

A COMPARITIVE STUDY OF NUTRITIONAL STATUS OF WOMEN ENTREPRENEURS AND HOUSE WIVES

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Abstract : The present study is a comparative study of Nutritional Status of Women Entrepreneurs and House wives. The purposive Sampling was used for the collection of data. A sample of 300 was selected from different area of Rajasthan at different work places of women entrepreneurs. The sample was divided into 200 Women Entrepreneurs and 100 House wives, between 20 years to 50 years.

Key words- Nutritional Status, Height, Weight, BMI Women entrepreneurs and house wives.

Objectives- The main objective of this study was to assess a compare nutritional status of women entrepreneurs and house wives.

Method - Anthropometric measurement height, weight of all the subjects of the study were noted and body mass index (BMI) was calculated using the-

Formula- Weight (kg)/ Height (m²)

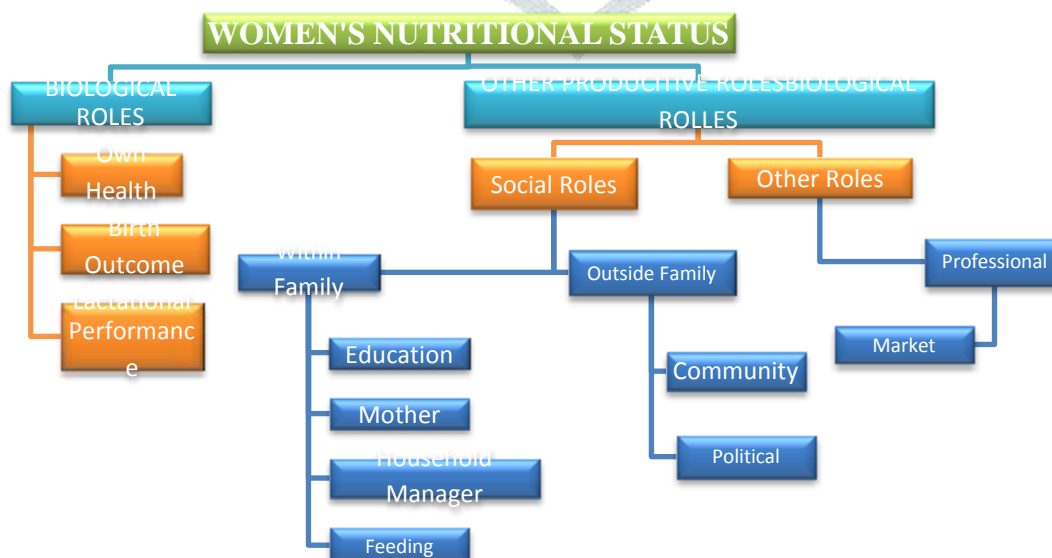
Results – The study about Nutritional Status of women entrepreneur and house wives concluded they were not same. Women Entrepreneur are having higher level of height, weight and their BMI as per compare to house wives.

Introduction- Nutritional status is affected by many factors such as age, educational level, occupation and income. This will worsen with bad working condition, improper posture long working hours, unhygienic working environment. (Forster2005).

Women plays an important role at home as well as in the society. In earlier days majority of Indian women were shy illiterate, pessimistic and traditional mind feels that being women they are sub ordinate. In society they restricted themselves to house hold activities only.

Anthropometry is considered to be an important tool for assessing nutritional status of individual or community. Hence, measurements namely stature, sitting height, weight and indices Based on these measurement evolved by different scholars have been extensively used to define the extent of as a ratio of weight to height square can be a good parameter to grade chronic energy deficiency (CED) in adult (Naidu et al, 1991) based on the measurement made the BMI (Body mass index kg/m²) easily determined. The BMI values, determining the body structure, were divided into categories, according to the international classification of adult underweight, normal weight, overweight and obesity (WHO,2000). Based on the measurement the WHR (waist to hip ratio) and W/HT (waist/height) indicators can also be calculated, indicating the central distribution of the fatty issue. The advantage of the indicators is possibility of use in early detection of obesity related to disease, even individuals with normal body mass.

