AN EMPIRICAL STUDY ON QUALITY OF LIFE AMONG RURAL WOMEN AT HANAMKONDA DISTRICT, TELANGANA STATE

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ABSTRACT

QoL is a notion that has been frequently utilized in health care, despite being a difficult concept to describe (Somarriba Arechavala et al., 2015). In recent years, it has been extended to cover the broader population's objective and subjective well-being. Well-being is usually measured objectively. Relates to objective life circumstances like housing. Subjective well-being, on the other hand, may relate to a sense of fulfilment in one's life (Maditinos et al., 2014). According to Somarriba Arechavala et al. (2015), This is a part of study conducted in the year 2018 among the rural women about the health practices i.e. how they take precautionary methods to avoid the disease burden or disorder, do they have any resource information on that or they have any general awareness on the health practices.

The study was falls under qualitative method and descriptive type, the universe was selected as Mandal/taluk in that women from Twelve different villages, the Mandal/taluk consists of 12 villages, from those villages the consistent sample technique was applied to select my sample size, around 315 women were selected for the study the standard questionnaire was opted for study.

The quality of life depends on how much joyfully they spent every day with availability of resources and satisfaction of life, the women who spent their life the quality of life. Sleep, friends, money, contentment, sex, ability to work, energy to work, how pleased with your own life, enough money for health care, and the list goes on, the low Qol spent by women contributes to 21(6.7%), the moderate Qol spent by rural women is 285(90.5%), the high Qol life spent by rural women is 9(2.9).

KEYWORDS: *Quality of life, Rural areas, subjective wellbeing, objective wellbeing.*

1) INTRODUCTION

QoL is a notion that has been frequently utilized in health care, despite being a difficult concept to describe (Somarriba Arechavala et al., 2015). In recent years, it has been extended to cover the broader population's objective and subjective well-being. Well-being is usually measured objectively. Relates to objective life circumstances like housing. Subjective well-being, on the other hand, may relate to a sense of fulfilment in one's life (Maditinos et al., 2014). According to Somarriba Arechavala et al. (2015),

QoL as the result of complex interactions between a number of objective and subjective factors: objective External circumstances of an economic, sociopolitical, environmental, and cultural nature are referred to as factors. Individuals' judgments of their own lives and pleasure are referred to as subjective factors. Greece, Latvia, Hungary, and Lithuania are just a few of the nations that are participating. Have observed the most significant decreases in QoL (Somarriba Arechavala et al., 2015). Citizens' quality of life is closely related to their socioeconomic level. The severe economic downturn in Greece, it had a significant impact on people's lives. In a recent study in Greece, researchers looked at quality of life. The impact of income, education, cohabitation, and parenthood on QoL was significant, while Participants who were jobless were the worst hit (Mechili et al., 2015).

The Organization for Economic Cooperation and Development (OECD) has made the greatest contributions. In Greece, there is a high level of data quality. The OECD publishes studies on housing, income, employment, and community. Education, the environment, civic involvement, health, life happiness, safety, and work-life balance are all important factors to consider. Not Surprisingly, Greeks were less satisfied with their lifestyles, scoring 4.8 on a scale of one to ten.1–10. (OECD, 2015). The present study conducted by standard questionnaire to measure the health practices and Quality of life (QOL100).

2) OBJECTIVES
1) To understand the socio economic status effecting the Qol.
2) To determine the current status of the Qol among the women
3) To understand about the factors effecting Qol.

3) METHODOLOGY
The study was conducted by in year 2018 at remote rural area about access the quality of life and health care lead by rural women the study falls under the quantitative method, a descriptive study

4) SAMPLING DESIGN

The whole Mandal/taluk was selected at Hanamkonda district which is in Telangana state, they are about 12 villages in the Mandal called bheemadevrapally, the universe is Bheemadevrapally Mandal/taluk and the sample size selected is 315.

5) STATISTICAL DESIGN

The latest version of the SPSS used to draw the results a simple percentages drawn from the respective populations.

