

Illuminating The Path: Unleashing The Power Of Education For Women's Empowerment In Health

¹Umar Daraz, ²Habib Ullah Nawab, & ³Jahan Ul Mulk

¹Lecturer in Sociology, University of Malakand, Chakdara, Khyber Pakhtunkhwa Pakistan,

²Assistant Professor of Sociology University of Chitral, Khyber Pakhtunkhwa, Pakistan.

³Lecturer in Sociology, Riphah International College, Swat, Khyber Pakhtunkhwa, Pakistan.

Abstract

Education serves as the key that unlocks women's empowerment in health, enabling them to make informed decisions and assume control over their well-being. By equipping women with knowledge and skills, education emerges as a potent tool for enhancing their health outcomes and catalyzing positive transformations within their communities. Consequently, this study investigates the profound influence of education on women's empowerment in health. The study was conducted in Malakand Division, with a specific focus on District Dir Lower (Ramora) Union Council, this study adopts qualitative methodology and techniques. Employing purposive sampling techniques, a total of 25 educated women were selected as participants, and their insights were collected through structured interviews guided by an interview guide. The gathered data underwent a meticulous thematic analysis. It was concluded that women benefit from education, which equips them with knowledge, skills, and critical thinking to improve their health and welfare. This education covers reproductive health, disease prevention, nutrition, mental well-being, and healthcare systems, promoting employment, economic stability, and improved accessibility to healthcare services. It is recommended that women's health education and sustainable healthcare accessibility are crucial for equal opportunities and reproductive health choices. Integrating reproductive health education, raising public awareness, and considering socio-economic determinants contribute to better outcomes.

Keywords: Education, health, women's health empowerment, prevention of diseases, decline in fertility and mortality etc.

INTRODUCTION

The role of education in the development of nations, both in terms of socio-economic and political aspects, is of great significance. It serves as a means of advancement and is considered a basic human right that should be available to all individuals in society, irrespective of their gender, social class, caste, or race, to attain empowerment (Schunk & Zimmerman, 2023). Education is advantageous for both genders, but it holds a distinct significance for women as it serves to address gender disparities, thereby promoting parity and fairness in terms of entitlements and prospects. Woldeamanuel et al.

(2023) posit that the attainment of education exerts a favourable influence on the holistic welfare of women. This educational programme provides individuals with the essential knowledge and skills required to make well-informed decisions pertaining to their health and fertility, as well as their socio-economic and political involvement. Therefore, education plays a pivotal role in the empowerment of women.

The influence of education on the health of women is substantial. According to Seitzman, Pushkin, and Berg (2023), women who have received education exhibit enhanced health conditions. Furthermore, education plays a

crucial role in mitigating infant mortality rates and fertility rates by fostering knowledge and understanding regarding the use of contraceptives. According to a study conducted by Woldeamanuel et al. (2023), the provision of primary education to women is associated with a notable 40% enhancement in the overall welfare of their offspring. Furthermore, the attainment of secondary education by women has been found to result in a decline in fertility rates from an average of 5.3 children per woman to 3.9 children per woman.

Conversely, an increase in girls' education contributes to a 10% to 20% increase in their age at marriage (Woldeamanuel et al., 2023). Notably, a higher ratio of women's education, particularly in comparison to men, positively impacts national production and reduces malnutrition by up to 40% (Bui, 2023; Nguyen-Phung, 2023; Ortigoza et al., 2023).

Women who have received a formal education exhibit a heightened level of inquisitiveness when it comes to their health and actively engage in measures to safeguard the welfare of their children and other members of their families. It is worth noting that women with lower levels of education in Africa exhibit a higher susceptibility to female genital mutilation. Specifically, individuals with primary education or no education are more inclined to have experienced this practice in comparison to those with secondary education. In Burkina Faso, there exists a negative correlation between the level of education attained by women and the likelihood of them subjecting their daughters to this detrimental practice, with a decrease of 40% observed. In addition, it has been observed that women with higher levels of education tend to allocate a greater portion of their resources towards the well-being and education of their families. Notably, in the context of Brazil, the resources contributed by women have been found to have a significantly greater impact on the health of children compared to the resources

contributed by men, with a ratio of 20 to 1 (Johnson-Agbakwu, Michlig, Koukoui, Akinsulure-Smith, & Jacobson, 2023). Research has demonstrated that education exerts a beneficial influence on women's viewpoints, economic opportunities, familial responsibilities, and societal status. Consequently, this phenomenon results in a decline in fertility rates and a rise in healthcare expenditures (Stollak, Valdez, Story, & Perry, 2023).

