

# Musculoskeletal pain and perceived exertion among women in rural kitchen

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■ **ABSTRACT** : The present study was planned to assess the musculoskeletal pain and perceived exertion among women in rural kitchens of Kanpur Nagar. Two villages *i.e.* Hindupur and Dharampur villages from Kalyanpur block and Hridaypur and Kishunpur villages from Chaubepur block were selected randomly for the purpose of study. Purposive sampling was done to select 60 respondents from each village having compact kitchens, either separately or in form of enclosed varandah. The data on musculoskeletal pain was gathered by using body map technique based on a rating scale of Varghese *et al.* (1989) and perceived rate of exertion through Borg's 10 point scale. Analysis of data reveals that severity of musculoskeletal pain was higher in lower back followed by upper back, elbow joint, neck and shoulder whereas rate of exertion perceived by women in rural kitchen was highest while fetching water followed by dishwashing, moping, serving meal and peeling and chopping vegetables.

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■ **KEY WORDS**: Musculoskeletal pain, Perceived rate of exertion, Kitchen, Women, Rural

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