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**A STUDY ON HOUSEHOLD  
MANAGEMENT,  
DIETARY PRACTICES AND  
CHILD REARING PRACTICES OF  
WORKING AND NON-WORKING  
WOMEN OF RAJKOT CITY.**

**THESIS SUBMITTED TO  
SAURASHTRA UNIVERSITY FOR  
THE DEGREE OF**

**DOCTOR OF PHILOSOPHY  
IN  
HOME SCIENCE**

**BY:**

**TRIVEDI URVI CHANDRAKANT**

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SAURASHTRA UNIVERSITY, RAJKOT.  
2006**

**STATEMENT UNDER UNIVERSITY PH.D RULES ORDI.PH.10**

I hereby declare that,

- ❖ The research work presented in this thesis entitled *A Study On Household Management, Dietary Practices And Child Rearing Practices Of Working And Non Working Women Of Rajkot City.* has not been submitted for my other degree of this or any other university on any occasion
  
- ❖ To the best of my knowledge no work of this type has been reported on the above subject.
  
- ❖ All the work presented in this thesis is original and wherever references have been made ,it has been clearly indicated.

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## **CERTIFICATE OF APPROVAL**

This thesis directed and supervised by the candidate's guide has been accepted by the Smt. S. B. Gardi Institute of Home Science, Saurashtra University, Rajkot in the fulfillment of the requirements for the degree of:

## **DOCTOR OF PHILOSOPHY (HOME SCIENCE)**

**Title:** A Study On Household Management, Dietary Practices And Child Rearing Practices Of Working And Non-Working Women Of Rajkot City.

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- Trivedi Urvi Chandrakant

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# CHAPTER 1

## INTRODUCTION

### 1.1 WOMEN IN INDIA — AN OVERVIEW

Various social and economic indicators provide the evidence of inequalities and vulnerabilities of women in all sectors - economic; social, demographic, health, nutrition, etc. Perhaps the most disquieting feature of the 1991 census is the decline in sex-ratio (number of, females per 1,000 males). The sex ratio in India has been declining since 1901. In 1901 there were 972 females per thousand males, which came down to 927 females per 1,000 males in 1991. Sex ratio is an indicator of health, nutrition and survival status of women and girl children. In addition to the general preference for sons, bias' and discrimination against the girl child and women leading to neglect, malnutrition and inadequate health care increases infant mortality rate amongst girls and morbidity rate among women. Women are not only victims of overwork, malnutrition and repeated pregnancies leading to higher, maternal mortality<sup>1</sup> but also of systematic violence in the form of dowry related torture, wife-beating and female infanticide.

High illiteracy amongst females and the wide gender gap in literacy rate continues despite the overall increase in literacy rates. The overall literacy rate in India in 1991 is 52 percent; of it 64 per cent are males and 39 per cent are females. This is, however, a slight improvement over 1981 figures (40.7 per cent for males and 24.7 per cent for female)-<sup>2</sup> despite this improvement, the literacy rates are uniformly low in rural! Areas and amongst scheduled caste;, and tribes. The total' number of illiterate women has also increased due to various reasons. In addition to this, fewer women than men reach middle and

secondary levels of education due, to high drop out rates,<sup>3</sup> consequently, still fewer women reach graduate level or above as compared to men'.

Education, skill acquirement and training play an important role in the employment market. In the case of large majority of women, the prevalent bias and discrimination in all sectors and the constraints in the access to resources, knowledge and power have resulted in pushing women to the lower end of the job market. According to an estimate by the National commission on self-employed women, 94 per cent of total female workforce is concentrated in the vast rural and urban unorganized Sector. This highly exploitative sector is characterized by long hours of work, low wages, low productivity, lack of job security, inadequate legislative protection and lack of enforcement of minimum wages, and other safeguards regulating their working conditions; In the organized sector also, almost 90 per cent or "more are engaged in unskilled or semi-skilled jobs, which are invariably low - paid.<sup>5</sup> In short, women labour is characterized by higher incidence of casual labour, wage-discrimination and sexual division of labour, resulting in women's concentration not only in a narrow range of occupations but also in low paid and low skilled jobs. Besides, lack of access to land and other productive resources, and the erosion of traditional activities as a result of technological changes and modernization, which have benefited mainly men while women have been pushed to the margin of the economy. The limited access of women to skill training, education and the absence of any changes in the sexual division of labour within home have only aggravated gender inequality.

The rising incidence of crime and violence against women are indicators of a decline in the value of women in society. Increasing physical violence against women in the form of rape, dowry murders, tortures for not bringing more dowry, wife.-beating and female - feticide

are all indicative of the powerless position of women in family and society. Public stripping and beating of women's emerging as another form of violence. and humiliation of women. While there are studies which link violence against women to their lack of property and economic resources,<sup>6</sup> the prevailing cultural values, social practices and ideology about the position and role of women in family and society also sanction such violence.<sup>7</sup> Threat and/or use of violence against women has been increasing over the years despite legislative enactments.<sup>8</sup> State efforts towards empowering women seemed to have neither granted them more economic rights nor have put any challenge to the traditional notions about women's status and role.

Women constitute about 50 per cent of the population. Statistically speaking (1981) out of total literate population of 36.1 per cent, the percentage of literate males was nearly 47 per cent and the percentage of literate female was 25 per cent. This shows that the disparity in the literacy rate between males and females is very wide. Figures of women's employment are very important indicators of the fact that the participation of women in the total workforce of the country is actually decreasing. In 20 years of planning, the female population has increased by 15 per cent (9 million). There has been a 7 per cent fall in women's employment between 1961 and 1981.<sup>1</sup> These statistical figures of women's employment are very important for the determination of women's status. The decline in the female participation in the total workforce over the past 30 years could be directly described to other factors which affect women adversely. One, there has been a fall in the female population compared with the male population. Two, there is an increasing gap between the male and female literacy rates in India. And three, the participation of the women in the decision-making body is declining.

However, in spite of these depressing statistics, it is also to be noted that through in terms of quantity the participation of women in the total labour force is declining, in terms of quality the diversity of occupations of which women can enter and are willing to enter irrespective of the traditionally or unconvertality of the occupations, is showing an upward trend.

## **1.2 *INDIFFERENCE TOWARDS WOMEN***

The attempts to enhance agricultural productivity disproportionately benefit men. Expansion of the irrigated area allocated to cash crops, such as groundnut and cotton, has come at the expense of food crops on which women depend to feed their families. And while the mechanization of plowing and leveling that comes with these projects reduces the traditional workload of men that for women actually increases. Women still must carry out by hand the tasks of weeding, turning soil, and harvesting, but over much larger areas.

The result is to deepen women's poverty and enhance the perceived value of having many children to help with chores.

Not surprisingly, the share of married couples of reproductive age using contraceptives—now 40 per cent—is low, and most of these are holder couples who turned to sterilization (counted as a form of contraceptive) only after having large families. This bleak situation is shadowed by an ominous fact of history. Past attempt to reduce births in the absence of social changes enhancing women's status have been accompanied by increases in violence against females—in the beating and abandonment of women who don't bear sons. in female infanticide and child neglect, and in the rising use of abortion for sex-selection.

**Experience shows that even in India, with its immense tangle of troubles, well-designed programmers can produce dramatic improvements in family health while improving women's status and reducing births.**

**Increasing young girl's access to education and offering older women a chance for Seaming are essential to increasing female autonomy. Requisite steps include serious efforts to train and hire more female teachers, to set up literacy and tutoring campaigns in every state, and to encourage the growth of women's empowerment groups to foster changes at the village level. These strategies already have been proven in the southern state of Kerala, internationally lauded for its dramatic gains in the health and economic status of women and in slowing population growth.**

**Equally important are broad public education campaigns to raise awareness of the immense value of women's work and welfare to families and societies. The mass media also could be enlisted in the effort to change dramatically social perceptions of women's roles by depicting positive images of women and their economic contribution to society**

**Much of the battle to win recognition of the importance of women's lives and health to societies will have to be fought by women themselves. Indications are that women are responding to the challenge.**

**By filling the existing demand for quality voluntary family planning services, the government can make cuts in birthrates of at least 25 per cent over the next decade, thereby starting the process**

toward reducing the country's population. Equally critical to a long-term strategy of sustainable development is a sustained political commitment to improve the status of women throughout India. Only by working toward all of these objectives simultaneously can the dreams of women for full partnership in society come true.

The Gandhi an era and the decades after independence have seen tremendous changes in the status and the position of the women in Indian Society. The Constitution has laid down as a fundamental right the equality of the sexes. But the change from a position of utter degradation of women in me nineteenth century to a position of equality in the middle of the twentieth century is not a simple case of the progress of men in the modern era. The position of women in the Indian society has been a very complicated one. In fact, it could not be an exaggeration to say that the recent changes in the status of women in India is not a sign of progress but it is really a recapturing of the position that they held in the early Vedic period.

### ***1.3 ROLL OF WOMEN IN INDIA***

#### ***1.3.1 SOCIAL ROLL OF WOMEN***

Literary and historical researches have now established beyond doubt that the women held a position of equality with men during the Vedic Period. In the Vedic society the girls as well as the boy were required to undergo Upanayam ceremonies in order to be initiated to the Vedic studies. In fact, the education of women was looked upon so important that the Atharva Veda asserted "the success of women in her married life depends upon her proper training during the Brahmacharya".

A slight change took place in the role of women during the Upanishad period. There were great Brahmadanis, who were life long students of philosophy. Even in the Buddhist time there were great women scholars. According to the Jaina tradition, Yavant a princess, remained unmarried and received ordination from Mahavira himself. On the basis of these facts from literature Altekar writes, "We may, therefore, conclude that many girls in well-to-do families used to be given a fair amount of education down to about 300 B.C."

The women who remained unmarried and grew old in the house of her parents were called "Amajiar". It was held that an unmarried person was not eligible to participate in Vedic sacrifices. It was not looked upon as compulsory for every girl. The Vedic women had a voice in the selection of their husbands. There was not so much of restrictions in the life of a widow. Remarriage of widows was allowed. There are a number of references to the custom of Nioga, where a brother of the deceased husband could marry the widow with the permission of the elders. The earlier Dharmasastra writers allowed divorce.

As regards property rights, according to Vedic hymns, both husband and wife were joint owners of the property. There was a great change in the role of women after 300 B.C. During this period sons were valued more than daughters. Many young women renounced their homes and joined the Buddhist and the Jaina monasteries. It is also presumed that one of the reasons for practice of early marriage of girls is to prevent them from entering monastic life. Whatever the reasons, there is no doubt that the great social changes which took place after 300 B.C. led to a degradation in the status of women.

There was a change in the outlook of women. It was due to the acceptance of the tenets of liberal philosophy from the West. This century witnessed many social legislation as mentioned in the earlier

chapters. Many legislative measures were brought about for the protection and the emancipation of women. The urgency of women's education was felt very much. So facilities were made for the same. Moreover, missionaries and the Indian voluntary organizations did a lot in this field. It led to the entry of women into the professions. Many women entered the newly opened schools and colleges to qualify themselves as nurses and doctors. Thus women were attracted to professions of teaching and medicine by the end of the nineteenth century.

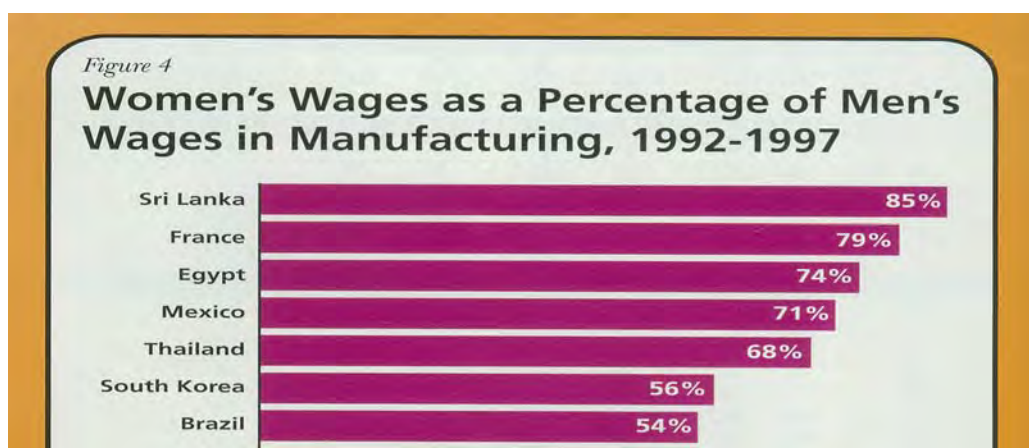
### 1.3.2 ECONOMIC ROLE OF WOMEN

The great change, however, took place when the machines were introduced for manufacture. Women were employed in the factories. Even in 1901, as many as 6,38,000 women worked in factories, mines and plantations forming 14.5 per cent of the total working force. In 1955 there were 0.30 million women working in the factories forming 11.4 per cent, of the total workers. It was further decreased in 1961. There has been a similar decrease in the proportion of women working in the mines.

Women's participation in all fields has brought the feeling of equality among human beings it is a radical change in their life. Thereby we get a clear picture of the changing role of women in India in the economic field

Figure 1

### Economic Role of Women



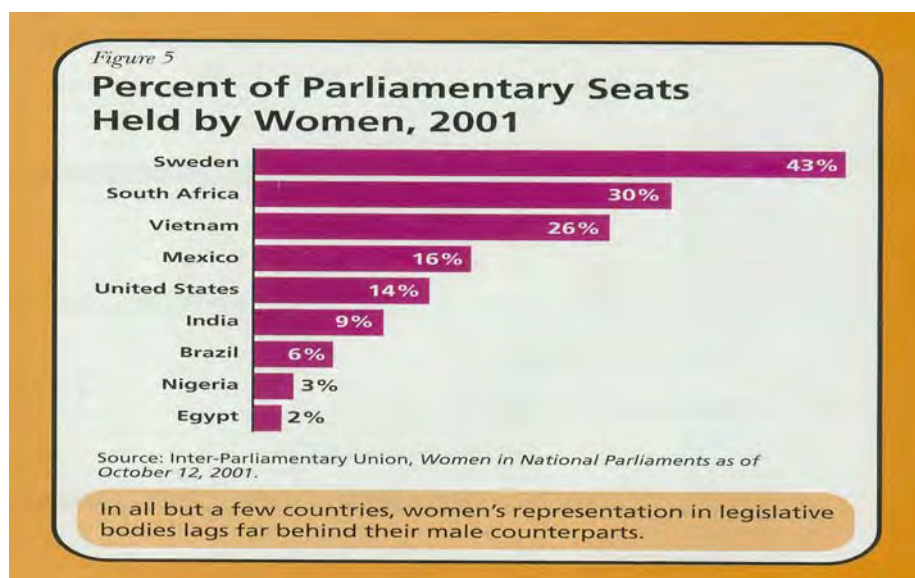


### 1.3.3 POLITICAL ROLE OF WOMEN

The position of women community has been a fluctuating subject since the early ages. During the Vedic, the women enjoyed equal status with men. During the Upanishadic period the same thing continued even during the Buddhistic period. The neglect of the education of women coupled with child marriage, on the one hand and the custom of polygamy, seclusion and purdah on the other brought about a tremendous degradation in the status of women during the medieval period. Later the Congress demanded women's franchise and also it sent women representatives to the British Parliament for the same. After Jallian Waia Bagh massacre in 1919, there was great political Awakening among Indian women.

Figure 2

#### Political Role of Women



## **1.4 WOMEN WORKFORCE IN INDIAN ECONOMY:**

**Women, who constitute more than half of the world population are facing a problem since ancient times. Their oppression is persistent and universal, and its solutions are complicated. Even since the evolution of the human species, women have been entrusted certain types of work. In primitive society, men fought, hunted, and went to the sea, while women engaged in less dangerous and more circumscribed occupations.**

**Before independence the place of women in the Indian society was within the “four walls” and behind the “Purdah”. Also the traditional India has seen a “woman” only as a member of family or a group as daughters, wives, and mothers and not as an individual with an identity or right of her own. It was only during the 2nd world war that women came out to work because many men died and women had to work to look after their family.**

**Also in the post-independence India, the education and employment of women have played a significant role in changing the traditional attitude towards women within the family and society.**

**Women are making an important economic contribution to the society through their paid and unpaid work. Paid work means working for financial returns, whereas in unpaid work no money is given for the work done. The example of paid work includes any kind of job done in the organized sector like in banks, as a teacher, and a doctor. On the contrary, the examples of unpaid work include meeting the survival needs of the family, which are always unrecognized. However, the women's work in**

believed and accepted in majority or the household as that of a supplementary earner if they are earning otherwise they are supposed to do routine household chores such as carrying water, fuel and fodder. They are also responsible for rearing livestock and looking after the kitchen, gardening, cooking, cleaning and earning for the family member. Each of the strenuous work remains insufficiently recorded recognized and rewarded.

Inspire of all these women's work force is remarkable. Working class Indian women have been part of the labor force particularly in textile mills, men's and plantations. In agriculture the rural women play a vital role and participate in all stages of crop productions, as they constitute 80% of the rural labor force 2-3 million people in the forest and tribal belt of Indian earn there livelihood by held-leading of these 90% are women. Women in the 3 main rice-growing states of Kerala, Temil, Nadu and West Bengal make crucial contributions to the entire process of cultivation. More then 2/3 of the inputs are provided by women.

However with increase in mechanization/technological development women are being increasingly withdrawn from the work force. Again women workers are not given training to upgrade their skills. So whenever mechanization is introduced, women are considered unskilled and removed from their jobs. However according to census reports, women in the age of 15-39 years, are economically most active.

***According to the 1991 Indian census reports***

- 42 % of women are part of labor force (i.e. able and willing to take up employment)
- 23% of the total women are actually doing paid work.
- In the 0-14 age group, nearly 3% of the total number of girls is working for wages.

- ❑ The women produce 50% of the world's food supply, accounts for 60% working force and contribute up to 30% of official labor force but receive only 10% of the world economy.
- ❑ Women's labor force participation have risen by 4% in 20 years from 36% in 1970 to 40% in 1990.
- ❑ There was a gradual decrease in female employment in 1991. The percentage of women employed was 16% and 51% were males.
- ❑ Women's strength in one force in India is 90 million of which four million is in organized sector. Majority of women are in unorganized sector.

In the early days of the organized industry of India the factories as well as the plantations found it difficult to recruit labor because the village people were very reluctant to leave their villages and adopt a new way of life. This problem persists even today. It is a great problem to women workers. Women are a part of labor forces. She produces not merely goods and Services, but is a prime source of accelerating human race- The Central Government has acknowledged the strength of kinship ties in its personnel by giving free rail tickets to its staff member, and his family to visit his hometown or village once in two years. In the case of women workers the question does not arise. They avoid distant places of employment. Even the administrative and professional people, however high placed, they may be, retain close kinship bonds and are always eager to visit their village or home town, even if they are working in a place a thousand or more miles away. Now due to increase of transport facilities and the rapid increase of the wheelers this problem has been considerably solved.

Proper working conditions are required for better productivity and more regularity. The Indian Factories Act, 1948 emphasize the safety and welfare of workers in factories. No woman worker shall be employed in any factory except between the hours of 8 A.M. and 7 P.M. No

exemption from section 54 which lays down that no adult worker shall be required or allowed to work in a factory for more than 9 hours in any day, may be granted in respect of any woman worker- There shall be change of shifts except after a weekly holiday or any other holiday, in respect of a woman worker (Section 66 of the Factories Act 1948).

#### 1.4 WOMEN PARTICIPATION IN INDIAN ECONOMY

As one moves from lower to higher levels of living, from traditional agriculture and household industry to organized industry and services, from rural to urban areas, the traditional division of labor between men and women ceases to operate, The unit of labor becomes the individual, and most jobs that women can do, men can also do. As the investment per unit of labor increases with the advance in technology and the training period lengthens, the proportion of persons engaged in economic activity .it any time declines. The decline is sharper for women, particularly in developing countries. In India (he proportion of the population engaged in productive work (die participation rate) declines from nearly 46 per cent in the rural, to 33 per cent in the urban areas, where the major part of the employment is in organized industry and the service sector.

**Table 1**  
***Female and Male Participation Rates***

	Total		Rural		Urban	
	Population	Participatio n rate	Population	Participation rate	Population	Participatio n rate
Female	212,941,462	27.96	176,520,510	31.4	36,096,927	11.1
Male	226,293,620	57.12	183,251,655	58.1	142,739,012	52.4

Source : Census, 1961

The corresponding decline for women is from 31 per cent to 11 per cent and for men from 58 per cent to over 54 per cent Accordingly, this decline in the participation rate is a shift in the structure of employment. In urban areas the largest proportion of women are employed in the service sector-a sector, which requires a higher average level of training and education.