Women who have received a higher level of education demonstrate increased awareness regarding family size and possess enhanced knowledge and skills in utilising contraceptive methods to effectively lower fertility rates. This enables them to prioritise the socioeconomic and psychological growth of their offspring. Various factors have been identified as contributing to the decline in fertility rates among educated women. These factors encompass delayed marriages, expanded opportunities for income generation, heightened decision-making authority within the family unit, and improved accessibility to contraceptive methods (Bora, Saikia, Kebede, & Lutz, 2023). Moreover, it is worth noting that education not only has the effect of lowering fertility rates but also plays a significant role in mitigating child mortality. According to Vaccarella et al. (2023), there exists a correlation between the level of education among women and their likelihood to immunise their children. Specifically, it has been observed that educated mothers exhibit a higher propensity to engage in immunisation practises compared to mothers with limited literacy. This association has been found to contribute to a notable decrease in infant mortality rates, estimated to range from 5% to 10%.

There is a positive correlation between maternal education and the likelihood of survival and overall health outcomes among offspring. For instance, countries with lower levels of secondary education for women tend to have larger families, with one or two children dying in infancy. On the

other hand, countries where about 50% of women complete secondary education see a decline in fertility rates to just above three children and a significant decline in child mortality rates (Samir, 2023).

Education significantly impacts women's health empowerment, as evidenced by research findings from both developing and developed nations. In Kenya, for example, children born to women with no education face a higher risk of mortality compared to those born to women with primary or secondary education. Conversely, Botswana, Kenya, and Zimbabwe, countries with higher levels of female schooling, record lower levels of child mortality (Bui, 2023; Kouladoum, 2023; Monamo, Navaneetham, & Keetile, 2023).

Additionally, awareness campaigns are of paramount importance in the empowerment of marginalised groups, specifically women, as they enable them to actively advocate for their rights and safeguard their interests, particularly in relation to women's access to healthcare services and their involvement in decisions pertaining to family planning (Nawab et al., 2023).

In light of the above discussion, this study investigates the role of education in women's health empowerment in Union Council Ramora, District Dir Lower, Khyber Pakhtunkhwa, Pakistan. The study aims to uncover how education empowers women to make decisions about their own health. Educated women in Ramora Union Council prioritize fertility reduction and child mortality by utilizing modern maternity centres and other health facilities. Education empowers women in the area, leading to increased awareness and improved health outcomes. Traditional birth attendance has been replaced by modern methods, such as cesarean surgery, and educated women in the community actively manage family size through the use of contraception. Moreover, education enables women to ensure the proper health of their newborns through the utilization of modern maternity centres. Harmful practices,

such as genital cutting and traditional birth, have been eradicated, resulting in reduced mortality, fertility rates, and increased life expectancy in the area.

THE ARGUMENT

In Pakistan, historical limitations in women's access to education have hindered their socio-economic and physiological development. However, positive changes have occurred in recent decades concerning gender parity, educational policies, and the recognition of the importance of female education, which has positively impacted women's status. Increased gender parity in education has led to improved women's health, including better family planning practices and timely treatment of chronic diseases. Women's health has improved, and they have become more proactive in ensuring their well-being and utilizing modern maternity centres, thus positively influencing their health status (Braverman-Bronstein et al., 2023).

Educated mothers exhibit a greater focus on the health and overall development of their children. In Pakistan, more educated mothers tend to have healthier children due to their increased knowledge of healthcare and nutrition, healthier behaviours, and provision of sanitary and safe environments for their children. Moreover, educated mothers are more likely to have better personal health, leading to improved health outcomes for their children (Mohammadi et al., 2023). Similarly, Asif et al. (2023) highlight that educated mothers utilize health services for their children, which boosts their confidence and results in increased adoption of modern medical facilities and practices. Educated mothers have a greater understanding of the benefits of immunization, leading to a 50% higher likelihood of immunizing their children compared to women without education.

