

# To study the awareness about nutrition and common health problems among the working women

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■ **ABSTRACT :** If we all wanted to join forces in promoting the health and well-being of those who deserve it the most and receive in the least, we should concentrate on young women. It is simply because when become healthier, better nourished and rise above poverty and when their status in society improves, the world will be a better place, our children will have a better future and development and peace will have a better chance. So researcher got interested to study the awareness of women health and nutrition deeply to find the main causes of health degradation of working women. The objectives of the study are (1) To study the awareness about nutrition among the working women, (2) to find out the common health problems of the working women. 200 working women are selected by purposive selection from Gorakhpur city. Questionnaire method is used for data collection and percentage method is used for data analysis. Results shows that working women have enough knowledge in some field of nutrition, but they have poor awareness about their health care.

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If health is defined 'as a state of complete physical, mental and social well-being and not merely the absence of disease or in firmity, it follows that existence is a necessary condition for aspiring for health. The health of Indian women is intrinsically linked to their status in society. India a traditional country, where women are respected as 'Matrishakti'. Health care access is important for women as women's body changes throughout her life time from fetal development to post menopause. They use medical services more often than men, especially during their reproductive years. Many women also face huge social, economical and cultured

barriers to having lifelong good health. Several reasons have been found to cause health problem and all over the country. There is a strong correlation between illiteracy and women health.

Women's are mainly exposed to indoor and outdoor pollutants which cause great damage to their health. Women's can expose to these chemicals at home and in work place. They get into body when a person breaths, eat, drink or have skin contact with them. They can be found in household products such as 'Cosmetics, plastic container' can come from industrial pollution and cigarette smoke. The impact of chemicals depends upon

time of exposure; stage of rapid development can be especially time of vulnerable to the effect and exposure at these times can increase risk for health problems later in life. Only some women access to balanced diet that include plenty fresh fruits, vegetable, legumes and whole grains and only few women care to wash fruits and vegetables carefully. Most of the women quite often get olive, instead they regularly get hydrogenated or semisolid fats. The practice of hand washing in most of the rural areas is often neglected by the women folk and transferring their germs from hands to mouth in this process, thus become the victim of various diseases.

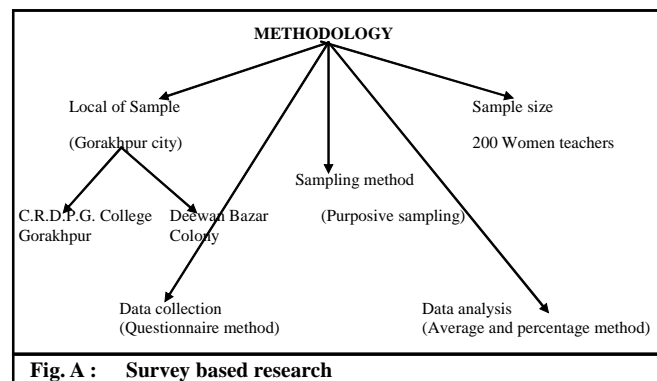
How health status of the women result many health problems such as protein calorie malnutrition's. Maternal malnutrition has been associated with an increased risk of maternal mortality and also child birth defects lack of good health status of the women contribute to future economic disparities for mothers and their children. So it is burning problem of the women and whole society. Development of the country is based on its community development and women are the root of any healthy community. So the study based upon the awareness of women about their health and nutrition deeply to find main causes of health degradation of working women.

### Objectives of the study :

- To study the awareness about nutrition among the working women.
- To find out the common health problems of the working women.

### RESEARCH METHODS

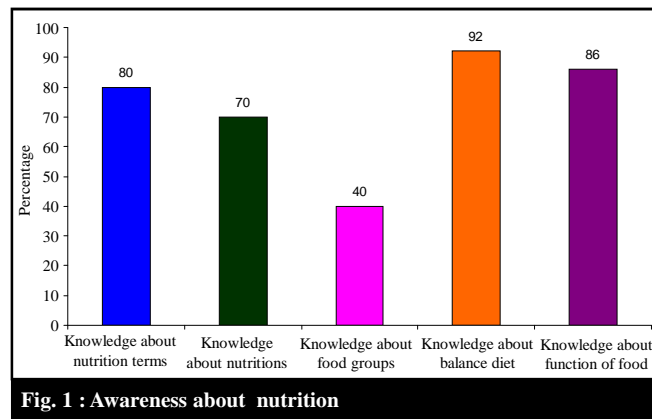
200 working women are selected from Gorakhpur city. This is survey based study. Sample is selected by purposive sampling method. Questionnaire method is used for data collection and aware and percentage



methods are used for data analysis.