WOMEN'S NUTRITIONAL STATUS



Dietary life is the fundamental element affecting health maintenance. Individual dietary life is influence by several environment factors such age, education, job, economic level, family status and residence. House wife often have less time available to maintain their health due to typical home making duties, which include maintenance of family dietary life and child care.

In India the concern over health is gradually becoming a common talk especially for women employ. A balanced life for women is one where they spread their energy and effort. The world health organization (WHO 1946) defined health is its broder sense. In its constitution as “ A state of complete physical, mental and social well being and non merely the absence of disease or in firmly”.

Today is challenging time for working and non working women with nutritional status and health problem. While women’s role in the food chain essential to produce that all important resource, food, it paradoxically does not guarantee women even minimum levels of nutrition.

Table 1
Mean Height of Women

FREQUENCY TABLE FOR HIGHT			
S.No.	Women Hight	Group	
		Women Entrepreneurs	House Wives
1	150 to 156 cm.	61 30.50%	16 16.00%
2	157 to 162 cm.	82 41.00%	29 29.00%
3	163 to 168 cm.	27 13.50%	23 23.00%
4	169 cm.to Above	30 15.00%	32 32.00%
Total Numbers Of Women		200	100
Group	Entrepreneurs Women	House Wives	't' value
Mean	49.50	26.75	1.8066
SD	26.29	7.27	

* Significance Level 0.05

Above table 1 showing Mean 49.50 for women entrepreneurs and 26.75 for House wives and SD 26.29 for women entrepreneurs and 7.27 for House wives and the 't' value is 1.8066 that is above significance level 0.05.

The results showing that the significant level of Entrepreneur women is higher than house wives according to their height.

Chart 1

Mean, SD and 't' value of women Entrepreneur and House wives according to their Height

