



## **NUTRITIONAL STATUS OF WORKING WOMEN OF AKOLA'S (MAHARASHTRA) URBAN AREAS**

***Krutika Gangde<sup>1</sup> & Dr. Savita Sangwan<sup>2</sup>***

*1. Research Scholar, Shri Jagdish Prasad Jhabarmal Tibrewala University, Jhunjhunu, Rajasthan, India.*

*2. Associate Professor, Shri Jagdish Prasad Jhabarmal Tibrewala University, Jhunjhunu, Rajasthan, India.*

### **ABSTRACT**

A lady is responsible for many things. She has a tonne of work tremendous do every day. Yet, a woman who works a job in addition to the work she does in her daily life has an increased workload. Women in good physical condition can undertake this effort. Everyone needs a decent diet and healthy foods that can supply good nutrients if they want to stay healthy and fit. In this study, we sought to understand the dietary status of working women who hold a variety of employment. The goal of the study is to confirm the value of a balanced diet for bodily wellbeing or a healthy way of life. 200 women from a variety of professions, including bankers, teachers, college professors, and doctors, were chosen as a sample for this study. Each woman's Body Mass Index was determined. The sample data were gathered in the Maharashtra state city of Akola. According to the study's findings, most of the women in the sample population have good nutritional status. They enjoy good health and an active lifestyle.

**Key words:** - Working Women, Nutritional Status, Akola District and Body Mass Index.

### **INTRODUCTION**

**Working Women:** - Women are at work all the time. All day long, women labour hard. We can say a married lady has a tonne of work, especially when discussing her. She cooks for the household and looks after the kids. She attends to all the family's requirements.

<b>CORRESPONDING AUTHOR:</b>	<b>RESEARCH ARTICLE</b>
<b>Krutika Gangde</b> Research Scholar, Shri Jagdish Prasad Jhabarmal Tibrewala University, Jhunjhunu, Rajasthan, India. Email: <a href="mailto:sangwansavita01@gmail.com">sangwansavita01@gmail.com</a>	

But if we are talking professionally, we would look at a lady who works in an office, a hospital, a school, or a college, where she has a set work schedule and compensation for each month. She might work from 10 AM to 5 PM in an office. She might be a doctor available around-the-clock in case of an emergency. She might work as a teacher in a school where she imparts life lessons in addition to academic ones to the students. She is capable of being a lawyer, engineer, or police officer. She may work in the civil service or in other professions that require her to perform a variety of tasks.

**Nutritional Status:** - Nutritional status is the term used to describe a person's state of health as it relates to their intake and utilisation of nutrients.

To grow, our bodies require food. Our bodies digest and assimilate the food we eat. The diet delivers nutrients that are needed by various bodily parts in differing amounts. The body makes use of certain nutrients to carry out tasks. This implies that a healthy diet is a necessary foundation for good health. We require adequate nutrition throughout our lives in order to maintain healthy growth, development, and overall function.

An imbalance of nutrients in your body occurs when your food gives the nutrients in the wrong amounts, either very little or more than is necessary. Many diseases, delayed or no physical growth and even death can result from this syndrome.

A nourishing diet is essential for our wellbeing and health. We are in a condition of good nutrition when our body absorbs all the nutrients in the proper amounts to suit our demands. Our nutritional status is typical. Yet, when the nutrients in the diet are insufficient or are not correctly utilised, it leads to an unbalanced state in the body. If this keeps happening for a while, it could turn into a serious issue that could possibly be fatal.

### **Objectives of the Study**

1. To evaluate the diet of female professionals.
2. The nutritional status of working women in various fields.

## **RESEARCH METHODOLOGY**

### **Sample Selection**

100 women who work 6–8 hours every day with a set monthly income comprised the sample, which was chosen. Purposive sampling was employed to pick the sample because the study included anyone who met the criteria, such as school instructors, doctors, college professors, and bankers, among others. All samples came from the state of Maharashtra's Akola city.

### **Result and Discussion**

Table 1 displays the BMI results for working women in the banking industry. Five categories:-underweight, normal weight, overweight, obese, and moderately overweight are used to categorise the scores. According to the data, out of 25 women working in the banking industry, 4 (16%) are underweight, 16 (64%) are in the normal weight range, 3 (12%) are overweight, and 2 (8%) is obese. In the medium range, there isn't a single woman. 64 per cent of women fall inside the

normal weight range. It implies that women who work in the banking industry are in good nutritional health.

