

## To Study the Nutritional Status of Working and Nonworking Women

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### ABSTRACT:

Today 13.4% Indian women working on a regular salaries compared to 21.2% of working men Family health depends on educational level, health & nutritional status of women. Generally women either working or non working takes her food lastly and some times taken very small or inadequate. Two hundred working and non working women, aged 25 to 40 years, from Beed district were selected randomly. Four data collection methods were used the results of the study show that magnify of the samples were belonging to lower middle class and maximum no. of sample were educated. The anthropometrical measurements of the sample were increase after supplementation in group 'A' whereas there was no increment in the anthropometrical measurements of group 'c'. Thus study have concluded that it should be necessary to educate both working and non working women about importance of nutrients & help them to reduce high risk of nutritional diseases.

### INTRODUCTION:

Indian women shoulders numerous responsibilities of both family and work wonderfully. However she scores really low on nutrition front.

Today 13.4% Indian working women have a regular salaried job compared to 21.2% of working men. (International labor organisation 2014) the educational level health and nutritional status of women are Central to the quality of life and are key determinants of family health. (Jyothi Lakshmi and Prakash 2004 & Rachappaefal 2009) Healthy diet can play important role in human life. Different essential nutrients to live grow and function properly in human body. Generally women either working or nonworking takes her food lastly and sometime food taken by her is too small or two large or inadequate. It is explain by various studies that economic status of family is important indicator for food intake by women, because low income becomes barrier to purchase of different food stuffs (Rooset.at 2008, Dittus & etal 2015, Hupkens 2000) moreover women health is not resolute only by her biological and reproductive factors it also be affected by her work load in office nutrition health household trees and migration. (Archana Sing 2019)

Nutritional deficiency disorders adversely effects health of an individual by causing decreased work performance impaired defence mechanism, lower physical stamina and

attractiveness (Maini & Ranchal 2012) so the present studies focuses on women's nutrition related roles and their nutritional status.

## OBJECTIVES :

1. To study the socio economic status of working and non working women of Beed district.
2. To access the nutritional status of working and non working women of Beed district.
3. To study the dietary pattern of working and non working women of Beed district.

## METHODS :

Hundred working & hundred non working women (55 working and 55 non working housewives) aged 25 to 40 years from Beed district where selected randomly as respondents for the present study.

## DATA COLLECTION :

Data was collected under the following heads.

Socioeconomic survey

Anthropometrical measurements

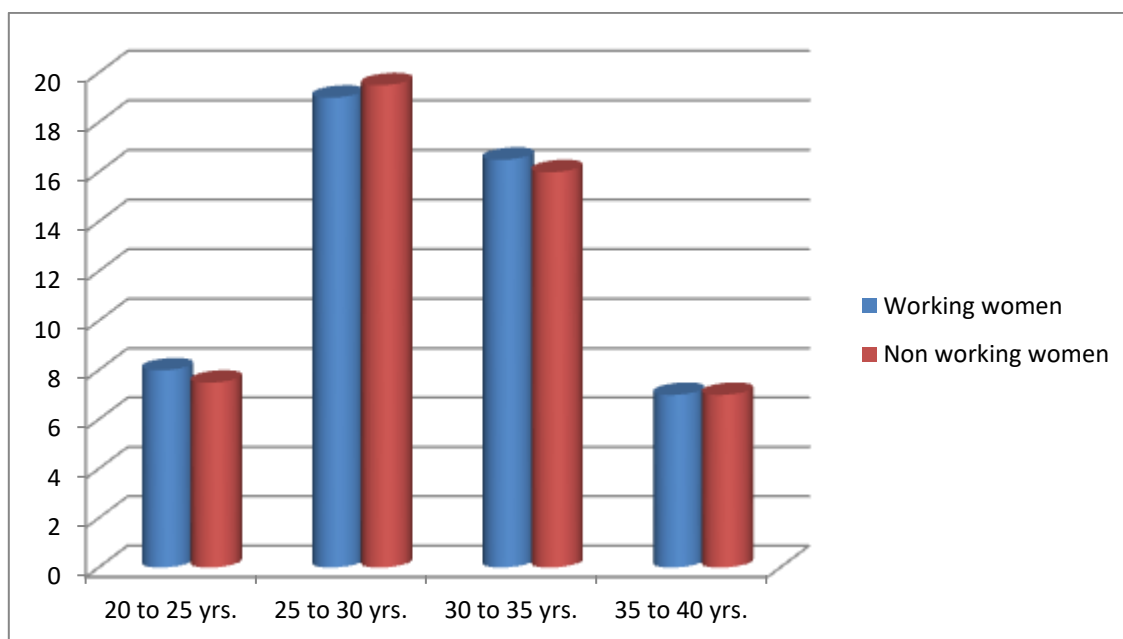
Dietary Survey

Clinical measurements

A questionnaire was prepared according to the objectives of the study. It includes the information regarding age, economics status, educational level, family background practices and nutrient intake of the respondents. For the antropometrical measurement, weight of working and non working women was measured with the help of weighing machine. Subject was standing without foot wear on portable electronic machine. Height of respondents was measured while the subject was standing without foot wear, to the nearest 0.1 cm, using portable anthropometry rod.