**Table 2**  
***Distribution of the Female work force in Urban Area and Comparison with Rural Areas***

NO	Area	Numbers	Percentage	
			Urban	Rural
1.	Cultivation	484,938	12.2	58.8
2.	Agricultural labor	423,805	10.5	24.7
3.	Milling, quarrying, forestry, fishing, hunting, livestock, etc.	111,085	2.8	2.0
4.	Household industry	793,919	19.8	7.0
5.	Manufacturing	396,050	9.9	0.7
6.	Construction	100,164	2.4	0.3
7.	Trade and Commerce	273,560	6.8	1.0
8.	Transport	48,712	1.2	Neg.
9.	Other service	1,377,808	34.4	5.4
	<b>Total</b>	<b>4,010,041</b>	<b>100.00</b>	<b>99.9</b>

Source : Census, 1961

Whereas a much smaller proportion of women in urban areas directly participate in economic activity, a much larger proportion of them are educated. Thus, while in rural areas 8.5 per cent of the rural female population is literate, in the urban areas the proportion is 34.4 per cent. The comparison is even more revealing if we consider the proportion of literate women among those who engage directly in economic activity. In rural areas, the number of literate women is 27 per

cent of the number in the working force, but in urban areas the number of literate women is 3 times the number of women in the working force.

Women's main role was just to cook, clean, looking after children a care for other family members. But today, the whole situation *has* changed. Now, the question is which factor has brought such a significant change in the traditional attitude towards women within the family and society? – Education

Increased educational opportunities have empowered women to take active part in different types of Jobs this include professional services. Today women are running shops, hotels, establishments, stock markets and many other professions which were previously named men's only have now become women's too. Today we have Indian women as mountaineer, air force pilot executives, soldiers, industrialists, technologist and so on. So we can say employed women enjoy better status. Employment raises the status of women not only in the family but in the society also. The rising cost of living has made it necessary for most women to take some form of employment in order to supplement the family income.

The government of India reviews different aspects related to the economy of the country's population every 10 years. In these reports 'work' is defined in such a way that most of the woman's activities get classified as non work. Actually these women help family enterprises/ home based work for piece-rate wages. They also may be working on the family farm as unpaid workers. Since they are unpaid, they get classified as non-workers. Women are found to be contributing to enhancing family's economic status by land based / home based work. Due to migration of men lo urban areas lake up the responsibility as cultivators- they also increase the family resources (e.g. making cow dung cakes for fuel). Women are also employed in large numbers of

household industries like rice pounding, oil processing tobacco and leather industries.

Women are also involved in the occupation such tailoring, forestry, fisheries etc. All this has lead to a policy shift and a growing awareness of women's contribution to the country's economy.

This has also brought about a change in the census definition of work. This changes is recognized, when the 1991 census of India has given information on female-headed household in the country. It also reflected in the increased work participation rate over the decades

**TABLE 3**  
**WORK PARTICIPATION RATES IN INDIA**

<b>Year</b>	<b>Rural Urban</b>	<b>Females</b>
<b>1971</b>	<b>Rural</b>	<b>15.92</b>
	<b>Urban</b>	<b>7.18</b>
<b>1981</b>	<b>Rural</b>	<b>23.06</b>
	<b>Urban</b>	<b>8.31</b>
<b>1991</b>	<b>Rural</b>	<b>26.79</b>
	<b>Urban</b>	<b>9.19</b>

## **1.6 REASONS FOR INCREASS IN WORKING WOMEN**

### **1.6.1 INCREASE IN MALE MIGRATION**



Insufficient employment opportunities, shortage of productive assets required for self employment and limited availability of wage labor are the principle reasons for male migration. In such case women become the primary, if the sole supporter.

### **1.6.2 DIRE ECONOMIC NECESSITY**

May be the male member of the family is not earning or he is dead or physically or mentally handicapped or is not able to work which makes women to work.

### **1.6.3 LOW MALE WAGES OR EARNINGS**

Low male wages often impose a double responsibility on married women who need subsidize the family income through additional home production and work outside the home.

### **1.6.4 WOMEN HEADED HOUSEHOLDS**

This is a very common phenomenon is south were there is a matriarchy rather than patriarchy. In such case it becomes necessity for women to work. Women also become the heads of the household may be because of the widow hood, spinsterhood or due to the divorce with her husband which make women to work, since they are dependent upon themselves for the economic survival.

### **1.6.5 TO PASS TIME**

Some females don't want to sit at home before their marriage, or after their marriage so they work.

#### **1.6.6 FOR FINANCIAL INDEPENDENCE**

Women work because they don't want to remain dependent upon their husbands or of male members of their family for their extravagance etc.

#### **1.6.7 TO BUILD AN IDENTITY**

Some women prefer to build their own identity and don't prefer to be called as only somebody's daughter.

#### **1.6.8 TO ACHIEVE AMBITIONS**

Few women are very ambitious and if their ambitions are to build career and put their education into practice therefore they work. A study showed that the main attraction of employment appeared to be money, and secondly, the company and interest which it offered. Money was more important to single man to married women and among married women to those with children than to those without. A sociological study of 728 working mothers in America also revealed the same trend. The study made the following analysis.

29% of women workers worked because "My husband was not working enough.

22% because "My husband was dead",

14% because "My husband was sick",

13% because "My husband left me",

11% because "My husband could not support me",

11% because "I had rather work".

89% of the subjects, as can be seen from above were forced to work due to economic necessity.

**In a India similar study of a group of working women in India leas been made. The analysis was made as follows.**

**Out of 152 employed women, 67% were forced to resort to employment due to adverse circumstances;**

**5% Chose service because they liked it;**

**5% because they desired to utilize time;**

**4% because they considered occupation as a qualification;**

**2% followed professions;**

**1% was imbued with a desire for economic independence.**

**The 1994 World Survey on the Role of Women in Development identifies three factors leading to women's poor representation at the decision-making level, especially in the private sector, a predominantly male culture of management, the continuing current effects of past discrimination, and the lack of recognition of women's actual and potential contribution to economic management.**

**"Usually, if women gain access to entry-level jobs in large corporations, they tend to remain in the lower ranks and to be concentrated in women dominated bureaucracies and management organizations. Women's choices tend also to be determined by gender-ascribed roles that thus limit their access to potential career posts", notes the World Survey.**

**What also works against women's professional advancement is the so called "glass ceiling", an invisible but impassable barrier, formed out of biased work conditions and the male corporate culture. For example, employment rules, regulations and performance evaluation systems tend to be gender-based. "Since conditions of work are largely constructed around the interests of men as employees and employers, they are often unsympathetic towards and unsupportive of the behavior, roles and out-look of women. Biased attitudes are also embedded in the**

so-called corporate culture and take such forms as sexual Harassment, the exclusion of women from developmental opportunities, the exclusion of women from formal and informal networks and the down - grading of women's skills", notes the World Survey.

Other obstacles are more structural. Low levels of literacy and lack of opportunities for training are among them. For women in most developing countries, labor is there single most important resource; yet they often do not have the necessary skills to raise their productivity in both household and market-based production. Their access to such productive resources as capital, technology and land is limited. Though women's right to own land is recognized in many developing countries, their actual control of land is rare. Similarly, custom-bound laws of inheritance, ownership and control of property tend to work against women. They also have to face such situational obstacles as their family responsibilities as mothers and wives. Strong negative views about women\*s ability to assume leadership positions add further barriers.

In the United States, women's business start-ups fail 7 to 11 per cent more often than men's because of their lack of access to capital, reported the united States National Women's Business Council. In some countries, women need consent from their male relatives before applying for credit. Bankers often ask them to have a male co-signer.

According to the International Fund for Agricultural Development (IFAD), only 5 per cent of the \$5.8 billion in multilateral bank loans allocated to agricultural and rural development in developing countries reached rural women in 1990. In some African countries, women, who account for more than 60 per cent of the agricultural labor force, receive less than 10 per cent of the credit allocated to small farmers and 1 per cent of the total credit allocated to agriculture.

Even when loans are given to women, very often they are appropriated by male members of the family. A recent study on loan use in Bangladesh, where several highly successful loan programs for women are in operation, shows that in only 37 per cent of the cases do women retain full or significant control over loan use. In about 63 per cent of the cases, women have partial, very limited or no control.

## **1.7 CONSTRINGES TO WOMEN EMPLOYMENT**

Due to restrictions at home enough women are not available for jobs outside the house and especially at places like industries, etc. There are no vacancies for them. In recent times due to computerization and office automation, new recruitments in many organized sectors have been stopped.

The working women have to shoulder a double burden of domestic duties as well as office-duty, the on going debate is the issue of part time work for women employees, so as to give relief working women. However, majority of the women refuse this offer as they feel that this will be used as an excuse to deprive them of career promotions, challenging and responsible assignments.

The term organized sector, which is also called as formal sector refers to that segment of the Indian economy, which offers regular employment as for instance, in the case when one is employed in the corporate establishments or government offices and institutions.

The organized sector of work involves those industries / organizations / institutions covered by the protective labor laws. In India it is estimated that out of every 100 women workers only six are in the organized sector. These women work in industries such as Cotton Textiles, mining, coal, iron. Jute, food processing, manufacture of machinery, pharmaceuticals, medical and scientific instruments, electrical appliances, banks and railways. In the salaried sector the

employment of women has raised more in the post independence period, as well as strengthen the societal belief that women are supplementary earners.

**TABLE 4**

<b>Women in the organized sector (In lacks)</b>			
<b>Year</b>	<b>Public Sector</b>	<b>Private Sector</b>	<b>Total</b>
<b>1971</b>	<b>8.6</b>	<b>10.8</b>	<b>19.3</b>
<b>1981</b>	<b>14.9</b>	<b>12.9</b>	<b>27.9</b>
<b>1991</b>	<b>23.4</b>	<b>14.3</b>	<b>37.81</b>
<b>1993</b>	<b>24.7</b>	<b>15.5</b>	<b>40.27</b>

Instead there is a demand from women to inculcate the ethos of sharing of home work by both men and women in the family, provision of child care centers, safe transport as constructive ways of helping women shoulder the double burden.

## **1.8 PROBLEMS FACED BY WOMEN WORKING IN ORGANIZED SECTOR**

Problems can be faced by both married & single woman working in organized sector. The problems of Married working women.

### **1.8.1 DUAL RESPONSIBILITY**

The major problems for working women - housework and the office work. Even though employment of women is accepted, most other in-laws and majority of the husbands have not accepted the changing life pattern. They are not prepared to share the responsibilities of the household and of looking after children. These duties still considered to be exclusively of the wife.

### **1.8.2 WORKING WOMEN AND CHILDREN**

Another type of problem experienced is the feeling of neglecting the children when the mother is working. The mothers often feel or made to feel that children are not properly looked after and not able to give time to children.

### **1.8.3 CONTROL OVER INCOME**

Even though many women work, not many of them have any control over their income they earn. A great majority of them have over their salary to their husbands or in-laws. They are not supposed to manage their own income.

### **1.8.4 IMPACT ON MARITAL RELATIONS**

The whole drama of the life of an Indian Woman is played around the husband and his relations. He may be a staunch exponent of equality of women with that of men. But at home he enjoys domination over his wife, who has to meekly obey him without questioning.

### **1.8.5 RESTRICTIONS ON MOVEMENT**

In some cases the freedom of movement of the working women is also restricted. She is allowed only to go to the place of work. If she is late by half an hour, she is answerable. She is not allowed to go elsewhere alone- If she wants to go, she is accompanied by younger sister-in-law or someone else.

### **1.8.6 IN THE SPHERE OF FOOD**

Women use fast food in the daily routine hectic life, which affects the general health of the member of the family.

### **1.8.7 OTHER RELATED PROBLEMS**

The workingwoman is left with little time for relaxation or entertainment or social life. Apart from leading to her own overwork, burden and tension, she becomes the buff of social criticism.

## **1.9 PROBLEMS OF SINGLE WORKING WOMEN**

### **1.9.1 PROBLEMS OF GETTING EMPLOYMENT**

The women in general suffer from some of the assumptions and prejudices which the authorities particularly the male, have towards them. The management feels that women are not serious or efficient workers and as soon as they get married they will go away.

### **1.9.2 SINGLE WOMEN AND STATUS IN THE FAMILY**

Even though a single woman is working, her status does not change in the family. They are not given freedom in their lives.

### **1.9.3 PROBLEMS OF GETTING MARRIED**

When a woman starts working her expectations go high and so it becomes difficult to find a perfect match for them and secondly some people don't prefer working women as they think she will dominate in the future.

### **1.9.4 PROBLEMS PARENTAL RESPONSIBILITY**

Sometimes the parents and other members of the family are totally dependent on the income of the young girls. They are mightily afraid of the girls getting married.



### **1.9.5 PROBLEM FOR RESIDENCE**

A single woman, married unmarried or widowed if alone, face a problem or Residence in India as it is not safe for her to live alone. The unorganized sector of work is that which labour laws not protect. Of the total ^Indian women in the workforce, 90% are involved in the unorganized sector. In this sector, 80% of the women are employed in agriculture and 20% in the non-agricultural sector. The women workers in this sector receive low wages, work for very long hours, do not enjoy permanency of employment tenure. Women in this sector are invisible in official records.

The unorganized sector is basically recognized through two types of occupations land based and home based. Agriculture and forestry, dairying, animal husbandry, fisheries, sericulture, mining tobacco and bide industry etc are all land based occupations. The home based occupations comprise of handloom weaving and spinning, handicraft, garment making, food processing, vending and hawking, contract work by ^manufacturing sector etc.

Along with the employment of women, the number of employed girl child in our country is also high- There are millions of girl child laborers both in rural and urban areas. In the rural areas, there arc millions of girls who start doing endless household chores by the age of 4 or 5. Years. They collect fuel, fodder, water, tend animals, clean utensils, sweep floors, and look after the younger siblings- In the urban areas also girl children from poor families work to get fuel and water. They are also found to be looking after their-younger siblings while being employed as laborers in the organized sector.

Thousands of girt child laborers arc found in the Fire crackers and matchbox manufacturing industry in Sivakashi, the brass industry in Moradabad, the carpet industry in Mirzapur, the beedi rolling industry in Belgam. the power loom industry in Bhiwandi, the Zari Industry in

Varnasi, the diamond Industry in Surat, the lock industry in Aligarh, gem polishing Industry in Jaipur etc.

## **THE FOLLOWING ARE IMPORTANT ASPECTS OF WORKING WOMEN**

- (1) Ignored: Women are ignored at the work place specially when there is a preference to be given between a man and a woman. There are given less opportunities in comparison to men.**
- (2) Insecurity of jobs: There is no security of jobs; women can be removed as and when wanted by the owner.**
- (3) No legal protection: There is no legal protection provided to women as far as problems like security of jobs or any kind of harassment are concerned.**
- (4) No payment of wages: There is no regular payment of wages in turn of the work done, to women. Irregular and insufficient wages are paid to them**
- (5) No payment of overtime: Even if women work for extended period of time they are just pay for the regular hours and no payment is done for the overtime work done.**
- (6) No maternity benefits: There are no maternity benefits given to women before or after pregnancy, thus they are removed from their job if they demand for the same.**
- (7) Lack of skill: Women are considered to be lacking in their skills as far as their job is concerned in comparison to men and thus are given less preference.**
- (8) No medical benefits: There are no medical benefits like leave or any medical help provided to women at the time of sickness.**
- (9) Seasonal nature of employment: Women in unorganized sector are employed on temporary basis and thus can be removed at any period of time.**

- (10) **Longer hours of work: Women have to work for longer hours resulting into more physical and mental stress and in turn not paid equivalently for the same.**

## **1.10 ISSUES RELATED TO WORKING WOMEN**

**As seen earlier, women are employed in both the organized as well as the unorganized work sectors. However the gender-based division of labor has been and is still prevalent in the economy sector and society at large. These divisions are based on the ideology of male dominance, caste and population norms. This division is also based on the common belief that woman are physically weaker and are therefore not suited for physically strenuous tasks- Women's participation is therefore generally limited to subsistence economy such as lowly paid agricultural work. Handicrafts and also household work. Women therefore end up doing the least skilled work and are underpaid or is expected to contribute to the survival needs of the family without any corresponding benefits.**

**The gender-based division of labor has also been responsible for drawing male labor in commodity production and keeping women in subsistence production. The effects of this are also evident from the results of land reforms whereby the role of women has declined from cultivators to agricultural laborers. Again, men have been able to give up their traditional occupations and have managed to get upward mobility but women still are tied down to their traditional chores. They are also found in the lowest rung of the occupational hierarchies. In both public and private sectors chores which require handling of organic waste and chores that have low or no status are generally assigned to women.**

**The Indian Societal values perceive women primarily as mothers and wives. The social definition and acceptance of all women**

housewives makes invisible their contribution to both the survival and sustenance of the household as well as to the economy of the country. This ideology promotes the devaluation of the woman's productive work because it is seen as the extension of household work. It is also devalued because with the gender based division of labor, a woman's work is believed to be non-strenuous and regarded as subordinate and secondary to men's work.

Commercialization and commercial gains are indicators of a progressive economy. This has led to the belief that only wage labor is seen as work. While other forms of work are dismissed as economically unproductive. The production for market is seen as an economically productive work whereas production to meet (the) survival needs of the family are dismissed as domestic work. Thus women's work within the family/household, which helps the families to survive, is not seen as gainful employment and women do not get recognition/pay/status of workers. Their contribution to the welfare of the family members remains unrecorded and unremunerated. Women's backbreaking work is thus unrecognized and these conceptual distortions are carried over to the census records also.

As married women increasingly share with their husbands the task of earning income for the family, why are not men, reciprocally, increasing their share of housework and childcare? Studies of the division of labor within the family and attitude. Studies continue to show that most respondents are not interested in extensive changes in the allocation of tasks by gender. Mason and Bumpass' findings that the employment status of women is not related to their attitudes about marital division of labor support the studies cited above that found an increase in husband's time contribution to household and child-care tasks when wives are employed." A model of equity or distributive justice has led some sociologists to assume that the outside

employment of wives results in the more even sharing of other household tasks. In this model, a wife's increased Investment of her time in outside employment was expected to be balanced by her husband's increased investment in his time in housekeeping and/or child rearing. In light of the consistent research findings to the contrary, where does this apparently logical model go wrong? Why has this assumption proven false?

Many people are surprised to learn how much time is spent each week in housekeeping and childcare. Perhaps one reason for the failure to approach equity in time commitment is that those who are not doing the work lack awareness of the actual degree of inequity. This lack of awareness is perpetuated by the belief of many Americans that it is cold and suggestive of a lack of love between family members to calculate the time spent by women on work that directly benefits family members.

Stereotypes of what males and females are capable of doing are often evoked as justifications for lack of change. For example, according to stereotypes, women are nurturing, men are not; women are intuitive (presumably a useful trait with a screaming infant), men are not. Further, women and men who do not behave in accordance with these cultural expectations (for example, woman is nururant, man is not) may encounter doubts expressed by others about their ability to be parents at all. In 1977, a New Jersey judge told a father filing for continued custody of his daughter (of whom he had had custody for the previous two years) that the father's desire for custody was inappropriate; the judge said the father (a lawyer) ought to have a "psychological compulsion" to achieve at his Job rather than to parent.

Ironically, at the same time that stereotypes are used to Justify rigidity in social arrangements, men and women are also expected to perform in ways that are inconsistent with our cultural stereotypes! For example, men (stereotyped as competent with machines and

sophisticated technical problems) are expected to have skills in human interaction when relating to other people, within the family or outside of it. Women, on the other hand, are often responsible for budgeting the family's money; when this task is not performed by both spouses, it is more often the wife's responsibility than it is the husband's, despite the stereotype of women "naturally" being indecisive or incompetent with numbers."<sup>23</sup> The contradictory stereotypes of innate capacities survive because they are rarely compared.

Conflicts between career and family bear heavily on many women, and their gains in paid work have been offset by loss of leisure and the decline of marriage. Young, white, well-educated, unmarried women have made substantial economic progress relative to their male counterparts, but the price has often included forgoing the opportunity to have a child. For the first time in our nation's history, an entire generation of young people are not replacing themselves. Furthermore, those women who do combine motherhood with paid work face constant pressures to arrange appropriate care for their children and frequent crises when those arrangements go awry.

Opinions differ as to whether women have, in some overall sense, improved their position relative to men during the past quarter-century. There is, however, little disagreement that recent decades have been particularly difficult ones for children. While many American children are flourishing in the new world of the 1980s, an increasing proportion is not. Compared with their parents' generation, children today commit suicide at a higher rate, perform worse in school, are more likely to be obese, and show other evidence of increased physical, mental, and emotional distress.

## **1.11 PROBLEMS OF DOMESTIC WOMEN WORKERS**

The plight of women domestic workers is particularly bad. Each of them is employed by several people at the same time. Most of them are dependent on their employers not merely for wages but also for a few favors like loans, old clothes and food. Domestic workers are paid in cash and kind. Employers pay shockingly low wages because they feel that domestic workers are maintained by providing them with food and in some households, shelter too. Domestic workers are paid a monthly salary of any amount ranging from Rs. 20 a month to Rs. 150 per month, depending on the type of work involved. As there is no minimum wage fixed and as the Minimum Wages Act does not cover the domestic worker, the employers are free to pay what they want, irrespective of quantum and hours of work. The hours of work and nature of work depend on the full time or part-time availability of the workers. Generally, cooking is done only by the full-timers while part-timers are given other household chores. In Kerala, the duration of work does not exceed twelve hours a day. In Karnataka, Delhi and Maharashtra a large proportion of full-timers work between 8 and 12 hours. In TamilNadu most full-timers work for approximately 8-10 hours.

Domestic workers seldom enjoy weekly, monthly or yearly holidays. When they fall ill or need leave for an emergency, they are expected to bring in a substitute. As there is no written contract between the employer and the domestic worker there is immense scope for exploitation, particularly little girls, from rural areas, are employed as domestic workers and a meager amount is sent as salary, directly to the parents of the worker. The parents accept the situation meekly as they are too poor or ignorant to resist this exploitation. It would not be an exaggeration to mention that in some households little girls, who are employed as domestic workers, are 'disciplined' with the rod so that they 'work better'.