6) GEOGRAPHICAL LOCATION

The research was carried out at Bheemadevrapally Mandal, which is located in Telangana's Hanamkonda district. The Mulkanoor cooperative society is a well-known institution in the Mandal. The Mandal employs a large number of individuals from this region. There is also a women's cooperative. Mulkanoor Dairy Farm the dairy farm they operate. This cooperative is farmer-friendly, offering low-interest loans and pesticides. The co-operative also promotes farming families' well-being by offering loans for study abroad as well as scholarships and education. They have their own college as well. The co-operative also offers an eye care clinic for elderly farmers. Overall, it meets all of the needs of the farmers in the aforementioned locations. It satisfies all of the needs of the farmers in the region above.

7) FINDINGS

The above table 1.1 illustrate about the respondents that, how satisfied are you with their health the respondents who Very dissatisfied are 8(2.5%), the respondents who are Dissatisfied are 65(20.6%), the respondents who Neither satisfied nor dissatisfied 149(47.3%), the respondents who Satisfied 93 (29.5%), the women who are Very satisfied showed 0.0%.

The table 1.2 illustrate about the physical pain stopping women from doing daily works, the women who responded as Not at all are 5(1.6%), the women said A little are 158(50.2%), the women who responded as a moderate amount 114(36.2%), the women who responded as Very much 34 (10.8%) the women who responded as an extreme amount are 4(1.3%).

The table 1.3 illustrate that about the women spending on medical bills daily the women who said Not at all are 9(2.9%), the women who said a little 127(40.3%), the women who said moderate amount 119(37.8%), the women who said Very much 49(15.6%), women who need an extreme amount 11   (3.5%).

The table 1.4 illustrate about the daily life spent with joy or happily the women who responded as Not at all 15(4.8%), the women who said a little 108(34.3%), women who said moderate amount 92(29.2%), women who said Very much   92(29.2%), women who said an extreme amount are 8(2.5%).

The table 1.5 showing the status of women that to what extent they feel the life meaning full The women who said Not at all 8(2.5%), the women who said little 89(28.3%), the women who said moderate amount are 106(33.7%), the women who said Very much 94 (29.8%), the women who said an extreme amount 18(5.7%).

The table 1.6 When asked that How well they are able to concentrate, the women who responded as Not at all 13(4.1%), the women who responded as a little 103(32.7%), the women who responded as a moderate amount 115 (36.5%), the women who said Very much 75 (23.8%), the women who responded as Extremely are 9(2.9%).

The table 1.7 When asked How safe do you feel in your daily life the women who respondent not at all are 10(3.2%), the women who respondent as little 87(27.6%), the women who said a moderate amount   100 (31.7%), the women who said Very much 103(32.7%), women who said Extremely are 15 (4.8%).

The table 1.8 When asked about the How healthy is your physical environment, the women who responded as Not at all are 10(3.2%), the women who said a little 76(24.1%), the women who said a moderate amount 123   (39.0%), the women who said Very much 100 (31.7%), the women who said Extremely are 6(1.9%).

 The table 1.9 When asked about Do you have enough energy for everyday life, the women who responded Not at all 4(1.3%), the women who said a little 98(31.1%), the women who said Moderately are 164 (52.1%), the women who said Mostly 44(14.0%)the women said Completely 5(1.6%).

The table 1.10When asked Are you able to accept your bodily appearance the women responded Not at all 7(2.2%), the women who responded as a little 71 (22.5%), the women who said Moderately 152(48.3%), the women who said Mostly 75(23.8%), the women who responded as Completely are 10 (3.2%).

The table 1.11 illustrate about How much enough money to meet their daily needs, the women who said Not at all 13 (4.1%), the women who said a little 107 (34.0%), the women who said Moderately are 170 (54.0%), the women who said Mostly 24 (7.6%), the women said completely 1(0.3%).

The table 1.12 Women who responded about How available to you is the information that you need in your day-to-day life, the women who said Not at all are 23(7.3%), the women who said a little142 (45.1%), the women who said Moderately are 119(37.8%)the women who said Mostly are 28 (8.9%), the women who said Completely are 3 (1.0%).

The table 1.13 To what extent do you have the opportunity for leisure activities, the women who responded as not at all 11(3.5%), the women who said a little 89 (28.3%), the women who said moderately 152(48.3%), the women who said mostly 58(18.4%), the women who said Completely5(1.6%).

The table 1.14explains about How well are they able to get around, women who said Very poor13(4.1%), the women who said Poor 74(23.5%), women who responded Neither poor nor good 182(57.8%), the women who said who responded Good 45(14.3%), the women who said Very good 1(0.3%).

