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Analysis On The Issues Of Women Health Care In Perspective Of Pakistani Cultural Norms: A Case Study Of Southern Punjab

Abstract

Women is making the half proportion of each society like in Pakistan but it is the an unfortunate that she is deprived of her basic fundamental rights including mainly the right to seek medical care, to enjoy freedom or demand contraception, to get free and quality education. Violence is the most prevailing issue and multi-dimensional issue in Pakistani culture and norms. Violence has many forms all of which are affecting women and her self-esteem badly by sexual, physical, emotional and psychological violence. Domestic violence is the major issue of Southern Punjab due to back breaking and long hourly tasks of home. She is doing this job including child care of children without any pay or appreciation. Sexually transmitted diseases are also very common among women of southern Punjab. Lack of education and awareness are the major factors lagging women behind men in every sphere of life. Gender based violence harming women and her self-esteem because intimate partner of victimized women consider it as his right to violate her sexually, emotionally and physically. In fact other male members of the family violate her self-respect and murder her on the honor due to tribal Jirga norms. Laws are present for the proper protection of women but need of their implementation because laws are not enough to bring change in the status of women, implementation needed for a progressive and positive change in the socio-economic status of women. Discrimination against women present in every sphere of life especially domestic violence by which women is facing respiratory diseases like TB, chronic illness, asthma, emphysema, lung cancer and bronchitis. Researcher explained the submissive position of women in southern Punjab by V-Model and explained it in relation to the factors of quality model.

Key Words: Health Care Issues, Tuberculosis (TB), Economic Dependency, Violence, Gender Discrimination, Gender Based Violence (GBV), V Model, Cultural Barriers and Diseases.

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1. INTRODUCTION

1.1 Domestic Violence

Domestic violence commonly practiced in Pakistan that effected women's health badly but women instead of legislation are not able to raise their voice against domestic violence and support this male dominant act by sitting silently. In some families' women is bread earner too, so their health needs are seldom met. Tuberculosis (TB) is common in poor and rural areas where women took the whole burden of domestic sphere upon their soft shoulders and do child rearing too by doing deadly back breaking agricultural tasks too. It is the lack of Government and improper implementation of legislation made for women to provide them freedom from cultural barriers, male dominancy and patriarchal promoting stereotypical barriers of domestic work. Sexually transmitted diseases also common in women due to patriarchal society in which men in the shape of husband feel women it self's property and have unsafe or unhealthy sex during her menstrual cycle according to his own wishes or against her wishes. Lack of education and lack of awareness are the main prevailing issues. Patriarchal society that don't not allow women to seek medical help after facing severe form of violence by male members of family which result in the form of bone breaking etc. Women are not allowed to go for treatment by male physician and female doctors because their society doesn't allow them, so women's health very poor in Pakistan.

Violence against women is a complex and multi-dimensional issue. Violence against women still present and may vary from one society to another or culture to culture. Physical violence, psychological violence and emotional violence are affecting women's health badly especially during her pregnancy or on the birth of a baby girl. Violence mostly includes intimate partner violence, domestic violence, sexual abuse, spouse abuse, and wife battering and it is difficult to estimate about prevalence of violence due to lack of epidemiologic studies. It is estimated that one in every three women are experiencing intimate partner violence. 48 population based studies from different parts of the world takes place 10-69% women reported of being physical assault by their intimate partner violence. In United States within 15 seconds more than three women are murdered by their intimate partner. (Campbell, 2002) [3]

1.2 Women's Health Status

There is need to prevent morbidity and mortality for women across diverse cultures. Women face physical and psychological problems due to intimate partner violence. Domestic violence is a cultural specific. Women's health effected by many ways as dowry death, honor killing, sati, battering, marital rape, depression, stress related syndrome, chemical dependency, substance abuse, exposure of HIV/AIDS. Domestic violence effected women's health badly. Females were physically, psychologically affected due to domestic violence. Mostly husband, brothers kill their girls in the name of honor, as they saw their girls with males. Mostly in families, in-laws create problems or violence for women due to dowry.