Domestic workers do not enjoy any job protection or security, as these matters depend on the moods and fancies of the employer. For even trivial reasons the domestic worker can lose her job if the employer so desires. Similarly any increase to be made in the domestic worker's pay, after one or two years of service, once again depends on the employer's willingness to do so. There are several domestic workers who have been work ring for more than three years under the same employer, without receiving any hike in pay, while their more fortunate counterparts have received a paltry sum of Rs. 5 or 10 more after three years of service.

The socio-economic condition of women domestic workers is rather sad and deplorable. They come from very poor families, with the majority of them being illiterate or having studied only up to the primary school level. In most cases, the husbands of women domestic workers are either unemployed or underemployed. The children either go to the local corporation school or they drop out from school in order to look after the smaller children at home. Their family life is marked by frequent quarrels and disorganization. Marital separation or desertion by the husband is quite common. In most cases, the husband comes home drunk and creates more tension and agony to the women folk. All these factors induce the domestic worker to mortgage all her "precious" belongings including her 'Mangalsutra', so that she can find some money to feed her children. Women domestic workers invariably live in slums or tenements. These hutments comprise of one small room in which all their household activities are carried on. The surroundings of their dwellings are equally depressing and unhealthy. Most women domestic workers suffer from several health problems. They develop cracked hands and feet, which become sore due to continuous work in water, using strong abrasive powders and soaps. They also suffer from anemia, malnutrition, body-ache and general weakness.



## **1.12 GESTIONS TO OVERCOME AND PROBLEMS OF WORKING WOMEN**

In India, women constitute around 48 per cent of the population but their participation in economic activities is only 34 per cent. The distribution of women works explains that more than 10 per cent are in unorganized sector. As per the Human Development Index (1997), India ranks 99th on the gender related development Index of 130 Nations. The gender empowerment measures which estimates the extent of women participation in a country's economic and political activities, India ranks 110th of the 166 Nations. For number of countries the Human Development Report presents a gender sensitive HDI, measured on the basis of indicators of women development such as access to education, reproductive health and credit resources. When the HDI is adjusted for gender disparity, no country improves its HDI value, i.e., no country treats its women as well as it treats men, a disappointing result after so many years of debate on gender equality. This necessitates a holistic approach of empowerment of women through the following strategies.

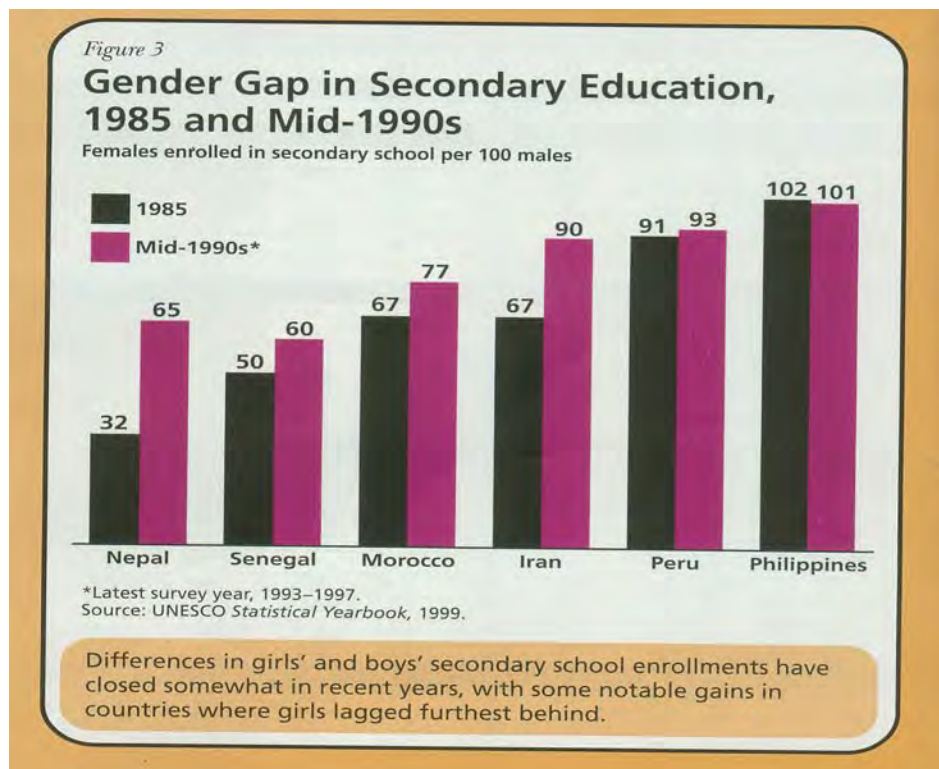
### **Educating girls and Women,**

- (i) Facilitating their involvement in economic activities through development of their entrepreneurial and income earning capabilities and access to credit,**
- (ii) Involving women in policy formulation and decision-making.**
- (iii) Encouraging socio-cultural change by exploring gender issues and promotion effective implementation of equal rights legislation.**

Women entrepreneurs are both from business and non-business background; engage in both traditional and non-traditional field. Unlike the general belief, those women entrepreneurs choose only feminine nature of products, these studies revealed that they are found in

manufacturing, trade and service industries of both feminine and non-feminine nature of products. Women entrepreneurs did not face any financial problems, and the domains of women entrepreneurs include women with and without formal training. There is absolutely no conflict with enterprise and family and women are much concerned with expansion, diversification and modernization.

**Figure 3**  
**Women's Education**



### 1.13 WOMEN ENTREPRENEURS

Though women are equally qualified as men to succeed as entrepreneurs, they suffer from two distinct disadvantages as compared to men *First*, the initial lack of confidence in their own abilities, years of accepting a subordinate status and strict role segregation, *second*, society's lack of confidence in women's ability.

This is manifested in family's reluctance to finance women's venture, in a banker's reluctance to take risks on projects set up by women and in an individual's unwillingness to stand guarantor for loan to a woman. (The Business and Industry Magazine, 1989). The main problems faced by Indian women entrepreneurs are financial constraints, over dependence on intermediaries/ scarcity of raw materials, intense competition, high cost of production, low mobility, family ties and responsibilities, inimical social status, adverse effects of risk bearing, lack of education and skill acquisition, low need for achievement. (Jose Paul *et al.* 1996).

With joint families breaking up, many women simply don't have the support of elders to shoulder family responsibilities and give moral and physical support. So women in rural areas have to suffer more- they have to face not only resistance or reservation from men but also from elderly women who are imprisoned in the attitude of inequality. Though in rural areas women are working along with men since time immemorial, they are mostly engaged in low paid, low skilled backbreaking agricultural activities or act as helpers in handicraft. (Vasant Desai, 1997).

Shortage of raw materials and other necessary inputs as reported in the failure of many women co-operatives in 1971 such as those engaged in basket-making- This was mainly due to the inadequacy of forest based raw-materials. (Jose Paul *et al.*, 1996).

Moreover Indian women entrepreneurs are handicapped by lack of adequate finance, technical know-how, non-availability of raw materials, lack of technical and managerial skills.

Male have negative attitude towards female, therefore gender discrimination is prevailing. Due to their family responsibilities women have less time compared to males they have to look after both their children and business. Banks and other financial institutions have negative attitude towards women entrepreneurs while providing finance because they don't have property rights and security.

Another reason is that in traditional India most of the women folk lack mobility and do not undergo additional training and they are handicapped by their inability to travel from one place to another for their work. specially in rural areas though women have potential, male domination curtails their development. Therefore rural girls are forced to involve only in the house-hold activities and agricultural activities.

#### **1.14 MALE AND FEMALE IN MANAGEMENT**

Management is considered to be a masculine domain. Though half-a-century has passed after independence, Indian Corporate remains unchanged. Most of the companies are headed by men of caliber. Few family-owned businesses has women CEOs, The case is not different in Government and public sector undertakings. Equal opportunity is given to all without any gender bias at the entry level, but when it comes to the filling up of the top slot, only men are considered in most of the cases. Even in the administrative cadres, women officers are allotted unimportant portfolios.

There are certain misapprehensions about women in management. First and foremost thing is that men and women are different with men gaming the superior status. There is general perception that women do not make good managers. This may be true, if

only their success rate in organizations are taken as criteria, but as a whole women are good manager considering the fact that the multiplicity of roles played by them that too parallel in their life span. Another misapprehension is that there is difference in the motivation level among the genders. Here, again the men score over women. Since getting motivated is the main trait of achievers, there is an element of doubt about the possibility of successful accomplishment of various difference tasks under a dynamic business environment.

Two different schools of thought differentiate themselves on the assumptions made about the role of women in management. In brief, it is as given below:

**TABLE 5**  
**ASSUMPTION ABOUT WOMEN IN MANAGEMENT**

<i>Assumption</i>	<i>School-A</i>	<i>School-B</i>
1. Men and women's contribution	Identical	Complementary
2. Assessment	Quantitative	Qualitative
3. Effectiveness norm	Similar to both	Unique to women
4. Goal measurement by	Women's strength in hierarchy	Women's contribution to goal
5. Effectiveness based on	Historical male norms	Women's own contribution

In the organization, the division of work, follows the convention which is skewed towards then- Women are preferred for manual work whereas men are preferred for intellectual work. Men are treated as professionals and are engaged on a full-time basis whereas, women are sidelined and tend to occupy less powerful, lowly paid, organizational positions, which are also below par in status.

**Women play a multi-faceted role in the society. They always play-multiple roles sometimes dual or triple roles. As part of the "dual role, they fulfill their organizational commitment and act as child careers. This apart, they take care of the elderly and sick in the house to accomplish the third role. The scope of assignments undertaken by women is almost similar in the developed and developing countries. The important ones are:**

- Organizing the house**
- Preparing and Providing food**
- Bearing children**
- Child care**
- Attending to sick**
- Competing with men in the organization**

**Women face a number of problems, which increases according to the number of roles played by them. They have to cope with the additional family and domestic commitments, which solely rests on their shoulders most of the time. They have to manage the conflict between the paid and the unpaid works and services rendered by them. Apart from these kinds of compromises and sacrifices, they have to fight continuously against the myths about their management potential as stated earlier.**

**Cultural, social and organizational practices/ styles and laws act as primary barriers for the effective development of women managers. Custom and religious laws bring in the sex-role stereotyping. A woman has to take care of the family and a man is the bread winner- the scenario is not greenly in other places as well. Japanese women withdraw from work after marriage. There is a marked change in the recent years and hope parity will be attained at the earlier.**

**Social aspects have direct and most significant impact on the development of women and in their career- Male-female interaction pattern is based on the societal conservatism prevailing at their places. In India/ for example, this conservatism gets reduced from South to North. In Singapore/lot of encouragement is given to women to take up organizational assignments. In the developed country like Germany, before 1977, law aided the husbands to prevent their wives from working. Modification of the law brings 'relief to the suffocated gender. In India too, the proposed one-third-reservation policy in favor of women will help in reducing the gap.**

**The term "Manager" has been used elusively in the past. If you ask somebody who is a Manager? He will reply a "boss", a "factory owner", "a person who has subordinates under him" or a white-collar bureaucrat sitting in an air-conditioned office or a business executive etc.**

**In early history of management a manager was denned as a person "who is responsible for the work of other people".<sup>1</sup> Apart from other limitations, this definition made a clear distinction between a "manager" and an "owner". In spite of this fact, it was not a satisfactory definition on account of following considerations:**

**There may be many people in the organizations who form part of management but are not responsible for the work of others. For instance a treasurer of a company though formatting part of top management und entrusted with the task of arranging the supply and the use of money is not held responsible for the actions of others.**

**The definition concentrates on the tools rather than the task themselves. The emphasis is on people and not necessarily the task of the people. For instance a Market Research Manager may have a large**

number of persons reporting to him. In a traditional sense, he is a manager; but this is not enough. What is more important is the task of market research and analysis, performed under his control. Whether two men perform this task or one man is not relevant. Only relevant thing is the execution of the task of market research.

In spite of a number of micro studies conducted by scholars as Strauss,<sup>3</sup> Sayles<sup>4</sup> to identify the scope of work/job of a manager none could comprehend it. Similarly the research study of R. Stewart<sup>5</sup> of 160 British Managers concludes that manager spend 45% of their time with peers, 41% with people outside their unit and only 12% with their own bosses. According to another observation "managers carry out negotiations with a variety of people within and outside the organization, establishing information net works and subsequently disseminating the information, resolving conflicts, making decisions under ambiguous circumstances, allocating resources and motivating subordinates". Even this observation quite comprehensive as it is, is not complete to identify every possible job/role of a manager as the manager has to design his role in the situations occurring at different time, different places and in relation to different set of people.

Peter Drucker summarizes the concept of a modern Manager by stating that it is not merely his task to command people but "it is responsibility for contribution. Function rather power has to be the distinctive criterion and the organizing, principle."

Peter Drucker has identified five basic operations in the work of a Manager. They are (i) setting objectives, (ii) designing the organization, structure, (iii) performing the directing function in the form of communication and motivation, (iv) performance appraisal and (v) developing people including himself.



All these operations right from setting objectives, organization, motivating, communicating to measuring and developing people require experience, analytical and leadership skills on the part of the manager. These functions are of formal nature hence applicable to every category of manager. In other words all managers are supposed to take decisions concerning planning, organizing, directing and controlling areas of his Job. This is a vague statement pertaining to the functions or the work of the Manager.

### **1.15 STATEMENT OF PROBLEM**

**“A STUDY ON HOUSEHOLD MANAGEMENT, DIETARY PRACTICES AND CHILD REARING PRACTICES OF WORKING AND NON – WORKING WOMEN OF RAJKOT CITY.”**

### **1.16 SIGNIFICANCE OF THE STUDY**

#### **1.16.1 SIGNIFICANCE TO THE AREA**

The study will be of great help in the area of management. Experts of management may have study various aspects of management at bank, factories, educational institutes or search other work places. But management at home is a rarely studied concept. Management at home is usually done by the lady member of the family. Here education age, and experience may influence the decisions she takes, the problem solving techniques. She adopts and the management practices she uses. In addition to this, the working status of the women that is whether she is working or non working also affects the way in which the women manages her house and children. Therefore it is of great importance to find out how working and non working women manage their household. This information about household management will though light on how managing homes is different from managing work places. It will also

highlight the differences in planning, implementing, budgeting and decision making at homes as compared to other places. The study will also be helpful to underline the fact that women are excellent managers. Who skillfully manager their resources to obtain their family goals. This research is of great significance in the area of management and so conducting this study is justified.

### **1.16.2 SIGNIFICANCE TO HOME SCIENCE**

Home science as a discipline aims at overall development of general masses, as specially women. Home scientist make continuous affects to help women solve their problems and empower themselves through knowledge and steel. Attempts are also made to find out the differences in knowledge, attitude and behavior of various categories of women. The present study on management practices of working and non-working women will be the significant contribution in this direction.

The subject deals with an important sub area namely 'Home Management' or 'Resource Management'. As a part of this subject it is studied as to how to utilize what you have to obtain what you need or desire. The study in its present form shows how working and non working women adopt different strategies to manage their household to fulfill their goals.

Food and Nutrition is one of the most important area of Home Science. It tells us what to eat, process and preserve and in what manor and quantity. This study shows the practices of working and non working women follows for buying, cooking and preserving food items.

**It will also point out the factors influencing the knowledge and practices of working and non working women in regards to importance of nutrition.**

**Women may adopt different child rearing practices as per their age, knowledge and education. The findings of present research study will show how women adopt different practices to nurture their children. Therefore the present study on house hold, dietary practices and child rearing practices of working and non working women will not only contribute in achieving the overall objective of Home Science. But will also be helpful in the area of Home – Management, Food & Nutrition, and child development. Thus conducting the study in Home Science discipline is justified.**

#### **1.17 OBJECTIVES OF THE STUDY**

- (1) To study the household management practices of selected working women of Rajkot City.**
- (2) To study the household management practices of selected non working women of Rajkot City.**
- (3) To study the dietary practices of selected working women of Rajkot City.**
- (4) To study the dietary practices of selected non working women of Rajkot City.**
- (5) To study the child rearing practices of selected working women of Rajkot City.**
- (6) To study the child rearing practices of selected non working women of Rajkot City.**
- (7) To study the household management, dietary and child rearing practices of selected working and non working women of Rajkot City in relation to their age.**

- (8) To study the household management, dietary and child rearing practices of selected working and non-working women of Rajkot City in relation to their income.**
- (9) To study the household management, dietary and child rearing practices of selected working and non-working women of Rajkot city in relation to their education.**
- (10) To study the household management, dietary and child rearing practices of selected working and non working women of Rajkot city in relation to their caste.**
- (11) To study the household management, dietary and child rearing practices of selected working and non working women of Rajkot city in relation to their type of family.**
- (12) To study the household management, dietary and child rearing practices of selected working and non working women of Rajkot city in relation to their number of family members.**
- (13) To study the household management, dietary and child rearing practices of selected working and non working women of Rajkot city in relation to their number of children.**
- (14) To study the household management, dietary practices and child rearing practices of selected working and non working women of Rajkot city in relation to their occupation.**

### **1.18 JUSTIFICATION OF THE SAMPLE**

**In our society, since ancient times women have been believed to be fit for household work and cooking and child care has been referred to as their principal functions. Since time immemorial we have been seeing women taking care of homes and children and we assume it to be their duty. Women themselves have also adopted themselves to these roles very efficiently. They have been doing and continue to do these chores without referring it to as work. Most of them are**

unconscious about their mental and physical outputs in managing their homes.

On other hand, due to increase in educational opportunities and need for more income, many women have employed themselves at different places or have started some income generating activities at home. Inspire of this extra work load to continue to fulfill their responsibilities as a home maker or care taker for their children. But their education and exposure may cause some effect on the type and manner of management practices adopted by her at home.

There are justified arguments to say that both working and non working women may have better management practices than other. Thus, it becomes necessary to know how working and non working women manager their home and children. It will be also important to find out how their household, dietary and child rearing practices differ and what factors influence these practices. The present research study therefore selected 150 working and 150 non working women as a sample for study. It was important to fund the effect of income on these practices and thus equal numbers of women were selected from lower, middle and higher income groups. Thus, the selection of 300 women as the sample for the study is justified.

## **1.19 JUSTIFICATION OF VARIABLES**

Age of women may influence the way in which she manages her house, elderly women may be more experience and thus may manage their house and children better. But on other hand younger women are more energetic and ready to adopt newer ideas. Thus they are expected to manager their families better. Thus age may influence the management practices of women.

Income is one of the most influencing factors. Women who can spend more can use ready products available in the market or can take human help where needed. Therefore, income of the family will surely effect. The management practices adopted by women.

Educated women are more scientific and systematic. They have better knowledge and exposure and thus are expected to manager their homes and children in better way. Thus education is selected as an independent variable for the present research study.

Caste may or may not influence the practices of women. In today's secular society it is least expected that factors like caste influence women. But still it becomes important to confirm the fact. Thus the influence of caste on management practices is also studied as a part of this research study.

Women belonging to joint or nuclear family may have different responsibilities. The number of family members and number of children also pause different problems and issues in front of women. Therefore type of family, numbers of family members and number of children are selected as independent variables that may or may not influence the household, dietary and child rearing practices of working and non working women.

Thee occupation of women in terms of business or service is also expected to influence the management practices of working women. The service class women may have to manage with fixed schedules and time bound duties. Where as those having own business are reduced. Thus it becomes important to find out how occupation influences management practices and thus it is selected as an independent variable.

## **1.20 RESEARCH QUESTIONS**

- (1) What was the status of household management practices among selected working and non working women of Rajkot city?

- (2) What was the status of dietary practices among selected working and non working women of Rajkot city?**
- (3) What was the status of child rearing practices among selected working and non working women of Rajkot city?**
- (4) What was the influence of age on household management, dietary and child rearing practices among selected working and non working women of Rajkot city?**
- (5) What was the influence of income on household management dietary and child rearing practices among selected working and non working women of Rajkot city?**
- (6) What was the influence of education on household management dietary and child rearing practices among selected working and non working women of Rajkot city?**
- (7) What was the influence of caste on household management dietary and child rearing practices among selected working and non working women of the Rajkot city?**
- (8) What was the influence of type of family on household management dietary and child – rearing practices among selected working and non-working women o the Rajkot City?**
- (9) What was the influence of number of family members on household management dietary and child rearing practices among selected working & non working women of the Rajkot city ?**
- (10) What was the influence of number of children on household management dietary and child-rearing practices among selected working and non-working women of the Rajkot City?**
- (11) What was the influence of occupation on household management dietary and child rearing practices among selected working and non-working women of the Rajkot city?**

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## **CHAPTER 2**

### **REVIEW OF LITERATURE**

The researchers in various libraries did reviewing of variety of literature as well as using Internet services. The literature was reported in three categories namely household management, dietary practices and child rearing practices theoretical review and research review. The process of reviewing literature was of great help to the researcher. It helped her clarify concepts and establishes a link between what was

already known. It helped to avoid repetition trends and practices in the area of household management dietary practices and child rearing practices could also be known by reviewing of researches. It helped the researcher to get a better understanding regarding various household management, dietary and child rearing practices. Overall the reviewing of literature helped to gain a better insight about the content and methodology of research in the area of management practices

The researcher further reports some of the important researches reviewed in the specific area. For the ease of understanding the research review is presented in three subparts.

