



## Nutritional Status of Working Women

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### KEYWORDS :

#### Introduction

Women constitute about half of country's population. There can't be happiness and full development as long as women remain depressed and exploited.

#### Good Health is a major factor in our happiness and for an active life.

Food is a basic requirement for survival, Food gives energy to the body. Everybody eat food. Scientist are curious to know about the food they consumed it passage in body and its effects. This curiosity led to the development of the science of nutrition. "Nutrition is the science of food , the nutrients and other substances ,their action, interaction and balance in relationship to health and disease. It the process by which organism ingests, digests, absorbs transport and utilize nutrients and disposes of their by product" (Robinson 1982)

"Every profession is expected to maintain certain nutritional standards and society has a right to demand those standards from the teaching community impact on society, his skill and his behaviors pattern with his students etc are some of the many professional standard set for the members of the teaching profession as an indication of the a causation and contribution to the understanding and growth of accumulated knowledge.

#### The teacher's role is significant because teachers are in a unique position to provide accurate nutrition information to student.

The teachers personal focus should be on nutrition on physical fitness increase participation knowledge of nutrition and its relation to health how to recognized and deal with nutrition problems, and how to incorporate nutrition in the total school programmed. Teachers have a basic knowledge of nutrition, dietary Patten food consumption then he can perform proper role in nutritional programmed which Government organized in all school for children. Teachers increase in nutrition knowledge will necessarily produce disenable changes in nutrition related behaviors

Teachers to be made to understand practices proper ways of living for to maintenance of health and avoidance of illness. There is need to mould the behaviors. Teachers have to realize what are the correct thing to be given up to avid if proper health has to be maintained.

Nutritional status affect working capacity and improving the quality of life . Through these various roles women influence the nutritional status of the individual family member of the house.

Employment of the wife supplements to the household income and paves for better purchasing power. This hold good for women belonging to middle and high income groups. Beside physical and mental strain employment call for homemakers to preserve harmony in their life.

#### Objectives :

1. To study the personal characteristics of working women
2. To study the relation between selected physical characteristic and nutritional practice and nutritional attitude

#### REVIEW OF LITERATURE

Quanine (1990); studied women nutrition in Bangladesh Gramin Bank, to rise the income and living standard in disadvantaged sections of the rural community. Women have benefited particularly, as there has been a noticeable rise in their state in family and communi-

ty and also improvements in their home and nutritional state of their children.

Feraren and Onatge (1983) determined the level of nutrition knowledge and practice of 198 public elementary school teachers in 105 Banos, Laguna correlated the same with selected variables. Among the variables tested, only nutrition training in high school was highly significantly related to knowledge but not to practice. Age, educational attainment, experience and exposure to mass media had on significant effect on knowledge and practice.

Mohapatra et al. (1986) tested in 23 government schools in Hyderabad and Secundarabad India composed a sample of 150 primary school teachers and 130 trainee teachers for nutritional knowledge. The mean knowledge score was 61 percent for the basis of findings it was recommendation to update the training syllabus for teachers, to allocate more teaching time to health related subjects; to provide appropriate teaching aids, to direct more resources to nutrition education.

#### METHODOLOGY :

The present study was related with the personal characteristics Age, education, working hour, monthly income, family income, BMI and nutritional knowledge, practice and attitude.

The indices of nutritional knowledge practices attitude worked out and use for the analysis.

The present study was undertaken in Akola city.

The study was related to working teachers. A sample of 120 teachers respondents were selected from school and college.

#### RESULTS AND DISCUSSION :

**Table 1 : Distribution of working women according to monthly expenditure on food**

Sr. No	Monthly Expenditure on food category	No. of working Women	Percentage (%)
1	upto Rs. 5000/-	45	37.51
2	Rs. 5001/- to Rs.15000/-	64	53.33
3	Above Rs. 15000/-	11	9.17
	Total	120	100.00

Selected working women were classified according to expenditure on food and food items. Table 1 reveals that 37.51% women were having their monthly food expenditure less than Up Rs. 5000/-,As much 53.33% women had family expenditure on food in between Rs. 5001/- to Rs. 15000/- per month, and only 9.16% working women had their expenditure on food and food items more than Rs. 15000/- monthly.

#### Diet pattern:

Nutrition of individual is based on quality of food consumed and dietary pattern followed. Nutritional studies are always based on the fact that the recommended dietary pattern is followed by an individual or not.