Education fosters awareness about various diseases and enhances women's knowledge of proper diet and nutrition for their

families. In Pakistan, specifically in Ramora Union Council, District Dir Lower, Khyber Pakhtunkhwa, education empowers women in the health sector. Women in this area are conscious of their health and seek appropriate treatment when needed. With the spread of education, traditional birth attendance has been eradicated, and women in the community now opt for modern methods, such as cesarean surgery, for delivery. Cesarean surgery has become a common practice in Ramora. Education has also contributed to women's increased awareness of family planning and the use of contraceptives. Additionally, education enables women to prioritize the health of their newborns by accessing modern maternity centres. Harmful practices, such as genital cutting and traditional birthing, have been eliminated, resulting in decreased mortality and fertility.

AIM OF THE STUDY

This study explores the impact of education on women's health status and empowerment. It reveals that education plays a crucial role in improving women's well-being. Specifically, education contributes to a decline in fertility rates, reduces child mortality, and increases life expectancy. Additionally, education promotes the transition from traditional birth centres to modern maternity centres and encourages the adoption of modern health practices among women.

METHODOLOGICAL PROCEDURES

The research conducted to investigate the empowering impact of education on women in the health field adopts a comprehensive and systematic methodology. Union Council Ramora was selected as the universe of the study for this article. Ramora Union Council is situated in District Dir Lower, Malakand Division, Khyber Pakhtunkhwa, Pakistan. Qualitative methods and techniques were employed for this research study. The researchers utilized purposive sampling and selected 25 educated women holding MPhil degrees. These participants were chosen for their

ability to provide precise analyses of the situation compared to other segments of the Union Council.

Data collection involved using an interview guide as a tool, with the researchers initially encountering some challenges that were swiftly overcome due to their familiarity with the Union Council and ethical considerations. A team of three educated women was formed to facilitate data collection from the women in the Union Council. The interview guide was designed based on the paper's aims and objectives, incorporating various themes that explored the role of education in women's empowerment in health.

During the interviews, respondents were assured of the research's privacy, confidentiality, and anonymity through the use of various codes. Careful recordings of the interviews were made using voice recording devices, which were later transcribed and narrated to facilitate data analysis. The data was analyzed through thematic analysis, combining primary arguments with empirical data. The results and detailed analysis are presented within the overarching themes identified during the data analysis process. Overall, this research paper adopts a rigorous and well-structured methodology that combines personal connections, qualitative data collection techniques, and thematic analysis to explore the role of education in women's empowerment in health in Ramora Union Council, District Dir Lower, Malakand Division, Khyber Pakhtunkhwa, Pakistan.

DATA ANALYSIS

The data have been analyzed with the help of various themes reflecting the role of education in women's empowerment in health. The details of the various themes are given as under.

Education Eradicate Various Diseases and Improves Women's Health Standard

Education is a crucial factor in eradicating diseases and enhancing women's health

standards. It provides individuals with knowledge and skills to understand health information and make informed decisions regarding their well-being. By promoting health literacy, education equips women with essential information to prevent diseases, identify symptoms, and seek appropriate healthcare (Bora et al., 2023). It also contributes to increased life expectancy and the control of various acute and chronic diseases, such as hepatitis and Human Immunodeficiency Virus/Acquired Immune Deficiency Syndrome (HIV/AIDS), particularly among women. An educated woman highlighted this point by stating:

"The exposure of educated members of society to diseases is significantly lower than that of the uneducated due to their understanding of avoiding risky behaviours that may lead to HIV infections."

