

WOMEN USING DIGITAL TECHNOLOGY AS A SOURCE FOR HEALTH SEEKING INFORMATION: A SHORT STUDY IN MEGHALAYA

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ABSTRACT

A variety of digital tools are available to the general public for the purpose of finding, sharing, and creating health-related information. Only a few studies have focused explicitly on how women are utilizing these technologies, despite the wide range of options that are readily available. Health-conscious women are taking advantage of the internet in a proactive manner to promote their health, as the internet has become such a vital part of everyday life. Women who have more health-related needs or worries are more likely to use the internet than men. Women are increasingly reliant on the internet to enhance their health-related knowledge. The hypothesis of the study is that women adapt faster to technology than men in Meghalaya. According to the findings, women in Meghalaya use more of technology than males to access health information.

KEYWORDS: *Digital Technology, Women*