The table1.15 illustrate How satisfied are you with your sleep the women respondent as Very dissatisfied 3(1.0%), the women are Dissatisfied 50 (15.9%), the women Neither satisfied nor dissatisfied 150 (47.6%), the women who are Satisfied 100(31.7%), the women who are Very satisfied 12(3.8%).

The table 1.16 illustrate How satisfied are you with your ability to perform your daily living activities, the women who are Very dissatisfied 4(1.3%), the women who are Dissatisfied are 51 (16.2%), the women who Neither satisfied nor dissatisfied 168(53.3%), the women are Satisfied are 88 (27.9%), women who are Very satisfied 4(1.3%).

The table1.17 who illustrate how satisfied are you with your capacity for work, the women who are Very dissatisfied 9(2.9%), women who are Dissatisfied 57(18.1%), the women who are Neither satisfied nor dissatisfied 172(54.6%), the women who are Satisfied73(23.2%), Very satisfied 4(1.3%).

The table 1.18 women who responded for How satisfied are you with yourself, the women responded as Very dissatisfied are7   (2.2%), the women who are Dissatisfied are 45(14.3%), the women are Neither satisfied nor dissatisfied 146 (46.3%), the women are Satisfied 99(31.4%), the women who are Very satisfied 18(5.7%).

The table 1.19 illustrate that How women are satisfied with their personal relationships, the women are Very dissatisfied are 12(3.8%), the women who are Dissatisfied 45(14.3%), the women who are Neither satisfied nor dissatisfied 155 (49.2%), the women who are Satisfied 95 (30. 2%).the women who are very satisfied 8 (2.5%).

The table 1.18 explains the status of women about How satisfied are you with your sex life, the women who said Very dissatisfied are 15 (4.8%), the women who are Dissatisfied are 52 (16.5%), the women are Neither satisfied nor dissatisfied are 136(43.2%), the women who are Satisfied are 93 (29.5%), the women who are Very satisfied 19(6.0%).

The table 1.19 illustrate How often satisfied with the support they get from your friends, the women who said they are Very dissatisfied 42(13.3%), the women who are Dissatisfied 56 (17.8%), the women who are Neither satisfied nor dissatisfied 139(44.1%), the women who are Satisfied 70(22.2%), the women Very satisfied 8(2.5%).

The table 1.20 women when asked about How satisfied are you with the conditions of your living place, the women who are Very dissatisfied 11(3.5%), the women who are Dissatisfied are 31(9.8%) the women who Neither satisfied nor dissatisfied 169(53.7%), the women who are Satisfied 99(31.4%), the women who are Very satisfied 5(1.6%).

The table 1.21 Women are responded How satisfied are you with your access to health services the women who are Very dissatisfied 15(4.8%), the women who are Dissatisfied 55(17.5%), the women who are Neither satisfied nor dissatisfied 175 (55.6%), the women who are Satisfied 68 (21.6%), women who are Very satisfied 2(0.6%).

The table 1.22 women who responded that How satisfied are you with your transport, the women conveyed that they are Very dissatisfied are 6 (1.9%), the women who are Dissatisfied are 39(12.4%), the women who are neither satisfied nor dissatisfied 165 (52.4%), the women who are Satisfied 94(29.8%), the women who are Very satisfied 11(3.5%)22.

The below1.23 table illustrate about How often do women have negative feelings such as blue mood, despair, anxiety, depression, the women who responded as Never 18 (5.7%), the women expressed as Seldom   166(52.7%), the women who expressed Quite often 114(36.2%), the women who expressed as Very often 14(4.4%), the women who expressed as Always 3(1.0%).

8) SUGGESTIONS

Quality of life is defined by the World Health Organization as "an individual's perception of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards and concerns."
Quality of life is a concept including multiple aspects of people's lives, such as:

I.   Health.
II.   Material comforts.
III.   Personal safety.
IV.   Relationships
V.   Learning.
VI.   Creative expression.
VII.   Opportunity to help and encourage others.
VIII.   Participation in public affairs.
IX.   Socializing.
X.   Leisure.

