

**WORK PROFILE OF RURAL AND URBAN
WORKING AND NON WORKING WOMEN WITH
SPECIAL REFERENCE TO THEIR TIME
UTILIZATION IN HOME ACTIVITIES**

THESIS

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Chapter 5

SUMMARY

The study entitled, **“Work Profile of Rural and Urban Working and Non Working Women with Special Reference to Their Time Utilization in Home Activities”** was carried out in two regions i.e. Marathwada and Vidarbha of Maharashtra State. Two districts, Parbhani and Yeotmal, each from one region, were purposively selected. The data was collected from randomly selected 600 women, 300 each from working and non working women from rural and urban areas. Rural and urban women play an important role in home and out of home activities especially women as she has to play multiple role of cook, a family maid, a tutor a nurse as well as cater to the demands of office work, they have working in actual farming or farm related activities like, dairy management, goat rearing, poultry keeping, selling of agricultural implements, preparation of agricultural edible products at home turmeric, chilli powder making, masale making , dhal making, selling vegetables, flowers and garlands selling and selling preserves etc. For getting the insight about the work profile, time use pattern and health status of rural and urban working and non working women, from each village area one hundred and fifty women were selected randomly depending on their age (18-60 years). In this present study women, contributions in home and out of home activities are more prominent Objectives of this study were –

1. To study the Personal characteristics of working and non working status from rural and urban women.
2. To know the type of participation of the respondents in different Home activities.
3. To investigate the time utilization pattern of women in various Household activities.
4. To assess the Anthropometric measurements of the respondents.
5. To correlate Personal characteristics with time utilization.
6. To study the comparison of time utilization pattern of various Home activities from rural and urban women.

The data pertaining to the study was collected by personal interviewing the respondents, visiting their homes or their place of work by using pre structured interview schedule. The respondents were asked the questions related to their general information, their work profile in home and out of home (working) activities, time use pattern in various activities and their health status. To assess the health status of the

respondent anthropometric measurement of each of the selected respondent was taken as per the standard procedure. The questions were asked in local language Marathi and hindi. The data were directly recorded in the schedule. After collection of data, the information carefully edited, processed and tabulated. The tabulated data were subjected to statistical analysis. The data was tabulated under the heads as **Overall** i.e. the data combined from both the regions and **Area wise** i.e. Rural and Urban working and non working women which were made for the purpose of comparison.

The results were as follows -

5.1 General profile of the selected rural and urban working and non working women

General or the back ground information of the respondents reflected that majority 46.83 per cent of the women were from the age category 31-45 years, followed by the category 46-60 years 31.33 per cent while 21.83 per cent women were from the age category 18-30 years.

As far as education of the respondents was concerned, it was seen that less than half 39.83 per cent of the women were educated up to school level, more than one fourth 28.33 per cent of them could illiterate. Only 14.16 per cent of the women were educated up to Junior College or Diploma level. The percentage of the higher education i. e. graduation and post graduation among selected women was found less than fifteen per cent 7.5 and 10.16 per cent respectively.

The major occupation of the selected women was found to be household (50.00 %). The working women were engaged in service i. e. Teacher, Lecturer, Professor, Doctor, Anganwadi workers, ASHA workers, Supervisor, Sarpanch, etc were less than one third (16.33 %) while 12.50 per cent of the women were working on their own farms i. e. farming, only 8.33 per cent of them were involved in Business related activities like, Grocery shop, Beauty parlor, Tailoring, Classes (Mehandi, Rangoli, Plates making), selling of agricultural implements, preparation of agricultural edible products at home (turmeric, chilli powder making, masale making etc.), dhal making, selling vegetables, flowers and selling preserves (papad, pickles, vermicelli etc.), and very few of them i.e only 7.66 per cent women were working on others' farms as farm labour and very negligible 5.16 per cent women were working as home maid like, home servant, hotel servant etc.

As far as family type was concerned, joint type of families were seen to be predominant 53.5 per cent, followed by nuclear type families 45.83 per cent and lastly very negligible percentage of extended families 0.66 per cent were found.

