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RESEARCH PAPER
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A Study on Nutritional Status of Working Women of an Urban Area of Pilani (Rajasthan)

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ABSTRACT

A woman has lots of responsibilities. She has lots of work to do in her daily life. But if we talk about a woman who is doing a job along with her work which she does in her regular day life than she has extra workload. Women who have a good health are capable to handle this workload. To be healthy and fit everyone has need a proper diet and healthy food which can provide good nutrition. In this study we tried to find out the nutritional status of working women which work in different jobs. The study is conducted to re-establish the importance of balance diet for a healthy living or wellness of the human body. For this purpose 200 women were selected as a sample from different field like bankers, school teachers, college professors and doctors. The Body Mass Index of every woman was calculated. All sample data were collected from Pilani city of Rajasthan state. The results of this study show that most of women from sample population have good nutritional status.

Key Words : Working women, Nutritional status, BMI

INTRODUCTION

Working women:

Women are always at work. Women do lots of work all day long. Especially when we talk about a married woman, we can say she has uncountable work. She prepares food for family, takes care of children. She fulfils all needs of other members of family.

But if we talk about in a professional way than we look at a woman who works in an office, in a hospital, in schools colleges where she has a proper time duration of work and fixed monthly salary. It may be she works in an office from 10 am to 5 pm. She can be a doctor who do ready 24*7 for a medical emergency. She can be a teacher at school who teaches to children not only academic lessons but also the lessons of life. She can be an advocate, an engineer, a police officer. She can be in civil services and in other different fields where they do different types of works.

Nutritional status:

"The condition of health of a person that is influenced by the intake and utilisation of nutrients is called nutritional status."

We need food to develop our body. The food that we eat is digested and absorbed in our body. The diet provides nutrients which are required in varying amounts in different parts of the body. These nutrients are utilised by the body for performing specific functions. This means that good nutrition is the basic component of good health. It's important for normal growth, development and maintaining good health we need good nutrients throughout life. When our diet provides the nutrients in incorrect amounts, either very less or in excess of what is required, it results in an imbalance of nutrients in your body. This condition is responsible for various diseases, slow or no growth of body and it can even lead to death.

We need a nutritious diet for our well-being and good health. When our body receives all the nutrients in appropriate amounts so as to meet the needs of the body, then we are in the state of good nutrition. We have a normal nutritional status. However, when the nutrients provided in the diet are inadequate or not utilised properly, it results in a state of imbalance in the body. If this

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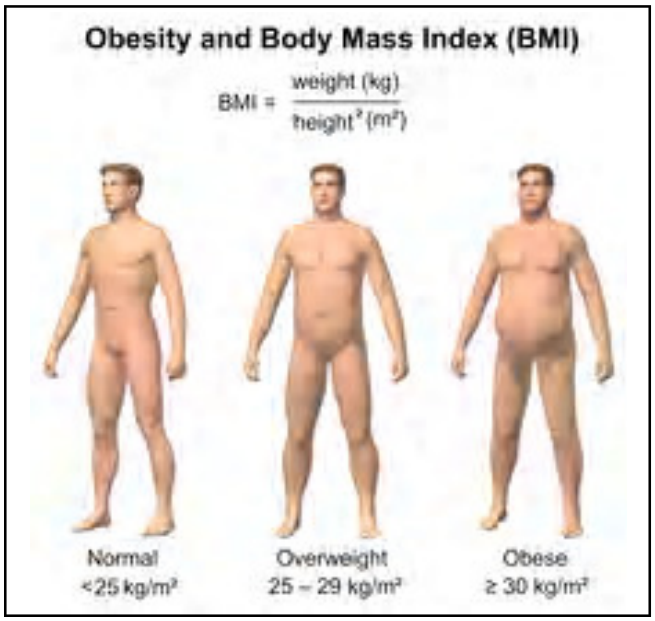
continues for sometime it may develop into a severe problem which may even prove fatal.

About the BMI range:



Category	BMI (kg/m^2)	
	From	To
Under weight	Below 18.5	
Normal Range	18.5	24
Overweight—At Risk	25	29
Obese	30	39
Moderately	Above 40	

Body mass index is a measure of body fat and is commonly used within the health industry to determine whether your weight is healthy. BMI applies to both adult men and women and is the calculation of body weight in relation to height.

BMI = weight (kg) ÷ height² (m²)

Example using formula:

For an adult with height of 180 cm and weight of 75 kg. Our first step needs to be to convert the height into meters. As there are 100cm in a meter, we divide our figure by 100. This gives us 1.8m.

Let's plug those figures into our formula:

BMI = 75 ÷ (1.8 × 1.8)

BMI = 75 ÷ 3.24

This gives us a BMI figure of 23.15.

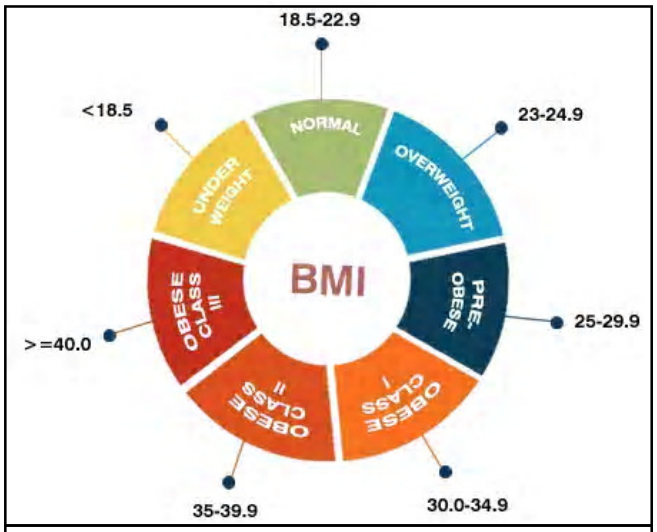


Fig. 1 : Captures BMI score ranges and corresponding categories

Review of literature:

Bisht and Kukreti (2013) found in the exploratory research which was conducted on 63 women of age range 22-55 years in Uttarakhand. The results revealed an increasing trend in stress with BMI, with women at the risk of obesity having maximum stress. BMI and stress were found to be significantly influenced by increase in the age and changes in the marital status.