### RESEARCH FINDINGS AND DISCUSSION

Following data received from the respondent about the awareness of health and nutrition (Fig. 1).



Results shows that 80 per cent women are aware about nutrition terms. 70 per cent women are aware about nutrients, 40 per cent women are aware about food groups, 92 per cent women are aware about balance diet and mostly 86 per cent women are aware about function of food.

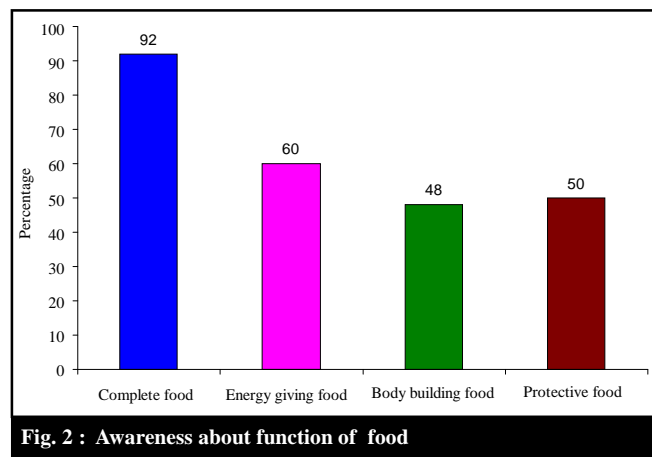
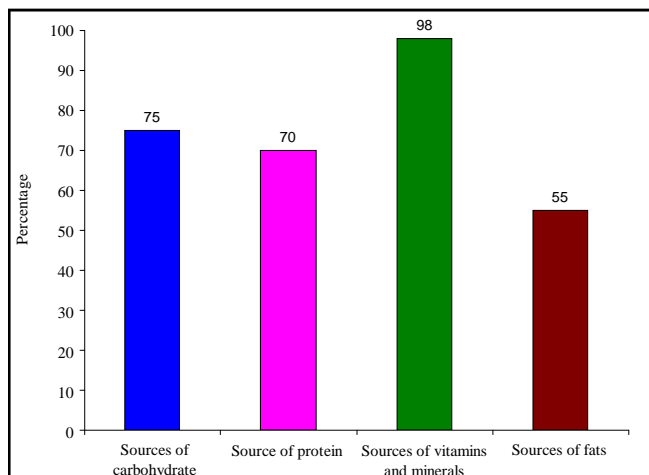


Fig. 2 shows that 92 per cent mostly women aware about milk is a complete food because all type of nutrients are found in it. 60 per cent women aware fat and carbohydrate are rich sources of energy. 1 g fat provides 9 calories and 1 g carbohydrate provides 4 calories energy. 48 per cent women aware about protein is a body building food. 50 per cent working women are aware about vitamins and minerals are protective food.

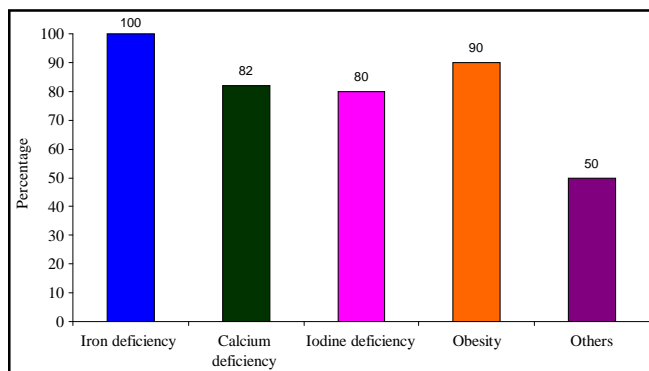
Fig. 3 shows that 75 per cent women aware about



**Fig. 3 : Awareness about sources of nutrients**

sources of carbohydrates. They aware rice, wheat, corn are rich sources of carbohydrate. 70 per cent women are aware about nuts, almond, meat, fish, milk product and milk are rich sources of proteins. Mostly 98 per cent women are aware about fresh fruits, green vegetables are the good sources of vitamins. They also known that vitamins and minerals prevent from disease. Mostly women know about function of protein in our body is body building, body repairing and formation of blood hormones and lymph. Only 55 per cent women aware about Ghee, Butter and Oil are the sources of fat.