The trend of medium sized (5-8 members) families was found to be in less than half 49.00 per cent of the selected families, while small sized (up to 4 members) families were also nearly equal i. e. 39.5 per cent and lastly it was noted that few of them 11.5 per cent had large families comprising > 8 members.

In this investigation low organizational membership of the women was noted. Most of the respondents 93.83 per cent had no membership while very few 6.16 per cent of them had membership of formal/non-formal organization.

In case of media ownership, it was noted that majority of the families 91.33 per cent were having land line/mobile phones, 84.16 per cent of them were having television, less than half of them 40.33 per cent were having news paper/magazines. Only 27.00 per cent of the respondents listening the programmes on radio/transistor, whereas computer/laptop owning families were 21.66 per cent. Hence it can be concluded that media ownership was quite good among the selected respondents.

As far as extension contacts of the respondents were concerned, it can be depicted that a huge majority 86.16 per cent of the women had no contacts with any extension agent whereas 13.00 per cent of the women had extension contacts sometimes only, The percentages for always extension contacts were very less i.e. 0.83. So it can be said that extension contacts of the selected women was found to be very low.

5.2 Type of participation of the respondents in different home activities

Information about type of participation of the respondents in 25 home related activities was collected. This participation was categorized as independent participation, participation joint with female, joint with male and no participation.

It can be expressed from the table that maximum of the women were participating independently in the activity preparation of food like cleaning & cutting vegetables, Actual preparation of curry, Chapati/ bhakri making and Serving food respectively. Very negligible percentage of the respondents was participating joint with males in the food activities As far as participation of the women in the activity clothing activities washing and subsequently drying of clothes women were performed by independently in greater proportion. It is concluded that food

preparation, clothing and housing activities were dominated by housewives. Cleaning housing, Cleaning surrounding, Mopping floor, Fetching water and House decoration was another activity in which majority of the women were involved independently, But very negligible per cent were observed for participation joint with male on same activities. Overwhelming majority of the women was found to be not participating in the children education i.e. sending to tuition, sending to school and Helping/Supervising children in study. In case of the financial activity Vegetable purchasing, Grain purchasing, Grocery purchasing, Utensil purchasing, Medicine purchasing, Ornaments purchasing, Cloth purchasing, Farm equipments purchasing, Electrical purchasing also majority of the women were not purchasing this activity, but one third of the respondent 39.66 and 42.5 per cent involved joint with male in the Ornaments and Cloth purchasing.

5.3 Time use pattern of rural and urban working and non working women

5.3.1 Time utilization pattern of the working & non working women in daily routine work (Average time utilization of women for total day)

Average time utilization of the selected respondents in daily routine activities, i.e. for 24 hours, was noted in minutes. For total 19 activities in a day, time utilization was noted. It was observed that women spent maximum time on the recreational activities like watching TV, listening radio, watching movies in theatre (97min.), kitchen work (pre & post cooking work, meal preparation- 94.71min.), household work i.e. brooming, mopping, washing clothes/utensils (94.2 min.), care of children & family members (92 min.), activities like farming or related activities (91min), extra household work like washing extra clothes, cleaning grains, maintenance of the home, stitching work, preparing preserves, collecting fire wood, preparing cow dung cakes (74.18min.), while they were spending fair amount of time on the activities cash earning outside home (67 min.), personal care (bathing, dressing, eating- 57.65 min.). Their time spent for mid work rest/leisure time was 57 min. and other activities like joining gym, reading books, helping children in their studies, attending get together, conducting or attending tailoring classes etc. they spent much time was 56.7min., cash earning at home (46 min.), religious work (36.6 min.) and fetching water for household work (23 min.), for social activities (SHG, bhajan, mahila mandal, social work, community festivals etc.-22.1 min.) The activities for which they utilized less time were management of animal, shed and related activities (16min.), and for

Exercise/ Yoga they spent 14.55 min. for very negligible time was spent on grazing animals (5.2 min.) and for unaccounted time + sleep was 484 min.