Factors that influence the quality of life.
Examples of factors that can impact a person's QoL include:

I.   Disease.
II.   Injury.
III.   Impairment.
IV.   Health perceptions.
V.   Health care and treatments.
VI.   Culture change.
VII.   Social change.
VIII.   Lack of Education.
IX.   Low socio-economic background.

X.   Policy.

Whatever the situation be like people should have confidence on them and our health care system which is increasing day by day, person need to concentrate on the work and his life and should live life satisfactory, whichever the class creed he belongs to this reduces the diseases burden on the person, it doesn't impact his family too.

9) CONCLUSIONS
Happiness Model
The PERMA Model represents the five core elements of happiness and well-being. PERMA basically stands for Positive Emotion, Engagement, Relationships, Meaning, and Accomplishments. American psychologist and educator (Seligman, Martin E. P. 2002) designed the PERMA Model. As a psychology practitioner, Seligman understands how natural it is for individuals to continuously seek for what makes them happy, regardless of their age, orientation, and status in life.

POSITIVE EMOTION
Positive emotion is about feeling good and is obviously the most direct path to being happy. When one feels good, one feels positive. However, such positive emotion doesn't just stop at someone flashing a great smile because that is something anyone can do or, sadly, fake. Positive emotion goes beyond that and may even involve acceptance of the past regardless of how bad it was and anticipating positively what the future holds. However, such emotion does not necessarily mean that the person should be happy 100% of the time because that is impossible. But trying to achieve a positive emotion greatly affects many other aspects of life, such as the other elements found in the PERMA model. The words pleasure and enjoyment are easily associated with happiness but are mistakenly understood to be equal and the same. Pleasure, according to the model, refers to one's physical needs being satisfied such as food, shelter, water, clothing, and safety. Enjoyment, on the other hand, is the satisfaction and fulfillment derived from doing something such as painting, cross-stitching, or exploring a car's engine. When enjoyment is achieved, happiness tags along, too**.**

Engagement
The second element in the PERMA Model is Engagement, which refers to something that an individual can get engrossed with or absorbed in. Almost everybody has experienced getting lost in a book or living in "one's own world" because of something so engaging. It is actually a very positive thing for a person's intelligence, emotions, and skills, which is why a child who is busy putting together different Lego parts or Billing blocks should be allowed to do so and let be Doing something that engages an individual also brings happiness even if it has nothing to do at all with one's work or if it is deemed by others as silly. For example, a woman in her mid-30's who loves to play the violin can do so, and while engaged in doing it can momentarily leave the present and live in the music.

Relationships
Relationships are the third element of happiness and well-being, according to the PERMA model. As human beings, it is our natural desire to want to be connected and be part of a group such as a clique, school organization, or a circle. We were wired to not just want but need love, affection, attention, and interaction. It is why people need to create relationships with family, co-workers, friends, and peers, because it is from these groups that we are able to receive emotional support when things get rough. A simple yet clear example of the need for belongingness and interaction is when high school girls go together to the comfort room even if only one actually needs to use it.

Meaning
Many people wonder why many celebrities who live in multi-million-dollar mansions and go on monthly vacations to the Maldives and the Caribbean end up taking their own lives. What they do not understand is that there is so much more to life than just money and material possessions. Above it all, what makes a person want to live is the meaning they find in their lives. Parents with young children understand how important they are in their children's lives and so they work hard to provide for their families. A beautiful lady, though unmarried, is happy because she takes care of her aging parents. These things are worth more than any amount of money and meaning keeps people happy and persistent.

Accomplishments
Finally, the fifth PERMA model element is accomplishments. We all take pride in something we've done or accomplished. It is these accomplishments that strengthen our self-esteem and our confidence that we are worth something. When we achieve something, we feel good and want to do more and become more. It can be seen even in very young children. For instance, a little girl learns to use the spoon and fork when eating and when she knows how proud her mother is upon learning this, the child continues to use her spoon and fork. She also seeks new things to learn that are more challenging than what she can already do, such as pouring water into her glass or putting her toys back in the cupboard. In short, these accomplishments drive individuals to achieve more and make them feel good.

10) TABLES AND FIGURES

Table 1.1 The Below Table Showing the Distribution According to Economic Status.