1. Studies related to women.
2. Studies related to children.
3. Studies on nutrition.

## **2.1 STUDIES RELATED TO WOMEN**

2.1.1 Studies related to working women

2.1.2 Comparative studies on working and non working women

2.1.3 Comparative studies on male and female

2.1.4 Comparative studies on married and unmarried women

2.1.5 Studies on family life

2.1.6 Studies on management practices

2.1.7 Studies on stress

2.1.8 Studies related to stress at work

2.1.9 Studies related to women's health

## **2.1 STUDIES RELETED TO WOMEN**

Changing quality of life of women in Himachal Pradesh was studied by Sharma A in 2003 It was reported that the development of a state can not only be measured through the technological and materialistic, advances but also through the quality of life of the people.

As in the case of status of women, the factors influencing the quality of life are not easy to list. Quality of life has political, economic, social, cultural, environmental and psychological dimensions in addition to the dimensions of health. Education and health are two important parameters of life. The Himachal Pradesh state Govt. is taking steps for elevating the level of quality of life of women. The literacy rate has increased from 52.36 in 1991 to 68.68 in 2001. The availability of allopathic medical institution has increased from 265 in 1991 to 457 in 2001.

Vijayantimala K. reported women of the present millennium in 2003. It was reported that the family is undergoing changes, particular by towards women's exanimation. Women were provided education and employment opportunities and the number of working wives has gradually increased. Stress, which is a modern day malady. Afflicts workingwomen who have to play dual role of being a productive employee at work place and a caring wife mother – daughter – in – law at home. The aim of this study is to measure the lever of stress and its relationship to anxiety and marital quality among 30 workingwomen along with their spouses (for comparative purpose) through the scale of stress, anxiety and marital satisfaction. Analysis revealed that women expressed more stress, anxiety and martial dissatisfaction then men. There was a relationship between stress, anxiety and martial dissatisfaction in case of women.

Buddhas T in 2005 undertook a study with to observe the level of stress reveling among the nurses of Government and Private hospitals. "Nursing Stress Index" developed by Defenseman O. Peceasso and Hiline O. Osinovo was used for the stress measurements. Dr.Bhatt as "Paricharika Monobhar Suchi" translated the scale in Gujarati. The questionnaires denote five categories. For sample total 100 nurses were selected, out of which 50 were from Government hospitals and 50 were from the Private hospitals. The data was analyzed by t-test. The result

showed that there is difficult level of stress between government hospitals nurses and private hospital nurses.

Chhaya U in 2005 while studying Organizational Stress in working women reports that stress is a common experience. We may feel stress when we are very busy, have important deadlines to meet, or have too little time to finish all of our tasks. The work place has been identified as the primary stressors, and the home in contrast viewed as a sanctuary. Where one can recapitulates problems at work. However, the necessity of carrying out multiple roles to most their own needs and those of others is likely to increase stress, which influences their health and occupational stress, index, covering 12 dimensions was administered on 80 married and 20 unmarried working women employed in different schools and offices of Rajkot. Unmarried working women reported high stress at work place due to group political pressures and for married women; it was due to poor peer relations, group difference were not significant on other dimensions.

Patel A, in 2005 made an attempt to study whether behavioral efficiency of working mothers has any relation to or any influence on that of their adolescent youngsters in midst of varied tips of work or job of working mothers. In addition the attempt was also made to study the significance of difference between working and non-working mothers in their behavioral competency. For this purpose a sample of 640 randomly selected working mothers and equal number of their adolescent youngsters were administered emotional and mental competency scales respectively individually or in-group as needed. Their responses were scored and statistically analyzed adequately by product movement correlation method. (r) The statistical analysis warranted the inference that (1) there was significant positive correlation between behavioral efficiency of mothers and that of their youngsters in the whale as well in

main groups and (2) There was no significant difference between working & non working mothers in there behavioral competency.

Patel M in 2005 researched on stress among married working women a study in relation to intimacy with husband it was found that emotional intimacy is very important for the happiness of both wife and husband and it provides support against stress of life. The present study was aimed at investigating the impact of a sense of closeness with husband on stress experienced by married workingwomen. The sample consisted 80 working married women. The data was collected by using daily Hassles Scales developed by Thakkar and Mishra and Intimate Relationship Scale developed by Valises and Kammermann. Results reveled that working women with lowest perceived intimacy with husband experienced, highest amount of stress and they significantly differed stress with women perceiving highest lever of intimacy with husband. No other significant differences were observed.

Rao et.al evaluated stress among working women in public sector banks in 2005 it was reported that globalization of trading activities, economic policies, competition, need based developments has resulted an overall drastic changes in the set up of public sector banks. The recent changes included computation, automation, customer-oriented service, work beyond time schedule additional activities via, doorstep service, canvassing etc. The changing paradigm has affected the work culture and psychological aspect of employees, especially women. Who undergo lot of physical and mental stress? The study is thus aimed at the measurement of stress level among women in selected public sector banks, the causes and remedy. A pilot and a main study were conducted. Selected public sector banks in the south kanpara district were chosen. The data collected were analyzed using a statistical test. The result indicated that the employed women had job satisfaction and

the team spirit was appreciated. They have enjoyed the job responsibilities and incentives. The project proposes to have a built in cell in the organization or a team of experts from outside who can counsel the staff to reduce their stress status.

Most of studies in the area of type A behavior have been focused on male professionals. Today when gap between man and women is shrinking, as women of these days want to live life and they like and to come at par with the male folk divorce rates are increasing and women greatly outnumber men on depression rates, such study on female professionals becomes imperative. Present investigation is an attempt in this direction. Which was aimed at studying relationship of type a behavior pattern with physical and mental health of working women belonging to four groups viz. Govt. officers, Govt. Doctors, Bank officers and University teacher. 400 working women (100 from each group under study) from Rajas than were investigated using Jenkins Activity Survey (from C) physical Health Spectrum by below et. al. Mental Health Inventory by Jadish and Shrivastava and Indian Adaptation of NSQ by Kapoor and Kapoor. Based on the findings, it can be concluded that type A behavior impact on their physical as well as mental health specially under conditions of intense pressure and stress, which seem to be more for doctors.

The purpose of research by Vanar R in 2005 was to do comparative study of attitudes toward working gwomen of P.G. Students. The total sample consisted of 120 P.G. students as a variable Boys and Girls (60 boys and 60 girls). The research tool to measure attitudes toward working women scale made by the Sultan Akhtar and Sangeeta Sharma. The data was analyzed by t-test.

At the end of the study the result shows that there was significant difference level in boys and girls of P.G. students for attitude towards workingwomen.

Interest Datar V. et al studied dual roles of women executives in 2003. They found that considering the multiple roles career women perform, this study was undertaken showing both organizational and social significance highlighting the dual role of the women. The present descriptive study was undertaken to find out the level of dual level role stress of 65 women executives employed in IPCL and refinery. The data was collected through a pre-tested, pre-coded and a close-ended questionnaire. The major finding of the study specify that majority of the women were employed since last 22-30 years and thus, were performing dual roles, one that of housewife and the other of an executive. As an employed lady she was always punctual and regular. Many of them reported that they, many a times had to work out of there but by taking help of their colleagues. Majority of the respondents got good

Metha M. undertook a study entitled enhancing the quality of life through improving occupational work condition of women working in voluntary organization in 2003. She reported that quality of life does notes the state of physical, mental an devotional health, civil rights, the performance of educational system, the air, water, land and noise pollution. It also includes other dimensions such as adequate housing, enjoyment of cultural and leisure time activities and healthy family to function according to changing times. Women attempt to attain rapid economic development and thereby to improve the standard to living and quality of life. A lot of effect needs to be taken to control the quality of work environment as it provides women with physical substances and opportunities. Today the dev. of women is a mater of national and international concern not only from the perspective of equity and justice but also from the point of view of efficient use of nearly fifty percent of human resource of a society. Different voluntary organizations have different aims, motivations, ideology, dedication, quality of work,

personnel etc. women employed in labor force no matter what social class they belong to, perform a great variety of tasks during the working day and also face certain job related problems due to work environment.

Women in carpet industry problems and their needs were studied by Pathak P et al in 2003. It was reported that women constitute about one half of the world's population. Labor force of fore million of women are working in the unorganized sector such as handloom, Khaki and village industries were they have to face many problems in day to day working. In order to identify problems and needs of women working in carpet industry, the study was conducted on sample of 100 women, who were selected randomly working indifferent work sheds of one of the largest carpet industry in Mrizapur district of Uttar Pradesh. Result of the study revealed that the common problems of backache, economic problem of less wages or delay in wages and improper work place facilities were the major problems faced by women weaves, need for increase in remuneration rates and provision of first aid were given prime importance by the women working in carpet industry.

Prasad S. college of Home science N.D. University of Agriculture and Technique Kumarganj, Faizabad in 2003. Prasad S. Conducted study on Social maturity of school children of women in farm and Non-farm sectors. She reports that farmwomen are an integral and significant part of agricultural economic system. India employs more than 70 percent of its population in agriculture. There fore the child of farmwomen becomes a genuine concern. But not much is known above the development and activities of children belonging to women working in form sector in particular. This paper brings forth the social maturity of the primary school children of women in farm and non-farm sector in Faizabad district of U.P. revealed through the administration of Vineland social Maturity Scale (Indian Adaptation) on children (6 – 10 years) of



100 rural women (60 farm and 40 un-farm women). The study revealed that majority of children of farm women (58.33%) and non-farm women (72.5%) had moderate social maturity. More percentage of children of farmwomen 36.67% than non-farm women 12.5% had dull social maturity. High school maturity was found in 15 percentages of children of non-farm women and only few 5% of children of farmwomen.

Rathi studied creativity and mother's occupation a correlation study in 2003. It was conducted to investigate whether there exists a correlation between mother's occupation and the child's creatively. The effective sample comprised of 80 children of age range 10-14 years who were selected employed purposive sampling techniques. The four occupations identified for the mothers were doctors, teachers / lectures, clerks and housewives. The tool used was the verbal test of creative thinking by Bequer Mehdi. The data was treated with one-way ANOVA. Significant difference was obtained with respect to originality.

Shashikala studied in 2003. It was aimed to examine the constrains perceived by the women entrepreneurs and development of strategic model for adoption of entrepreneurship among women. The study was conducted in tribal dominated area namely Ranchi district of Jarkhand State. The most commonly practiced stitching enterprise was selected purposively and further four units were selected randomly using snowball method. All the women entrepreneurs were interviewed. The researcher collected the data personally, by interviewing all the entrepreneurs through developed interview schedule. From the study it is revealed that the respondents possessed medium level of entrepreneurial traits and had high managerial ability. A strategic model was developed which highlighted the fact that govt. should provide financial help in the form of subsidy on machine and raw materials supplies.

### **2.1.2. COMPARATIVE STUDIES ON WORKING & NON-WORKING WOMEN**

**Baraiya V. in 2005** conductive a study as to find the ego strength and social adjustment among employee women and non-employee women. The total sample consisted of 80 women of 20 to 45 years from different parts of Rajkot city. The index of Hasan ego strength and Bell social Adjustment Scale were used for the data collection. T-test and co-relation was used for data analysis. The result revealed the significant difference between employee and non-employee women in their ego-strength. Co- relation between ego strength and social adjustment was found positive and significant.

**Chouhan V in 2005** study by Chouhan V et al deals with Insecurity among Doctors, Engineers, Administrative / Mgt., Lecturers with working and non working as well as married, unmarried, sample consisted of 160 women with 4x2x2 factorial design. Their age ranging from 25-45 years and belonging to the middle socio-economic-status with urban inhabitation and professional technical education at least a bachelor degree. Pati's insecurity questionnaire was employed. The result showed that married working professional women are more secure than their counterparts, further doctors, lecturers, engineers, administrative are respectively secured. The results were discussed in the light of emerging trend of competition family values and socialization pattern.

**Gupta S in 2005**The study on marital adjustment and health of working & non working women examined the marital adjustment and mental health of 40 office women clerks and 40 housewives in the age range of 35 to 45 years belonging to middle class families. The analysis

of variance was applied to find significance of difference between means of both the groups on both the criterion measures. The result led to the following conclusions. (1) The marital adjustment of housewives was better than workingwomen, on all the three dimensions namely sexual, social and emotional. (2) The housewives scored higher than office clerks on positive self-evaluation, perception of reality. Personality integration, group oriented attitude and environmental mastery dimensions of mental health. Other differences were non-significant.

A, U in 2005 conducted study on mental health among married and unmarried women with reference to Art of living yogic course. It was reported that 'Art of living' maintains mental and physical health of men and women. To prove this purpose a study was carried out. Total 120 married and unmarried women were selected for sample out of which 60 were falling yogic course of art of living. The scale developed by Dr. Jadish and Shrivastava has been used in this study. There are 56 questions in this scale. Means F. test (ANOVA) and L.S.D. were used to test the hypothesis. No significant difference was observed between those groups with reference to practice of art of living yogic course.

The purpose of the study by Joshi G 2005 was to find out difference if any life stress among working women and housewives. 120 working women and 120 housewives were taken as subject. A tripartite factorial design with three independent variables, each varied at two levels was used. Interactive effect of type of women (working women / house wives) type of family and women's nature (introvert / extrovert) on life stress was studied. As a result no main variable was found significant nor were any interactions found significantly affecting the life stress. An attempt is made to discuss the psychological implication of the finding.

The study was conducted to investigate the difference in adjustment in working & non-workingwomen. By Maru R in 2005 the total sample consisted of 160 working and not workingwomen having range of 20 to 40 years from different parts of Rajkot City. The research tools used were adjustment scale by Dr. D. J. Bhatt mean F – test (ANOVA) and L.S.D. test were applied to check the significance of difference between adjustment of working and non-workingwomen. Job status and type of family did not have significant impact on adjustment.

A study by Mishra S in 2005 was conducted to know the coping styles used by the women depend upon the type of stressful experience. 100 women (50 working and 50 non working) were assessed with regard to the nature of stress they experience in a given period and coping strategies they use to overcome these stresses. Results show that there were significant differences in the frequency of use of coping styles in response to different areas of stress.

Conducted by Pipaliya H in 2005 the objective behind research was to identify whether there were any significant co-relation among workingwomen and housewives fro type – A behavior and life stress. To measure type – A behavior for women. Jenkins activity survey from – C prepared by C - Devid Jenkins was used. For ascending of life stress. Presumptive life event scale prepared by Dr. Gurumeet Singh was used. Result revealed that co-relation of women was significant at 0.01 levers. The co-relation between life stress and type – A behavior among housewives was also significant at 0.01 level (0.73).

The study by Lakhe A. in 2003 aimed at providing some insight into level of emotional and social adjustment of the adolescents of working and non – working mothers and to study the relationship

between the adolescents total level of adjustments of working and non-working mother. A simple random sampling consisting of 500 adolescents from Handed city were selected irrespective of their parent's occupation. Number of siblings, age, sex, religion, urban or rural background. The sample of 500 adolescents was divided into two groups each. The groups were adolescents of working mother and adolescents of non-working mother. The adolescents belonging to the working mother group clearly indicates greater level of emotional adjustment. The total level of adjustments of adolescents of working mother is higher. The researcher strongly recommended improvement in the area of overall adjustments of the adolescents of non-working mother groups.

### **2.1.3. COMPARATIVE STUDIES ON MALE & FEMALE**

Bhammar M in 2005 conductive a study was to find the attitude of family planning and the role of personality factor between Rural and Urban married male and female. Measure of the personality index 'family planning attitude inventory, made by M.B. Paliwala was used for the data collection, 120 samples were taken for the 2x2 factorial design was used for data analysis on personality facto and attitude of family planning co-relation and used between Neuroticism and Extroversion L.S.D. was used for the Measure of difference between mean result revealed the personality factor was significant and co-relation was 0.77 between neuroticism and extroversion.

Bhatt H 2005 undertook research to study the mental stress men & women of profession face in their routine course of life. Moreover, what impact does the type of family leave on working men and women? For the purpose of study one hundred and fifty people working as

teacher were chosen from Rajkot district, out of which the number of male and female teachers was 80 and female teachers was 70. The study was conducted with the help of “Shikshak Asarkarkta Mapland”. Prepared by Shree Pramodkumar and Mutha. The collected data was analyzed statistically on the basis of t-test. More, so the significant difference in the mental stress faced in daily life in male teachers of varying age such as young, aged or old is not seen. On the other hand, the mental stress caused by quotidian problem is seen lesser in women than in men.

By Lashkari J in 2005 the main purpose of research was to study of Mental Health among youth male and female. The total sample consisted of 60 from the male and female, as a variation the age groups of 20 to 40 years from different parts of study. The research tool from Mental Health Scale developed by Dr. Jadish and Dr. A.K. Shrivastava was used. Means, t – Test were applied to test the significance of difference between mental healths.

At the end of study the result shows that there is no significant difference among the young male and female and significance difference among M.Com Youth male and female.

Nakum N in 2005 made an attempt is made to study the effect of gender and age on sample selected factors. The sample consisted of 80 male & female nurse of which 40 male nurse and 40 female nurse Mental Hygiene of nurse were measured by using Dr. D. J. Bhatt’s & G. R. Gida’s Mental Hygiene Inventory. The data were analyzed by using ‘t’ test techniques. The study revealed that there were significant relationship between male nurse and female nurse above 35 years. There were no other significant relationships in Mental Hygiene.

The investigation by Vyas V IN 2005 was undertaken to study delinquent behavior among the male and female youths having different economic status. The check the hypotheses formed for the study. 't' test was used. Result revealed significant difference in the delinquent behavior of boys and girls belonging to high and medium economic class. However no such difference was observed between girls and boys having low economic status.

Shah H as a part of research on declining female ratio reports that women plays a pivotal role in the family. She is in fact, the principal provided of infant and childcare. Her status in the family and society therefore is crucial for overall development. Despite their superior biological strength, if more female die compared to male infants, it could be because of the deep racial special neglect of female health. Demographic distributions of male and female population indicate higher mortality among females in their reproductive age. Health and nutritional status of both the sexes is also discussed along with the energy output trend. Female children have high morbidity and mortality ratio especially in rural population of India. There are no serious studies conducted on female infanticide. Inadequate education, poor social status, gathers disadvantages in respect of survival are some of the important causes for such a grim scenario.

#### **2.1.4. COMPARATIVE STUDIES ON MARRIED & UNMARRIED WORKING WOMEN**

Bhatt R in 2005 has done a understand the effect of certain personal variables on depression among married & unmarried working women (80 married & 80 unmarried). Personal Data Sheet and Beck Depression Inventory were utilized for data collection. T-test was used to analyze the data. The result revealed that the depression in unmarried

women is higher than married working women. Area of residence and type of family has significant effect on depression of married and unmarried workingwomen.

The study by Altaf M in 2005 aims at findings out mean. Mean difference in job involvement and social support among married & unmarred workingwomen. The total sample consisted of 120 married and unmarried workingwomen in the age group of 20 to 40 years from different parts of Rajkot City. The research tool, job involvement scale developed by Lodhar & Krenjar, the research tool social support scale developed by Ritu Mehra and Kulhare were used. Means, F – test and co-relation test were applied in the present study. Here is significant difference between married and unmarried working women in job involvement. There is a significant difference between married and unmarried workingwomen who have experience more than or less than 5 Year in social support.

Conducted by Nandania S in 2005 the study aims at finding out mean difference in Mental Health of married, unmarried and widow women. The total sample consisted of 120 married, unmarried and widow women in the different parts of Rajkot City. Mental Health Scale developed by Dr. D. J. Bhatt was used to collect data. One-way ANOVA Test was applied to test the significance of difference in mental health among married, unmarried and widow women.

A comparative study of emotional maturity among abandoned married & unmarried women was done by Sidapara S in 2005 the aim of study was to find the emotional maturity of abandoned, married and unmarried women. The total sample consisted of 180. 2 x 3 factorial design was used. Dr. Yashvir Singh and Dr. Mahesh Bhargava developed the emotional maturity scale used for the data collection. F-test (ANOVA) was used for the data analysis. The result reveled that



marital status, economic and social status and interaction significantly affected the emotional maturity of women.

#### **2.1.4. STUDIES ON FAMILY LIFE**

Rathod B conducted the study of the effect of gender, residential area and job security on the occupational stress of secondary school teachers in 2005. It revealed that basis of the dev. of any country is on its education system and the center of whole education system is teacher. Therefore, society has given very high reputation to the occupation of a teacher and we say "Aacharya Dave Bhava". Responsibility of a teacher is much more than other. Student's future depends on teacher's work and devotion. Present is the era of rapid changes. All aspects of human life are affected and changed due to rapid changes. Teacher, as a part of the society, is also affected. Now he has to play a new role. To fulfill present needs of his family, he has to earn more money by other sources.

Present is the time of self financed teaching institutes. Teachers have now no job security. Occupation stress is not new word for them also.

In this study there is an attempt to find out the effect of gender, residential area and job security on the occupational stress of secondary school teachers.

