

## **Health Modernity Among Rural Women of Himachal Pradesh**

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**KEYWORDS** Health. Health Modernity Mental. Health Modernity Physical

**ABSTRACT**One hundred and eighty rural women responded to the questionnaire having 40 item on health modernity with 5 points standardized scale. The subjects were grouped into three categories based upon size of operational land holdings. The results revealed considerable degree of fatalism about health matters. The attitudes were measured in terms of scores. Higher scores showed higher health modernity value. The conclusion derived was that women had lower modernity with regard to mental health than physical health, where the scores were found to be moderate.