women, because the health of women includes their emotional, social and physical safety, and this is affected by social, political and economic factors, and the inequality between men and women is the main obstacle to women reaching the highest possible levels of health. As the different components of women's health are multiple and intertwined, and each other depends on and is affected by it. If one of the components improves, the other components often improve, and vice versa, especially in different social, economic and environmental conditions. As for the main question of the research, it is trying to answer a major question about the effect of health education on the sources of knowledge of women in Iraqi society related to health issues?

1.2. The importance of research: The importance of research is determined in an attempt to enrich studies of medical sociology, and in knowing the effect of health education on the sources of knowledge of women in Iraqi society related to health issues.

1.3. Aims of Research: The research aims to identify the effect of health education on the sources of knowledge of women in Iraqi society related to health issues.

1.4. Concepts of Research:

A- Health Education: Health education is an old idea of man's control. The wise men and doctors in different eras have found that what is required is to preserve health and not only treat patients. Its beginnings were tangible in the writings of the first Arab and Muslim doctors who had a great contribution to the development of medicine and in many The various sources, in addition to it, their writings carried a lot of what can be considered as the basics of health education (Ahmad Rayan Barian, 2004, p. 38).

Health education is referred to as that part of health care that means improving healthy behavior, through health education that helps people understand their behavior and how it affects their health. We encourage them to choose what they prefer for a healthy life, and we do not force them to change,

nor Health education replaces other health services. But it is necessary to encourage the correct use of these services. Education encourages behavior that improves health, prevents illness, cures diseases and facilitates rehabilitation. Likewise, the needs and interests of individuals, families, groups and societies fall into health education programs (Salma Amer, 2008, p. 50)

B- Health knowledge: It is defined as any knowledge acquired through communication, research, education, or observation about people, places, and topics (Atef Al-Abed, 1999, p. 18)

Health knowledge is for health care data organized in a meaningful format, it may refer to organized data collected about a specific disease, or a summary of information about facing that disease with the health care provider, and health information, and it is also possible that the total information or the total information about the patients attended Or they entered the hospital, health centers, clinics, immunization centers, or health combing programs (Nadia Mustafa Al-Aidaros Ahmed, 2012, p. 164)

2. The determinants of health at the social reality of women

The framework of determinants of health calls for looking at the social reality of women and the factors affecting her health status to the same extent that it looks at the determinants of the health status itself, and these determinants are divided into levels that come at the level closest to the situation Pathogenesis itself is a determinant of disease exposure or direct risk factors. The middle level includes lifestyles and behaviors related to health and the use of health services. As for the more distant level, it contains the resources available to the individual in society, and the right to enjoy good health is one of the basic elements of human rights, as ensuring health and well-being is an essential element to achieve the goals of sustainable economic and community development. The health of the Iraqi citizen has begun to improve after Iraq reached, since the 1970s, an advanced health system and an integrated network of basic health care. However, wars and crises have led to a decline in health conditions, and the health system in Iraq is suffering from a great burden due to the emergence of hundreds of thousands of people with disabilities and the spread Various types of cancer and ring deformities due to environmental pollution from radiation. Use of internationally prohibited weapons during wars. In addition to the spread of mental illnesses and the high incidence of chronic diseases such as heart disease, diabetes and high blood pressure .. In addition to the spread of some communicable diseases, some of which disappeared in the 1970s and 1980s, only to return again due to the deterioration of health services and infrastructure.

based upon the fact that the human being is a supreme value and the pillar of every developmental effort, Iraq seeks to expand the scope of reflexive health care services to all citizens and build a health system with global standards and professionally managed, providing services for all at reasonable prices to bring about relative improvement through institutional rules, comprehensive coverage and ensuring justice In distribution and upgrading quality, and keeping pace with global developments.

The health of the individual in society is the goal that planners seek to achieve because healthy development is essential to social and economic development, it is the real driving force for development. Healthy people are more able to contribute to social and economic development, and this development in turn provides additional resources and social energy that facilitates healthy development. The individual in society is in dire need of care and care to grow up with a healthy body and mind able to contribute to the development of this society, and this care and habit can only be available in an organized society and in a family setting capable of securing the needs of its members from their birth so that they become strong and able to assume responsibility for themselves. In life.