Numerous investigations conducted across various nations have revealed a robust correlation between literacy rates and the incidence of HIV. For instance, within the context of Zambia, the transmission rate of AIDS is observed to be twice as high among girls with limited access to education. The prevalence of HIV infection among young individuals residing in rural areas of Uganda is significantly lower for those who have completed secondary education, as they are three times less likely to be HIV positive compared to their counterparts who lack formal education. Research conducted in Kenya revealed that female students who remain enrolled in educational institutions are four times more inclined to maintain their virginity in comparison to their counterparts who discontinue their education. Moreover, there is a significant disparity in HIV/AIDS knowledge between women with post-primary education and illiterate women, with the former being five times more likely to possess basic knowledge about the disease. According to recent studies conducted by Fialho, Bonomo, da Silva, and Miranda (2023),

as well as Parenti et al. (2023), it has been found that women with limited literacy skills exhibit a significantly higher likelihood, approximately three times greater, of holding the belief that an individual with a visually healthy appearance cannot be infected with the human immunodeficiency virus (HIV). Additionally, these women are approximately four times more inclined to believe that there is no effect.

Furthermore, education programs raise awareness about diseases, their causes, and preventive measures. The prevention of infectious diseases, such as measles, hepatitis, and sexually transmitted infections (STIs), can be achieved through the provision of education to women regarding the importance of vaccinations, safe sexual practices, and sanitation. The participants highlighted the significance of education in empowering women to effectively navigate the healthcare system, enabling them to know their entitlements, the services that are accessible to them, and the methods through which they can avail these services. There is a positive correlation between women's educational attainment and their likelihood to engage in regular medical checkups, prenatal care, and necessary examinations. This association leads to the early detection and prevention of diseases. Education is also crucial to enhancing the reproductive health of women. Access to comprehensive sexual education empowers women to make informed decisions regarding contraception, family planning, and pregnancy safety. This knowledge helps reduce rates of maternal mortality, adolescent pregnancies, and HIV/AIDS transmission.

In summary, education acts as a transformative force in eradicating diseases and improving women's health standards by promoting health literacy, disease prevention, access to healthcare, reproductive health, empowerment, economic stability, community awareness, and advocacy. By investing in education, societies can create a healthier future

for women with a reduced disease burden and improved overall well-being.

Education Reduces Female Fertility and Improves Their Health Outcomes.

Research has demonstrated that education exerts a substantial influence on women's fertility rates and can also result in enhanced health outcomes. Education frequently results in the postponement of marriage and childbirth. When women are granted the opportunity to receive education, they typically place a higher emphasis on their individual and vocational growth before initiating a family.

By pursuing higher education and establishing careers, women are more likely to delay marriage and childbirth, which can result in lower fertility rates (Bora et al., 2023; Hwang, 2023). In this regard, respondents elucidate that:

“Education plays a crucial role in promoting family planning and increasing the use of contraceptives. Educated women are more knowledgeable about various contraceptive methods and understand their benefits, effectiveness, and availability. This knowledge empowers them to make informed decisions about family planning, spacing their pregnancies, and controlling their fertility”.

Similarly, respondents demonstrate that education equips women with knowledge about reproductive health, including menstrual health, sexually transmitted infections (STIs), and safe sexual practices. This awareness enables women to take proactive steps to maintain their reproductive health, seek necessary medical care, and prevent complications related to reproductive health issues.

Exploring the importance of education for women's health empowerment a respondent says:

“Educated women are more likely to have control over their lives, including decisions related to their reproductive health. They are better equipped to negotiate with their partners and access healthcare services, leading to improved health outcomes”.

In this regard, Bharati, Chang, and Li (2023) recognized that education enhances women's understanding of the importance of prenatal care, proper nutrition, and maternal health. Educated women are more likely to seek early and regular prenatal care, receive necessary vaccinations, and adopt healthier behaviours during pregnancy. This contributes to reduced maternal mortality rates, better birth outcomes, and healthier infants. Likewise respondent argues that:

“Education fosters health literacy and the ability to make informed healthcare decisions. Educated women are more likely to recognize symptoms, seek appropriate medical care promptly, and engage in preventive health behaviours. They are also more likely to have higher health awareness and participate in screenings for diseases such as breast cancer or cervical cancer, leading to early detection and improved health outcomes.

