



## Impact of Flood on Women Physical Health in 2022 at District Rajanpur

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### ABSTRACT

The most significant natural hazard, flooding brings about incredible distress for a massive inhabitants and property failure. The existing research examines the determination of the Impact of flood women physical health in 2022 at District Rajanpur. Due to socio-biological restrictions and their association in domestic chores, women are more at risk to natural disasters than men are. Women have diverse health and hygiene difficulties than males do, and even within women, these issues vary depending on a person's age and physical situation. In extremely tragedy liable upward country like Pakistan, many folks practice a superior rate of natural tragedy with disturbing health effect. To learn the outline of women's exposure for the period of flood in the context of their physical condition and cleanliness. To study the impact of flood on the health of different sort of women (age categories, pregnant women, lactating women, elderly women). To study how women, hold with such problems of flood, study is conducted on major data that was assembling via survey. The conclusion is then examined and thoroughly drained. With particular reference to health problems and diseases, sanitation, cleanliness, and other factors, the data revealed the objectionable and deplorable situations of the women of diverse age groups.

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## 1. Introduction

There is rekindled interest in determining if increases in these events' amplitude or frequency could be at least partially related to climate change every time one of these disastrous flood disasters takes place (Trenberth, Fasullo, & Shepherd, 2015). Forward modelling techniques based on linked climate-hydrologic models may be helpful in describing changes in flood risk and vulnerability in tandem with these attribution studies. Every year for the past century, inland floods have cost the United States economy hundreds of millions of dollars in damages, making them one of the country's costliest natural disasters (NOAA, 2016). Traditionally, the alternating block method has been used to derive temporal patterns from IDF curves, with shorter storm durations nestled within longer storm durations with higher design intensities (García-Bartual & Andrés-Doménech, 2017). The complex hydraulic conveyance features of storage ponds, sewers, culverts, and flow control structures were largely ignored in these studies with the exception of Zhou, Katz, Knecht, Compagno, and Piškur (2018), which are essential to understanding how runoff flows through and affects the built environment. Climate change's effects on Pakistan have been studied extensively, especially in relation to food security. Inland floods in Pakistan in 2019 damaged houses, companies, and other assets beyond repair. From 1999 and 2018, Pakistan was the fifth-most severely hit nation in the world by extreme weather events. The country's already serious health issues are made worse by the effects of climate change and extreme weather (Abubakar & Haque, 2020). The world is fetching more and more sensitive of atmosphere modify. "A statistically significant distinction in either

the mean state of the weather transforms or in its changeability, eternal for a prolonged period," is how climate change is classified," by the Intergovernmental section on Climate Change. The World Disaster Report 2005 indicates that mutually the incidence of disasters and their economic effects are on the lead worldwide. Studies and research on social and economic weakness are prevailing, structural susceptibility, difficulties with food anxiety, the effects of climate change on women, children, and alternative groups, and issues with climate-related vigor (Jackson, 2002). It is expected that the foremost climatic change events will be dangerous to people's health. Natural disasters and social vulnerability cooperate to put some groups of people at higher risk than others, ensuing in flood disasters. Effective disaster risk drop is unfeasible without addressing concerns pertaining to social vulnerabilities and femininity. Women and girls are frequently more vulnerable to natural disasters than men, especially in low-income nations and between the deprived, where they make up more than half of the 200 million people affected yearly by flood disaster. The effect of flooding on women physical health is greatly power-less.

In today's society, there is a lot of distress about comprehensive climate change. Many weather-related occurrences, as well as floods, have been connected to climate change and are thought to be risky to human health. Due to their location, be deficient in of assets, difficult access to medical services, and insufficient communications, rising nations like Pakistan are further liable to the effects of these events. As a result, a greater number of people face natural catastrophes linked to these weather phenomena. The nation experiences important tropical storm smashes up on average each year. Over 80% of the population is impacted by annual floods that cover between 25% and 60% of the island and last three years, during which 70% of the population is exposed. Therefore, the most considerable natural catastrophes that harm Pakistan are floods and cyclones. Physical health reporting is described as "...a system of different products and measures intended at ever-increasing policy makers' and other stakeholders' knowledge of significant physical health issues and their origin (in various demographic groups)".