The duties, work or jobs of women expose them to many health problems, such as the increased prevalence of anemia among women than among men (which is due to the occurrence of the menstrual cycle) to facing dangers that may lead to death during childbirth, and such things and many other problems that may appear to be their determinants It is only biological, but it increases its rates for the societal and cultural context that increases women's exposure to some diseases and to identify resources that allow women to properly deal with their health problems and reduce their visits to health services centers. The fact that maternal deaths reflects the great difference between developing countries and countries. Advanced indicators of human development. This is a clear example of how the interaction between gender and gender differences and the impact of this on health.

Van Der Kwaak believes that a woman's health is for total well-being, which is not determined solely by biological and reproductive factors; It is also determined by the effects of workload, nutrition, tension, freedom and migration, among other factors (Van Der Kwaak et al , 1993,p.76). We can add

to these factors also the status of women in society, their education, their economic independence and the cultural values that discriminate against or oppress them. In other words, the health of women - and taking into account the facts of the role of women In childbearing and upbringing, it takes a broader perspective of a woman's life and makes requirements for services that legitimately meet the needs of women, regardless of age or social status. (Orr J. , 1987,p102)

When a woman's health is good, she has the energy and strength to perform her daily work, to perform the many tasks in her family and society, and to form relationships with others. In other words, a woman's health affects all areas of her life. Is that women's health care. For many years it has been concerned only with maternal health services, such as care during pregnancy and at childbirth. These services are undoubtedly necessary, but they see among the needs of women only those of mothers (Augt Burns et al. 2001. Hr 19). From here we see that the progress of health services in a society is caused by calm and social discipline in addition to the economic satisfaction of the need for these programs, because one of the most important obstacles to health development is their application in a safe, understanding and developed society that accepts positive calibration and is ready for cooperation and dedication in implementing these programs (Qadri Sheikh Ali et al, 2009, p. 67)

2.1 Methodology of Research

In this research, the descriptive approach was used that focuses on gathering facts and data about the research problem, then analyzing and interpreting it in order to come up with more general results.

3.Health Education: Objectives and Components

3.1.Aims of Health education: Health education aims to:

- A- Make health something of supreme value to individuals and society.
- B- Dissemination of sound health concepts and knowledge in society.
- C- Enabling people to identify their health problems and needs, and assist them in solving them by using their capabilities.
- D- Improving health at the individual and community level in terms of reducing the incidence of diseases, reducing disabilities and deaths, and improving the quality of life for the individual and society.

3.2. Elements of Health Education: A health-educated person is, in fact, a communication process in which the message (health information and knowledge) is conveyed from the health educated sender I am the future (the target of health education) through a communication channel, hence its elements are:

- A-The health message: the information must be true, clear, understandable, at the level of the recipient, interesting, and achieve the goal.
- B. The health educated person: has knowledge (information) with the ability to communicate it and is convinced, believes in the message he intends to deliver, and has communication skills.
- C- The target of health education: the degree of his understanding and his culture must be determined and the desire for change must be met with a focus on his health need.
- D- Health education methods: The health education methods used in disseminating health information vary from traditional, stereotypical means to modern modern techniques, and the more interactive means of communication that addresses more than one sense, the greater its impact (Ramadhan bin Mansour, 2014 0, p. 27.)

4. Concept of Health Awareness: Importance and Components

4.1 Health awareness: Health awareness has become an artistic work based on scientific facts and acquired experiences due to its extreme importance, it has received the attention of doctors and specialists as an effective way to improve the health level of members of society.

Health awareness is defined as the process of informing and urging people to build a lifestyle and lasting health practices, and it is one of the most important elements of health awareness, which activation means the delivery of health information to people in a correct and understandable manner. It is also the first step to changing individuals' behavior towards health issues that affect their lives, and thus society. As well as introducing changes in the environment as needed in order to facilitate this goal and conducting professional training and research for the same purpose. Health awareness is the responsibility of every employee and worker in primary health care for everyone in his field (Atef Al-Abd, 2006, p. 63), and health awareness is defined as: the process by which means of education and communication are used to transmit to people, individuals and societies in order to prevent and

treat diseases, and by using This knowledge enables them to develop their own health and that of their families and communities (Hassan Al-Sebaei et al. 1995, p.8)

Health awareness is referred to as: Citizens' Knowledge with health information and facts, as well as their sense of responsibility towards their health and the health of others, and in this context, health awareness is considered to be the practice intentionally as a result of understanding and persuasion (Sayed Salamah, 1997 1 p. 22), in other words, transforming health practices into Habits practiced without feeling or thinking, the goal that we must strive for and reach, is not that health information remains as a healthy culture only, but rather is transformed into daily practices (Ahmad Rayan Baryan, 2004, p. 48).