In conclusion, education influences fertility declines among women by promoting delayed marriage, family planning, and reproductive health awareness. Furthermore, education improves women's health outcomes by empowering them, enhancing health-seeking behaviour, and facilitating access to healthcare

services. By investing in education, societies can contribute to healthier populations and improved well-being for women.

Education Eradicate Traditional Birth Culture and Promote Modern Maternity Centers

Education plays a role in shifting traditional birth culture towards modern maternity centres. Education provides information about the benefits of modern maternity centres, such as access to trained healthcare professionals, sterile equipment, emergency care, specialized medical interventions and cesarean surgery. By raising awareness about the importance of skilled attendance during childbirth and the potential risks associated with traditional birth practices, education helps women and communities make informed choices about their health and well-being (Amoah, Hinnah, & Aklie, 2023; Berkowitz & Mann, 2023). In this connection married women opinioned:

“Education empowers women to make informed decisions about their reproductive health and childbirth. When women have access to education, they are more likely to seek out modern maternity centres and make choices based on evidence-based information. Education also empowers communities to challenge harmful practices that may put women's health at risk and work towards safer alternatives”.

Similarly, most of the respondents demonstrate that education raised awareness about the need for improved healthcare infrastructure, including the establishment of modern maternity centres. By advocating for better facilities, equipment, and trained healthcare professionals, education contribute to the development of safe and well-

equipped centres to empower women's health status. Furthermore, a woman expressed that:

“Education highlights the potential risks associated with traditional birth attendance, such as inadequate hygiene, lack of emergency care, and limited access to medical interventions. advantageous aspects of contemporary maternity centres serve to promote the selection of facilities that possess competent healthcare practitioners, sanitary equipment, and emergency provisions”.

Olivas et al. (2023) emphasise the significance of educating communities on the subject of skilled attendance during childbirth in the field of education. This encompasses the dissemination of knowledge regarding potential complications that may arise during the process of labour and delivery, as well as the enhanced capabilities of contemporary maternity centres in managing such circumstances. Education plays a crucial role in enhancing health literacy, thereby facilitating a deeper comprehension of the advantages offered by contemporary healthcare facilities. A majority of the participants suggest that educational institutions should offer training initiatives targeted towards healthcare practitioners, such as midwives and nurses, to augment their competencies and expertise in delivering childbirth-related care that is both secure and efficient. Through the allocation of resources towards the enhancement of healthcare providers' training and capacity building, education serves to bolster the accessibility and calibre of contemporary maternity services, rendering them more attractive and dependable for women.

In crux, education plays a crucial role in providing evidence-based information about the

advantages of modern maternity centres. By sharing research, statistics, and success stories, education helps dispel myths and misconceptions surrounding traditional birth attendance, empowering women and their families to make informed decisions based on reliable information.

Educated Mother Take Care of Children's Nutrition and Growth

An educated mother who is well-informed about nutrition and growth can play a vital role in ensuring the well-being of her children. An educated mother should know the nutritional needs of children at different stages of development. This includes understanding the importance of macronutrients (carbohydrates, proteins, and fats) as well as micronutrients (vitamins and minerals) for proper growth and development (Siddiq, Shah, Mayo-Gamble, & Zubair, 2023). In this regard, the respondent argues that:

“A well-educated mother can plan and prepare balanced meals for her children. This involves including a variety of foods from different food groups, such as fruits, vegetables, whole grains, lean proteins, and dairy products. She can ensure that meals are nutritionally adequate and provide a range of essential nutrients”.

Most of the respondents explicate that educated mothers are aware of the significance of healthy snacks in a child's diet. They can provide nutritious snacks like fruits, vegetables, yoghurt, nuts, and homemade snacks, avoiding excessive intake of sugary or processed foods. For infants, an educated mother can make informed choices regarding breastfeeding or choosing the right infant formula. She can ensure that the child is fed with breast milk or appropriate formula as per the

recommended guidelines. Likewise, an educated mother describes that:

“Educated mothers can encourage healthy eating habits by setting a positive example. Parents can consume nutritious foods independently, engage children in the process of meal preparation, and create a pleasant and relaxed atmosphere during mealtimes. Furthermore, educators can impart knowledge to young individuals regarding the significance of maintaining a well-rounded dietary intake, elucidating the reasons behind the advantageous effects of specific food items on their overall development”.