In the gist it may be concluded that the large part of day of non working women was spent on recreational activities like watching TV, listening radio, watching movies in theatre and they spent least time on grazing of the animals. Working women was spent on wage work i.e. on performing the actual service, business, farming or farm related activities in Cash earning outside home.

5.3.2 Time utilization of the respondents in home activities

The information about average time utilization of the respondents in 25 different home activities was selected.

It was found that in the activity child care the respondents spent maximum time which included (81.55 min.) while in Chapati/ bhakri making activity they utilized majority of the time 40.2 min. as this activity was performed by the females or joint with females only. Under the care of clothes for washing and drying routine they found to be spending 31.07 and 13.3 min. respectively for both the work, almost a similar very few time for child, sending to school, sending to tuition, utensil purchasing and cloth purchasing in which the respondents spent very less time i. e. nearby 3.87 min. respectively. Negligible time spent (1 - 2 min.) activities were Farm equipments purchasing, vegetable purchasing, grain purchasing, grocery purchasing, medicine purchasing, electrical purchasing, ornaments purchasing.

5.3.3 Average time utilization of the respondents on special occasions

Besides time utilization of the respondents in home related activities, it was also studied that how much time they spent for social, community and family occasions in a year. It was studied that the maximum time was spent 37 and 30.24 days by the respondents for the activities attending family festivals like Tiz, Diwali, Dassera, Maha Laxmi Poojan, Id, Christmas and Community festivals which were arranged within their families or outside their village or city, community festivals like Kojagiri Pornima, Sankranti, Ganesh puja etc. They spent comparatively less time (18.91 days) for self help group activities. Negligible time spent for Bhajan and kirtan, Mahila mandal activities, for celebrating birth days and for the occasions other than these like social work, BC or kitty parties etc. It was concluded that the respondents utilized total 109.92 days per year for attending and celebrating special occasions.

5.4 Anthropometric measurements of the respondents

Regarding anthropometric measurements of the selected respondents it was observed that average height of the women under this investigation was 153 cm while average weight noted was 51 kg. It was also observed that an average Body Mass Index (BMI) of the women was 22 which were in the normal category.

5.4.1 Health problems or health disorders of the respondents

It was illustrated that majority (80.83 %) of the respondents were suffering from one or other type of the disorder. Only 19.16 per cent of them reported that they did not have any complaint about their health.

It is clear from the table that digestive disorders (0.16 to 16.50 %) and respiratory disorders (2.33 to 11 %) were found to be less occurring in the selected respondents. It was observed that the selected women were mainly suffering from the general diseases like pain in body organs as waist pain, back ache, pain in legs, joint pain, head ache, pain in hands, pain in neck knee pain, Fever and Pain in hands. The percentages ranged in between 3.33 to 38.00. They were also facing the health problems as weakness, general fatigue and fever.

Gynic problems like discomfort during menstrual cycles majority (80.83 %) of the respondents were suffering from this problem. White discharge and irregular discharge during menstrual cycles were reported by the women. The women were also facing the problems like hair fall in very large number i.e. 25.66 and skin infections.

It was noted that majority of the aged women respondents were suffering from eye problems and tooth ache while 5.83 per cent of the women were found to be suffering from other than the above mentioned health disorders like vomiting, kidney stone, piles, indigestion, anemia, allergy, spondylitis, thyroid, arthritis etc.

5.4.2 Occurrence of the chronic diseases

Occurrence of chronic diseases was found to be less in the selected respondents. It was satisfactory to note that a thumping majority of the women (84.83 %) were having no occurrence of any chronic disease and only 15.16 per cent under this study were suffering from the chronic diseases like Diabetes mellitus, TB, high or low Blood Pressure and heart disease.

5.4.3 General information related to health of the respondents

It was depicted that majority of women's menstrual cycle was regular. As regards contact of the doctor, it was found that during the disorders of the health, majority of the respondents contacted to the doctors in private hospitals at their local place while more than one fourth of them were found to be contacting to doctors in private hospitals at other places and doctors in the Government hospitals at local place.