Sorathia H in 2005-studied difference of life satisfaction between people living at home and at home for aged people the study aimed at finding out mean male and female. The sample consisted of 120. for the

2 X 2 factorial design, males and female in the age group of 60 up aged male and female. The research tool life satisfaction scale (L.S.S.) developed by R.G. Alam and Dr. Ramji Shrivastava was used. Means F-test (ANOVA) and L.B.D. test were applied to the test the significant of difference between life satisfactions. Result revealed that aged male-female and aged who lived in the home for the aged people and at home significantly differed in their satisfaction.

A study of stress and sexual satisfaction of married people was conducted by Teraliya A in 2005 the main aim of study was to investigate the influence of stress on sexual satisfaction of married women and men. The study was based on sample of 40 married man and 40 married women. Thus, the total sample consisted of 80 married people. Personal Data Sheet, General Stress Scale by Chean and Williamson and Sexual Satisfaction Scale of Promod Kumar were used for the Data collection. The data was analyzed by t-test and result revealed that there was no significant difference in sexual satisfaction with reference to stress. Similarly married people's belief above their own attractiveness and their spouse's acctivness did not have any significant impact on their sexual satisfaction.

Pipaliya I while studying management in the family in 2004 found that management is an essential component of family living. It is means by which the family identifies and deals with problems, which emerge from change. It consists of a series of decisions making of the process of using family resources to achieve the family goals based on the values cherished by the families. Today's families live in an open society, interacting with the environment in all spheres of life. Formulation of two generation families, inter cast marriage, employment of woman communication, increased leisure, improved medical facilities etc. have brought about changes in the life style and the managerial

action of individuals and families. Effective mgt can find ways of reaching the objectives regardless of the limitations of our resources. One has to basically clarify the aims, values and utilize the resources to maximize the outputs through intelligent decision-making.

Dhingra R et al studied domestic violence against prevalence causes and consequences in 2003. It undertaken to analyze the prevalence causes and effects of domestic violence on the psycho - social well being of women victims. The sample selected for the study consisted 30 women living in an around Jammu region of J & K State. Purposive sampling Techniques was adopted. Interview guide was used to get in depth information related to the purposed area. Socio-economic status, scale, life satisfaction scale and emotional maturity scale were administered to analyze status, level of life satisfaction and the degree of emotional maturity of respondents. Majority of women included in the study were housewives living in joint families, belonging to low social economic status, Hindu community. In majority of the cases, emotional, physical and verbal violence were prevalent. Respondents were suffering from psycho – social repercussion of domestic violence, they had lower level of life satisfaction and they were emotionally unstable.

Dhingra R did a study of children with hearing impairment. In 2003. It aimed to assess the social adjustment of the hearing impaired children and to relate it with the family environment available to them. Case study method was adopted for collection of data. The sample comprised of 15 hearing impaired children in the age group of 10 – 17 year along with their parents and siblings. The entire core sample was selected by random sampling procedure. The tolls used for data collection included family environment scale and social adjustment inventory along with interviews and participants observations. Results reveal that the disability of majority of the sample children was detected

late as a consequence of which of the speech of these children was affected. The parents reported high incidences of negative social response. Almost all the families scored average on the eight dimensions of the family environment scale. The results further reveal that 54% of the children were moderately adjusted. Followed by 33% and 13% who were negatively adjusted and adjusted respectively. These results show that a very few of these children are completely socially adjusted. The social adjustment level of the children was found to share negative significant correlation with most of the dimensions of the family environment scale including cohesion, expressiveness, acceptance and caring recreational opportunities, independence and organization.

#### **2.1.5. STUDIES ON MANAGEMENT PRACTICES**

Ghelani N did a study on awareness of different types of fuels used by educated and uneducated women in 2004. It was reported that all countries uses fields from different sources for preparing foods and for other purpose. For this study we used questionnaire & personal interview method. We take 30 samples from rural and urban areas. We interviewed the women for their attitude and awareness about fuel. The data was analyzed using percentage. From the findings it is observed that educated people used gaseous from of fuel while uneducated peoples used solid (80%) and liquid (86.6%) from of fuels. Uneducated peoples (53.3%) believe that the liquid fuel is injurious to health. Most people like the advantage of biogas. Researchers suggest to all the peoples the benefit of application of fuels and importance of all fuels.

Bakshi R IN 2003 studied Impact of advertisement on purchase of household goods by Urban homemakers of Ludhiana city was reported

that advertisement inform people about the new products and consider the possibility of making a purchase. Advertisements have very deep impact on the purchase behavior of homemakers, which sometimes, result in consumption, considering the importance of advertising in general and its role in household purchase behavior, the present study was conducted with the aim to examine the effect of advertisements and to know kind of products purchased under the impact effect of advertisements. 160 homemakers belonging to high and middle income category from 4 location of Ludhiana city were interviewed with the help of pre-structured interview schedule. Results of the investigation revealed their advertisements in different advertising media 'moderately' affected the expenditure of the respondents of both high and middle-income categories. For majority of the respondents advertisements did not lead to conspicuous consumption. Repeat buying was induced only sometimes by advertisement among majority of respondents.

A study was conducted on urban women of Faizabad District of U.P. to assess the extent of participation of women in decision making of household purchases by Bhanot S.. 2003 sample for study comprised 100 respondents. Selected from three major professional classes: service, business and labor. Among various decisions related to purchase of food items, clothing and household equipments the observed percentage value showed that most of the decisions related to purchase of food items were taken by both husband and wife, were as decisions related to purchase of clothing were taken by women and decisions related to purchase of household equipments like electrical gadgets and furniture etc. were mainly taken by the husband. Chi – square analysis revealed a significant effect of family type and family size on the extent of participation of women in decision making for purchasing

Analytical study into buying practices of urban homemakers of Ludhiana city was done by Harpinder K et al. She reported that buying makes a significant part of home mgt as it provides the factory called home with necessary raw materials. Today, buying is a highly complex & commercialized activity. The women consumers, who make most of the household purchase, are often confused in choice making due to availability of many goods, pressure selling by sellers and business malpractices. In view of rising prices, buying has to be done carefully. There was a need to know buying practices followed by homemakers. Hence the present study was conducted with the aim to examine buying practices and what information homemakers notice from labels while they make purchase. A total of 120 urban housewives were personally interviewed with the help of pre – structured interview schedule and results were statistically analyzed. The results revealed that the most common practice followed before buying was ‘comparing of the prices’ followed by making a shopping list and ‘budgeting / making a plan for shopping’.

#### **2.1.6. STUDIES ON STRESS**

Bhatt K in 2005 conducted a study entitled Holidays; Stress Givers Or Stress Relievers. Causes and effects of stress have become one of the most focused areas. During the few years intensity and duration of stress have increased enormously. Therefore it becomes important for each one of us to know what stress is and what its consequences are. Dr. Hans Selye, the father of stress theory, defined stress as the non specific responses of the body to any demand made upon it. To your body, stress is synonymous with change. There are two types of stressors, external and internal. Holidays may mean an extra dose of stress for women. We can minimize stress by acknowledging stressors, planning resources, winding up back, delegating chores,

avoid extreme dislikes, diet considerations and exercise. Holidays can be stress givers or stress relievers according the way you plan them.

Joshi B studied life style & mental stress in 2005 according to him Life style is the result of interaction between individual and environment. An individual who is clear about his own thoughts, emotions, motives and goals can smoothly interact with the environment and also make adjustment within him. An individual who accepts environmental changes can also adapt to them by and large. Hence, there is less possibility for stress. Such adoptions and adjustments serve as a positive feedback for his behavior and this ultimately becomes his life styles.

But life is not so simple. They are sources of life-style. Sometimes, change in life-style and its consequence is not reality accepted by an individual. An individual's conscious awareness of himself and the changes of environment make his life style with a minimum of stress.

### **2.1.7. STUDIES ON STRESS AT WORK**

Chandrani S in 2005 during her research reports that nature of work has gone through drastic changes over the last century and it is still changing at whirlwind speed. They have touched almost all professions. Whatever it may be artist surgeon etc...Job stress may be caused by a complex set of reasons. Some of the most visible causes of workplace stress are...

Job insecurity, high demand for performance technology, workplace culture, personal or family problem, job stress and women. Now in a day all the people of world are suffering stress in job work it

may be job in work place or outside work place. Nobody people are free from stress in the world.

Dave P in 2005 conducted a comparative research on stress subject comparisons of stress of the teachers teaching various subject she reports that teacher's mental health is a field of research in educational psychology. Student's development is possible only through a stress free teacher. A teacher can be satisfied in his occupation only when he is stress free. Considering this, the present study was conducted to compare stress between the teachers of various subjects. In the present study the teachers of Mathematics, Social, Sciences and Languages were considered. A stress index made by P.D. Goyal was used to know the teacher's stress.

The present study was survey type. In which the samples were given stress index along with some necessary instructions and obtained marks were collected. The data obtained were in nominal number scale.

The findings of the present study show that the teachers of Mathematics, Social, Sciences and Languages were bearing the same stress. And sex wise means the ladies teachers and the gents teachers, the stress was same.

By Jadav H in 2005 was study an attempt is made to study the effect consisted of 80 Secondary and Higher Secondary schools teacher of Thangadh City. Job satisfaction of teachers was measured by using job satisfaction. Inventory formulated by Parikh. The data were analyzed by using "t" test techniques. The study revealed that there were no significant relationship between gender and age, experience and monthly income of teachers.



Jarsania R researched mental hygiene with an attempt is made to study the effect of gender, experience and residence on some selected factors. The sample consisted of 80 Trained Primary Teachers. Mental Hygiene of students was measured by using Dr. D. J. Bhatt & Kum. Geeta R. Gida Mental Hygiene Inventory the data was analyzed by using “t” test techniques. The study revealed that there was significant relationship between different genders and there were no significant relationship between different experience & different gender and there were no significant relationship between different experience & different residence of Mental Hygiene.

The present study by Javiya D in 2005 aimed at find out mean difference in emotional maturity and merle adjustment among govt. and private school employees. The total sample consisted of 120 male and female subjects in different schools of Rajkot city. The research tool Emotional Maturity scale developed by Dr. Mahesh Bhargava and Dr. Yashvir Singh was used in this study. The marital adjustment tool developed by Dr. Pramod Kumar and Rotgi Kanchan was also used means, F – test and co-relation tests were applied to test the significance of difference between emotional maturity and marital adjustment. The result revealed that gender significantly affected the emotional maturity. Co-relation between emotional maturity and marital adjustment was found to be positive and significant.

The research by Ladani P in 2005 was an effort to find out the stress among lecturers of grant in aid and self finance college of Surat. A sample of 60 Lecturers of Grant – in – aid colleges and 60 Lecturers of self finance college were administered stress scale and personal data sheet. The investigator arrives at the following findings. Job stress of lecturers is a consequence of type of college, i.e. self – finance college on grant – in – aid college. Young aged lecturers are experiencing higher

stress than older lecturers. There is no significant effect of gender on job stress.

Nasit T in 2005 studied the effect of some personal variables on teacher's job stress. The purpose of the research was to study the stress of teachers of secondary schools with reference to variables like age, sex, and educational qualification. For this study, 50 female teachers and 50 male teachers from various self-financing schools of Rajkot City were randomly selected. All these teachers were administered a personal data sheet and Bhatt's Teacher Stress Index. To test the hypothesis, statistical techniques like one-way Analysis of Variance and 't' test were utilized. Results revealed that age and educational qualification did not have any significant effect on teacher's job stress. When compared to male teachers, female teachers were more stressed.

Rathod B conducted the study of the effect of gender, residential area, and job security on the occupational stress of secondary school teachers in 2005. It revealed that the basis of the development of any country is on its education system and the center of the whole education system is the teacher. Therefore, society has given very high reputation to the occupation of a teacher and we say "Aacharya Dave Bhava". Responsibility of a teacher is much more than other. Student's future depends on teacher's work and devotion. Present is the era of rapid changes. All aspects of human life are affected and changed due to rapid changes. Teacher, as a part of the society, is also affected. Now he has to play a new role. To fulfill present needs of his family, he has to earn more money from other sources. Present is the time of self-financed teaching institutes. Teachers have now no job security. Occupational stress is not a new word for them also.

In this study there is an attempt to find out the effect of gender, residential area and job security on the occupational stress of secondary school teachers.

Ravel G studied stress factor among schoolteachers in 2005. It was found that in academic field the teacher are involved in variety of activities and programmers, other than classroom teaching, which create stress among them. Investigator has studied stress factors creating stress among the schoolteachers and impact of sex, teaching level and teaching experience on stress factors pattern. Teacher stress inventory (TSI) was administered on 450 schoolteachers selected by stratified random sample. It is seen that out of twenty stress factors the first five most stress creating stress factors for all the teachers of sample were. Students having very low level of intelligence, stress area Apathy of parents towards parents meetings. Lack of extra teaching arrangements for weak students. Inadequate educational facilities in the schools. Student's law achievement in the examination.

The first five most stress creating stress factors remains the same for the variable sex for male teachers, for the variable education level for secondary teachers and for variable teaching experience for teachers having teaching experience between 5 to 10 years and 10 years and more. Female teachers feel stress due to dual role, as workingwomen and primary teachers should plan their social responsibility to reduce stress. Teacher having teaching experience up to 5 years feel stress additionally due to apathy of parents to follow their instruction regarding their wards. Thus, on the findings of the present study attention is to be focused upon first five most stress creating stress factors to reduce teacher's stress.

Zalodia K N in 2005 researched to measure the stress among the nurses. The Nursing Stress Index of Adonokan, O. Thekesho and Hilin, O. Oscinoyo was used for the data collection. The total sample consisted of 60 nurses selected from the different hospital of Rajkot district. 't' test was used for the data analysis. Result revealed that age, co-worker, working her marital status and shifts of work may significantly affect their stress.

A comparative study of job satisfaction among private and public sector employees was done by Zalodia K N in 2005. The aim of study was to measure the job satisfaction among the employees of public and private sectors. Index of Brag field job satisfaction was used for the data collection, which was translated in Gujarati by Parikh. 30 employees were selected from public sectors and 30 were from private sectors for the Rajkot District. 't' test was used for data analysis. Result revealed that experience, salary, type of sector and time of work of the employees have been found to be significantly affecting their job satisfaction.

A study of relationship between stress and effectiveness of teachers was undertaken in 2005. The research was done to study the relationship between stress and effectiveness of teacher. For this study 120 female teachers and 120 male teachers from various secondary schools of Rajkot City were randomly selected. All these teachers were administered personal data sheet, Bhatt's teacher stress index and Pramodkumar and Mutha's teacher's effectiveness scale. To test the hypotheses curl person correlation and sub groups analysis procedures were utilized. Results revealed significance negative correlation between stress and effectiveness of teachers. Further sub group analysis revealed that the strength of correlation between stress and effectiveness was stronger in male teacher as compared to female teacher.

### **2.1.8. STUDIES ON WOMEN'S HEALTH**

Bhargava R in 2005 selected women between the age of 35-40 years.. It was reported that she has to make balance between traditions of the society and day to day rapid changing society and has to face problems and challenges in all walks of life, if sometimes she fails to perform its role, it results into stress, mental tension, poor physical health and many psychosomatic problems which ultimately leads to poor health. Survey says that women of this age groups suffer from obesity joint pains, Asthma, Anemia and many gynecological problems. Although, the literacy rate among women have improved over nineties, but it is observed that they are not very corneous about their own health status and depend on their husband or children to take care of their health. To become healthier one should adopt healthy life. Style by doing optimum about of physical exercise, taking nutritive food, should a have some relation etc.

Joshi a studied stress health adjustment in 2005 she aimed at finding out mean difference in stress and health adjustment among govt. employee and not govt. employee male and female. The total sample consisted of 120 male and female (2x2 factorial design) in the age group at 20 to 50 years from different parts of Rajkot City. Akedeknan O. Thekeso and Hilin O. Osinoyo ebrabn university Naiziriya develops the research tool stress scale and adjustment scale is developed by Bell, Gujarati translate by Dr. D. J. Bhatt Saurashtra University Rajkot. Mean F-test (ANOVA) L.S.D. test and co-relation were applied to test the significance of difference between government employee and not government employee male & female.

The study by Mankad A in 2005 aims at investigation is Mental Stress among women of different age groups. The sample consists of 50 teachers of Morbi City N=50 (15 ladies college teacher + 35 ladies high school teachers). Their age ranged from 22 to 56 years. Their working experience ranged between 2 to 28 years. The mental stress test is still under developing stages. 50 (fifty) questions are screened by Alka M. Mankad - Rajkot. It is tikert type rating scale. The number of having extreme and medium stress individuals is less. More number is of low stress individuals. There are age differences in the amount of the stress.

Ravaliya U in 2005. The aim of investigation was to study the depression and life satisfaction of women expelled by the family. Beck depression inventory and Dhillon's life satisfaction scale were used measurement of depression and life satisfaction. So women were selected from initiation of Jamnagar expelled women and 80 housewives were selected from Jamnagar city. The study comprised a sample of 160 subjects. By analysis the result with 't' test, the results revealed significant difference in depression and life satisfaction between expelled women and housewives.

The research by Saket K S conducted aimed to study the application of family therapy in different family problems in the mgt of some family problem. An attempt was made to apply the family problems. An attempt was made to apply the family therapy in five cases, viz. Alcoholic dependence Hierarchy. Deterioration of Academic performance in family mgt. of Dual power sources in family. It was demonstrated that family therapy was effective in management of above problems and maintenance of good mental health of women.

Dutta R studied weight monitoring of now born in relation diet of mother in Ranchi. in 2003. It was found that the maternal nutrition is the

sole criterion for a successful obstetric performance and a healthy baby, which affect the weight of newborn. Present longitudinal study was undertaken to know the nutritional status of pregnant women and impact of maternal nutritional status on the weight of baby. The weight, height and hemoglobin content of the mother was recorded in the hospital 165 pregnant mothers admitted in the hospital of Ranchi city were randomly selected. The information was collected on socio – economic status, parity, age, height, by using personal interview method. Out of 165 mothers 105 were belonging to the age of 16-25 years and rest 60 mothers belonging to the age above 25 years. Minimum parity was 1 and maximum was 7. Maximum weight of infant was 4100 Gms. And minimum weight 1500 Gms. This research will help the health worker and to control the weight, nutritional status, socio economic conditions and A.N.C. of the mother to improve the newborn weight. Low birth in India is 26% and mean birth weight of newborn is between 2.7 Kg to 2.9 Kg. So may research topic will help to improve the quality of life through family and community.

Harpinder et al did effect of stress on women in 2003. It was found that stress affects the person as a whole stress levels are raising in India very fast and burnout is not far away. It has entered all spheres of life. Our family environment is entangled with stress and strains. Where the same directly affects homemakers. Stress can be well managed, if the stressors can be identified well in advance. The present study attempts to investigate and identify stressors. Which are causing stress to examine ill effects of stress and to find out what women are doing to overcome it. A total of 75 working and 75 non-working women (randomly selected) were thus interviewed personally and collected information was analyzed with suitable statistical tools. Results revealed that working women were stressed due to factors, viz. pleasing others, overburden of work, unexpected quests, hot weather, difficulty in adjusting to married

and dependence to take decisions working women were more stressed due to temporal factors:

The study by Pandya B. in 2003 was carried out to examine difference in feeding and weaning practices of employed and unemployed mothers and the effect of socio – economic status on feeding and weaning practices. Anthrop metric data was also collected about 100 infants, 50 infants from employed and other 50 from unemployed mother. Data on feeding and warning practices of the infants was collected to develop suitable weaning food from locally available resources and to popularize them among the communities. Findings of the study show that majority of the mother weaned their babies sooner compared to unemployed mother. Working status of the mother did not affect the health an nutritional status of the infants but affected the duration of breast feeding. Further it shows that the children of both employed and unemployed mother shows no growth deficit, inferring that employment has little effect on child’s weight gain. Findings show that education, attitude and other conditions are more related to weaning practices rather than the employment status of the mothers.

## **2.2 STUDIES RELATED TO CHILDREN**

**2.2.1 Studies on rural area**

**2.2.2 Studies on parenting**

**2.2.3 Studies on personality**

**2.2.4 Studies on adolescents**

**2.2.5 Studies on health**

**2.2.6 Studies on education**



## **2.2 STUDIES RELATED TO CHILDREN**

### **2.2.1 STUDIES ON RURAL AREA**

**Impact of the home based compressive intervention on the girl childcare knowledge of rural mothers, was recharged by Kamdar V. in 2003. It was reported that a longitudinal sample (n=60) was selected to study the impact of home-based intervention on the girl childcare knowledge of rural mothers. Sample was drawn from two clusters of villages of Ludhiana I block of Ludhiana district of Punjab. Prior to intervention I most of the mothers were not following appropriate practices since proportion of appropriate / inappropriate responses was comparative in experimental and control group. Chi-Square test was used for post intervention evaluation. Results reveled that majority of mothers improved significantly in their knowledge regarding various aspects of childcare. It is suggested that intervention programmed as used in the present study is effective in bringing the desirable changes.**

**Promoting conductive home environment for rural infants an educational intervention for mothers was studied by Varma T. in 2003. It was reported that a semi longitudinal study with an experimental design employed to know the impact of educational intervention provided to 397 infants mother (birth to 18 months) for a period of 36 months compared with a matched sample of 405 who did not receive any intervention had a significant impact in promotion conductive home environment for infants for enhancing differential treatment for male and female infants. The infants were drawn from two villages of each of the nine SAV's equally by gender and age chort's viz. 0-6, 6-12, 12-18 months. Home environment was assessed through observation**

technique with a developed scale. Education intervention was provided through home visits and group interaction and also to the mass using developed educational package, slides, TV and film show. Knowledge regarding maternal responsiveness and sensitivity, provision of educational toys, parental involvement in child's play was imparted. The two groups of infants were drawn from different villages to avoid diffusion of knowledge.