Intimate partner violence is another issue that effects women's health such as injuries, psychological disorder, HIV/AIDS, headache, cervical cancer, depression,

fracture, disability, reduced physical functions. When husband beats his wife then there is possibility that women become injured or fractured. When woman is not obeying her husband rules he violates her, torture her not only physically but also mentally so women's mental health become disturbed. In poor families they have no money to get good food that is not good for their health. Stereotypical thoughts also affect women's health badly, as in most families food was firstly delivered toward males and after then towards females. In the end women have little bit portion of food. Firstly food was given to the male members as they are bread earners then food given to children and in the end the remaining food delivered to women. As in some families if girls are ill they not go to seek medical help and use homemade remedies but if the same condition happened with boys they immediately move toward doctors for treatment. It is stereotypical thought that bound women in home and bear all kind of problems and not go toward doctors. In poor families they have no enough money to treat expensively; in rural areas women have no access toward medical centers because in village there is no medical center. In low income countries there are limited health care centers. Sexual violence exists from forcible rape, non-physical violence that compels girls toward unwanted sex; women have less decision making power. If she refuses from unwanted sex she face severe forms of physical and psychological problems. (Mahmood & Nayaab, 2000) [6]

1.3 Sexual Violence

Sexual violence in form of stranger or marital rape from husband includes, marital rape, dating rape, rape by unknown, systematic rape during armed conflicts, sexual harassment, FGM (female genital mutilation), forced marriage, deny to use contraception and these are severe form of sexual violence. Women who live with violent partner have difficult time to protect herself from unwanted pregnancies or sexually transmitted diseases. Violence during pregnancy associated with miscarriage, premature baby birth, fetal injury and low birth weight child is very common. Girls who married in unknown families against their will and then families expect from these girls to sacrifice for her in-laws for her husband and obey all rules that were defined by her family members by her husband either right or wrong. Women are considered like a slave who works all the time and take care of every one without any purpose but no one show care about her. She ignored her health and remain busy in others work. (Mahmood & Nayaab, 2000) [6]

1.4 Economic Dependency

Pakistan is poor country and facing problems such as economic dependency, lack of education, security and health issues. In the list of the world Pakistan falls at seventh number in corruption ratio. Women belong to vulnerable group and no one can ignore this fact. Biggest factor is education and women literacy rate is very low in provinces as 2 or 3 percent and overall women literacy rate is 40 percent. Lack of medical center and if they present, they are far away from the village and women have no access to medical center and guidance. In villages lack of medical center and lack of health care center that cause women poor health. Mostly women are housewife and have no source of income so they are dependent over men and due to this they don't take care of herself. She considers herself inferior to men because she is dependent over men economically and have no right to think about

herself. Whole day she is busy in domestic work and take care of her each family member so women have no time to take care of herself. (Shena & Williamsonb, 1999) [9]

1.5 Gender Discrimination

Women's health is very poor as compared to male and it has many other reasons. Gender discrimination also creates health problems for females. Women's were restricted to treatment from male doctors; they have no permission to move out from the home. Diseases such as cervical cancer, blood cancer, breast cancer, AIDS (Acquired Immune Deficiency Syndrome) all of these are silent killer, these diseases have no pain but kill them like slow poisoning if no diagnosis or medication offered. When these girls move toward doctor, these diseases reach to the last stage and have no treatment. Women's health is affecting badly due to this so called male dominant society and societal discrimination which wanted to keep women into four walls of home. Class status also matters in women's health, lower class women are not allowed to treat from male doctors, have no access to medical units due to their status, due to lack of resources, due to lack of awareness and upper class women have right to visit doctor to some extent. Women work equally to men but they are not rewarded equally like men and pay less amount. Due to this women lost their self-esteem and are becoming patients of depression that affects their psychological health. Women are suffering from financial problems but if women become financially secure they can visit doctor easily when they need. Women have no decision making power as decision about their education, health, family planning specifically, she has no right to speak about abortion or continuous pregnancies.