		F	%
How would you rate your quality of life	Very poor	13	4.1%
	Poor	56	17.8%
	Neither poor nor good	178	56.5%
	Good	67	21.3%
	Very good	1	0.3%
	Total	315	100.0%

Table 1.2 The Table Showing Distribution of Respondents According Satisfaction of Health.

		F	%
To what extent do you feel that physical pain prevents you from doing what you need to do?	Not at all	5	1.6%
	A little	158	50.2%
	A moderate amount	114	36.2%
	Very much	34	10.8%
	An extreme amount	4	1.3%
	Total	315	100.0%

Table 1.3 The table showing the distribution of respondents according to physical pain preventing the doing work.

		F	%
How satisfied are you with your health	Very dissatisfied	8	2.5%
	Dissatisfied	65	20.6%
	Neither satisfied nor dissatisfied	149	47.3%
	Satisfied	93	29.5%
	Very satisfied	0	0.0%
	Total	315	100.0%

Table 1.4 The Distribution of Respondents According to the Medical Spending's Daily.

How much do you need any medical treatment to function in your daily life?	Not at all	9	2.9%
	A little	127	40.3%
	A moderate amount	119	37.8%
	Very much	49	15.6%
	An extreme amount	11	3.5%
	Total	315	100.0%

Table 1.5 The Distribution of Respondents According to How Much You Spend Your Life Daily Happy.

How much do you enjoy life	Not at all	15	4.8%
	A little	108	34.3%
	A moderate amount	92	29.2%
	Very much	92	29.2%
	An extreme amount	8	2.5%
	Total	315	100.0%

Table 1.6 The distribution of respondents according to how they feel the life meaning full.

To what extent do you feel your life to be meaningful?	Not at all	8	2.5%
	A little	89	28.3%
	A moderate amount	106	33.7%
	Very much	94	29.8%
	An extreme amount	18	5.7%
	Total	315	100.0%

Table 1.7 The Distribution of Respondents According to How Able To Concentrate On Their Work.

How well are you able to concentrate	Not at all	13	4.1%
	A little	103	32.7%
	A moderate amount	115	36.5%
	Very much	75	23.8%
	Extremely	9	2.9%
	Total	315	100.0%

Table 1.8 The Distribution of Respondents According to How Safe Do They Feel In Your Daily Life.

How safe do you feel in your daily life	Not at all	10	3.2%
	A little	87	27.6%
	A moderate amount	100	31.7%
	Very much	103	32.7%
	Extremely	15	4.8%
	Total	315	100.0%

Table 1.9 The distribution of respondents according to how healthy is their physical environment.

How healthy is your physical environment?	Not at all	10	3.2%
	A little	76	24.1%
	A moderate amount	123	39.0%
	Very much	100	31.7%
	Extremely	6	1.9%
	Total	315	100.0%

Table 1.10 The Distribution of Respondents According to the Enough Energy for daily life.

Do you have enough energy for everyday life?	Not at all	4	1.3%
	A little	98	31.1%
	Moderately	164	52.1%
	Mostly	44	14.0%
	Completely	5	1.6%
	Total	315	100.0%

Table 1.11 The Distribution of Respondents According to how able to accept the body appearance.

Are you able to accept your bodily appearance?	Not at all	7	2.2%
	A little	71	22.5%
	Moderately	152	48.3%
	Mostly	75	23.8%
	Completely	10	3.2%
	Total	315	100.0%

Table 1.12 The distribution of respondents according to enough money to meet their daily needs.

Have you enough money to meet your needs?	Not at all	13	4.1%
	A little	107	34.0%
	Moderately	170	54.0%
	Mostly	24	7.6%
	Completely	1	0.3%
	Total	315	100.0%

Table 1.13 The distribution of respondents according to information they need in daily life.

How available to you is the information that you need in your day-to-day life?	Not at all	23	7.3%
	A little	142	45.1%
	Moderately	119	37.8%
	Mostly	28	8.9%
	Completely	3	1.0%
	Total	315	100.0%

Table 1.14 The distribution of respondents according to what extent do you have the opportunity for leisure activities.

To what extent do you have the opportunity for leisure activities?	Not at all	11	3.5%
	A little	89	28.3%
	Moderately	152	48.3%
	Mostly	58	18.4%
	Completely	5	1.6%
	Total	315	100.0%

Table 1.15 The distribution of respondents according to How well are you able to get around?