Group with the power to influence population health (Rosén, 1998). Sub-national production of physical health indicators can shed light on hidden epidemiological patterns in national averages (Berghmans, McKenzie, & Clette, 2001). Due to their socioeconomic and cultural differences from men, women and girls in Pakistan have less contact to institutional services and procedures for reducing the threat of flooding disasters, which leaves them weaker and leads to higher casualty tariff. The most serious issues that women faced during the flood were those relating to their substantial and sexual health, which have acknowledged less notice from decision-makers throughout the world today. Many different health issues affect the majority of Pakistani women (e.g., irregular menstruation, frequent births, malnutrition, etc.). Many rural women face multiple health problems throughout their lives (Callaghan et al., 2010; Rahman, Siddiqui, Khatun, & Kamruzzaman, 2013). Women in flood-prone areas labor tremendously hard to make ends meet or to sustain their families, which compromises their reproductive health. The availability of adequate food, nutrition, and healthcare services for women in flood-prone communities is quite restricted (Mitchell, Tanner, & Lussier, 2007). Due to the weak communication infrastructure, national and international communities that deal with the physical health of women are unable to guarantee their services during flooding. Even the subject of physical health has not yet been prioritized in flood management policies (Rashid & Michaud, 2000). Women's reproductive physical health has been the subject of in-depth research over the past 40 years. But prior to this study, no attempts had been made to investigate the state of women's health during floods.

The Objectives of the study are to study the pattern of women's helplessness during flood in the situation of their health and cleanliness, to study the impact of flood on the health of different sorts of women (age categories, pregnant women, lactating women, elderly women) and to study how women handle with such problems of flood.

## **2. Literature Review**

Academic communities crosswise and approximately the world have worked tough to produce general idea and research to highlight women's adjustment as a result of floods. In Pakistan, academia has been effective on help and medication efforts for flood-affected women, especially those with diseases and health issues including pregnant and pale women. It has also been looking for perfect solutions to help out flood-affected women. In a description titled Pakistan Monsoon Floods, which (UNICEF, 2022), the organization addresses the summer flood

of 2022 was the most terrible in Pakistan's history, affecting an expected 3.2 million people universally. choice-making of this sort Recognizing that multiple municipal boundaries, depending on their position in the flood catchment and the propagation of sediment transport, have upstream-downstream dependency relationships due to flooding is also crucial. Students get sick because there aren't enough working toilets and nowhere for them to go if they get hurt (Okuom, Simatwa, Maureen, & Wichenje, 2012). During floods families may not afford the basic opportunity. The piece emphasizes how the water damaged medical facilities and ruined highways. The need of food and clean water in the unhygienic and unsafe camps had become problem. The exertion also focuses on the methods that NGOs and INGOs may help the communities pretentious by flooding. While the country's NDMA structure and system is geared at preventing floods, it also offers facilities for liberate, help, and cure when a flooding event occurs. The organizational construction of NDMA and its reaction to considerable disasters in Pakistan, such as the floods of 2022 in July and August, are discussed in the (NDMA, 2022). The Ministry of Water and Power has a physically powerful control over the Federal Flood Commission (FFC). The Office of the Chief Engineering Advisor and Chairman, Federal Flood Commission, Islamabad, as well as the Office of the Chief Engineering Advisor's Annual Flood Reports 2022 floods. Women in rural areas suffer from several reproductive health problems in a certain time of their life span (Rahman et al., 2013). These papers clarify the flood physics in Pakistan and argue how women there battled the intense waters indoors during proof flooding. The World Bank and Asian Development Bank mutually published a DNA in 2022 titled "Pakistan Floods 2022: Damage and Needs Assessment"; this DNA (Damage and Needs Assessment) noted that during the country's July–August 2022 flood, a large number of health facilities were either smashed or entirely destroyed. Additionally, it gives emphasis to how badly treated women had been during the 2022 floods, mostly in camps. The health effects of flooding are especially dangerous for females and young adults (Islam, Ingham, Hicks, & Kelly, 2018). In flood-prone areas, women often lack access to safe food, nutritious school meals, and medical care (Parkinson, 2003).

Traumatic experiences can have lasting meanings, and Akbar (2022) considered how those meanings can influence evacuations, help-seeking, sheltering, and the likelihood of rehabilitation and recovery.