Haque et al. (2023) conducted a review that highlights the observation that mothers who have received education possess a comprehension of the importance of actively monitoring the growth and development of their children. This entails scheduling routine appointments with a paediatrician, monitoring developmental milestones in terms of height and weight, and engaging in conversations regarding any nutritional or growth-related concerns or problems. Moreover, the participants in the study indicate that a mother who has received formal education recognises the significance of working together with healthcare practitioners, including paediatricians and dietitians. The individual has the option to solicit counsel and direction as necessary, attend to any particular dietary requirements or apprehensions of her offspring, and adhere to the prescribed interventions or therapies.

In summary, it can be asserted that education is a continuous endeavour and a well-educated mother maintains her knowledge regarding contemporary research, guidelines, and recommendations about the nourishment and development of children. In order to remain well-informed, she may engage in activities such as perusing credible literature, participating in educational seminars or workshops, and seeking guidance from healthcare experts. It is important to note that being a mother who is educated does not imply attaining perfection. It entails possessing the requisite knowledge and resources to make well-informed decisions and deliver optimal care concerning children's nutrition and growth.

Education Enables Women of Reducing and Controlling Children's Mortality Rate

Education plays a pivotal role in empowering women to effectively mitigate and manage child mortality rates. Education equips women with knowledge about health and nutrition, including the importance of proper healthcare during pregnancy, breastfeeding, immunizations, and early childhood nutrition. Educated women are more likely to understand and adopt practices that promote child health and reduce mortality (Stollak et al., 2023). In this regard, educated women argue that:

“Education provides women with access to information through various channels, including schools, educational programs, and the Internet. They can learn about preventive measures, recognize signs of illness or danger, and seek appropriate healthcare for their children on time. Access to accurate and reliable information helps women make informed

decisions to safeguard their children's health”.

In addition to the above discussion, a huge portion of respondents elegantly describes that education contributes to improved maternal health, which in turn reduces child mortality. Educated women are more likely to receive prenatal care, have a safe and hygienic delivery, and understand the importance of postnatal care. They can identify potential risks and seek timely medical attention, reducing the chances of complications that may impact the child's health. Elaborating on the importance of education for women in reducing children mortality respondents view that:

“Education empowers women to make informed decisions about family planning and birth spacing. When women have access to education, they are more likely to understand the benefits of spacing pregnancies, which allows for adequate recovery between pregnancies and reduces the risks associated with closely spaced births. By planning pregnancies, women can better manage their own health and ensure healthier outcomes for their children”.

Similarly, respondents demonstrate that education empowers women by increasing their confidence, autonomy, and decision-making power within their families and communities. Educated women are more likely to participate in discussions related to their children's health, express their concerns, and seek appropriate healthcare services. They can advocate for their children's needs, access healthcare resources, and make decisions that positively impact their children's well-being. In this regard, Nguyen-Phung and Nthenya (2023) demonstrate that education can lead to economic empowerment, as

educated women are more likely to secure better job opportunities and earn higher incomes. Economic empowerment enables women to provide their children with improved access to healthcare, nutritious food, and a higher standard of living. This, in turn, contributes to reducing child mortality rates. In addition to that respondents exemplify that educated women serve as role models for their children and their communities. By pursuing education, women demonstrate the value of knowledge and inspire their children, particularly daughters, to prioritize education and acquire essential skills and knowledge. This intergenerational impact can lead to improved health-seeking behaviours and reduced child mortality rates in the long run.

Lastly, it is imperative to acknowledge that education in isolation may not suffice to eradicate child mortality, as it is subject to the influence of diverse factors including healthcare accessibility, infrastructure, and socio-economic circumstances. Nevertheless, education assumes a pivotal role in empowering women by equipping them with the knowledge necessary to make informed decisions, access healthcare services, and advocate for the well-being of their offspring. Consequently, this contributes to the reduction and management of child mortality rates.