4.2.The Importance of Health Awareness: The importance of health awareness is evidenced by the confirmation of the Communication Center at the American University of Johns and the College of Public Health. Researchers have prepared communication and media the key to knowledge and trends by adopting new ideas and arriving at positive behavior after the entire communication process. Spreading social values and forming social behavior (Jihad Kadhim Al-Aqili, 2015, p. 125). The importance of health awareness lies in enabling individuals to have a correct scientific view that helps explain health phenomena and makes them able to search for the causes of diseases and their causes in a way that enables them to avoid and prevent them. And that the individual has a desire for exploration that makes him love to discover more, as it is a non-rigid activity characterized by rapid development, creating a spirit of pride and appreciation, trust in science as a means of goodness and in scientists specializing in health. As the basis for this change is knowledge, which means initial knowledge of the factors and causes that lead to this health problem.

Among the goals of health awareness is to direct people to acquire health information, to urge people to change their health concepts, to direct people to follow the desired sound behavior, to emphasize the importance of health, the source of community strength, to provide society with experiences and information to help individuals solve their health problems by themselves and in their own energies, and raise the level of Health services, developing them and using them in an optimal manner (Abd Al-Aziz bin Ali Al-Gharib, 2008, p. 53)

5.knowledge of women's health

Knowledge is a important as it is the basis on which attitudes are built and then behavior and practices emerge from it. Health education is necessary so that a person can take decisions and adopt responsible behavior. When we talk about women's health, we are talking about a sector that constitutes quantitatively half of the population. In addition, women in particular make them worthy of study, not only from the fact that women have biological needs of their own, but there are many health problems specific to women that determine Its role in society or the so-called gender, which expresses itself through societal discrimination between the sexes in rights and resources, which leads to asymmetry in the burden imposed on the two genders in society, including the burden of health problems.

This leads in the burden imposed on the two genders in society, including the burden of health problems.

Often a woman informs without being aware that she is vulnerable due to her biological specificity to a wide range of common diseases. All health practices have results and consequences, such as sound information in this field adopts health trends within women, and among these trends, for example, whoever has healthy sex within a framework of trust and loyalty with the other partner, he protects himself from some serious diseases such as AIDS, and Having sex also without family planning may lead to an unwanted pregnancy. Thus, proper sexual health education supports the interests of the individual and society at the same time through natural and automatic mechanisms for individuals.

When the health conditions get worse. It requires two specialized treatments. The real health problem of women begins in terms of waiting, which may extend for months, for free or semi-free specialized hospital appointments, which can only be obtained easily by those who have a long time choice of hesitation, evidence and mediation as is often present, and the patient is forced If it is not possible to submit a request for aid to treat herself in hospitals or private clinics from charitable societies, or she may be forced to beg or give begging to her parents or otherwise to obtain the value of medicines that are not currently dispensed in the required quantity, even from public hospitals, and may be permanent or expensive.

Conclusions and Recommendations

Conclusions:

- A- Health institutions have an effective activity in creating health awareness.
- B- There are other ways to spread a healthy culture to confront disease within the community.
- C- The use of social networks to obtain health information in the field of health and health awareness has increased in the last period.
- E- The role of awareness and information departments in the Ministry of Health in developing health awareness in the community is to guide the adoption of sound behaviors that protect the environmental aspects.

Recommendations:

- A- One of the priorities of countries is to maintain public health, to prevent society from contracting diseases, and to establish public health programs to ensure that. Community development programs for society or economic development can only be established with the purity and serenity of society diseases. When setting any plan for social and economic development, this must be preceded by that. Or is accompanied by healthy development and development by developing targeted health programs.
- B- Conducting health awareness campaigns every period to educate people to take care of their health and reduce diseases.
- C- Teaching individuals how to take care of their personal health through lectures and various educational and awareness sessions
- D- Seeking the help of experts in the field of health and health education and men who seek to gather and unify efforts to raise the health level of society.

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