Boys and girls don't carry equal status at birth as baby boys is always wished and welcomed warmly than women. Women considered weak and due to this they are bound in domestic works and not allowed to work from outside the home. Women have no right of property but if she wanted to gain her property by law, she has to face many problems from her family. Due to this there is possibility that her family tortures her or violates her. Working women bear double burden of work as she works from outside the home and then works at home, due to double burden women have no time to take care of herself and due to this women health is ignored and in result women health were affected badly. (Sena & P.Östlinbc, 2008) [8]

2. BACKGROUND

2.1 Domestic Violence and Health of Pakistani Women

Women has been the most suppressive part of the society, the most deprived sector of the planet and even treated like animals in some parts of world in shape of domestic violence. This article represents health consequences of domestic violence among women of Karachi. Interviews were conducted randomly among 150 women. In result 34% women reported being physical abused, 15% being physical abused while they are pregnant and 72% physical abused women were depressed. Physical abuse was a major depression. United nation commission defined domestic violence that result in physical, psychological harm to women,

including the threats of such acts, arbitrary deprivation of liberty while occurring in public or private sphere. Such acts of violence that affecting physical, mental, social health as well as of her family. Violence against women is a major issue for women's human rights. Domestic violence recognized as a personal matter and being solved within the family and especially for women it is the matter of self-blame or shame. Recently domestic violence is considered as a social and public issue and has impact on women's human rights. Government has right and obligation to take part in this issue. In developing countries, one quarter more than one half of women were physical abused by their husband, in US 28% of women report of being physical abused. Although violence against women is an emerging issue also prevailing in less developed countries. In Pakistan domestic violence slowly becomes a public issue. In recent human right council of Pakistan mentioned during 8 months, 372 women reported domestic violence, 272 were died as a consequence of battering. Domestic violence effects women's physical and mental health badly. There is need to remove domestic violence that effects women health. Understanding should be developed between husband and wife. Husband should understand wife's needs and not force her to do those things which she did not want to do it and should be same condition with wife. Wife should understand husband's nature and don't irritate him. In-laws should not create problems for women and women should also love with her in laws. Women should not bear domestic violence and should report of domestic violence. (Fikree & L.I.Bhatti, 1999) [4]

2.2 Women's Mental Health in Pakistan

Women's mental health effected due to cultural practices (Karo Kari, exchange marriages, dowry etc.). Religious and ethnic conflicts and their cruel attitude toward women, family system, and role of in-laws are major issues that affect women's mental health. Practices in Pakistan that suppress or marginalize women in numerous spheres are prevailing and having adverse impacts on women's mental health. Violence against women whereby men exercise social constructed rights to torture or to control women and in comparison with other South Asian countries, Pakistani women are relatively better off than their counterparts. Women's movement has been class bound in last 50 years. In last few years Karo Kari (honor killing) and rape have brought to light. In tribal areas non-governmental organization and human right activist condemned forced marriages, law of disinheritance, violence against women (acid throwing, stove burning, nose cutting) that are being practiced in the name of honor but still majority of slum urban areas and rural areas women unaware of the development activities. In most villages' divorcees and widows live in isolation, society isolates them from others because they considered these women 'bad omens'. In some families, for the sake of revenge women were battered by her husband, spousal conflicts, dowry death, acid throwing, stove burning. In partner violence includes physical violence, assault, and forced sex, hitting, kicking, and slapping etc., that effects women physical and mental health. Women response to abuse was limited and has little option. In Pakistan divorce considered a taboo or social stigma that prevents for her help. 70% of women who are abused but not told anyone due to social stigma fear. Child become emotionally ill, low self-esteem, depression, poor school performances, and disobedient who are witness of marital violence and become

aggressive and also practice violence against his wife due to socialization. Child within 12 years faces more behavioral and emotional problems 6-7 times more than those non-abusive parents. Norms and beliefs that encourage violence against women should be stopped or banned by Government. In society it is considered that men are superior over women, he have authority over women and he have right to control over women life. In 5 year survey (1992-1998) at the university psychiatry department in Karachi (Agha Khan University) showed that out of 212 patients who receive psychotherapy, 65% were women and 72% were unmarried.