CONCLUSION

The acquisition of education equips women with the necessary knowledge, skills, and critical thinking capabilities to make well-informed choices, advocate for their health, and actively contribute to the welfare of their families and communities in the context of health. Education provides women with a comprehensive understanding of diverse health matters, encompassing reproductive health, disease prevention, nutritional practices, mental well-being, diminishing fertility rates, mortality rates, and healthcare systems. This knowledge enables women to comprehend their physiological

systems, identify potential health hazards, and undertake suitable measures to uphold their overall health. Through acquiring comprehensive knowledge, women can actively engage in dialogues about their well-being, pose pertinent inquiries to healthcare professionals, and make informed decisions regarding their healthcare alternatives.

The availability of high-quality education for women is positively correlated with an increased likelihood of obtaining higher-paying employment opportunities and achieving enhanced economic stability. The provision of economic empowerment facilitates women's access to healthcare services, nutritious sustenance, and a more salubrious way of life, thereby enhancing their comprehensive health and well-being. Education provides women with information and understanding regarding reproductive health, disease prevention, nutrition, and hygiene, empowering them to make well-informed choices regarding their well-being. Women who have received a higher level of education are more inclined to possess knowledge regarding the significance of routine check-ups, immunisations, and preventive screenings.

Consequently, this awareness contributes to the early identification and prompt management of health conditions. Education plays a pivotal role in enabling women to exercise their rights, champion improved healthcare services, and question prevailing societal norms that impede their ability to obtain high-quality care. There is a higher likelihood for women with higher levels of education to actively pursue healthcare services, adopt health-promoting behaviours, and actively engage in decision-making processes about their health. Moreover, education plays a significant role in fostering economic empowerment, thereby facilitating women's ability to avail themselves of improved healthcare resources and afford essential medical interventions. Women who have received a

formal education experience enhanced prospects for employment, increased incomes, and improved living conditions, all of which contribute positively to their overall health and well-being.

In general, education catalyzes the empowerment of women, resulting in enhanced health standards, heightened utilisation of healthcare services, and improved health outcomes for both women and their communities. In summary, education catalyzes empowering women in the domain of health. This facilitates individuals' acquisition of knowledge, cultivation of critical thinking abilities, assertion of their health requirements, questioning of societal conventions, and active participation in enhancing the health and overall welfare of their respective communities. The recognition and promotion of women's education serve as the fundamental basis for fostering a society that is characterised by fairness and improved well-being.

RECOMMENDATIONS

1. It is crucial for governments and institutions to prioritise investments in education for girls and women in order to ensure that they have access to education on an equitable basis and can make educated decisions about their health and well-being.

2. Health education, especially that which focuses on illness prevention, symptom assessment, and the use of healthcare services, plays an essential role in raising women's health literacy. The goal of this instructional strategy is to improve women's confidence and ability to use healthcare services.

3. To ensure that women have access to comprehensive sexual education, family planning information, and pregnancy safety measures, it is crucial that reproductive health education be incorporated into the school curriculum. Integrating these initiatives is essential in the fight against HIV/AIDS and maternal mortality.

4. Women's participation in educational efforts aimed at increasing public awareness of infectious illnesses and how to protect themselves from contracting them is crucial. To empower women to take charge of their health and prevent the spread of disease, it is important to emphasise the value of immunisations, safe sexual practices, and good hygiene. The enhancement of healthcare infrastructure, such as the opening of maternity centres and the supply of expert attendance, may also improve birthing practises and increase the likelihood of favourable health outcomes for mothers and their newborns.

5. Education has the potential to empower women and communities to critically examine long-standing customs and advocate for safer alternatives. By embracing contemporary healthcare methodologies, they can promote community engagement and drive societal transformation.

6. It is crucial to acknowledge the significance of addressing socio-economic factors, such as poverty, to enhance women's health outcomes and achieve disease eradication. This can be achieved by implementing comprehensive strategies in conjunction with educational initiatives.

By implementing the aforementioned recommendations, societies have the potential to effectively utilise the transformative capabilities of education to eliminate diseases, improve the health standards of women, and establish a healthier future for both women and their respective communities.

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