It was found that majority of the respondents prepared the food on the LPG gas stoves whereas less than half of them were found to be preparing the food on traditional chullas. Majority of the respondents were following any new method for cooking while more than one third were not following any new method for cooking.

5.5 Correlate Personal characteristics with time utilization and type of participation in home activities

5.5.1 Correlation Coefficient between dependent and independent variables

It is evinced from the Table 10 that time utilization in home activities cleaning & cutting vegetables was highly significant correlated with age (Fig.13) hence, null hypothesis for these variables was rejected whereas for remaining preparation of curry (Fig.14), chapatti making (Fig.15), washing clothes, cleaning house & child care was statistically highly negative significant correlation with age. In case of education of the respondents, it was observed that time utilization for cleaning & cutting vegetables, preparation of curry, chapatti making, washing clothes & child care was non significant correlation hence the null hypothesis for these variables was accepted, family type showed negative significant correlation with washing clothes & cleaning house.

Family size and family income of the respondents were negatively significant correlation with cleaning house & washing clothes. As far as media ownership and extension contact of the respondents was concerned, negative non correlation was found for all the variables.

The location of the type of participation of the respondents with at different age categories has been studied and presented in Figure. It was observed that from Fig.19 that there is positive linear association between age and type of participation in cleaning & cutting vegetables but it was non significant. From Fig. 20 this implies a negative association between the two variables i.e. age and type of participation in cleaning house. Fig. 21 shows that there is positive linear association between education and chapatti/bhakri making, Whereas Fig. 23 indicates that there was positive association between family type and child care.

5.6 Area wise difference in terms of general profile of the selected rural and urban working and non working women

The result indicate that the selected women from urban and rural area of Yeotmal (Pusad) and Parbhani districts, personal characteristics of the respondents were studied with the following variables i.e. age and family structure. Socioeconomic characteristics of respondents included family occupation, education, organizational membership and media ownership. The findings presented in the table11 indicate majority of the respondent who were belonging to age category (31-45 years) were 46.66, 47.33, 38.00 and 55.33 per cent respectively.

From the collected data, it was found that the percentage of the selected women having School level, Jr. College/ Diploma and Graduate level education were 37.33, 29.33, 19.33, 16.00, 8.66 and 13.33 per cent respectively from urban areas of Pusad and Parbhani. The major occupation of the selected rural women from both districts was found to be Farming (14.66 & 24.00 %). As far as family type was concerned, joint type of families were seen to be predominant 58.66 per cent.

The trend of medium sized (5-8 members) majority of the families was found 53.33, 50.00, 56.00 and 36.66 per cent of the selected families from rural and urban area. whereas the families belonging to high income group (above Rs. 1,00,000/-) were 30.00 and 55.33 per cent respectively.

As regards organizational membership of the respondents, it can be stated from the table, that most of the respondents from rural areas were 97.33 and 98.66 per cent had no membership.

In case of media ownership, it was noted that majority of the families were having land line/mobile phones from both areas

Area wise work profile of rural and urban with special reference to their time utilization in home activities

For this investigation find out area wise difference in terms of type of participation, time utilization and health status of the respondents, the data was tabulated under the heads as rural and urban areas working and non working women which were made for the purpose of comparison.

Area wise difference in terms of type of participation of working and non working women

5.6.1 Type of participation of working and non working women in the home activities

An examination of area wise difference was seen in terms of type of participation of the working and non working women in the food preparation. To

compare household workload of the full-time and employed homemakers, chi square (X^2) test was carried out. Serving food was the activity in which working and non working women involvement of major 45.67 and 53 per cent women was found independent there was significant association between working and non working women in the food preparation in the areas like Chapati/bhakari making and serving food.

For child activities there was significant association between working and non working women for the sending to school and helping/ supervising children in study. For the child care and getting them ready for school there was no significant association between working and non working women.

The information about area wise difference in terms of ornament purchasing there was significant association between working and non working women and all are the non significant.