### **2.2.2 STUDIES ON PARENTING**

Research and nature and nurture of creative children, was studied by Buddhdev in 2003. It was reported that education in the for advanced has been succeeding in transmitting to younger generation the best achievements of older generation through imparting instruction as to how such valuable information can be utilized in most creative way while creative education enables them to be self reliant, resourceful and content in order to face personal, interpersonal and other diverse types of problems in education. Creativity of an individual is an ability, which helps him to produce something new or construct originality that builds the cultural edifice arts, literature, sculpture, architecture, science and technology. Research findings indicate that creativity is innate and acquired. It can be improved through proper education. For this a congenial creativity – environment has to be created. Schools and the guardians have a great role to develop the creativity of a child. Children with creative talents should be sorted out by research methods and given all possible help by the Gov. for the development of their creativity.

A comparative study of parent child relationship among boys and girls was studied by Kalola R. in 2005. It was reported that the present study aims at finding out mean difference in parent child relationship.

The total sample consisted of 80 boys and girls. In the age group of 11 to 14 years from different schools of Rajkot City. The result tool parent's child relationship scale is developed by Dr. Nalini Rao was used. Mean and t-test were applied to check the significant of Parent Child Relationship. There were significance difference in parent child relationship among boys and girls

Parental involvement in childcare aspects, research paper presented was studied by Mathur M. in 2005. It was reported that in the present's time of working parents, parenting quality is affected by various factors. So, an attempt was made to study the involvement level of parents in certain childcare aspects. Child care aspects like feeding, weaning, toilet, training, dressing up and health care were taken as a dependent variables, whereas parental occupation were taken as independent variables. Student's t-test was used to find out significant difference between both the groups single earner families and dual earner families. Findings indicated that mother were doing the activates related to child but also, men have started participating in task of personal care of the infant

Parental involvement in child care aspects, research paper presented was studied by Mathur M. in 2003.in the present time of working parents, parenting quality is affected by various factors. Therefore, an attempt was made to study the involvement level of parents in certain childcare aspects. 50 single earner and 50 dual earner families were selected randomly from Jodhpur city and were administered self-structured interview schedule and parental involvement inventory. Child care aspects like feeding – weaning – toilet - training – bathing – dressing up and health care were taken as dependent variables whereas parental education and their occupation were taken as independent variables. Students't' test was used to find

out significant difference between both the groups i.e. single earner families and dual earner families. Findings revealed that mothers were done the activities related to children but men have also started participating in task of personal care of the infants.

Parent's awareness about playhouse, was studied by Solanki N in 2004. it was reported that , providing best education has become a challenging issue for parents in modern world. Parents are very much conscious about their children education. They want overall development of their children to survive in the world of competition. Playhouse is a place when a child enters first time away from home for education. Children can learn many things by play approach of playhouse. The information was collected by questionnaire method. Findings show that parents are very much conscious about their children education.

Parents opinion on child education in English medium school, was studied by Vasvelia S. in 2004. It was reported that in India we have mainly three languages to study regional language, Hindi and English. In all states of India have two medium of study so as in Gujarat there is Gujarati medium and English medium schools and English is a international language and it is used in whole world so every parent's have desire to educate there child in English medium school. The results says that with reference to income class as soon as income is increase they giving positive response to English medium and so as to education level the education level increase they give a positive response to English medium and they started to believe that English is a important now a day

### **2.2.3 STUDIES ON PERSONALITY**

Buddhdev conducted study on research and innovation on the nature and nurture of creative children, in 2005. It was reported that this study was conducted to investigate the difference in personality structure among school going boys and girls. The sample included a total of 60 subjects consisting of 30 boys and 30 girls. Their age ranged from 11 to 15 years. The children's personality questionnaire was used. Means were computed and t-test was applied to check the significance of difference between personalities of the two groups. Out of fourteen factors of C.P.Q. 5 factors (B.E.G.N.) & Q3 were found significant.

Mankad A. conducted study on behavioral problems of students, in 2005. It was reported that, prime aim of this study was to find out the behavioral problems of students. For this investigation of healthy behavioral student + problematic students. Thematic apparition test developed and standardized by investigator based on Maslow's theory hierarchy need namely (1) Physiological (2) Social / Safety (3) Love and affection (4) Self esteem (5) self actualization were used. The test retests reliability of the developed.

#### **2.2.4 STUDIES ON ADOLESCENTS**

Adjustment problem of teenager's girls with their mothers in modern trend was studied by Chhichia V. in 2005. It was reported that this period makes so many delicate physiological changes. These changes are due to hormonal changes, surroundings environments and parental behavior. Teen age and their problems are very delicate; most of the people of societies are worried about it. She collected the information by questionnaire method her sample is 40 teen-age girls. After collecting questionnaire she discussed with their mothers. By this survey she saw 36.5% girls were not satisfied with the attitude of their

mothers because mothers were not given them full attention. They felt that they were rejected child and parents give full attention, importance and facilities to their brothers. 63.5% girls were satisfied. They said parents full fills their needs and gives proper guidance and full attention to them and mothers were careful during menstrual period. Mothers were very much alert about their opposite sex friends and also worried about today's cultural pollution. Difference of opinion is universal, which is more in present generation due to fast changing technology, media, culture, customs and ritual, religious and moral values resulting in big generation gap and more adjustment problems.

Dave N in 2005. Conducted study on sliming and muscle-building vis-à-vis planned diet practices among adolescents. It was reported that in the present study, dietary practices of 137 adolescents' boy and 128 adolescent's girls, were measured. Subjects were selected randomly from high schools based on their income groups i.e. lower Income Group (L.I.G.), Middle Income Group (M.I.G.) and Higher Income Group (H.I.G.) for each standard. A questionnaire was designed to collect information. It was observed that, percentage of females managing their diets for remaining slim was lowest in LIG and as income level increase % increase. Percentage was highest among HIG females. Among boys percentage consumption of muscle building diet was found to be highest among HIG and lowest among LIG.

## **2.2.5 STUDIES ON HEALTH**

A comparative studied of mentally retarded and normal Childs parents' life satisfaction was studied by Bharti K in 2005. It was reported that the purpose of present study was to obtain information about life satisfaction of normal and mental retarded child's father / mother. For this study, 120 family of Rajkot were selected. Out of 120 families 60 were normal child's parents and other 60 were mentally retarded child's

parents. DAILLONS scale was used as a standard parameter to compare the observations. For statistical analysis, 't' test was used. The study showed that there is a vast difference in life satisfaction of normal and mentally retarded child's parents. Further to state that this difference is more marked in mother than father.

Iyar U. conducted studies on obesity in young children (6-12) years prevalence and risk factor analysis in 2004. It was reported that today the pediatric population worldwide is facing a new health hazard called childhood obesity. Preventing obesity beginning with school children may be the most positive means of tackling this epidemic. In the present study the anthropometrics profile and background information was collected through a structured questionnaire on 1671 (males = 917, female = 754) subjects in the age group 6-12 years. Diet history and activity pattern was obtained on 140 subjects (n=37 ow 51, bo 52) biochemical estimations was be carried out on 36 subjects.

The results revealed that the prevalence of obesity and overweight obtained with IOFE CDC and Must et al standards was 20.3%, 21.6% and 23.4% respectively. The BMI of parents were significantly higher for the obese and overweight subjects. The relative risk for the child to be obese or overweight with either or both parents being obese or overweight was 2.19 and 1.91 respectively. The mean calorie intake was higher in obese and over weight subjects. About 33.9% of the calories came from all children.

Patel P conducted of study on birth weight of new born infants and the birthrate ratio of male, and female infants in 2004. It was reported that in the present study on attempt was made to study the effect of gender, age and education on some selected personality

factors. The sample consisted of 40 parents of normal children, 40 parents of Mentally Retarded children of Junagadh City. Life satisfaction was measured by using life satisfaction, Inventory Formulated by Alam & Shrivastav. The data was analyzed by using 't' test technique. The study revealed that there was significant relationship between their fathers; there was no significant relationship between their mothers in life satisfaction.

Rao R conducted study on childhood obesity and fast food culture, in 2004. It was reported that fast food is now so common place that it has acquired an air of inevitability, as though it were somehow unavoidable, a fact of modern life. Why is fast food so popular? Because it is convenient predictable and fast. Fast food has become a part of the busy lifestyle. But, fast food is often high in calories, sodium fat and cholesterol. This does not mean fast food is bad but it does mean you should fit fast food into a balanced healthy diet. According to the world watch insist, for the first time in human history, the number of overweight people at 1.2 billion has equaled the number of underfed people. A sampling in Ludhiana has shown 11.6% children to be overweight and 2.39% obese. The overweight teenager is now a very visible urban phenomenon.

## **2.2.6 STUDIES ON EDUCATION**

Gajera G. conducted study on Stress of standard 8<sup>th</sup> students, in 2005. It was reported that the investigation aimed to study stress of standard 8<sup>th</sup> students with reference to the sex and cast. The sample consist 50 students of Rajkot city. Present study was undertaken using comparative method. The statistical technique was used for analysis of data. The significance of mean difference was determined by t-test methods. The result revealed that – There is no significant difference



between general cast and other cast students with reference to the stress. There is significant difference between boys and girls students with reference to stress.

A comparative study of attitudes of college students towards their role expectations as husbands and wives, was researched by Kahar M in 2005. It was reported that the present study was designed to find out the attitudes of college students towards their role expectations as husbands and wives. The total random samples consisted of 170 colleges students (80 man and 90 women) in the age ranges of 18 to 21 years from different college of Ahmedabad City. The research tool used to elicit information was Household Task Check List (HICL) constructed by Dr. B. M. Contractor.

The findings reveal that there are difference in the attitudes of the college students towards their role expectations as husband and wives. The result also reveals that men and women college students express the opinions that the husband should do household task than they reported their own fathers were doing.

Raval K. conducted study on academic achievement of secondary schools students, in 2005. It was reported that the motive of the present study was to determine whether the eating and drinking habit of secondary school students, react with their academic achievement of not. In this I selected 180 samples in appropriate way, and gave them the questionnaire of Academic Achievement made by Dr. T.R. Sharma. I also made personal data sheet for calculation of eating and drinking habit with the help of which he got information of eating and drinking habit of an individual.

## **2.3 STUDIES ON NUTRITION**

### **2.3.1 Studies on women nutrition**

### **2.3.2 Studies on awareness**

### **2.3.3 Studies on children**

### **2.3.4 Studies on nutrition in special case**

### **2.3.5 Studies on nutrition and education**

## **2.3 STUDIES ON NUTRITION**

### **2.3.1 STUDIES ON WOMEN NUTRITION**

Evaluation of hemoglobin status of women based on age, financial status and diet was researched by Mankad G.in 2005. It was reported that any significant degree of anemia is always associated with an inability to make sustained physical effort. Main cause of anemia is the increased need and poor intake of iron, which is direct consequence of menstruation. Pregnancy and location in women of childbearing age group. Prolonged milk feeding, low birth weight, infection and mat absorption. Evaluation of hemoglobin status of women was carried out in the present study; women were classified into different group based on their age, financial status and dietary practice. Each group 30 subjects were evaluated for their hemoglobin status. it was observed that average hemoglobin levels in all women were found to be lower that ideal value, irrespective of their socio-economic or educational status. Pregnant women had lower hemoglobin level compare to non-pregnant women. Non – vegetarian dietary practice was correlated worth better hemoglobin level in our studies.

Chhaya S. conducted study on Brest feeding practices in urban and rural area of surat district. She reported that a community based study including 176 mothers (88 from rural and 90 from urban) having child below age of 6 months and beneficiary of ICDS projects. Mothers

were interviewed by a single interviewer by using a pre tested semi structured open and close-ended questionnaires. 60% of total mothers had ANC but the hospital delivery rate was only 36.2% only 20.8% mothers had initiated Breast – feeding within one hour whereas 33.1% mothers had initiated breast-feeding only after 4 hours of birth of baby. Prenatal feed was given to almost 71% children. Most common being honey and water. 35.7% of mothers had started giving supplementary food at time of study. The bottle-feeding rate in both groups was 11.8% while artificial rate in children was 77.6% and its relation with literacy was statically significant. One inquiry about plan to continue majority of mothers wants to continue breast-feeding between 18 – 24 months. Mother’s literacy has no effect on breast – feeding status of child.

C. Nirmala while studying impact of Soya enriched food supplement on the nutritional status of lactating women, in 2004 found that a Soya enriched food supplement was developed using wheat flour, soya, green gram, gingerly and other ingredients. Its nutrient content, physiological tolerance. Shelf life qualities, organoleptic qualities and cost were assessed. The developed food supplement was fed to 60 selected lactating women beneficiaries of ICDS for a period of six months. The impact of the food supplement on the beneficiaries when assessed revealed and improvement in their anthropometrics measurements, health status and blood profile with reference to hemoglobin, serum protein, serum album, serum iron and TIBC when compared to a group of control subjects.

Dhavda S while studying nutritional assessment of lactating mother belonged to Upleta city in 2004 found that maternal malnutrition is a major problem in the developing expectant and nursing mothers, infants and children who constitute vulnerable group of population merit special nutrition consideration. Pregnant and lactating women have been identified as ‘vulnerable’ group of in population of many under

developed countries. Including India because their food consumption provides only a fraction of the nutrient they need. The present study was carried out with three parameters, such as BMI, dietary pattern and hemoglobin content. The finding shows that most of the mother possesses good quality of health and nutrition.

Factor influencing the hemoglobin level of pregnant women. Jun P. had done a study to understand hemoglobin (Hb) is an indicator of iron store in the living body. Pregnancy makes particular severe demands on a women's iron status, their rate of iron loss is reported to be 3.5 times as great as in normal man. A hospital-based study was conducted among 200 pregnant women in Trivandrum city to ascertain the influence of their anthropometrics measurements and food adequacy on their Hb level. Hb levels are also found to influence the birth weight of the offspring. The adequacy of nutrients like iron protein calorie, B – carotene, vit-c, and vit – B/2 from their diets were also found to have an impact on the Hb level.

Artificial feed of infants born to working lactating mothers. Kharwer S. undertook a study with to find out how many hours breast milk can be stored at room temperature without becoming rancid for the benefit of working lactating mother. Prospective study of 20 volunteer lactating mothers delivered through / vaginal / caesarian section at the postnatal word. NCHS in month of Nov. Dec. For each subjects milk was categorized in colostrums, Transitional and Mature according to day of collection and approx 10 ml of mild collected in autoclaved glass bottles transported to sumul Dairy where analysis done by an expert through physical & chemical test (1) Or analeptic (2) Clot On Boiling. Breast milk was stored at an average room temperature 25°C for minimum 8 hours and maximum 14 hours in Nov. and for minimum 15 hours and maximum 18 hours in Dec. at an average room temperature 22°C no. Changes results in colostrums, transitional and nature milk. Conclusion, breast

milk can be stored at room temperature for more than 8 hours, so working lactating mothers with jobs more than 8 hours can give expressed breast milk stored at room temperature to their babies.

A nutritional challenge for agaria (salt worker) female mothers was researched by Lalwani S. in 2004. It was reported that it is recognized that widespread malnutrition is prevalent among agaria families. They were suffering from fatigue, low work capacity, skin diseases and muscular pain. All this indicates that the agaria are deprived of nutrients. It must be due to lack of awareness, poverty, illiteracy, social & economic problems. To enhance the quality of life by educating them with different teaching aids, which improve and challenge their life.

Empowering women toward improved antenatal care and newborn feeding practices: a nutritional health communication program for behavior change was researched by Maniar S. in 2004. It was reported that one primary reason why nutrition health education has not led to marked changes in practice nor contributed substantially to enhanced nutritional status of vulnerable groups is the inadequate focus on behavior change communication (BCC). One area where BCC is urgently required is nutrition practice in antenatal, postnatal and newborn periods. As part of its BCC program to improve these practices, Aarogy, an NGO, initiated Vaastalya in a maternity hospital. A dialogue with the hospital authorities and formative research (FR) preceded the initiation of the program. Secondary data analysis of birth weight from hospital records revealed 28.6% of low birth weight. The quantity and quality of diets in pregnancy were poor. Dietary myths and taboos existed. Late registration and irregular iron-folate consumption were common. Women were not adequately aware of desirable newborn and infant feeding practices. Analysis of our experience and data available for about 300 women reveal encouraging trends in behavior change.

Indigenous health care practices for sustaining quality of rural women's life were researched by Chhannal G. in 2003. It was reported that the Sanskrit saying that a woman is the root of progeny: she will protect if she is protected. Succinctly puts forth the need for a women's good reproductive health. This is the reason why almost all societies and systems of medicine have worked their ways of keeping women healthy. Reproductive health care practices are highly diversified and specific to ethnic communities & cultural backgrounds. The continuing threat to the traditional knowledge system promoted the study on documentation of traditional maternal health practices. The natural resources on account of their diversity and richness in usage were scientifically validated for finding the legitimate place in maternal health heritage. This knowledge of the people should therefore be recognized and sustained for future usage because millions of rural women with limited access to rural services still depend on home remedies.

Kanwar N. conducted study on nutritional status of pregnant women of Kanpur in 2003. She reported that child bearing imposes a great strain and it is important that expecting mothers should lead a healthy life through pregnancy. Nutritional food is necessary for promotion of health of this mother with this view, a study was conducted for assessment of nutritional status of pregnant mother in Kanpur nagar during 1999. One hundred pregnant women consulting various maternity hospitals and nourishing homes were selected randomly. The schedule was prepared under three main sections viz. general information regarding health and nutritional status and diet survey. The selected mothers were interviewed from time to time personally and the information collected was analyzed statically. It was observed that 53 percent expectant mothers wherein the age groups of 20-25 years and only 9% belongs to Muslim families. About 72% of selected expectant mothers were having vegetarian diets and 52% were

less than 50 kg in weight. It was observed that protein consumption by expectant mother was higher than the ICMR standard.

Kulkarni A. conducted study on dietary practices and composition of traditional supplementary food consumed by maharashtrian lactating women, in 2003. It was reported that the present study aimed to assess the dietary practices of lactating mothers with special reference to traditional supplementary food consumed, the composition and analysis of these food and standardization through sensory evaluation. Results of the survey showed that Aliv Laddu, Gond Laddu, Methi Laddu and Soji Laddo (any of the three types) were prepared in bulk and consumed daily by the mothers. The different laddus were standardized and evaluated for nutritive values of acceptability. The protein and calcium content was found to be high in Gond Laddus (5.78% and 99.68%) Aliv Laddu contributed almost 7% of iron. Palatability trials showed higher acceptability mean scores for Gond Laddu. In spite of the consumption of these special foods daily, the mean nutrient intake of lactating mother showed a deficit in energy (27.90%), protein (31.80%), calcium (28.09%), iron intake (36.90%) and their nutrient intake. Traditional food should supplement rather than replace essential dietary components in an already inadequate diet. It was recommended that all lactating women should be given diet with adequate nutrients supplied both through the intake of routine diet as well as traditional food.

Mishra S. conducted study on enhancing the quality of life through nutritional status of pregnant women, in 2003. It was reported that the diet of pregnant women is considered to be of paramount importance. The study was conducted to assess the nutritional status of pregnant women in Varanasi city by reporting daily nutritional needs. Data was collected randomly from 50 urban mother (20-30 years) from different areas in Varanasi City to find out the dietary intake and requirement and to know daily nutritional needs, as well as to assess the

nutritional requirement and to suggest them a balance diet. A pre tested interview and questionnaire method was used to collect the information, it was found that almost all the expectant mothers were literate. They were taking coleum, iron supplementary tablets daily. The data showed that the average weight and height for expectant mothers were 60.11 kg and 155.5 cm. The average calorie intake by pregnant women was 90% of the recommended dietary allowance. (R.D.A.) The intake of cereal was 75% of RDA, intake of dal was 91% of RDA and milk, green leaf and other vegetables was satisfactory. It can be concluded that there was not satisfactory. It can be concluded that there was not much difference seen in the nutritional status of pregnant women in Varanasi city. All the women were registered in the government hospital or primary healths centers (PHC) and had medical guidance and were aware of their nutritional needs during pregnancy.

Vaish S. conducted study on effect of food supplementation on pregnant women of Kanpur district, in 2003. She had reported that the reproductive cycle of women makes a huge demand on the nutrient requirement of mother and affects her nutritional status considerably; right from conception growth requires greater dietary essentials than maintenance. The study was conducted on rural pregnant women (16+1 week gestation) belonging to low-socio-economic status of Kalyanpur block of Kanpur district of Uttar Pradash. Sixty women from three villages were selected for supplementation studies. 20 women of Hridypur village were of experimental group, 20 of Chakarpur village were of ICDS group and rest 20 of Sighpur. Kachhar Village was control (without supplementation). The feeding trial was continued for six months. The ICDS group was fed "Panjiri". The experimental group was fed with four newly developed recipes viz. chikki, nutritious, Panjiri, Groundnut, Rice and sprouted. Observations, were recorded from fourth month of pregnancy to full term for individual women on weight gain (9.2



kg) was observed in experimental group followed by ICDS group (8.1 kg) over control group (5.5 kg) .