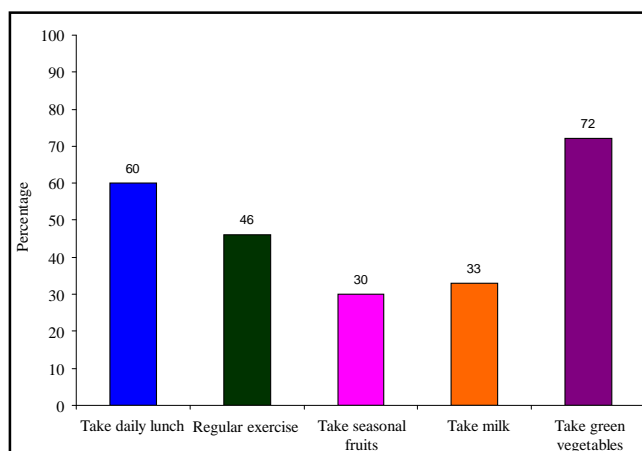
Fig. 4 shows that 100 per cent women are aware about iron deficiency. They are aware that lack of iron caused anemia. The knowledge of source of iron palak, chulai, green and leafy vegetables are the cheap and food sources of iron. 82 per cent women are known about calcium deficiency diseases like arthritis, Bone disease, Rickets. They known that milk is the rich source of calcium. 80 per cent women aware about Iodine



**Fig. 4 : Awareness about nutritional deficiency**

deficiency working women known that thyroid problems in mainly women is caused by Iodine deficiency. 90 per cent mostly women aware about over eating caused obesity. Large amount of fat, sugar and starch intake causes obesity problem which is the root cause of cardiovascular disease. 50 per cent women are known that other like diseases like colour blindness, diabetes, cardiovascular disease and kidney disease are also formed by unbalanced diet.

Fig. 5 shows that 60 per cent working women take their lunch to the work place. Mostly women take *Puri* sabji and fast food. 46 per cent women are indicating that women do regular exercise. Women they have lack of time and no interest. Only 30 per cent working women take seasonal fruits. 33 per cent women take 1 glass daily milk at bed time they accept that working women requires 2225 Kcl energy per day and 33 per cent working women have this knowledge.



**Fig. 5 : Awareness about nutritional habit**

Fig. 6 shows that 83 per cent women accept that healthy food and exercise is must for good health. Healthy foods provide nutrition to our body and exercise keeps well our muscles. 75 per cent working women knows that dirty hands, pots and food stuffs their improper handling caused food contamination and they aware that intake of contaminated food caused indigestion, headache and acidosis. Only 25 per cent women knows that FPO mark is given to every food product which indicate that food product is safe and healthy for use.

**Conclusion :**

Table 1 shows that 68 per cent working women

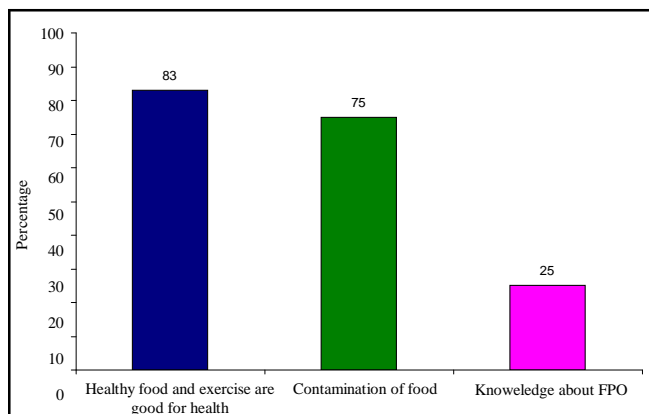


Fig. 6 : Awareness about good health

teacher check their blood pressure when they think it's requirement. 45 per cent women have normal blood pressure while 30 per cent low and 25 per cent High blood pressure. Healthy women should have 120/80 mm Hg blood pressure.