5.7 Area wise time utilization pattern of the rural and urban working and non working women in routine work (Average time utilization of the respondents for total day)

Average time utilization of the 600 respondents for the total day was calculated in minutes. Daily routine work for 24 hours was divided into 19 different activities.

It was noted that the activities in which the urban Non working women were found to be utilizing maximum time for recreational activities (watching TV, listening radio, watching movies in theatre - 143min.) and for household work (brooming, mopping, washing clothes/utensils – 111 min.). They were also spent more time for extra household work to furnish their homes like, (washing extra clothes, cleaning grains, maintenance of the home, stitching work, preparing preserves, collection of fire wood, preparing cow dung cakes and so many other tasks – 101.4) and for kitchen work (pre & post cooking work, meal preparation – 102.8 min.). whereas it was also found that these women were spending more time for the activities like Care of children & family members and as mid work rest/leisure time i.e. 97min. for other activities like reading books, helping children in their studies, attending get together, conducting or attending tailoring classes etc. (84.9 min.), personal care (bathing, dressing, eating – 66.26 min.), religious work (52.3 min.) and for Exercise/ Yoga (30.8min.). The activities for which they spent negligible time were grazing animals (0.2 min.), collection of fuel wood/making dung cakes (0.6 min.), Farming activities

(or related activities – 2.4min.), management of animal, Cash earning outside home (6min.) and shed or related activities (7.8 min.). It was also observed that their unaccounted time + sleep were found to be more 490.8 min.

For urban Working women it was noted that the maximum time were utilizing for the activity cash earning outside home (service – 206 min.), Cash earning at home (business-113min.), Kitchen work (pre & post cooking work, meal preparation-89.4min.), Household work (brooming, mopping, washing clothes/utensils-77min.) and recreational activities (watching TV, listening radio, watching movies in theatre-70min.). Very less time utilized for the activities of Personal care (bathing, dressing, eating-55min.), Care of children & family members -69min., Farming activities (or related activities -56min.), Extra household work as washing extra clothes, cleaning grains, maintenance of the home, stitching work, preparing preserves, collecting fire wood, preparing cow dung cakes -61min., Other activities like reading books, helping children in their studies, attending get together, conducting or attending tailoring classes etc. -55min. and Mid work rest/leisure time -32min. which they spent negligible time in Management of animal, shed (related acti.- 5.2min.), Collection of fuel wood/making dung cakes-5.7min., Fetching water for household work-7.8min., grazing animals-9 min. and their unaccounted time + sleep were found to be more 465 min.

As regards time utilization of rural working women were spent maximum time for the Farming activities (or related activities) 293min., Kitchen work (pre & post cooking work, meal preparation-91min.), Household work (brooming, mopping, washing clothes/utensils- 88min.), Recreational activities (watching TV, listening radio, watching movies in theatre-73.9min.) and Care of children & family members-62min. whereas it was also found that these women were spending less time for the activities like Personal care (bathing, dressing, eating-46min.) Religious work-17min., management of animal, shed (related acti.s-30 min.), Collection of fuel wood/making dung cakes-24min., Cash earning outside home-44min. ,Cash earning at home -30.27min., Extra household work-43min. and other activities-37min. It was also observed that they were spent very little time for the activity like- Exercise/ Yoga-2.4min., Grazing animals-08min. and mid work rest/leisure time-16min.

It was found that the rural non working women were spent majority of time in Care of children & family members-139.33min., Household work (brooming, mopping, washing clothes/utensils)-101.4min., Recreational activities (watching TV,

listening radio, watching movies in theatre)- 102.33min., Kitchen work (pre & post cooking work, meal preparation)- 95.8min., Extra household work-94.4min., and Mid work rest/leisure time-86.73min. They have spent very less time for Personal care (bathing, dressing, eating -63.26min.), Religious work- 49.2min., Social activities (SHG, bhajan, mahila mandal, social work, community festivals etc.)-32.6min. and Other activities-50.2min.rural non working women spent very negligible time for Cash earning outside home -06min., Grazing animals -3.6min., Exercise/ Yoga- 4.8min. and Farming activities (or related activities)- 9.2min. and their unaccounted time + sleep were found to be more 510.8 min as compare to other areas.