Hussain, Khadim, Aslam, and Ghufuran (2023) conducted a study to determine whether or not students in flood-affected areas were more likely to drop out of school. The study found that flood-related school dropout rates were highest among female students. The flood damaged classrooms and contaminated the school's plumbing system. The children suffered from waterborne diseases like diarrhoea because of the flood.

## **2.1. Morbidity**

### **2.1.1. Injury**

Flood-related accidents occur when people are annoying to escape flood waters or save their loved ones and assets. Soft tissue injuries comprise contusions, lacerations, abrasions, cuts, bruises, sprains, strains, and puncture wounds are among these typically minor wounds. Although there are a hardly any reports of burns, electrocutions, and sprains, as well as cut infections and rashes, tetanus is not a be anxious (World Health Organization, 2006 ).

## **2.2. Health Impacts**

The study also establish that the physical health effects of the tragedy played an important character in how flooding affected patterns of death and morbidity. While the effects on physical health were significant, the associations and perseverance of symptoms subsequent disasters is a primary panic. Flooded residences the impact also depended on how profound the flood waters were. The infrastructure for mess clearance and water refinement was disrupted, which was one of the reasons of these pandemic. However, these instances are rare, and there were no reported fatalities (Vasconcelos & Pagliuca, 2006). There is a fact that diarrheal poor health increases following flooding (Kovats, Ebi, & Menne, 2003). General diseases brought on by straight get in touch with flood waters comprise ear, nose, and throat infections, conjunctivitis, and skin irritation and infection in women dermatitis (Penning-Rowse et al., 2005; World Health Organization, 2006 ). Respiratory symptoms reported include colds, coughs, headaches, aware asthma, and pleurisy.

### **2.3. Chronic diseases**

Most high-income nations report an increase in cardiovascular issues like high blood pressure, cardiac arrest, kidney infections, diabetes, and heart attacks after natural disasters like floods. In most condition, the impact of flooding is also associated with increases in chronic respiratory disorders, mostly disturbing asthma.

### **2.4. Poisoning and animal bites**

As snakes frequently look for protection in homes after floods, a few incidences of snake bites are among the various health effects that have been reported (Vasconcelos & Pagliuca, 2006). Following the flooding in 2022, reports of toxic water among residents and disaster workforce who were pumping water from flooded basements were made. As well, when substance plants or luggage compartment facilities are covered, there is a chance that brooks soils and beds could get tainted with chemicals. Additionally, the development of harmful fungus after floods poses a danger to both inhabited areas and rural basis (Hajat & Kosatky, 2010).

### **2.5. Health impacts**

A current study that was complete on flooded homes follows the disaster. When psychological distress was taken into explanation, the study's risk estimations for physical sickness were substantial, and the physical impact was considerably concurrent to floods. Therefore, fraction of the overload mental disease may actually be explained by physical belongings (Bokszczanin, 2007).

**Table 1: Research Issues and Gaps Identified Related to Women Health**

<b>Features</b>	
<b>Mortality</b>	The crucial source is drowning, but additional factors like heart attacks, hypothermia, trauma, and deaths from motor vehicle accidents have not been correctly researched. Some deaths in campgrounds were also caused by elegant mire and water.
<b>Injuries</b>	The greater part of the injuries were gentle soft tissue ones (contusions, lacerations, abrasions, cuts, bruises, sprains, strains, puncture wounds).
<b>Communicable diseases</b>	Leptospirosis, some parvovirus illness, West Nile virus, and no malaria or dengue. Diarrheal conditions and gastroenteritis are examples of or fecal illnesses. Ear, nose, and throat infections, conjunctivitis, skin irritants, skin rashes, and dermatitis are examples of common infections. Colds, coughs, the flu, headaches, brutal asthma, allergies to molds, and pleurisy are among the respiratory symptoms that have been recorded.
<b>Chronic diseases</b>	The deterioration of asthma, high blood pressure, cardiac arrest, heart attacks, infections of the kidneys or other parts of the renal system, joint stiffness, and fluctuating blood sugar levels.
<b>Mental health impacts</b>	Anxiety, panic attacks, prominent stress levels, mild to rigorous depression, irritability, nightmares, insomnia, post-traumatic stress disorder (PTSD), rage, temper tantrums, mood swings, problems concentrating, desperate thoughts, alcoholism, and psychosomatic disorders. Children aged 11 to 20 years who reveal violence, bedwetting, sadness, and PTSD.
<b>Miscellaneous</b>	Poisoning by carbon monoxide, the increase of contaminated fungi, insect or beast bites, earaches, lethargic behavior, and sudden miscarriages primarily brought on by mental and physical anxiety.
<b>Health systems impacts</b>	Increased referrals that more than doubled in flooded homes for the year following the floods; system disruptions such electricity outages; a lack of standard operating procedures; and poor coordination between relief and save personnel and executive authorities.