Researcher also agree with the author that domestic violence, marital violence etc. any type of violence against women that restrict them from their legal rights, violence effected women physical and mental health. Physical health improves easily than mental health, so awareness program, and proper implementation of law that in favor of women should present in every society that restricts them from violence against women. And laws should be followed by everyone. (Niaz, 2004) [7]

2.3 Violence against Women

Violence against women is a complex issue. Violence against women still present and may vary from one society to another or culture to culture. Physical violence, psychological violence, and emotional violence is affecting women health. In violence include intimate partner violence, domestic violence, sexual abuse, spouse abuse, and battering and it is difficult to estimate about prevalence of violence due to lack of epidemiologic studies. It is estimated that one in every three women have experience intimate partner violence. 48 population based studies from different parts of the world takes place 10-69% women reported of being physical assault by their intimate partner violence. In United States within 15 seconds more than three women were murdered by their intimate partner. Domestic violence is considered in Pakistan as a private issue and anyone could not interfere. 7 women were discriminated, subordinated on daily basis due to cultural and religious norms in Pakistan. 70 -90% women experienced domestic violence and include honor killing, rape, intimate partner violence, spouse abuse, marital rape, acid throwing, and burning etc. survey conducted on 1000 women from which 35% women reported of being beaten by their husband. From this survey revealed that 2 women were burned every day in domestic violence and 70-90% were victim of spousal abuse. In 1998, 282 burned cases were reported only in one province of the country. Out of report, 65% women were died in injuries. In 1998, 10 murder cases of women and in 1974, 885 murder cases were reported only in one province. Study conducted in Karachi that revealed women were more physical abused and have serious consequences on their physical and mental health. Honor killing is also practiced and in 1998-2004, 4000 people including 2800 women have died.

In society, social norms that told us masculine and feminine roles that are socially constructed. Society defined different norms for men and women as women are submissive and men are dominated over women. Women are bound at home and busy all time in work. Women considered good who obey her husband her in-laws. it is considered that women are polite, innocent, well mannered, submissive, and emotional, men considered as aggressive, dominant. (Ali & Gavino, 2008) [1]

2.4 Status of Women in Pakistan

Pakistan is underdeveloped country and still in struggling phase for gaining equality in education, economic stability, security and health issues for its people especially for women. Corruption and injustice in every field of Pakistan is very common thus it came at 7th number in corruption. Women are weak and most vulnerable group in the world and we can't ignore them. It highlights those factors that become cause of low self-esteem in women of Pakistan. The biggest factor that becomes cause of low self-esteem in women of Pakistan is education. Literacy rate is only 2 or 3 percent in our two provinces and literacy rate for women is very low. Overall literacy rate for women is only 40 percent in two provinces. But education is necessary for both men and women. But in our society education is considered important just for boys not for girls and considered that just domestic work is necessary for girls, but it is wrong thinking if women are educated they socialize their children in good manners and give them right information about anything of life.

Mostly women have no access to free guidance and medical checkup and if women health is weak or even in emergency she less likely to take hospital than men. Women have no income because they are housewives. Women have no right to take any decision for her family because in this society women considered weak, subordinate so women can't take any decision. Males are dominant or superior in this society they have fully freedom to do anything and women are suffering from violence, torture, discrimination and brutality from male members of her family. Women are violated by male members of her family and in 2011, 80539 women were violated in the name of honor and violence includes suicide, rape, murder, torture and killing and from which 13% girls under 15 years old. (Ayesha, 2013) [2]

3. APPLICATION OF V-MODEL

V-Model is an important methodological tool which can be used in various terms to compile results, generate analysis and to check software development. In this paper researcher used Research V- Model for the interpretation of results. V-Model has five phases Requirement, Research Design, Architecture, Prototype Design and Development. Results of respondents integrated with the phases of V-Model.