At a glance, it can be stated that women from two areas spent maximum time on service, business, farming or farm related activities and kitchen work and on extra household work. Urban women spent minimum time on collection of fuel wood/making dung cakes and grazing animals for both categories women and they spent maximum time on cash earning outside home (service), cash earning at home for working women and for non working women they spent Recreational activities (watching TV, listening radio, watching movies in theatre) and Household work (brooming, mopping, washing clothes/utensils). As far as rural women were concerned, it was seen that minimum time spent by them on exercise / yoga and on grazing animals, while they spent maximum time on Farming activities (or related activities) working women and on Care of children & family members by non working women.

5.7.1 Time utilization on various home activities by working and non working women (Average time utilization of the respondents in home activities)

The information reflects about mean time utilization of the working and non working women in home activities. Average time utilization of totally 600 respondents in home activities was recorded in minutes. As far as the activity child care the working women were utilized more time 58.09min.for this activity, while in chapati/ bhakri making, clothes washing, actual preparation of curry, mopping floor, fetching water, cleaning & cutting vegetables they found to be spending – 20- 60 min. The working women was utilized less time in the activities Cleaning housing, Cleaning surrounding, Serving food, House decoration, Sending to tuition to their child, Getting them ready for school, Helping/Supervising children in study (10 to 15 min.).

It was evident that for purchase activity apart from the routine duties of women, majority of the working and non working women have monthly purchased the utensil and cloth. Working women were weekly purchased the Grain, Grocery, Medicine and Electrical etc, about non working women; they were purchasing weekly Grain, Grocery, Medicine, Electrical and Ornaments respectively. For Vegetable, Farm equipments and Ornaments purchasing majority of the working women were daily purchased of this objects because so many working women of this study are related to farming but non working women were daily purchased the vegetables only.

At a glance it can be inferred that non working women under this study utilized more time i.e. 105.0 and 42.96 min. per day for Child care and Chapati/ bhakri making followed by working women who also spent same 58.09 and 37.33 for Child care and Chapati/ bhakri making activities.

5.8 Area wise Anthropometric measurements of working and non working women

5.8.1 Average anthropometric measurements of working and non working women

The information about the comparison of the working and non working women was regarding their average anthropometric measurements. It is clear from the table that average height of the urban working women was more as compared to rural working women. It was 153cm for urban and 151cm for rural working women. Same result was found about the urban non working women for average height i.e.153 cm and for rural non working women was also same 151.38cm. When the body weights of the respondents from two areas were compared, it was noticed that average weight of urban working women was i.e. 53 kg and rural working women weight was slightly less i.e.48 than urban women but both areas non working women average weight was more i.e. 55.42 kg for urban and 49.32 for rural non working women. BMI of urban working and non working women was normal i.e. 22 and 23.63 which is in the normal category, Rural working and non working women average BMI was found to be highest than urban both categories women. Obviously the BMI of rural non working women was high i.e. 24 for working and 26.29 for non working women. This is in the obese category. It is due to the reason that average intake of fat of these women was more than RDA.

5.8.2 Health problems of the working and non working women

The health status of respondents was studied by assessing their health problems or health disorders. The diseases were categorized as digestive diseases, respiratory diseases, general problems, gynecological problems, skin diseases and other diseases. It can be illustrated that majority of the rural working women 88.00 per cent and non working 86.00 per cent and more than three fourth 76.00 per cent of the urban working women and 73.33 per cent of the non working women were suffering from one or other type of the disorder whereas slightly more than one fifth 24.00 and 26.66 per cent of the urban working and non working women and only 12.00 and 14.00 per cent of rural working and non working women reported that they did not have any complaint about their health.