Table No. 1

Sr. No.	Age Group	Working women		Non working women	
		Total Nos.	Percentage	Total Nos.	Percentage
1	20 to 25 yrs.	16	08	15	7.5
2	25 to 30 yrs.	38	19.00	39	19.5
3	30 to 35 yrs.	33	16.5	32	16.0
4	35 to 40 yrs.	14	7.0	14	7.0
	<b>Total</b>	<b>100</b>	<b>50</b>	<b>100</b>	<b>50</b>



For the above study 200 working & non working women was selected with the help of random sampling method. 19% of working women were belonging to the age of 25 to 30 years of age, while 16.5% & 8% working women were belonging to the age of 30 to 35 yrs & 20 to 25 years.

Simultaneously whereas 7% working women were belonging to 35 to 40 years. In case of non working women 19.5% belonging to age group 25 to 35 years. Whereas 7.5% & 16.0% non working women were belonging to 20 to 25 years & 30 to 35 years simultaneously. But 7% non working women were belonging to 35 to 40 year The above result shows that maximum number of women belonging to 25 to 30 years.

Table No. 2 Mean weight of working and nonworking women

Group	Weight of Working women before supplementation	Weight of Working women after supplementation	Weight of Non Working women before supplementation	Weight of Non Working women before supplementation	$\chi^2$
A	60 Kg	61.50 Kg	63 Kg	64.5 Kg	0.0011
B	59 Kg	60.00 Kg	62 Kg	63.01 Kg	

The table no. 2 shows that in group 'A' mean weight of working women before supplementation was 60 kg and after supplementation it was 61.5 kg, whereas mean weight of nonworking women was 63 kg before supplementation. After supplementation weight of working women was 64.5 kg. But Non working women was 64.50 Kg. But in group 'C' mean weight of working women was 59 kg & after ninety days the mean weight was 60.00 kg. In case of non working women mean weight was 62 kg before supplementation. After ninety days in group c nonworking women mean weight was 63.00 kg.

The weight of group 'C' working and nonworking women doesn't increase, because they were not supplemented.

Thus it was concluded that  $\chi^2=0.79$  is significant at  $p<0.05$

Table No. 3 Chest Circumferences of working and nonworking women

Group	Chest Circumferences of Working women before supplementation	Chest Circumferences of Working women after supplementation	Chest Circumferences of Non Working women before supplementation	Chest Circumferences of Non Working women before supplementation	$\chi^2$
A	72.5 cm	72.82 cm	72.75 cm	73.0 cm	0.0022
B	72.5 cm	72.05 cm	72.50 cm	72.5 cm	

The above result show that mean chest circumferences of group 'A' working women was 72.5 cm, before supplementation. After supplementation mean chest circumferences of working women was 72.82 cm. but in case of group 'C' mean chest circumference of working women was 72.50, and after 90 days there was not any changes in the chest circumferences of working and nonworking women of control group 'C'. It can be concluded that in group 'A' supplementation have positive effect on chest circumferences of group 'A'. Thus  $\chi^2=0.79$  is significant at  $p<0.05$ .

The mean chest circumferences of group 'A' nonworking women was 72.75 cm before supplementation. In group 'A' after supplementation mean chest circumferences of nonworking women was 73.00 cm. Before supplementation mean chest circumferences was 72.50 cm in nonworking women of group 'C'. There was no increment in the chest circumferences of group 'C' nonworking women after 90 days.