3.1 Requirement

Requirement is the phase of research which requires the research design, research type, sample size and research tool to be carried out during the research. Researcher conducted the quantitative study, with a sample size of 200 by using questionnaire approach of research as a research tool. Following factors are present in requirement phase of research;

3.1.1 Reliability

Reliability simply means the quality of any social issue to perform its intended functions in society and the existence or occurrence level of that social problem

into social world. In case of researcher’s problem statement reliability stands for the ratio of existence of women health issue in Southern Punjab. [5]

3.1.2 Correctness

Correctness is the ability to get various modules or social problems integrated correctly. For example women issue regarding health in southern Punjab will be reflected by the integration and testing of researcher’s problem statement with valid and reliable factors of society. [5]

3.1.3 Usability

It is the blend of three factors as the social problem should be reliable, efficient and human engineered. It implies that that results obtained by the integration should be valid, useful in society or elsewhere, robust against human error and fulfill the requirement of existing social problem. [5]

Requirement	Reliability	Correctness	Usability
Health Issues	✓	✓	✓
Gender Based Violence	✓	✓	✓
Cultural Barriers	✓	✓	✓
Diseases	✓	✓	✓
Economic Dependency	✓	✓	✓

Table 1. Relationship of Prototypes and factors in phase 1 of V-Model

In this table researcher discussed three factors depending upon five women health problem that are existing in society. These are health issues; genders based violence, cultural barriers, diseases and economic dependency and relate or find existence of these social problems of women in three factors named reliability, correctness and usability. Reliability is the presence of anything or any issue in society and all problems discussed in table exist in society regarding women so all are ticked. Correctness is the integration of results with previous literature and validity in society and it shows that all problems discussed by researcher are present in society and normative values, so these all are ticked too. Usability is the technique, against human error and fulfills the requirements of social problem by efficient and valid results.

3.2 Research Design

Tool used for the conduction of research by researcher is questionnaire. Researcher also viewed previous literature review of scholars. Two main things are needed to review during the design of research, one is the accessibility of the researcher towards its sample type as he/she should have full access towards their respondents and lastly researcher should conduct a reliable research as the literature review of the previous researches and the results of the researcher should be valid and match to each other simply means reliable. Researcher can also use the ‘black card’ technique to obtain accurate and valid results if he/she is failed to get proper responses from respondents. According to this technique, researcher has

an opportunity to use their own trick for the adjustment of results. Following factors are useful in the designing of research;

3.2.1 Reliability

Reliability of social issue meant that issue and results are performing their required and expected functions at a higher level of satisfaction. During the design of research it is important to measure the reliability of the social problem which is going to be researched. Reliability of researcher's problem statement shows that women health issues in rural areas are present and increasing day by day. [5]

3.2.2 Functionality

The capability of results of researcher's social issue to adhere towards standard, conventions or regulations in laws or similar prescriptions relating to functionality is the functional acceptability of problem statement. [5]

3.2.3 Correctness

During the design of research it is the responsibility of the researcher to look into correctness of selected social problem. In researcher's problem statement of women health issues in rural areas, the correctness should meet the possible level of satisfaction. [5]

3.2.4 Usability

Combination of three factors as problem of researcher should be reliable, efficient and human engineered. It should have validity into society. It should be robust against human error. It implies that design of research should be useful elsewhere as for respondents it should be easy to response without any difficulty. [5]

3.2.5 Portability

It is the important factor used in the designing of research. If this factor is missing then maintenance level of researcher's problem statement may be disturbed. It is the strategy of social problem to run on one operating system while being conscious of how it might be refined with minimum effort to run on other social problems or operating system. If the problem of researcher is portable then flexibility, acceptability, modifiability and maintainability all goes well. [5]

3.2.6 Flexibility

Social problem of health has to be flexible enough to get used in different environments without needed to be changed. This ability of social health problem widens its acceptability region and improves its functionality. Flexibility can be induced if due attention is given to designing of problem statement. [5]