It is clear that digestive disorders were found to be very less occurring in the selected respondents except the digestive disorder, acidity and stomach ache. It can be said that for acidity, the occurrence of digestive disorders in the respondents from the two areas was different. It was noted that the non working women from the two areas were suffering more from the disorder acidity and stomach ache than any other digestive disorder.

Occurrence of respiratory disorders among the working women was slightly more than non working women from two areas, the problem of respiratory disorders like cough, cold. It was also seen that occurrence of nose infection, asthma, sore throat and ear infection disorders in urban and rural working and non working women was found to be in the same range of 1.33.00 to 6.00 per cent.

It was observed that the selected women from two areas were mainly suffering from the general diseases like back ache, joint pain, head ache, pain in legs, pain in waist and general fatigue. It was also seen that occurrence of general disorders in urban working and non working women was found to be less per cent whereas in rural working and non working women it was found in more compare to above.

It can be concluded that working women were facing more to the general disorders than that of non working women. Knee, legs and hand pains were due to continuous computer work at service, tailoring work, weeding activity and head ache, whereas non working women were more engaged in the home related work and not to the actual work due to continuous using of home technology like washing machine, mixer, mopping floor etc. Hence they faced comparatively less to these problems.

It can be stated that same result for rural and urban working women 6.00 per cent were facing the gynec problem as white discharge.

In a gist it can be said that except Knee pain, Pain in legs, Back ache, Joint pain the occurrence of General diseases in the respondents from the two areas was almost same. It can be also seen that working women were facing more to the general disorders than that of non working women. Occurrence of respiratory disorders among the working women was slightly more than non working women. Occurrence of gynec disorders like Pain in waist was more in rural women than that of urban. Percentage of occurrence of Pain in waist of non working women was more among working women. Hair fall occurred more among the rural women than urban women. Rural women were facing the problems of Eye and eye infections more than urban women due the unhygienic conditions. Occurrence of other diseases was more in working women.

5.8.3 Occurrence of the chronic diseases of working and non working women

As regards area wise occurrence of the chronic diseases like diabetes mellitus, TB, BP or heart disease, it was noticed that 14.66 and 24.00 per cent of the urban working women and non working women were facing the problem of one or more of these diseases. It was noted that only 8.66 per cent of working and 13.66 per cent of non working rural women were suffering from these chronic diseases.

Chapter 6

IMPLICATIONS AND RECOMMENDATIONS

6.1 Implications

Woman 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 and their traditional mind feels that being women they are subordinate in society and restricted themselves to household activity only. However, with the development of the country, the status of the women changed in the society and they are at the helm of the efforts in every industry from Government to hi-tech computer services and they are treated as equal footing to man in all aspects of industry. Not only in industry but also at rural level women were performing several important home and out of home activities.

Women play a vital role as housewives & copartners in farming profession. As cultural & social endowment, they have the responsibility for all domestic tasks including cooking, fetching of water, washing, care of children & livestock. Their average daily input work is not less than 14-16 hours. Hence working and non working women have multifarious and multiple responsibilities in and outside the home.

Women are vital and productive agent in Indian economy but their employment status is critical because their participation in different economic activities is very low as compared to male. Women face various types of discrimination in different walks of life, including education and consequently land up in low paying job. They have to nurture and care for the family within the economic and life support resources. In view of these parts, it is felt necessary to capture participation pattern of rural and urban working and non working women in multi-faceted home activities along with their time use pattern.

From the present research study, following implications are drawn for women programme developers, policy planners, extension leaders, technical specialists and field extension staff.

- It was found this investigation low organizational membership and extension contacts of the women were noted. Hence there is a need to encourage the women, especially non working women, to attend the various extension programmes. Studies have shown that non working women from these areas did not attend the

programmes organized by the extension workers due to the reasons like; they were very less time to attended this programme, men were involved in these programmes, the location where the programmes were arranged were far away from their homes, the programmes were male oriented or the programmes were organized without the prior information etc. Hence the extension workers should take care of these constraints then and then only participation of the women in such programmes will increase. The results of this study clearly indicated that the activities for which the respondents under this investigation utilized less time were for exercise/ yoga. In urban area the working and non working women participate in these activities but rural women generally do not participate. Hence the low organizational membership was noticed. Therefore it is implied that there is a need to motivate these women for participating in these activities.