### **3. Methodology**

The purpose of this research has been to examine the efforts of women in the flood-affected community to improve their lives. The temperament of the research is descriptive. The study's data comes from innovative sources. A questionnaire was use to bring together the prime data. The females of the community—old, pregnant, nursing, and adolescent girls—were the main informants. They were selected at random.

### 3.1. Sample

From a total female population, a survey sample size of 20 would be reasonable. The total number of women living in Rajanpur district was used to set the respondent scope. This study does not include every woman's. During flood days, data was gathered from various sources. It has been argued that the sample size of 20 people is too small to reliably assess the quantitative aspects of this study because of the emotional nature of the research topic.

### 3.2. Research instrument

The research tool is designed to assemble information from composed data pertinent to the study's aims. A questionnaire was used because of the descriptive nature of this study. There were two parts to the questionnaire. Section A of the instrument used to collect the necessary bio-data from participants consisted of demographic questions, and Section B was made up of seventeen statements. There were three elements included in these claims (Health issues, Poisoning and animals bite, Hygienic issues). The Closed ended statements were asked YES or NO in order to take point of view impact of flood women physical health. A questionnaire was developed by the researcher herself on exploring the influence of each factor on impact of flood after in-depth review of the relevant literature. Such as,(Callaghan et al., 2010; Parkinson, 2003; Rahman et al., 2013; Rashid & Michaud, 2000).

## 4. Data Analysis

Information analysis methods Only 20 female respondents in the Rajanpur district filled questionnaire, which was used to obtain the data. The researcher verified the accuracy and completeness of the responses before collecting the questionnaires from the respondents. Before entering the data, questionnaires were reviewed for completeness, and data cleaning was done to improve the quality of the data. Descriptive statistics were used to analyses the data, which was then displayed as tables, graphs, charts, and frequencies and percentages. Quantitative data analysis was made easier with SPSS, a statistical tool for social sciences.

### 4.1. Limitations of the Study

Limitations are conditions beyond the control of a researcher

- I. When floods occur, many Ares may not be easily reached, so the researcher will have to use different sources to reach the flood area.
- II. The study relied information collect through questionnaire only females flood affected area District Rajanpur.

**Table: 1 What is your Gender?**

What is your gender?	Frequency	Percent	Valid Percent	Cumulative Percent
Female	20	100.0	100.0	100.0

From table: 1, it is seen that 100% females fill the questionnaire due to face different challenges during flood disaster.

**Table:2 What is your Age?**

what is your age?	Frequency	Percent	Valid Percent	Cumulative Percent
20-30	11	55.0	55.0	55.0
30-40	8	40.0	40.0	95.0
above	1	5.0	5.0	100.0
Total	20	100.0	100.0	

From table :2 it is seen that a majority of them that is (55%) of them attributed to 20-30 years old female respondents' response from my questions while (40.0%) was due to 30-40 years old female respondents' response my questions and (5%) respondent response above the age of 50 years old. This finding shows that the major cause of flood disaster in flood affected area district Rajanpur.

From table 3 it is seen that most of the respondents" females that is about (30%) of them are qualified (70%) of them however are not qualified. This shows that even though they are mostly females respondents qualified, most of them are less qualified running therefore cannot survive best way of during flood and not fulfill the needs of them.