Research Design	Reliability	Correctness	Usability	Functionality	Portability	Flexibility
Health Issues	✓	✓	✓	✓	✓	✓
Gender Based Violence	✓	✓	✓	✓	✓	✓
Cultural Barriers	✓	✓	✓	✓	✓	✓
Diseases	✓	✓	✓	✓	✓	✓
Economic Dependency	✓	✓	✓	✓	✓	✓

Table 2. Relationship of Prototypes and factors in phase 2 of V-Model

In the phase of research design six factors are discussed in relation to five health issues of women living in southern Punjab. These are ‘health issues’ which find in relation to reliability, correctness, usability, functionality, portability and flexibility. All factors have existence of women health problems in rural areas of southern Punjab. ‘Gender based violence’ s found in relation to all these six factors of quality model which portrays that GBV is the most prevalent and existing problem of women in southern Punjab. Cultural barriers are the hindrances that stop women from taking part into any social activity or to enjoy her freedom like the right to enjoy her equal and free medical checkup or health care issues. This issue is present in all factors of quality model depicts that women is experiencing very low status and standard with no health care system. Diseases like complications during pregnancy, HIV/AIDS, Tuberculosis due to extra burden of domestic tasks and many more like back breaking due to agricultural tasks is also very common among women of southern Punjab. Economically a woman is dependent over man for her financial help and other issues so found in all factors of quality model shows that these problems have existence into southern Punjab.

3.3 Architecture

In the architecture phase of research methodology, combination of all themes is done by researcher. Integration and testing of results take place. Integration means combining two or more than two themes together to grow a bigger module or the final thematic product. After the integration the testing may be required too redone as there are chances of compatibility issues among the themes being integrated. Following factors fall into category of architectural designing of research;

3.3.1 Correctness

In the perspective of integration or testing, correctness is the ability to get various themes being integrated correctly. [5]

3.3.2 Reliability

Combining all themes provide better conception and visualization of the final product. Testing is improved by this which finally leads towards the improvement of final theme. So we could correctly expect that researcher's social issue and its results will perform its intended functions at a higher level. [5]

Architecture	Reliability	Correctness
Health Issues	✓	✓
Gender Based Violence	✓	✓
Cultural Barriers	✓	✓
Diseases	✓	✓
Economic Dependency	✓	✓

Table 3. Relationship of Prototypes and factors in phase 3 of V-Model

Integration of two more than two themes done in the phase of integration or testing in which a new bigger module is presents by the researcher to address in a better way the whole scenario. For example, here reliability and correctness are the two factors fall under the phase of architecture showing that themes find in combination with another so all health issues are reliable and correct after the phase of integration and testing.

3.4 Prototype Designing

Prototype design is the fourth phase of Research V-Model in which results of respondents discussed in the comparison of prototypes. Researcher discussed domestic violence, economic dependency, sexual violence, and other major health problems and status of women in perspective of Pakistani southern society of Punjab. Violence against women is a complex and multi-dimensional issue among all over the world. Violence against women still present and may vary from one society to another or culture to culture. Physical violence, psychological violence and emotional violence are affecting women's health badly especially during her pregnancy or on the birth of a baby girl due to social stigmas attached to women. Violence mostly includes intimate partner violence, domestic violence, sexual abuse, spouse abuse, and wife battering and it is difficult to estimate about prevalence of violence due to lack of epidemiologic studies because women of rural areas don't report such kind of cases due to stereotypes attached to women. It is estimated that one in every three women are experiencing intimate partner violence. 48 population based studies from different parts of the world takes place 10-69% women reported of being physical assault by their intimate partner violence indicating violence as the major prevailing factor in society. Domestic violence occurred in most of the rural areas of Punjab due to lack of awareness of women about their basic fundamental rights. The second form of women health problem discussed by researcher is physical violence. Women face physical and psychological problems due to intimate partner violence. Domestic violence is a cultural specific problem. Women's health effected by many ways as dowry death, honor killing, sati, battering, marital rape, depression, stress related syndrome,

chemical dependency, substance abuse, exposure of HIV/AIDS, all these issue affecting badly women. Domestic violence effected women's health badly. Females were physically, psychologically affected due to domestic violence mainly in rural areas. Mostly husband, brothers kill their girls in the name of honor, as they saw their girls with males of other families. Mostly relative families, in-laws create problems or violence for women due to dowry.