Table No. 4 Mean mid arm Circumferences of working and nonworking women

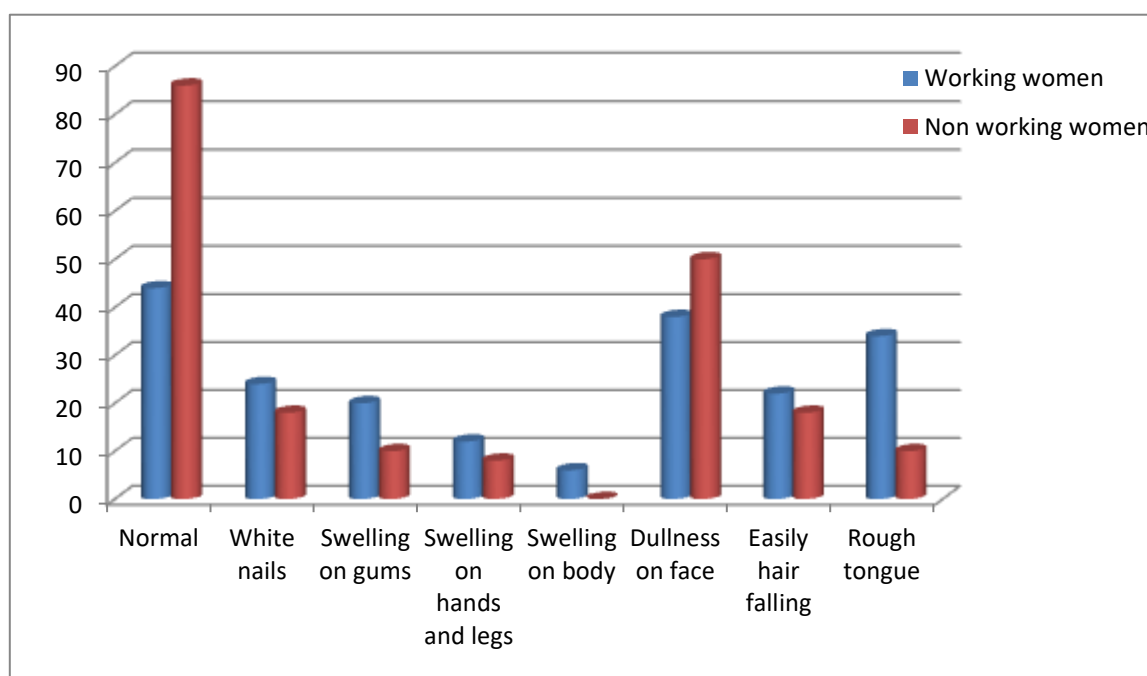
Group	Mean mid arm Circumferences of Working women before supplementation	Mean mid arm Circumferences of Working women after supplementation	Mean mid arm Circumferences of Non Working women before supplementation	Mean mid arm Circumferences of Non Working women before supplementation	$\chi^2$
A	27.0 cm	29.40 cm	27.00 cm	29.50 cm	0.79
B	26.25 cm	26.80 cm	27.25 cm	27.25 cm	

The above mid arm circumferences of group 'A' working women was 27.0 cm before supplementation. After supplementation the mid arm circumferences of working women was 29.40 cm. In nonworking women of group 'A' the mean mid arm circumferences was 27.00 cm before supplementation. But after supplementation mid arm circumferences of group 'A' nonworking women was 29.50 cm. In case of group 'C' working women mid arm

circumferences was 26.25 cm before ninety days. But after 90 days the mean mid arm circumferences was 26.80 cm i.e. there was no changes in mid arm circumferences of working women. group of nonworking women mid arm circumferences was 27.25 cm before ninety days. But after 90 days there was no changes in mid arm circumferences of nonworking women in group 'C'.

Thus it was concluded that  $\chi^2=0.79$  is significant at  $p<0.05$  level in group 'A' working and non working women.

Sr. No.	Symptoms occur in clinical measurement	Working women		Non workingwomen	
		Nos.	Percentage	Nos.	Percentage
1.	Normal	22	44	43	86
2.	White nails	12	24	05	18
3.	Swelling on gums	10	20	05	10
4.	Swelling on hands and legs	06	12	04	08
5.	Swelling on body	03	06	0	0
6.	Dullness on face	19	38	25	50
7.	Easily hair falling	11	22	09	18
8.	Rough tongue	17	34	05	10



The above table describe the clinical symptoms of working and nonworking women. Most of the working women were normal i.e. 44% but 86% non working women were normal. 17 %

working women were having rough tongue, whereas only 10% nonworking women having rough tongue. 34% and 24% working women were having dullness on face and white nails. But 18% and 18% non working were having dullness on face and white nails simultaneously. 22% and 20% working women were having easily hair falling and swelling on gums simultaneously. In nonworking women 18% and 10% were having easily hair falling and swelling and gums whereas 12% working and 8% nonworking women were having swelling on hands and legs simultaneously.

Thus it can be concluded that anemic patients were more in working women the above study.

## **CONCLUSION:**

Women's nutrition have a important role for a healthy women. Healthy women fulfill the multiple role of having healthy children, keep healthy nutrition or good nutrition family members etc, which affects on nutritional status of the whole family. It can be concluded that most of the time women who take care the health & nutrition of whole family, but ignores her own. Therefore awareness regarding food habits essential in both i.e. working and nonworking women. The study also concluded that it should be necessary to educate the both working and non working women about importance of nutrients and help them to reduce the high risk of disease.

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