96 per cent women teacher have back bone pain because lack of calcium and all time work on the table chair during this age osteoporosis is common in adult

women. According to ICRM normal adult require 400-500 mg/day calcium for healthy bones.

Table 1 shows that 80 per cent women check their hemoglobin when they required. Only 6 per cent women are accepting that they check their hemoglobin regularly. Hemoglobin level of the women found as 60 per cent between 8-9g/100ml blood. Low hemoglobin level of the blood caused anemia which reduces carrying capacity of O<sub>2</sub> by blood women teachers are aware that lack of Iron caused anemia.

Table 1 shows that 75 per cent women check their thyroid when they required. 45 per cent women are affected by Hypothyroidism. Present day there are huge problem of Iodine deficiency in women mostly women are affected this problems.

82 per cent women check their Glucose level when required and 78 per cent. Female have normal glucose level 12 per cent women are Hyperglycemic. 70 per cent women teachers have over work load. 10 per cent women are Hypoglycemic. 82 per cent women feels energy less they take glucose water to get relax, But teachers are also aware that excessive or over intake of glucose

Table 1 : Following data received from the respondent about the common health problem of working women

Sr. No.	Statement	Percentage
1.	<b>Working women check their blood pressure</b>	
	Yearly	05
	Monthly	15
	Weakly	10%
	Never	02%
	When require	68%
2.	<b>Blood pressure found</b>	
	Normal	45%
	Low	30%
	High	25%
3.	<b>Working women having back bone problem.</b>	96%
4.	<b>Regular check their hemoglobin</b>	
	Yearly	12%
	Monthly	2%
	Regularly	6%
	Never	-
	When require	80%
5.	<b>Hemoglobin level</b>	
	12-14g/100ml blood	10%
	10-11g/100ml blood	30%
	8-9g/100ml blood	60%
	Below	-

Table 1 contd...

Contd... Table 1

6.	<b>Regular check their thyroid</b>	
	Yearly	10%
	Monthly	9%
	Weakly	2%
	Never	4%
	When require	75%
7.	<b>Thyroid level</b>	
	Normal	35
	Hypo	45%
	Hyper	20%
8.	<b>Regular check their glucose level</b>	
	Yearly	10%
	Monthly	7%
	Weakly	1%
	Never	-
	When require	82%
9.	<b>Glucose level</b>	
	Hypo	10%
	Hyper	12%
	Normal	78%
10.	Take Iron, calcium tablets for prevention of anemia and bone disease	78%
11.	Feels tired and energy less during working period	82%
12.	<b>Women teachers take drinking water in work place as under</b>	
	RO Purifier	13%
	Hand pump	10%
	Supply water	77
13.	<b>Food take by canteen</b>	
	Daily	3%
	Weakly	82%
	When require	15%
14.	<b>Any digestion problems like diarrhea, dysentery and typhoid</b>	91%
15.	<b>Any hormonal problems</b>	73%

caused diabetes.

Table 1 shows that only 13 per cent women take RO water on the workplace. Infected water may cause health problems. 91 per cent women accept that dirty and unsafe drinking water causes diarrhea dysentery and typhoid. 82 per cent working women take canteen food weakly and 73 per cent working women have many hormonal diseases because they have proper knowledge about health and nutrition but job condition and no more time for personal care so they have many common health problems.

#### Suggestions:

There are some suggestions for under following :

- Medical health center should be present in work

place.

- Women awareness programmers should be conduct in the institution.
- Women education should be emphasized.
- Proper drinking water facilities should be work place.
- Monthly Health checkup of working women should be working place.
- Programme related with women health should be presented on radio and Eassy should published in every paper regularly on women health.
- Canteen should be provide healthy and Hygienic and all nutrients added food which are prepare by Home Science students.

- Til, Gudd, Annar, apple, suts, khagoor are also riched sources of Iron. So Home Science teacher should be conducted the seminar and teacher for all teachers for health awareness.

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