Barma and Sil (2013) studied the health and nutritional status of the housewives (HW) and working women (WW) in North Bengal region and their comparison with each other. Result shows that HW group were superior in weight, PBF and BMI than WW. Result also shown that body fat Percentage (PBF) of WW group was in normal category but for HW group it was over than the normal zone and HW group was in over weight zone in respect of BMI but WW group was in the normal zone in this category. From the results it was concluded that in the North Bengal region of India working women had superior health status than the housewives.

Objectives:

The aim of the study was to assess:

1. The nutritional status of female professionals.
2. The working women's nutritional status working in different areas.

METHODOLOGY

Selection of sample :

A total sample of 200 women were selected, who

are working 6-8 hour/day on a fixed monthly salary basis. Purposive sampling technique was used in sample selection as purposively who so ever fulfils the criteria was included in the study *i.e.* School Teachers, Doctors, college lecturer and working for banking sectors etc. All samples were selected from Pilani city of Rajasthan state.

RESULTS AND DISCUSSION

Table 1 shows the BMI scores of working women of banking sector. The scores are divided in five ranges - under weight, Normal weight, Overweight, obesity and moderately. According to the table in banking sector out of 50 women 02 women comes in the underweight rang, 37 women comes in normal weight range, 08 women in overweight, and 03 woman comes in obesity range. There is no woman in the moderately range. Most of women (74%) come under the normal weight range. It means women who are working in banking sector have good nutritional status.

Table 1 : BMI scores of women working in banking sector

BMI Range	Sample	Per cent
UN	02	4%
NO	37	74%
OV	08	16%
OB	03	06%
M	00	0%
Total	50	100 %

UN- Under weight, NO- Normal weight,
OV- Overweight, OB- Obesity, M- Moderately

Table 2 shows the BMI scores of working women in college. Out of 50 women 08 women comes in the underweight rang, 34 women comes in normal weight range, 06 women in overweight, and 02 women comes in moderately range. There is no woman in the obesity range. Most of women come under the normal weight (68%) range. It means women who are working in colleges have good nutritional status.

Table 2 : BMI scores of women working in colleges

BMI Range	Sample	Per cent
UN	08	16%
NO	34	68%
OV	06	12%
OB	00	0%
M	02	04%
Total	50	100%

UN- Under weight, NO- Normal weight, OV- Overweight,
OB- Obesity, M- Moderately

Table 3 shows the BMI scores of working women in schools. Out of 50 women 06 women comes in the underweight rang, 32 women comes in normal weight range, 09 women in overweight, and 03 women comes in obesity range. There is no woman in the moderately range. Most of women come under the normal weight (64%) range. It means women who are working in schools have good nutritional status.

Table 3 : BMI scores of women working in schools

BMI Range	Sample	Per cent
UN	06	12%
NO	32	64%
OV	09	18%
OB	03	06%
M	00	0 %
Total	50	100%

UN- Under weight, NO- Normal weight, OV- Overweight,
OB- Obesity, M- Moderately

Table 4 shows the BMI scores of working women in hospitals. Out of 50 women 05 women comes in the underweight rang, 28 women comes in normal weight range, 12 women in overweight, 04 women comes in obesity and 01 woman come in the moderately range. Most of women come under the normal weight (56%). It means women who are working in hospitals have good nutritional status.

Table 4 : BMI scores of women working in hospitals

BMI Range	Sample	Per cent
UN	05	10%
NO	28	56%
OV	12	24%
OB	04	08%
M	01	02%
Total	50	100%

UN- Under weight, NO- Normal weight, OV- Overweight,
OB- Obesity, M- Moderately

Table 5 shows the BMI scores of all working women in different sectors. Out of 200 women 21 women comes in the underweight rang, 131 women comes in normal weight range, 35 women in overweight, 10 women comes in obesity and 03 women comes in the moderately range. Most of women come under the normal weight (65.5%) range. It means working women in different sector have good nutritional status but more and more obesity has

been observed in the college and hospital but not seen in school and banks.

Table 5 : BMI scores of overall working women

BMI Range	Sample	Per cent
UN	21	10.5 %
NO	131	65.5 %
OV	35	17.5 %
OB	10	05 %
M	03	1.5 %
Total	200	100%

UN- Under weight, NO- Normal weight, OV- Overweight, OB- Obesity, M- Moderately

Interpretation:

The aim of this study was to find out the nutritional status of working women. For this purpose 200 women were selected as sample from different sectors of work. School teachers, college lectures, doctors from hospitals and banking sector were selected for sample selection. 50 women were selected from every sector.

The data shows that most of working women comes under the normal weight range on BMI which shares 65.5% of overall sample. The second rang BMI which shares 17.5% of overall sample is overweight. It shows that women have healthy physic. So we can say that most of the working women have good nutrition status. It means women who work in different sector have good awareness about their health. They take care of their body and maintain proper nutrition to stay healthy and fit.

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