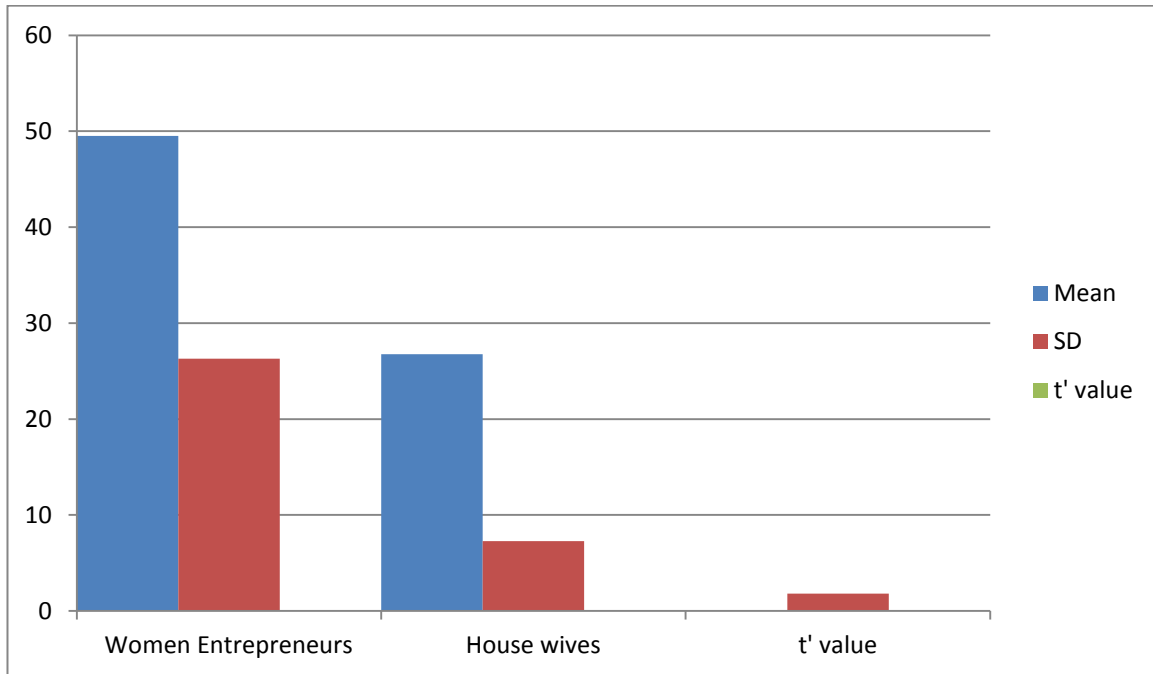


Table 2
Frequency Table For Weight

FREQUENCY TABLE FOR WEIGHT			
S.No.	Women Weight	Group	
		Women Entrepreneurs	House Wives
1	40 to 50 Kg.	51 25.50%	18 18.00%
2	51 to 60 Kg.	66 33.00%	38 38.00%
3	61 to 70 Kg.	47 23.50%	32 32.00%
4	71 Kg. Abobe	36 18.00%	12 12.00%
Total Numbers Of Women		200	100

Group	Entrepreneurs Women	House Wives	't' value
Mean	48.00	26.75	2.3434
SD	12.83	12.06	

* Significance Level 0.05

Above table 2 showing Mean 48.00 for women entrepreneurs and 26.75 for House wives and SD 12.83 for women entrepreneurs and 12.06 for House wives and the 't' value is 2.3434 that is above significance level 0.05.

The results showing the Table 2 that the significant level of Entrepreneur women is higher than house wives according to their weight.

Chart 2

Mean, SD and 't' value of Women Entrepreneur women and House wives according to their Weight

