

Muscular skeletal problems faced by working women

R.K. UPADHYAY, ROHINI DEVI AND ISHWAR SINGH

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See end of the article for authors' affiliations

Correspondence to:

R.K. UPADHYAY

S.M.S. Krishi Vigyan
Kendra, Ujjain and
BURHANPUR
(M.P.) INDIA

ABSTRACT

The present study was carried out to identify the muscular skeletal problems faced by the working women of different professions viz. sweepers, vendors and construction workers. Ninety working women were surveyed by random method belonging to Teh. Jaora District Ratlam for studying the general background, frequency of postural changes and muscular skeletal problems faced by them and it was observed that the activities which were time consuming, highly difficult involved, maximum perceived exertion, increased heart rate and more energy demand increased maximum in muscular pain in the body particularly at upper back and lower back. Due to the severe pain in the body, they faced the health problems also.

Key words : Muscular skeletal problems, Body incidence pain, Working women.

Indian woman plays an important role in the unorganized sector. Her work often demands more time and energy resources. She performs the activities in her own usual way adopting casual postures without realizing the cost of energy and other muscular efforts which ultimately result in muscular skeletal problems leading to drudgery. According to Saha (1999), the major health problems related to abnormal working posture are the 'problems of aches' of the muscular skeletal system. While working abnormal postures such as bending, stooping, twisting etc. which might likely to cause many health problems particularly in the muscular skeletal system in the long run. These may lead to body deformities. In view of the above facts a systematic study on different professional activities was carried out to study the general background of the working women, observe frequency of postural change while performing the professional activities and identify muscular skeletal problems faced by sweepers, vendors and construction workers.

METHODOLOGY

Selection of the sample:

A purposive sample was selected by the random method for conducting the survey. The total sample consisted of 90 working women of different professions viz. sweepers, vendors and construction workers belonging to block.Jaora Dist.Ratlam in 2006.

Survey:

In the survey questionnaire for data collection was used for assessing the information regarding general background and so on.

Identification of muscular skeletal problems:

Incidence of muscular skeletal problems of the

selected subjects was identified by using the 'body map'. After completing the activity incidence of body pain at different body parts viz. upper extremities and lower extremities were recorded on five point scale i.e. very severe (05), severe (04), moderate (03), light (02) and very light (01) (AICRP Project, 2000).

RESULTS AND DISCUSSION

General background of the working women:

Majority of the women were belonging to 30-41 yrs, illiterate, married and of nuclear family. In the remaining sample, 17.33 per cent women were 42-52 yrs age and 14.70 per cent were 20-29 years age. Most of them were primary school educated. Very few were belonging to the category of high school education. Only 20 ladies have completed higher education out of which 8 were graduates and 12 completed higher secondary. Though majority of were married, the sample also consisted of 8 widows. Most of the families were earning 2000 to 4550 rupees as monthly income.

Frequency of the postural change:

It was observed that maximum (100 %) of the vendor respondents performed the activity of carrying vegetables and fruits in the standing posture whereas selling vegetables and fruits was performed in sitting posture. All the sweeper respondents used slight bending for sweeping and standing and bending for carrying garbage. The activities of construction workers were performed in standing and bending posture by all the respondents.

Incidence of muscular skeletal problems:

The muscular skeletal problems observed in sweeper respondents were presented in Table 1. No respondent