**Table 1 – BMI of Women working in Banking Sector**

<b>Sr. No.</b>	<b>Body Mass Index Range</b>	<b>Frequency</b>	<b>Per cent (%)</b>
1.	Under Weight	4	16.0
2.	Normal Weight	16	64.0
3.	Over Weight	3	12.0
4.	Obesity	2	8.0
5.	Moderately overweight	0	00
	Total	25	100

The BMI results of working college women are displayed in Table 2. Out of 25 women, 3 (12%) fall into the underweight category, 9 (36%) fall into the normal weight range, 8 (32%) fall into the overweight range, and 5 (20%) fall into the obese area. In the medium range, there isn't a single woman. Most women are underweight (36%) or overweight (32%) in comparison to men. It implies that women who work in colleges are in good nutritional health.

**Table 2 – BMI of Women working in Colleges**

<b>Sr. No.</b>	<b>Body Mass Index Range</b>	<b>Frequency</b>	<b>Per cent (%)</b>
1.	Under Weight	3	12.0
2.	Normal Weight	9	36.0
3.	Over Weight	8	32.0
4.	Obesity	5	20.0
5.	Moderately overweight	0	00
	Total	25	100.0

The BMI results of school-going working women are displayed in Table 3. Out of 25 women, only 1 (4%) are underweight, 11 (44%) are in the normal weight range, 9 (36%) are overweight, and 4 (16%) are obese. In the moderate range, there is no woman. Most women are underweight (44%) and overweight (36%). It implies that women who work in schools are in high nutritional health.

**Table 3 – BMI of Women working in Schools**

<b>Sr. No.</b>	<b>Body Mass Index Range</b>	<b>Frequency</b>	<b>Per cent (%)</b>
1.	Under Weight	1	4.0
2.	Normal Weight	11	44.0

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3.	Over Weight	9	36.0
4.	Obesity	4	16.0
5.	Moderately	0	00
	Total	25	100.0

The BMI results of working women in hospitals are displayed in Table 4. In a group of 25 women, only 1 (4%) is underweight, 16 (64%) are in the normal weight range, 6 (24%) are overweight, and 2 (8%) are obese. In the medium range, there isn't a single woman. 64 per cent of women are underweight. It implies that women who work in hospitals are in good nutritional health.

**Table 4 – BMI of Women working in Hospitals**

Sr. No.	Body Mass Index Range	Frequency	Per cent (%)
1.	Under Weight	1	4.0
2.	Normal Weight	16	64.0
3.	Over Weight	6	24.0
4.	Obesity	2	8.0
5.	Moderately overweight	0	00
	Total	25	100.0

The BMI results of all employed women across all industries are displayed in Table 5. A total of 100 women are represented by 9 (9%) in the underweight range, 52 (52%) in the normal weight range, 26 (26%) in the overweight range, and 13 (13%) in the obese range. In the medium range, there is not a single woman. Most women (52%) are overweight but fall below the normal weight limit. This indicates that working women in many industries have good nutritional condition.

**Table 5 – BMI range of overall working women.**

Sr. No.	Body Mass Index Range	Frequency	Per cent (%)
1.	Under Weight	9	9.0
2.	Normal Weight	52	52.0
3.	Over Weight	26	26.0
4.	Obesity	13	13.0
5.	Moderately overweight	0	00
	Total	100	100.0

### **Findings of the Study**

Finding out the nutritional status of working women was the goal of this study. 100 women from various fields of employment were chosen as a sample for this purpose. For sample selection,

doctors from hospitals, banking professionals, college lecturers, and school teachers were chosen. From each sector, 25 women were chosen.

According to the findings, 52% of the total sample falls inside the normal weight range for BMI for working women. The second BMI range, which accounts for 26% of the entire sample, is overweight. It demonstrates that women have strong bodies. Thus, it is safe to state that most working women are in decent nutritional condition. That implies that women who work in various industries are well conscious of their own health. To keep healthy and fit, they take good care of their bodies and eat right.

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