- It was observed that the health problems of the women were more suffering from the general diseases like pain in body organs as pain in waist, pain in legs, joint pain and knee pain. The percentages ranged in between 19.00 to 38.66. These problems were due to continuous bending work posture and sitting work while working in home, service, enterprise and farms. Knee and legs pains were due to tailoring and weeding activity. It is due the fact that introduction of machinery for women to perform the home operations is very less at rural area. Therefore working and non working women from rural area perform the home activities manually by adopting traditional methods, which are full of drudgery. This will have adverse effect on health and also affects the quality of work and output. The aggregate workload placed on the women tends to be high thereby lowering efficiency and leading to irreparable damage to their body in long run. So the drudgery reducing advance or developed technology should be provided to the working and non working women for reduction in their drudgery.
- The study showed that fifty percent of the respondents under this study prepared the food on the traditional chullas. The means on which food is prepared affect the health of the women to certain extent. Hence the women should be motivated to use smokeless chullas for preparation of the food.

The Government policies or programmes need to be proposed for giving skill oriented programmes for women for improving their economic status. In addition, there is need to impart intervention programme for improving their educational level and

knowledge about business matters like bank affairs, postage etc. which will make them self reliant. The women, especially rural and urban non working need knowledge about health and hygiene, basics of nutrition, participation in decision making, application of low cost technology for ease in household chores and technology intervention at work place to reduce their drudgery. The fact that today's non working woman is proving herself worthy to do everything, hence as the non working women will receive education and training, they can earn more money. With rise in economic status, they will gain greater social standing in the household as well as in the society and claim for their rights.

6.2 Recommendations

Recommendations and suggestions of the study are as follows:

This study will be immense use of those who are concerned with development of women and improving the quality of life of rural and urban women. The empirical data therefore sets forth the platform for designing and executing women oriented home, entrepreneurial and agricultural allied development programmes. By making use of this study in the right perspectives the empowerment of women can be escalated.

1. It was noted from the study that most of the working and non-working women were facing constraints in the home activities, So Increasing awareness among the family members should be cooperated with them in household works.
2. Full-time homemakers' household work and care activities must be brought to notice to everyone at home that their work has an economic value for money. Full-time homemakers should develop an identity of their own by improving their capacities.
3. Flexible timing and possibility to work from home for working women. Advanced Technologies should be used by working women so they can save time and energy.
4. Child care facilities and child care leave for working women should be provided by every organization
5. Arrangement of vocational training on income generating activities especially on tailoring, Beautiparlour, cookery, preparation of handicrafts, modern poultry raising and modern vegetable production in the homestead area by GO and NGOs.

6. Programms should be taken for increasing women knowledge on advance home technology, agricultural tools and post harvest technology and implements especially on winnowing, drying, sorting and storing of grains.
7. Granting of equal rights cannot be translated into reality unless the traditional attitude towards a woman's role in family and society are changed. In this study, it was realized that profound change in the traditional attitudes and customs can only signify a real revolution in the household.
8. Society must be sensitized on the issue of invisibility of women's household work, domestic chores and other care activities.
9. The extension leaders, the technical specialists and field extension staff can also make use of results of this study to a considerable extent for assessing training needs, setting priorities and implementing programmes.
10. This document can be used for planning transfer of technology programmes according to participation, time use pattern and health status of rural and urban working and non working women.
11. Provision of social security benefits must be extended to full-time homemakers.
12. Awareness programmes must be conducted through women's organisations and NGOs to enhance women's knowledge and confidence by highlighting economic value of household work and women should be made aware about new technology.
13. Medias must be encouraged to explicitly deliberate the message of equal sharing of household responsibilities among men and women.
14. Campaigns should be organized to raise awareness among public that homemakers contribute to national wealth by taking care of the household work, saving their family income, giving free care service and supporting their husbands and family members.