Food consumption pattern and nutritional status of rural and urban women selected areas of district Shimla of Himachal Pradesh, was studied by Verma R. in 2003. The study was conducted on 320 female subjects representing rural and urban population of selected areas of district Shimla of Himachal Pradesh. Food consumption survey was carried out to assess the nutritional status of the subject of both the domains. In rural areas, it was found that wheat and maize were the main cereals consumed by the respondents. Among pulses, black gram dal was most commonly consumed. Deshi ghee was consumed in good amounts with almost every food preparation. Wheat and rice were both consumed in urban area. The calorie intake in both the groups was below and protein intake was above the recommended levels but this difference was not statistically significant. The iron consumption was below the recommended levels in both the groups. The intake of calcium, vit-c and vit-A was lower in rural population and higher in urban population were compared with recommended levels. The BMI calculations suggested that majority of subjects in rural as well as urban population were of normal nutritional status.

### **2.3.2 STUDIES ON AWARENESS**

Dhanlaksmi D. while studying women and health a critical analysis of the health awareness among the women of Orrisa, in 2005 found that analysis of the health awareness showed that the overall health awareness among the women of Orrisa was not satisfactory. Urban women understood health issues better than their rural counter parts. There was significant difference in the health awareness between low and high age, and literate and illiterate women groups. Urban

women were more aware that the rural women on each of the five dimensions of health viz. nutrition and deficiency diseases. Communicable diseases, maternal health care and family planning, child health care and access of health services. However urban as well as rural women were more aware about access to health services and communicable as well as high age literate, middle and high socio-economic women categories were more knowledgeable than others. Health, consciousness was noted to increase with increase in education in years among young specially middle as well as high socio-economic women categories irrespective of their habitation.

Joshi N. while studying a study of nutritional awareness of science and arts faculty teachers of Saurashtra University in 2004. It was reported that since last 10 years “Nutrition” recognized as science, it is now establish that health is reflection of our diet. Science of Nutrition provides enough knowledge for what to eat and not to eat in health and diseases. Now people are aware to prevent and protect against health and disease with the help of nutrition science. 100 samples were selected randomly for present study from teachers of Saurashtra University departments. Among that 50 teachers were M.Sc. or Ph. D. with science faculty and 50 teachers were M.A. or Ph.D. with arts faculty. A questionnaire was designed to evaluate the knowledge of nutrition and marks were given to them and data so obtained were calculated in percentage. Findings show that 80% science faculties possess very good knowledge and 70% of art faculty posse’s very good knowledge of nutrition.

Kantaria U. studied information the cancer of uterus seen in the women of Upleta city in 2004. It was reported that in developing countries the cancer of uterus in aged women is a dangerous problem. The women who suffer from irregularity of menstruation. Bad habits of food were the reasons responsible for the diseases. This diseases

spreads in the body from blood at last it expands in testicle, lungs, kidney, and liver. That's why the immediate treatment becomes necessary. Present study shows that there are many testing method by which immediate treatment is possible and this way the patient comes out of the diseases and can live a healthy life.

Sadrani V. while studying a study on nutritional knowledge in women from Rajkot city, in 2004. It was found that today the great contributions of the science of nutrition on the health and welfare of all people are facts accepted with out question by both professional and lay groups. Nutrition terminology is now included in everyday. Vocabulary in common usage on television and radio, in newspaper and popular magazines and in daily conversation. In present study, 70 women samples with age group of 25-45 were selected from Rajkot City. Nutrition related information was collected by questionnaire method. Findings show that 98.5% of the women possess good quality of health and nutrition.

Shah N. studied evaluation of knowledge of lactating mothers for successful breast-feeding in 2003. It was reported that the WHO, the UNICEF, the international organization of Gynecologist, and Pediatricians have unequivocally declared that mothers milk is the best food for the newly born baby and no other kind of milk or baby food can ever rival in it nutritive value. An attempt has been made to evaluate the knowledge of lactating mothers for successful breast-feeding and also their awareness of human milk. Bank in respect of age, education, economical status, occupation, and family pattern. The study of fifty women from private hospital and fifty women from trust hospital was carried out to check their knowledge on initiation of breast feeding awareness of colostrums, knowledge of exclusive breast feeding and advantages of breast feeding for mother and child. The study reveals that with the increase in age, education and economic status the

knowledge of breast-feeding is also improved. But this improvement is not sufficient on the basis of present study, it is necessary to increase the awareness of mothers regarding to right methods of breast-feeding and mothers milk bank.

### **2.3.3 STUDIES ON CHILDREN**

Infant feeding practices and influence on child malnutrition among children less than 3 years of age in Udupi, district, a community based study, was studied by Nayak N. in 2004. It was reported that under nutrition widely prevalent in developing countries. During the critical period of infancy breast feeding and weaning practices play an important role in determining the growth of infant. Timely intervention at this stage could prevent much morbidity and mortality in pre-school children.

- 1. To study the feeding practices among children less than 3 years of age.**
- 2. To examine the influence of feeding practices on child malnutrition.**
- 3. A pre-tested questionnaire was used to collect information from them others attending pediatric clinics at Rural Maternity and Child Welfare Homes. Children less than 36 months of age were weighted using well-calibrated standardized liver balance. The months weight and height also measured.**

Date was analyzed using SPSS / PC % in categories and Chi-square test was calculated. In our study, 98% mothers have given breast-feeding. About 16% of mothers have initiated breast-feeding after 24 hours of delivery. Pre lacteal feeds were given about in 22.5% of cases. Average age at weaning started is 2.6 months (SD = 2.15),

Traditional taboos regarding diet and feeding was noted in about 30% of families. However, multiple logistic regression analysis has revealed that traditional taboos was only the risk factor related for feeding practices which was significantly associated with univariate analysis.

Pandya R. conducted study on fast food habit in younger generation in 2004. She reported that a survey of young stars has been carried out in Rajkot City of Gujarat State. Sample size was taken 100. In this 76 were girls and 24 were boys of age group between 18.25 years. These samples belongs to different economic groups, high, middle, low for frequency proffered fast food, while 39% less frequency preferred fast food than rest of all others, while macaroni and noodles are very less preferred.

Rao K. conducted study on to study the nutritional status of school going children for future betterment and highest level of wellness, in 2004. The maintenance of health and the treatment of disease are important for humanitarian reasons and also in economic terms. Nutritional serves carried out in the country have shown that protein malnutrition and deficiency diseases of Vit-A, B complex and iron are widely prevalent among Vulnerable group. Surveys of nutritional status help to identify school going children who are at risk or are malnourished and to set the basis for intervention programs. The paper focuses attention on the importance of carrying studies on nutritional status of school going children. A survey was done by questionnaire method. The sample comprised of 40 school going children of 6 to 7 years age (both boys and girls) and divided in two groups according to their height and weight. Result revealed that in Anthropometrics measurements 70% girls, and 40% boys of group-1 showed underweight, lean body mass and 57% girls and 62.5% boys had mean chest. Hemoglobin levels in blood were low in all children and indication on nutritional anemia.

**Raval S. conducted study on a study on nutritional composition commercial available baby food in 2004. The infants in this age groups have a high requirement for nutrient in order to maintain their growth of tissues and increase physical activity. Although such activity can vary widely. The need for most nutrients studiedly increased as infants grow from age one to six. Baby food is one of the supplement foods for infant. It has enough nutrients to fulfill infant's requirement. In present study analysis of different nutrients from commercially available baby food, which was collected from Rajkot City were done by well – known method. Findings show that all the samples were found good for health and nutrition.**

**Health benefits soy protein for women and children was studied by Usha C. in 2004. Both macro and micro nutrient malnutrition on to the tune of their being a public health problem is a major concern among Indian women and children. The right solution to mitigate the effect of both under and malnutrition in a vegetarian diet is the use of richest source of good quality protein namely soy. Soy is a rich source of balanced protein other macronutrients vitamins and minerals as well as antioxidants / phytochemical. The growth promotion potentials of soy protein has been widely researched upon both preschool children and infants and toddlers either through supplementation in the non meals of the ICDS centers of by providing soy protein in the form of a weaning food. Remarkable improvement in growth as assessed through anthropometrics parameters in pre-school children and infants and notable shift in grade II malnutrition children to normal grade have beyond doubt proved the about considerable changes in the lipid profile and in the control of both NIDDM and pre and post menopausal symptoms in women thus highlighting the health benefits of soy protein. Other health related benefits of soy in the control of CVD, breast and colon cancer, osteoporosis and the like are also mentionable.**

**Chhabra P. while studying changing dietary patterns and food intake of school girls belonging to high socio economic group, in 2003. It was reported that a study was carried out on two hundred and fifty school girls (10 – 15) years belonging to high socio-economic group of Ludhiana City to assess the change in their dietary patterns over the last twenty years. the dietary survey was conducted by 24 hour recall method for three consecutive days. The average daily intake of cereals. Pulses and vegetables were lower whereas the intake of fast, milk, milk products and fruits was higher than the suggested intakes. The mean consumption of energy, fat, thiamine, calcium, was higher while that of niacin, Vit-A, Vit-C and iron was lower than the RDAs. The respondents were having five meals a day. Snack intake has increased over the last two decades. Burger, Manchurian and pizza were the favorite snacks. The snacks contributed 19.2 and 18.0 percent of the daily energy and protein intake respectively. Whereas in 1983 the corresponding values were 5.5 and 4.8 percent. The intake of cereals has decreased while intake of pulses has increased significantly ( $P<0.05$ ) in-group I however, in-group II intake of cereals, milk and milk products has increased and that of pulses has decreased significantly. In all the respondents the intake of fruits, sugars and fats increased. The intake of vegetables. Decreased significantly.**

**Dave N. studied in food and nutrient intake among high school children belonging to joint and nuclear families, in 2003. It was in the present study, food and Nutrition intake of 137 boys and 128 girls. Age between 13 to 17 years studying in 8<sup>th</sup> to 11<sup>th</sup> standards in three different school of Rajkot cities were measured. Subjects were selected randomly from high schools based on their income groups. i.e. lower income group, middle income group and higher income group for each standard. A questionnaire was designed to collect information viz. to derive the percentage of children with joint and nuclear families and**

know the food pattern and nutritional intakes of children with joint and nuclear families. Twenty four-hour dietary intakes for three days, in which one was a holiday, were obtained. Nutritive value calculations were made using food tables. Result showed that the subjects, belonging to joint families consume more amounts of cereals, millets, milk and milk products. Other vegetables and fruits were consumed more by the meals belonging to nuclear families and joint families. Pulses and legumes, leafy vegetable, root and tubers, fats and oils were consumed in higher amounts by females of nuclear families was found to be slightly higher than females bellowing to joint families.

Grover K. studied Regional Variation in the nutritional status of rural pre-school children In Punjab, in 2003. The study was conducted to generate data for evaluating the nutritional status of rural preschool children (1-3 years) in different agro – climatic regions of Punjab. A sample of 150 preschool children spreading over 24 villages, 12 blocks, 6 districts and 3 agro-climatic regions was selected. Twenty-four hours recall method was used to assess the food and nutrient intake. The anthropometrics measurements including height and weight were recorded. Nutrient intake was compared with RDA (ICMR, 2000) and anthropometrics data was assessed by Gomez classification. The diet of rural preschool children in all the regions was found to be imbalanced. The average intake to protein, fat and calcium was higher than that of RDA. The intake to energy was adequate in sub-mountain region (103%) and nearly adequate in central plains (89%) and south western (88%) regions. The intake of most of the nutrients by rural preschool children of sub-mountain region was significantly ( $P<0.05$ ) higher followed by central plains and weight for age of NCHS in all the regions. The prevalence of severe malnutrition (21%) was comparatively less than the mid nutrition (45%). The prevalence of malnutrition was perceptibly higher in the southwestern region (28%) as compared to central plains (20%) and sub-mountain (14%) regions.



Jadav K. studied Nutritional Status of Supplemented and Non Supplemented Pre School Children By Anthropometry, in 2003. It was reported that growth monitoring has largely been used as an index for assessing nutritional status of children. Supplementary feeding program aims to partly meet the nutritional problems faced by this group, height parameters are considered to be sensitive and practical yardstick for monitoring children, which is a useful parameter to break the vicious circle of malnutrition. The study assessed the nutritional status of supplemented and non-supplemented pre-school children (3-5 Years) from two selected schools of Nagpur. Anthropometrics measurements of 234 children were record quarterly for 2 consecutive years. The initial height and weight measurements of children in non-supplemented group compared favorable with NCHS standard. However at the end of the study period a higher increment in both mean heights and weight in boys and girls in the supplemented groups was observed. A mean increase of 5 kg weight was evident in children of supplemented group while it was found to be 3 kg in the non-supplemented group of children.

Methew A. while studying correlation coefficient between the socio economic status and nutritiional status of pre school children (0 to 2) Years Residing In Urban Slums, in 2003 found that child bearing impose a great strain and it is important that expecting mothers should lead a healthy life through pregnancy. Nutritional food is necessary too promotion of health of these mothers with this view, a study was conducted for assessment of nutritional status of pregnant mother in Kanpur Nagar during 1999. one hundred pregnant women. Consulting various maternity hospitals and nourishing homes were selected randomly. The schedule was prepared under three main section viz. general information regarding health and nutritional status and diet survey. The selected mothers were interviewed from time to time personally and the information collected was analyzed statically. It was

observed that 53 percent expectant mothers were in the age groups of 20-25 years and only 9% belongs to Muslim families. About 72% of selected expectant mothers were having vegetarian diets and 52% were less than 50 kg in weight. It was observed that protein consumption by expectant mother was higher than the ICMR standard.

Mishra B. while studying Nutritional anthropometry socio ecological variable and pre school child feeding practices in working mothers of central Orrisa, in 2003. It was reported that the survey was conducted in the central part of the orrisa to assess the nutritional status of the children by the help of nutritional anthropometrics and to observe the influence of socio-economic variables and child feeding practices on the nutritional status. Mothers with youngest child in the age group of 1 to 5 years, of age (pre school children) were selected as the respondents of the study. Data was collected from 134 urban and 158 rural mothers on their children's feeding practices, selected purposively on the basis children's feeding practices, selected proponents of the study. Data was collected from 134 urban and 158 rural mothers on their children's feeding practices, selected purposively on the basis of the objective of the study. A personal interview schedule was designed. Pre tested and administrated for the collection of information on family it's socio economic condition, circumference and mid arm circumference were recorded and three nutritional indicates were used estimate the degree of malnutrition based on the weight and height measurements. The mean Gomez percentage in relation to religion, cast, income, maternal education and mother's employment reveals a significant difference among Hindus and higher and middle cast children.

Sahoo S. studied dietary patterns of tribal girls a study from sambalpur district, Orrisa in 2003. The major objectives of the study are

to observe the demo-graphic and socio-economic profile of the sample respondents and to find out the existing dietary patterns in relation to the respondents demographic and economic factors and to compare the same with available recommended directory. Allowance 150 tribal girls of 7 to 14 years age were randomly selected from Sambalpur town. Information regarding respondent's demographic, socio-economic, dietary intake (24 hour recall method) was collected with the help of structured interview schedule. Height and mid – arm circumference were measured by anthropometrics rod and measuring tape respectively. Body weight, was measured by food weighing machine. The result analysis revealed that dietary intake of the respondents was found to be very poor and much below RDA. Socio – economic variables have profound parents, especially to mother as well as to children. Parents should be made aware of the various developmental programs implemented by the Govt. especially for female children and should be helped by social and health workers to make use of these facilities.

Singh I studied nutritional status of pre school children of working mothers, in 2003. It was reported that with repid urbanization and industrialization an increasing number of women are seeking gainful employment outside their homes. Therefore the present study was an attempt to investigate the effect of maternal employment on nutritional status of pre-school children. A sample of 50 pre-school children (3-6 years) of working mothers from lower middle – income groups was selected from Ludhiana City of Punjab. They were equally divided into two groups (25 boys and girls). Twenty-four hours recall method was used to assess the food and nutrient intake. The anthropometrics measurements including height, weight, circumference (arm, head an chest) and triceps skin fold thickness were measured by standard method. The consumption of cereals, pulses, green leafy vegetables, sugar and jiggery was found to be inadequate. Farther the data indicated that the intake of protein was higher than RDA. The data also showed

that the intake of calcium was double and that of iron was just two third of the RDA. Intake of niacin was inadequate in both the groups.

#### **2.3.4 STUDIES ON NUTRITION IN SPECIAL CASE**

Dave N. studied nutritional management during stress, in 2005. She reported that Stress is one of the most emerging issues of concern in the area of health. Today every individual, it may be a school-going child or a professional adult, they are undergoing stress of varied types and intensities. This stress influences the mental and physical health of a person to a great extent and therefore stress mgt. should be given importance. One of the most important considerations while managing diet. Carefully prepared and consumed diet will be of great help to reduce stress. Spicy food with heavy oil content should be avoided. Consumption of green leafy vegetables and fruits should be increased. Such considerations should be given to manage high stress levels. Nutrition management is thus one of the best methods of combating stress.

Trama S. studied women and mental health, in 2005. It was reported that the ever-increasing responsibilities of women related to their family and profession have made them more susceptible to maladaptive behaviors. Earlier, males were usually regarded as the breadwinners of the family. While running the household was mainly the women's prerogative. However, with the changing times, more and more dual – earner families are coming up thereby placing more responsibility on women's shoulders. The drastically changing roles and positions have put them stress, thereby affecting their levels of adjustment (especially home, health and professional adjustment) anxiety frustration tolerance and coping skills. Proper handling of these issues is required so that “little” problems do not magnify and take “severe”

forms. For there is no doubt that men and women from the two wheels of the chariot on which the family, institution or nation runs. If either is affected, the whole balance would be disturbed.

### **2.3.5 STUDIES ON NUTRITION AND EDUCATION**

Bambawale V studied child to mother approach in micronutrient education, in 2003. In the study children from different school in Mumbai were chosen. The age group of the children was between 6 to 9 years. Dietary scores assessed the macronutrient and micronutrient, children intake. The knowledge attitudes and practices of the mothers were scored. The functional assessment of the children, in terms of academic achievements and physical performance was also scored. A strong positive correlation was found between the hemoglobin levels and cognition, indicating decrease functional capacity in anemic children. For intervention a message book was formulated, for a child mother approach and the impact of these messages on the knowledge, attitudes and practices of the mother was observed. The post intervention period showed a positive impact on the dietary sources as the function scores, of the children.

Dave N. studied that impact of parental education level on food and nutrient intake of children, in 2003 in the study, food and nutrient intake of 96 boys and 93 girls aging between 13 to 17 years, studying in 8<sup>th</sup> to 11<sup>th</sup> standards in three different school of Rajkot city of Gujarat state was measured. Subjects were selected randomly from high schools based on their income groups. i.e. lower income group, middle income group and higher income group for each standard. A questionnaire was designed to collect information viz.(i) To derive the percentage of children with different educational levels of parents.

Twenty four hour dietary intake for three days, in which one was a holiday, were obtained. Nutritive value calculations were made using food tables. Result showed that, consumption of fruit was remarkably higher in children of educated parents. Consumption of milk and milk products was higher in girl of educated parents and in boys of uneducated parents. Frequent parent meet and training programs should be help by school management about important nutrition information can be helpful.

## **CONCLUSION**

Studies related to women showed that working women who have to play dual role of being a productive employee at work place and a caring wife, mother or daughter-in law at home, expressed more stress, anxiety and marital dissatisfaction than men, studies on attitude showed that attitudes of boys and girls towards working women. Differed. Studies on buying practices of urban homemakers showed that the most common practices followed by making a shopping list and budgeting.

Studies related to women nutrition showed that average hemoglobin level in all women were lower than ideal values irrespective of their socio-economic or educational status. Pregnant women had lower nutritional level compare to non-pregnant women. Studies on food consumption pattern and nutritional status of rural and urban women revealed that majority of subjects in rural as well as urban population

were of normal nutritional status. Studies on impact of parental education level on food and nutrient intake of children showed that, children of educated parents had better diet practices.

Studies related to children showed intervention programmers of women knowledge regarding various aspects of childcare. Studies on adjustment problem of teenager's girls with their mothers in modern trends revealed that mother's were alert worried. Studies on health of children showed that obesity and malnutrition very prevalent due to fast food eating culture.

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## **CHAPTER 3**

### **METHODOLOGY**

The present study on household management, dietary practices and child rearing practices of working and non working women was conducted on women of Rajkot city. The study was conducted to find out the differences in management practices of 300 families of Rajkot city from higher, middle and lower income groups. This chapter points out the proceedings for conducting the research study. The chapter is presented under the following sub heads:

- 3.1 Selecting the sample.**
- 3.2 Categorization of variables**
- 3.3 Developing Tools**
- 3.4 Pilot Study**
- 3.5 Data Collection**
- 3.6 Analysis of Data**

#### **3.1 SELECTING THE SAMPLE**

The population of study consisted of working and non-working women of Rajkot city out of these, the researcher selected 150

working and 150 non working women consisting a total of 300 women as a sample for study. The sample was further divided into three income groups' i.e. higher middle and lower. The following units were referred for selection of sample.