Intimate partner violence is another issue that affects women's health such as injuries, psychological disorder, HIV/AIDS, headache, cervical cancer, depression, fracture, disability, and post-traumatic stress disorder reduced physical functions. When husband beats his wife then there is possibility that women become injured or fractured physically. When any woman is not obeying her husband rules he violates her, torture her not only physically but also mentally so women's mental health become disturbed. In poor families they have no money to get good food that is not good for their health so due to nutritious diet she may not able to perform her functions actively. Stereotypical thoughts also affect women's health badly, as in most families food was firstly delivered toward males and after then towards females and it is a socio economic problem in all rural areas. Sexual violence in form of stranger or marital rape from husband includes, marital rape, dating rape, rape by unknown, systematic rape during armed conflicts, sexual harassment, FGM (female genital mutilation), forced marriage, deny to use contraception and these are severe form of sexual violence affecting badly women self- respect. Women who live with violent partner have difficult time to protect her from unwanted pregnancies or sexually transmitted diseases due to lack of decision making power. Violence during pregnancy associated with miscarriage, premature baby birth, fetal injury and low birth weight child is very common in southern Punjab. All results clearly depict that women is facing severe health problems especially in Southern Punjab. Pakistan is poor country and facing problems such as economic dependency, lack of education, security and health issues and all these problems are prevailing majorly among women. In the list of the world's corruption percentage Pakistan falls at seventh number in corruption ratio. Women belong to vulnerable and marginalized group and no one can ignore this fact. Biggest factor which is lagging women behind is education as women literacy rate is very low in provinces as 2 or 3 percent and overall women literacy rate is 40 percent. Lacks of medical center also a big hinder and if they present, they are far away from the village and women have no access to medical center and guidance. Following factors falling under phase of unit design;

3.4.1 Reliability

Reliability means that the problem statement of researcher should be valid and reliable to previous literature review. It has existence into society and can lead to new factual figures. [5]

3.4.2 Inter-Operability

The healthcare system is an information-based enterprise that generates a large amount of data from various systems and applications and used in women health care problems in southern Punjab. Incorporating information from independently developed applications is difficult because each application has its own data sources so need to gather full information of the patient. Information management

throughout different healthcare systems entails collaboration, transferability and integration. Interoperability allows different systems and applications to communicate with one another, which lets healthcare providers access and integrate the information regardless of which system the data is stored in and provide easiness for researcher to gather data. In next phase, when interoperability is achieved then health care providers can have full access to patient information located in different regions. [5]

3.4.3 Flexibility

Problem statement should be flexible and should merge into each region of society. Social problem of health has to be flexible enough to get used into different environments without needed to be changed. [5]

Unit Design	Reliability	Flexibility	Inter-Operability
Health Issues	✓	✓	✓
Gender Based Violence	✓	✓	✓
Cultural Barriers	✓	✓	✓
Diseases	✓	✓	✓
Economic Dependency	✓	✓	✓

Table 4. Relationship of Prototypes and factors in phase 4 of V-Model

Health issues, gender based violence GBV, cultural barriers, diseases, economic dependency are the main issues experienced by women living in the areas of Southern Punjab. These health problems are related with three factors of quality model by researcher named reliability, flexibility and inter-operability. Reliability is the presence or existence of specific issue or health problem regarding women in specific society, so in this table all issues are ticked because southern Punjab has existence of all these health problems regarding women. Flexibility is the quality to merge social problems of one society into other after doing some alterations. Research should be flexible so that can be used in different environments without need to change the results. Inter-operability is the quality in which system have full access to the information of patients upon which the research is going to conduct so that researcher should not face any problem and this information can be used in other societies too.