**Table 2 : Distribution of working women according to their dietary pattern.**

Sr.No	Dietary Pattern	No. of working women	Percentage (%)
1	L+D	49	40.83
2	L+S+D	09	7.50
3	B+L+D	33	27.50
4	B+L+S+D	29	24.17
	Total	120	100.00

Selected working women were asked about dietary pattern and classified on the basis as per pattern observed and presented in the table. Table 2 reveals that dietary pattern was dominated by lunch and dinner. As 40.83 women were following the lunch and dinner pattern. As much as 27.50 %women had their dietary pattern as lunch, Breakfast and dinner Nearly one-fourth were following The diet pattern of Breakfast, Lunch, shanks, and Dinner. Only 7.50% had three time meal as Lunch, shanks, and Dinner

Women were following lunch , shanks ,and dinner pattern and only 7.2% working women were following the recommended dietary pattern i. e. breakfast lynch sank and dinner which is a matter of concern.

**Table 3 : Mean and S.E. (M) ± for selected attributes**

Sr no	Particulars	Mean	S.E.M(±)
1	Age	38.85	0.7714
2	Education	17.48	0.1823
3	Working hours	5.97	0.0811
4	Monthly income	15967	1367.16
5	Family income	37133	1766.12
6	Food habits	1.76	0.0393
7	BMI	22.13	0.3111
8	Nutritional knowledge index	95.22	0.5507
9	Nutritional practices index	85.58	0.3715
10	Nutritional attitude index	91.23	0.5093

The table presents average level of personal characters and nutritional knowledge, nutritional practices, nutritional attitude, the average age of the selected teacher was 39 yr. Having higher of qualification with m degree having six hours of working and drawing monthly income of Rs.15976 leading the family income to Rs.37133indicating that the working women are highly qualified middle age and from the selected class drawing the sufficient income

The food habits of selected teacher are mostly of mixed type with non vegetarian food at least one in a week the average BMI value (22.13) indicated that it is below the recommend level not fluffing the required nutritional impact on the body the increase of nutritional knowledge , nutritional practices and nutritional attitude ranges between 85.58% to 95.22% indicating the selected respondent teacher posses good nutrition knowledge have a positive attitude towards it and apply nutritional practices at the highest level though they are not at the determined level of 100%being highly qualified class of the society

It is concluded from above discussion have their BMI to the recommended level by non adopting 100% nutritional practices.

**Table 4 Correlation Between The Personal characters and Nutritional Characters**

Sr.no	Particulars	Nutritional knowledge index	Nutritional practices index	Nutritional attitude index
1	Age	0.1469	0.1357	-0.1239
2	Education	0.4476**	0.2464*	0.4176*
3	Working hrs	0.0645	-0.0134	0.0284
4	Monthly income	-0.0216	0.3447	0.0529
5	Family income	0.3442*	0.3878*	0.2658*
6	Food habits	0.4893**	0.3984*	0.4716**
7	BMI	-0.3269*	0.2065	0.2729*

\* - Significant at 5%,

\*\* - Significant at 1%

Table 4 present the correlation between the personal characters and the nutrition characters of the selected respondent the highly qualified teacher having highly family income and mix type of food habit have significant positive correlation with the nutritional knowledge, nutritional practices and nutritional attitude .However nutritional knowledge recorded inverse relation with BMI though it is positively associated with nutritional attitude.

As regards the association between monthly income family income and food habits. Family income and food habits have significant positive correlation with nutritional knowledge, nutritional practices and nutritional attitude.

Monthly income of teachers could influence adoption of nutritional practices positively.

It is concluded from the above that nutritional knowledge, nutritional practices and nutritional attitude have significant impact of educational level, family income and food habits.

The BMI have significant positive relation with nutritional attitude. However, indicated in verse effect of nutritional knowledge.

### Conclusion :

The following conclusions are drawn from the study

1. The average expenditure on food was about Rs. 10,000 per month.
2. Most of the selected lady teachers preferred lunch and dinner dietary pattern.
3. The teachers are middle age, highly qualified
4. Nutritional practices and nutritional attitude have positive significant relation with educational level, family income and food habits.
5. BMI is positively associated with nutritional attitude and inversely with nutritional knowledge.

## REFERENCES

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