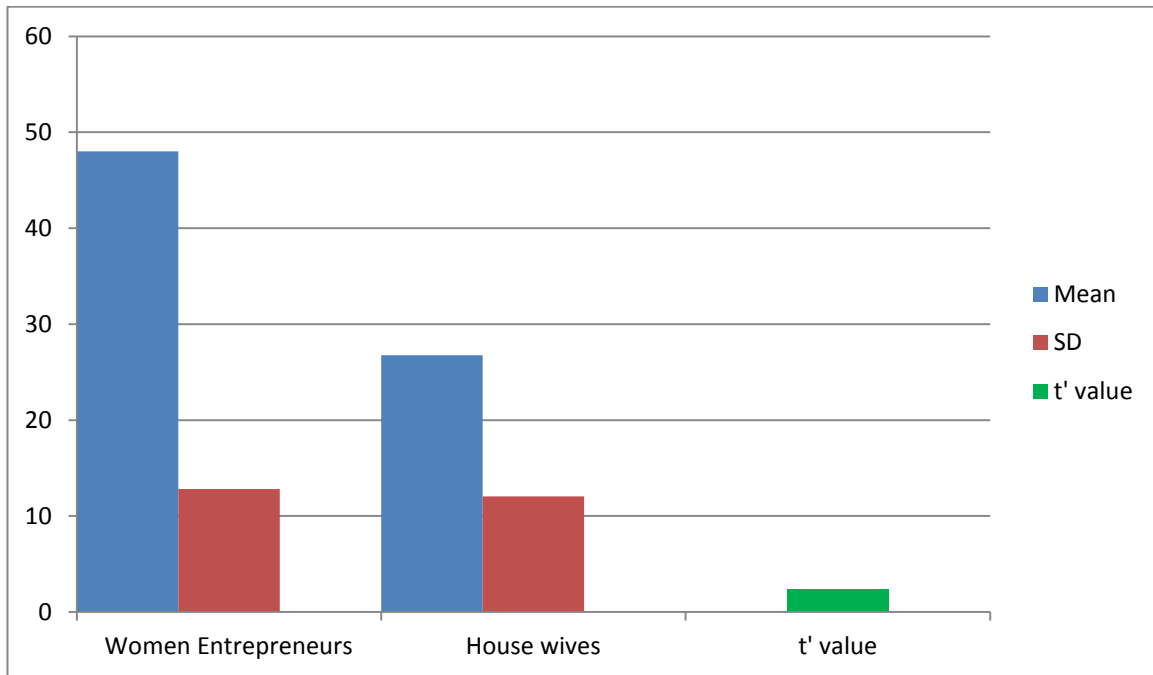


Table 3

Women's BMI Categories

FREQUENCY TABLE FOR BMI CATEGORIES OF WOMEN ENTREPRENEURS AND HOUSE WIVES			
S. No	BMI Categories	Group	
		Women Entrepreneurs	House Wives
1	Under Weight= ≤ 18.5	40	18
		20.00%	9.00%
2	Normal Weight=18.5-24.9	42	38
		21.00%	19.00%
3	Over Weight=25-29.9	48	31
		24.00%	15.50%
4	Obesity=BMI of	70	13
	30 or greater	35.00%	6.50%
Total Number of Women		200	100

Group	Women Entrepreneurs	House Wives	't' value
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Mean	47.38	26.00	t = 2.6978
SD	12.03	11.02	

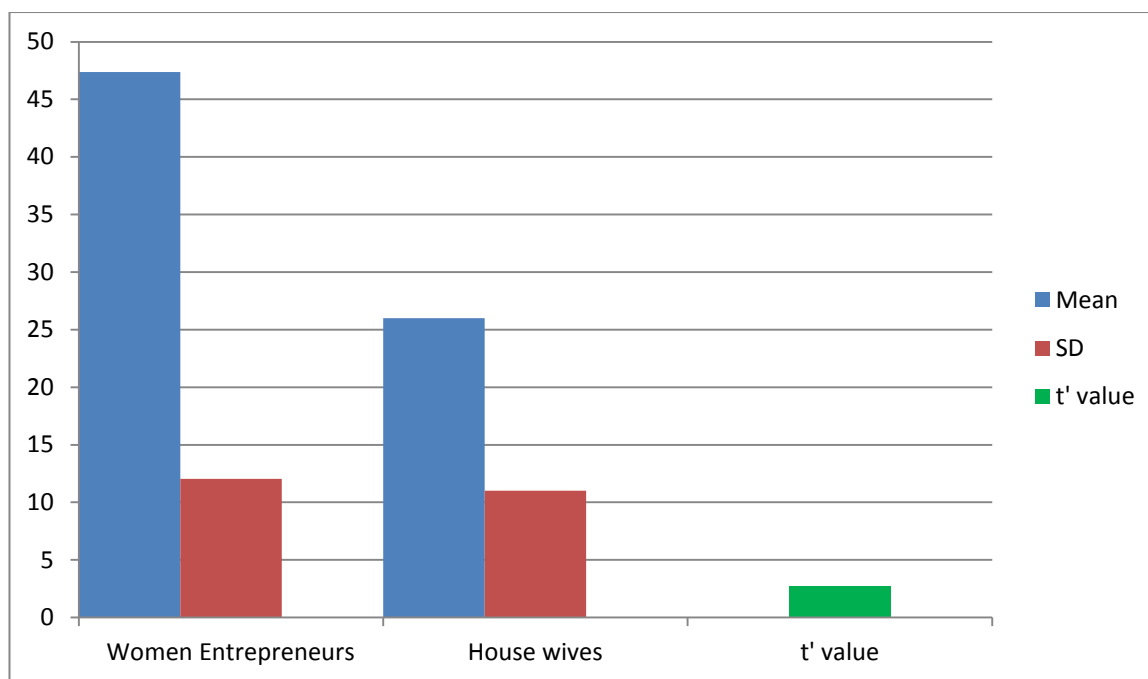
* Significance Level 0.05

Above table 3 showing Mean 50.00 for women entrepreneurs and 25.0 for House wives and SD 13.76 for women entrepreneurs and 11.52 for House wives and the 't' value is 2.7864 that is above significance level 0.05.

The results showing the Table 3 that the significant level of Entrepreneur women is higher than house wives according to their BMI.

Chart 3

Mean, SD and 't' value of Entrepreneur women and House wives according to their BMI



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