How well are you able to get around	Very poor	13	4.1%
	Poor	74	23.5%
	Neither poor nor good	182	57.8%
	Good	45	14.3%
	Very good	1	0.3%
	Total	315	100.0%

Table 1.16 The distribution of respondents according to How satisfied are you with your sleep?

How satisfied are you with your sleep	Very dissatisfied	3	1.0%
	Dissatisfied	50	15.9%
	Neither satisfied nor dissatisfied	150	47.6%
	Satisfied	100	31.7%
	Very satisfied	12	3.8%
	Total	315	100.0%

Table 1.17 The distribution of respondents according to How satisfied are you with your ability to perform your daily living activities?

How satisfied are you with your ability to perform your daily living activities?	Very dissatisfied	4	1.3%
	Dissatisfied	51	16.2%
	Neither satisfied nor dissatisfied	168	53.3%
	Satisfied	88	27.9%
	Very satisfied	4	1.3%
	Total	315	100.0%

Table 1.18 The distribution of respondents according to How satisfied are you with your capacity for work?

How satisfied are you with your capacity for work?	Very dissatisfied	9	2.9%
	Dissatisfied	57	18.1%
	Neither satisfied nor dissatisfied	172	54.6%
	Satisfied	73	23.2%
	Very satisfied	4	1.3%
	Total	315	100.0%

Table 1.19 The distribution of respondents according to How satisfied are you with yourself?

How satisfied are you with yourself	Very dissatisfied	7	2.2%
	Dissatisfied	45	14.3%
	Neither satisfied nor dissatisfied	146	46.3%
	Satisfied	99	31.4%
	Very satisfied	18	5.7%
	Total	315	100.0%

Table 1.20 The distribution of respondents according to How satisfied are you with your personal relationships?

How satisfied are you with your personal relationships?	Very dissatisfied	12	3.8%
	Dissatisfied	45	14.3%
	Neither satisfied nor dissatisfied	155	49.2%
	Satisfied	95	30.2%
	Very satisfied	8	2.5%
	Total	315	100.0%

Table 1.21 The distribution of respondents according to How satisfied are you with your sex life?

How satisfied are you with your sex life?	Very dissatisfied	15	4.8%
	Dissatisfied	52	16.5%
	Neither satisfied nor dissatisfied	136	43.2%
	Satisfied	93	29.5%
	Very satisfied	19	6.0%
	Total	315	100.0%

Table 1.22 The distribution of respondents according to How satisfied are you with the support you get from your friends?

How satisfied are you with the support you get from your friends?	Very dissatisfied	42	13.3%
	Dissatisfied	56	17.8%
	Neither satisfied nor dissatisfied	139	44.1%
	Satisfied	70	22.2%
	Very satisfied	8	2.5%
	Total	315	100.0%

Table 1.23 The distribution of respondents according to How satisfied How satisfied are you with the conditions of your living place?

How satisfied are you with the conditions of your living place?	Very dissatisfied	11	3.5%
	Dissatisfied	31	9.8%
	Neither satisfied nor dissatisfied	169	53.7%
	Satisfied	99	31.4%
	Very satisfied	5	1.6%
	Total	315	100.0%

Table 1.24 The distribution of respondents according to How satisfied are you with your access to health services.

How satisfied are you with your access to health services?	Very dissatisfied	15	4.8%
	Dissatisfied	55	17.5%
	Neither satisfied nor dissatisfied	175	55.6%
	Satisfied	68	21.6%
	Very satisfied	2	0.6%
	Total	315	100.0%

Table 1.25 The distribution of respondents according to How satisfied are you with your transport?

How satisfied are you with your transport?	Very dissatisfied	6	1.9%
	Dissatisfied	39	12.4%
	Neither satisfied nor dissatisfied	165	52.4%
	Satisfied	94	29.8%
	Very satisfied	11	3.5%
	Total	315	100.0%

Table 1.26 The distribution of respondents according to How often do you have negative feelings such as blue mood, despair, anxiety, depression?

How often do you have negative feelings such as blue mood, despair, anxiety, depression	Never	18	5.7%
	Seldom	166	52.7%
	Quite often	114	36.2%
	Very often	14	4.4%
	Always	3	1.0%
	Total	315	100.0%

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