**Table: 3 Qualification Status of Respondent's Females**

Are you qualified?	Frequency	Percent	Valid Percent	Cumulative Percent
Yes	6	30.0	30.0	30.0
No	14	70.0	70.0	100.0
Total	20	100.0	100.0	

**Table: 4 To Study the Impact of Flood on the Health of Different Groups of Women (Age Categories, Pregnant Women, Lactating Women, Elderly Women)**

Health issues	Test Value = 0		Sig.(2-tailed)	Mean Difference	95% Confidence Interval of the Difference	
	T	Df			Lower	Upper
Insulin is not available during flood	12.704	19	.000	1.4500000	1.2111171	1.6888829
During flood you face blood pressure problems	13.077	19	.000	1.50000	1.2599	1.7401
Polluted water caused by kidney issues	12.365	19	.000	1.30000	1.0800	1.5200
Women depressed by the flood die of heart attack	13.581	19	.000	1.55000	1.3111	1.7889
Respiratory infections are common during flood disaster	12.337	19	.000	1.35000	1.1210	1.5790

This table shows that the respondents do not sufficient basic needs women's health suffers as a result of eating innutritious meals. There is a lack of both food and clean water. as well, there are no appropriate foods obtainable for females. The females emphasized that a basic ability connected to health issues is essential because they are weak due to tiredness and a heavy workload. The death, in the community where it occurs, is the most dangerous. They drink this hazardous and unclean water to quench their thirst. Defecation during floods is another key concern that might be seen. A lack of proper sanitation exists.

**Table: 5 To Study how Women Handle with Such Problems of Flood**

Poisoning and animals bite	Test Value = 0		Sig.(2-tailed)	Mean Difference	95% Confidence Interval of the Difference	
	T	Df			Lower	Upper
Women die due to snake bite during flood.	13.077	19	.000	1.20000	1.0079	1.3921
You face allergic reaction to mosquito bite	13.077	19	.000	1.20000	1.0079	1.3921
Contaminating drinking water increase gastro disease	12.457	19	.000	1.40000	1.1648	1.6352
You face abdominal pain due to drinking polluted water	13.077	19	.000	1.20000	1.0079	1.3921
Flood causes outbreak of disease such as dengue fever, typhoid	12.457	19	.000	1.40000	1.1648	1.6352

The respondents of the study rotate on the illnesses and injuries that are rising in flood-prone areas. As people effort to liberate themselves, their families, or priceless things from threat, flood-related injuries may happen. When people clean up their homes once the floodwaters have dried out, injuries might sometimes happen. It has been exposed that oral disease transmission occurs during floods; particularly where there is a lack of access to clean, safe drinking water and good sanitation. Many female respondents said they had knowledgeable physical harm and that flooding frequently forced them out of their homes. However, since to require of medical facilities, she established traditional care at home. Later, when she visited the Primary Health middle, she was advised to stay in bed for two months after distress a fissure.

**Table: 6 To Study the Pattern of Women’s Helplessness During Flood in the Context of their Health and Cleanliness**

Hygienic Issues	Test Value = 0		Sig.(2-tailed)	Mean Difference	95% Confidence Interval of the Difference	
	t	df			Lower	Upper
High risk of abortions in women living in flood areas.	13.077	19	.000	1.20000	1.0079	1.3921
Soap has not available during flood.	12.457	19	.000	1.40000	1.1648	1.6352
Pads are unavailable during flood for period days.	13.077	19	.000	1.20000	1.0079	1.3921
Skin and eye disease occur due to direct polluted water.	13.077	19	.000	1.20000	1.0079	1.3921
Polluted water increases the post abortions complications.	12.337	19	.000	1.35000	1.1210	1.5790
Women s may suffer from joint pain in flood.	13.581	19	.000	1.55000	1.3111	1.7889

The female believed that the timing of birth was the main issue. According to the responders, having easy access to medical facilities during a flood was not possible. A pregnant woman should consume nourishing foods at this period, get the necessary care, and keep all personal cleanliness and other requirements. But during a flood, none of these facilities are available. Additionally, the expectant mother frequently had to care for her unborn child as well. According to the pregnant women, the main issue was the period of delivery. One of the respondents said that as it was not possible to have an easy access a flood to medical institutions. They said that because the roads get so muddy, ambulances are unable to go from one location to another. On the days of delivery, there was no privacy. A pregnant woman should consume nourishing foods at this period, get the necessary care, and keep all personal cleanliness and other requirements. But during a flood, none of these facilities are available.