3.5 Development

The relationship of poor health with women is as old as women are, because it is the fact that women are the most victimized population all over the world. Male members of the family or society show their so called masculine power upon women in face of brother, father, husband or son and considered her as the second or marginalized member of society. She has no right to raise her voice against these imbalances because no one is here to listen to her. The social position of women is as marginalized group who have no right to get education, to seek better and good health, to enjoy equal and fundamental rights, to raise her voice against violation of her rights. It is the custom of Pakistani society that women were and still killed on the name of honor known as honor killing. These murders majorly

based on personal disputes of one family with another. Domestic violence is the most prevailing form of discrimination against women especially in rural areas of southern Punjab as women are considered as the care taker home not a career making women, who have no right to enjoy her freedom or to get involve her into any public activity like males. It is considered as the duty of women to raise children and to take good care of home including domestic tasks too. She has no right to get education because males consider that if she got education, then she will be able to raise her voice against social disorders. In rural areas of Punjab women are not allowed to take part into any decision making process including family planning too, all this depends upon male who took every right or wrong decision about the life of women. Complications during pregnancy are very common in rural areas of southern Punjab because women are not allowed to visit doctor and thus homemade remedies kill her life and her child too. It is not simply the case, in fact the women who is educated, have no right to take her decisions because males considered it against the honor of family. Rape is the social evil which robbed women self-esteem and her self-respect too. Any women, who raped, not allowed speaking in public about the injustice that she had experienced by make dominancy. Birth of baby girl is also a social stigma tagged with women and considered the birth of baby girl as women fault. Divorce ratio is very high due to these problems. There is no need to make laws for the protection and equality of omen because laws are present but have no implementation. Implementation needed for the equality and better protection of women and their rights to consider her as the equal member of society. Proper implementation can lead to a positive change in the social status of women as daughter, mother, wife and sister. Violence is not prevailing only in form of domestic violence, in fact a husband violate his wife when she don't obey her regarding sexual intercourse or pregnancies. Sexual or physical violence is very common not only by the husband of victim but by the male family members of society. Proper implementation is needed to change women status and to consider her like the equal citizen of state by removing male dominancy.

V-Model	Reliability	Correctness	Usability	Functionality	Portability	Flexibility	Interoperability
Requirement	✓	✓	✓	✗	✗	✗	✗
Research Design	✓	✓	✓	✓	✓	✓	✗
Architecture	✓	✓	✗	✗	✗	✗	✗
Prototype Design	✓	✗	✗	✗	✗	✓	✓
Development	✓	✓	✓	✓	✓	✗	✓

Table 5. Relationship of Phases of V-Model and Factors

4. Conclusion

Women is considered the most discriminated portion of the society and this discrimination is exercised by the male members like their brother, father, cousins or intimate partners. She is experiencing physical, emotional, psychological and domestic violence especially in southern region of Punjab. Continuous pregnancies and husband's beating during pregnancy fall under the category of physical violence and results in premature birth of baby after the violation of her husband which she experienced during pregnancy. Birth of a baby girl is considered a social stigma and mostly families buried their daughters soon after their birth. Discrimination is a big social evil and girls are discriminated by their families even in the distribution of food as good part of food is distributed to male children only. Educational differences are also prevailing in southern Punjab because women are not allowed to get education or to raise their voice against these injustices. Health care issues of women in this region is at peak because women have no right to visit to a doctor either male or female doctor even a pregnant women is not allowed to seek to doctor; that's why due to complications in pregnancy, mortality ratio of mothers and infants is very high. Implementation of laws need keen attention of the Government and their institutions for the proper implementation of laws for the better and advanced protection of women. She can be a good administrator, a perfect legislature because it is the fact that situation of women cannot be improved till there is no women in legislation and implementation portion. A woman can better understand the situation and problems of other women so there should be equal representation of women in managerial posts too. Domestic violence begins especially during pregnancy or after birth of baby girl putting the life of mother and child at risk. It is a social phenomenon that children who grow up in an abusive environment are more likely to be abusive and abnormal in behavioral activities than others. Women and girls are experiencing severe deficiency of anemia and prone towards malnutrition. Status of women can be increased by providing her good medical care and say no to violence.

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