## 5. Conclusion

In light of the information gathered and examined, the accompanying ends were made; This investigation analyzed the impacts of flood women physical health in flood affected area district Rajanpur. In Pakistan, a variety of things hardly ever go as planned under usual conditions. But the flood-affected women of July–August 2022 persevered and struggled beside awful things. Displaced women were compulsory to live in unsanitary, unsafe assistance camps where it was tricky to find food and water.

The respondents do not sufficient basic needs women's health suffers as a result of eating innutritious meals. There is a lack of both food and clean water. as well, there are no appropriate foods obtainable for females. The females emphasized that a basic ability connected to health issues is essential because they are weak due to tiredness and a heavy workload. The death, in the community where it occurs, is the most dangerous. They drink this hazardous and unclean water to quench their thirst. Defecation during floods is another key concern that might be seen. A lack of proper sanitation exists. The respondents of the study rotate on the illnesses and injuries that are rising in flood-prone areas. As people effort to liberate themselves, their families, or priceless things from threat, flood-related injuries may happen. When people clean up their homes once the floodwaters have dried out, injuries might sometimes happen. It has been exposed that oral disease transmission occurs during floods; particularly where there is a lack of access to clean, safe drinking water and good sanitation. Many female respondents said they had knowledgeable physical harm and that flooding frequently forced them out of their homes. However, since to require of medical facilities, she established traditional care at home. Later, when she visited the Primary Health middle, she was advised to stay in bed for two months after distress a fissure. The female believed that the timing of birth was the main issue. According to the responders, having easy access to medical facilities during a flood was not possible. A pregnant woman should consume nourishing foods at this period, get the necessary care, and keep all personal cleanliness and other requirements. But during a flood, none of these facilities are available. Additionally, the expectant mother frequently had to care for her unborn child as well. According to the pregnant women, the main issue was the period of delivery. One

of the respondents said that as it was not possible to have an easy access flood to medical institutions.

Study made particular bring up of flood while importance some of the crucial elements of women's physical health and challenges related with them. During flood the women faces the problem due to lack of way in to food, clothing, shelter, and clean water, Issues with hygiene, poisoning, and animal bites Health problems and inadequate sanitation systems. When the floodwaters recede, it can be difficult for the depressed flood victims to know where to start and how to deal with the devastating effects that have been inflicted upon the complete population, particularly the females. Through the many case studies, the typical traits of a patriarchal structure become apparent (Connell, 2003).

The country experiences a number of calamities practically every year as a result of its geographic location. Over the years, natural disasters like cyclones, floods, droughts, landslides, and earth quakes have had a significant negative influence on the economy, infrastructure, and way of life. It is imperative that people start to see flooding as a communal issue rather than as a personal failing. These communities will continue to be ignored if local government and legislators do not assist them. the study can be simulated in other areas that are affected by floods in the country.

## **6. Discussion**

The current study was conducted impact of flood women physical health in district Rajanpur in view of the reactions of the female respondents from physical health challenges. It clarifies the most important contributing elements to women's physical health vulnerabilities and effects, emphasizes their healthcare needs, and shows how women fared in a flood disaster situation for a disaster-affected nation like Pakistan. The study's findings can be utilized to determine health requirements, facilities, and coping mechanisms for women in a similar situation. Mostly females face abdominal pain due to drinking polluted water, increase gastro disease, increases the post abortions complications, kidney issues and Respiratory infections are common during flood disaster. The outcome shows that solitary females long time health effect in life. However, the calculated frequency, percentages and means indicated the highest means of the experiences of Respiratory infections are common during flood disaster and Polluted water caused by kidney issues.

Different scientists report that experience of Disaster is gender unbiased, not vulnerability (Mehta, Günther, & Marcel, 2015; Mitchell et al., 2007). Floods pose a serious risk to the reproductive health of women. According to this finding, women needed to rely on their families in order to have greater access to healthcare services. The study's results also showed that they had issues with their reproductive health in regular times, but those issues significantly worsened during floods. During the floods in Pakistan, women experienced issues of a similar nature. In 2022 Ruth (2009) and Mumbai flood in 2005 (Ali, 2014). The results, however, revealed that women were a passive cause behind their issues with reproductive health. The study's final suggestion was to give confidence both governmental and non-governmental organizations to take the idea to offer women reproductive health care services. Moreover, in order to make certain that women are in good physical form, it is obligatory to take health care issues into account when developing disaster managing approach.

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