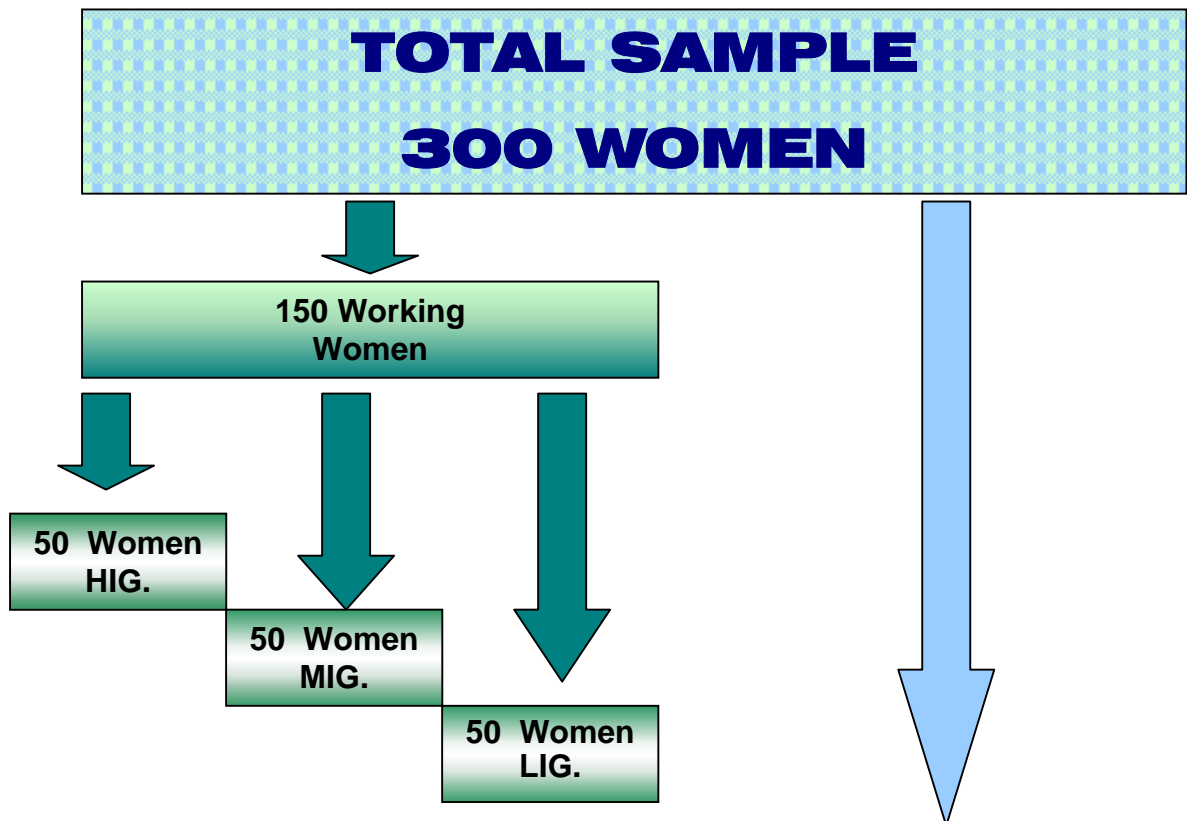
**FIGURE 4**  
**UNITS FOR SAMPLE SELECTION**

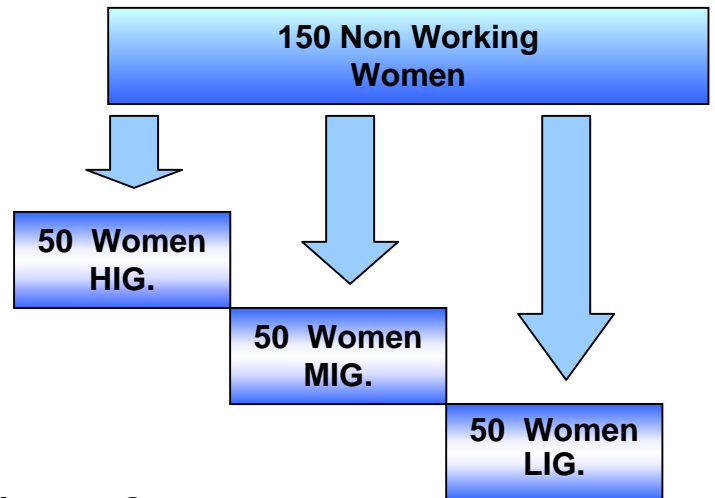
<b>Working Women Higher Income</b>	<b>Working Women Middle Income</b>	<b>Working Women Lower Income</b>
<ul style="list-style-type: none"> <li>• Institutes</li> <li>• Offices</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Institutes</li> <li>•</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Workers</li> <li>•</li> <li>•</li> </ul>
<b>Non Working Women Higher Income</b>	<b>Non Working Women Middle Income</b>	<b>Non Working Women Lower Income</b>

• Clubs	•	•
• Residential Areas	• Areas	•
• Parlours	• Parlours	•

The researcher had selected of 50 women in each of the above six groups. The selected 50 women were selected using random sampling method. Thus, the sample for the present research study on management practices of women consisted of 300 women out of which 150 were working and remaining 150 were non-working. There were 100 women from each of the higher, middle and lower income groups out of which 50 were working and remaining were non-working. The distributions of sample can be understood with the following figure:

**FIGURE 5**  
**DISTRIBUTION OF SAMPLE**





HIG – Higher Income Group  
 MIG – Middle Income Group  
 LIG – Lower Income Group

### 3.2 CATEGORIZATION OF VARIABLES

The researcher had selected the following independent variables for the study.

1. Age
2. Income
3. Education
4. Caste
5. Type of Family
6. Number of Family Members
7. Number of Children
8. Occupation

The independent variables were further divided into categories for the purpose of statistical analysis of the data.

□ Age :

A: Less Age (30 years and below)

**B: More Age (31 years and above)**

**Caste:**

**A: Hindu**

**B: Muslim**

**C: Others**

**Type of family:**

**A: Joint family**

**B: Nuclear family**

**Number of family members:**

To categorize the sample according to the number of family members, first of all the average mean number of family members was found as 4 and it was referred to as mean. Then two categories were made on basis of mean Value.

**A: More number of family members (mean and above)**

**B: Less number of family members (below mean)**

**Number of Children:**

**A: More numbers of children (3 and above 3 children)**

**B: Less number of children (Less than 3 children)**

**Education:**

This variable was considered in terms of education of the husband as well as that of the wife is the working and non working women herself. The three categories were as under:

**A: High education (Professionals or Ph.D.)**

**B: Middle education (Graduates, Post Graduates)**

**C: Low education (School education or less)**

□ **Income:**

**A: High Income**

- Above Rs. 20001
- Between Rs. 20000 to Rs. 10001

**B: Middle Income**

- Between Rs. 50001 to Rs. 10000

**C: Low Income**

- Between Rs. 5000 to Rs. 1001
- Less than Rs. 1000

□ **Occupation**

- A: Business
- B: Service

### **3.3 DEVELOPING TOOLS**

The researcher wanted to find out the difference in management practices of working and non-working women in relation to household, diet and children. For this purpose a close ended questionnaire was formulated. Possible options were given and the respondent was to

select the applicable option or options. It was formulated in following parts.

### **3.3.1 COVERING LETTER**

This letter was to orient the respondents to the research. It specified the purpose and pattern of research. It also assured them that the collected data will be used for educational purpose only. The complete letter was in simple Gujarati language followed by signature of researcher herself.

### **3.3.2 BACKGROUND INFORMATION**

This section consisted of basic details about the respondent. It had the following aspects:

- Name
- Age
- Date of birth
- Address
- Marital Status
- Caste
- Sub caste
- Type of family



- Number of family members
- Number of children
- Education of husband
- Education of self
- Monthly Income
- Occupation

### **3.3.3 SUBJECT WISE SECTIONS**

The questionnaire was then presented in three sections namely household management dietary practices and child rearing. Closed ended questions regarding the subject were asked. There were three types of questions in each subject. The questions in which a single answer could be given were accompanied by a box on side wherein the alphabet of the applicable option was to be written. In case the question had multiple answers, boxes were given for each option and applicable options were to be tick marked. The third type had statements. The statements to which respondents agreed were to be tick marked. This pattern was uniformly followed for all three sections.

Care was taken to see that language used was simple, scientific and easy to understand. Special care was taken to see that no items were left out or repeated.

### **3.4.1 PILOT STUDY**

For the purpose of assuring the correctness of the questionnaire, a pilot study was conducted. A sample of 30 women from each of the below category were selected for the study.

- Working - Higher Income Group - 5 women
- Non working - Higher Income Group - 5 women
- Working - Middle Income Group - 5 women
- Non working - Middle Income Group - 5 women

- Working - Low Income Group - 5 women
- Non working - Low Income Group -5 women
- Total: 30 women

The researcher met each of these women personally and got the questionnaire filled. The language used and space provided was found to be adequate. Minor changes were made as required. No major difficulties were faced while collecting the data for pilot study using the designed questionnaire.

### **3.4.2 Validation of Tool**

The researcher made few changes after pilot study in the tool. Then the researcher got the tools validated from experts.

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The experts validated the tools with respect to language, research methodology and subject wise coverage of the research area. The changes suggested were incorporated.

### **3.5 DATA COLLECTION**

The sample for the study on management practices of working and non-workingwomen consisted of 300 women as sample. The sample was to be collected from six categories. The schedule followed was as under:

Day 1 to 10	Data Collection from 50 working women of higher income group
Day 11 to 20	Data Collection from 50 working women of Middle-income group
Day 21 to 30	Data Collection from 50 working women of low-income group
Day 31 to 40	Data Collection from 50 non-workingwomen of higher income group
Day 41 to 50	Data Collection from 50 non-workingwomen of middle-income group
Day 51 to 60	Data Collection from 50 non-workingwomen of low-income group

Thus, the data for research was collected in a tune span of 2 months. No major problems were faced during the collection of data.

### **3.6 ANALYSIS OF DATA**

The collected data was analyzed in order to measure in the household management dietary practices and child rearing practices of working and non-workingwomen of Rajkot city, and also find out the influencing variables. First of all the collected data forms were divided into three groups. Then T – test was applied to the questionnaire and knowledge test. All the data was then tabulated on coding sheets. Various codes were given for various categories. The data was finally entered into SPSS computer programs for analyzing the data.

Various types of specially techniques were used for the analysis of data. Mean values, percentage; tests of significance and variance were used to obtain statistical findings. The analyzed data was presented in form of tables. Use of different types of graphs was also done whenever possible to supplement the findings shows in the table.

## **CHAPTER 4**

### **RESULTS AND DISCUSSION**

The present study was conducted on 300 women (150 working and 150 non working) of Rajkot city in order to study their management practices with respect to their household, diet and children. The first chapter gave a backdrop regarding women and work whereas the second chapter on review of literature presented the related researches. The third chapter dealt with how the researcher proceeded with the study. The present chapter discusses the findings obtained after appropriate treatment to the collected data. The collected data was

processed with various statistical techniques in order to get a concise picture of what the study revealed. The findings will be presented under following subheads.

#### **4.1 Knowledge about management practices**

#### **4.2 Variable wise findings**

##### **4.2.1 Age**

##### **4.2.2 Caste**

##### **4.2.3 Type of family**

##### **4.2.4 No. of family members**

##### **4.2.5 No. of children**

##### **4.2.6 Education of husband**

##### **4.2.7 Education of subjects**

##### **4.2.8 Occupation of working women**

##### **4.2.9 Husband's occupation**

#### **4.3 Income wise Finding**

##### **4.3.1 Income Vs Knowledge**

##### **4.3.2 Income Vs other variables**

#### **4.4 Area wise Findings**

##### **4.4.1 Household Management**

##### **4.4.2 Dietary Practices**

##### **4.4.3 Child Rearing**

## 4.1 Knowledge about Management Practices

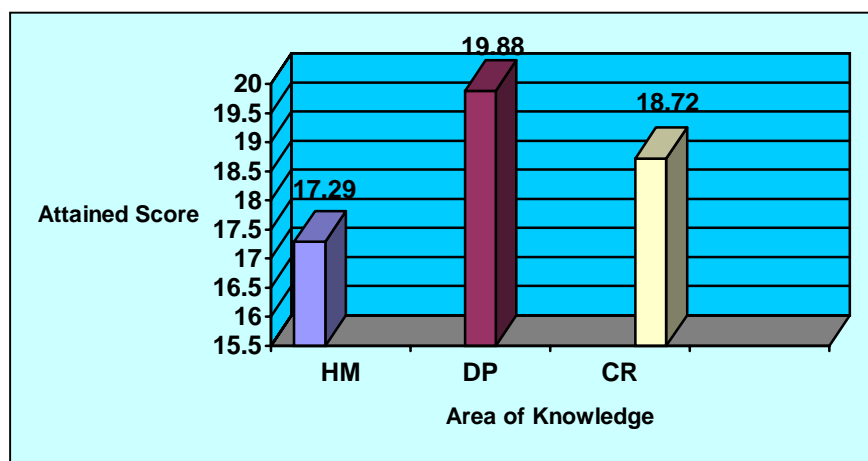
**Table 6**

***Knowledge scores among all the subjects***

No.	Area of Knowledge	Maximum Possible Score	Attained Score	% of Attained score
1	Household Management	30	17.29	57.63
2	Dietary Practice	30	19.88	66.26
3	Child Rearing Practices	30	18.72	62.40
4	Total Sample	90	47.60	52.88

**Figure 6**

***Knowledge scores among all the subjects***



The data on overall knowledge about management practices of selected sample showed that

- ❑ The overall knowledge of selected sample was at medium level. It was a little more than the attainable score.
- ❑ The knowledge about dietary practices was highest followed by knowledge about child rearing and household management respectively.
- ❑ Overall the selected sample scored average for the knowledge they possessed about household management, dietary practices and child rearing.
- ❑ The knowledge about household management dietary practices and child rearing differed to a smaller extent.

**Table 7**

***Knowledge scores among working and non-working women***

No.	Area of Knowledge	Score of working	Score of non working	Difference	Significance at 0.05 level
1	Household Management	19.89	17.29	02.60	0.07
2	Dietary Practices	22.52	19.88	02.64	0.18

3	Child Rearing Practices	20.70	18.74	01.96	0.07
4	Total Sample	21.03	18.75	02.28	0.10

**More than other women in order to balance their dual responsibilities.**

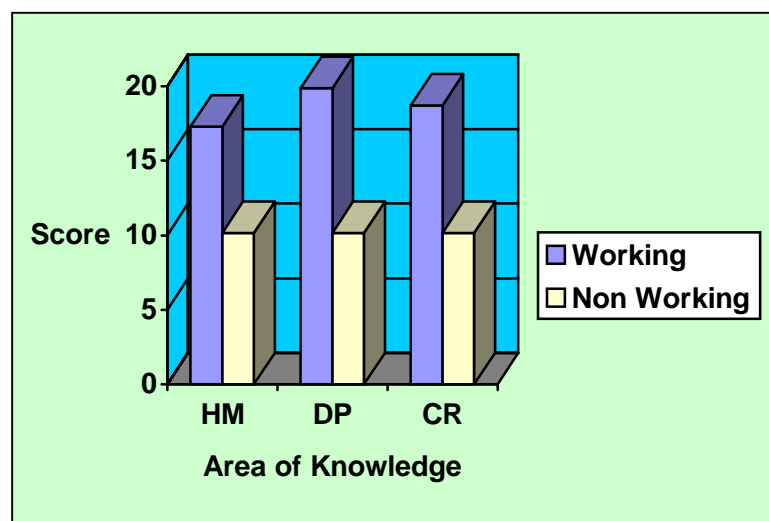
**Knowledge about household management was more among working women. This may be because working women must have to manage house in a time bound manner to follow their working schedule out side home.**

- Knowledge about dietary practices was more among working women than non-working women. This may be because working women are more diet conscious and need more help of ready made mix.**
- Knowledge about child rearing was more among working women in comparison of non-working women. This may be because workingwomen are generally more educated and need to train their children in a discipline manner. They may put more efforts to obtain scientific and systematic knowledge about child rearing.**
- The difference in knowledge among working and non-working women was not significant about dietary practices, household management and child rearing respectively.**

***Figure 7***

***Knowledge scores among working and non-workingwomen***





Where  
 HM = House Hold Management  
 DP = Dietary Practices  
 CR = Child Rearing Practices

The comparison of knowledge among working and non-working women points out the following.

- ❑ The Knowledge of workingwomen was higher than knowledge of non-working women. This may be because workingwomen have more exposure and have better opportunities to gain knowledge by discussion and experience.
- ❑ The Knowledge about household management was higher among workingwomen in comparison to their counter parts. This may be because working women aims to manage their resources.

**Table 8**

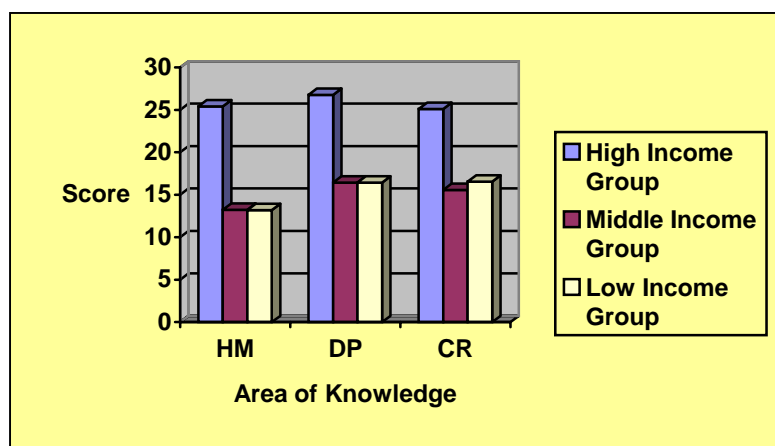
***Knowledge scores among different income group of women***

No.	Area of knowledge	Score of High Income Group	Score of Middle Income Group	Score of Low Income Group	Significance at 0.05 level

1	Household Management	25.40	13.24	13.20	0.00
2	Dietary Practices	26.76	16.44	16.44	0.00
3	Child Rearing	25.12	15.56	16.56	0.00
4	Total Sample	26.00	22.70	22.70	0.00

**Figure 8**

***Knowledge scores among different income group of women***



Where  
 HM = House Hold Management  
 DP = Dietary Practices  
 CR = Child Rearing Practices

#### 4 4.2 Variable Wise Findings

**Table 9**

***Age wise distribution of all the subjects***

**Variable 1 = Age**

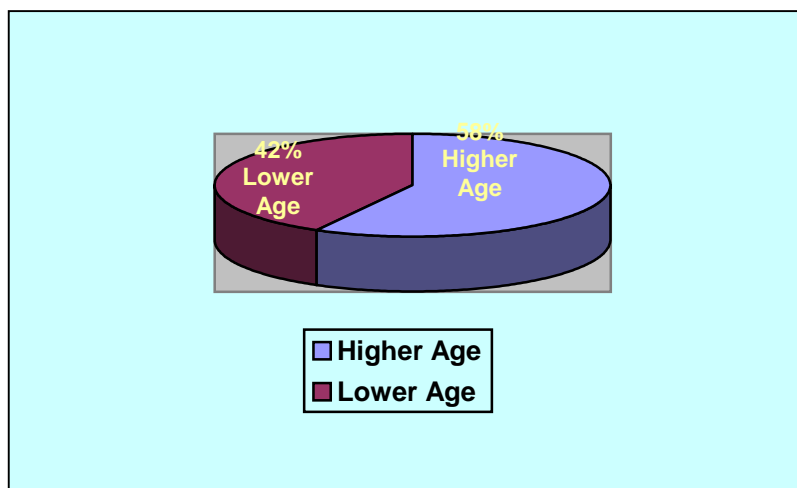
No.	Age	N	Percentage
1	Higher Age (31 and above)	174	58
2	Lower Age (30 and below)	126	42

Table 9 showed that

- The women in higher age were more than women in lower age.
- The percentages of women in higher age were slightly more than half the women in lower age.

**Figure 9**

**Age wise distribution of all the subjects**



**Table 10**

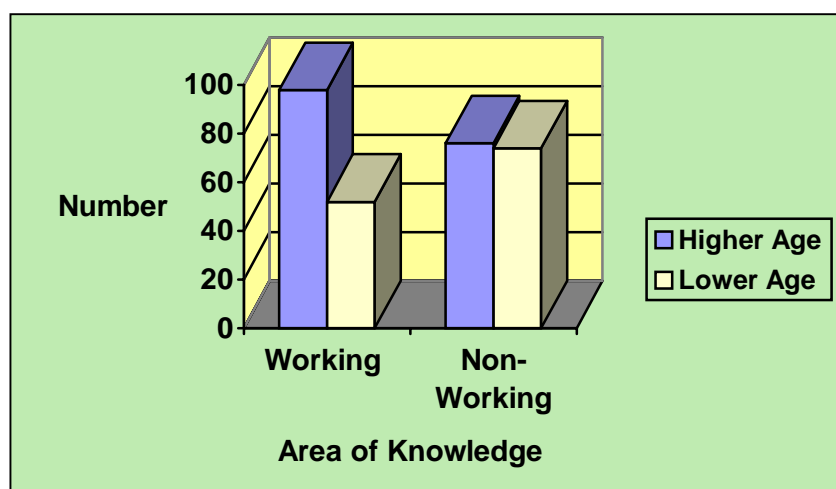
***Age wise distribution of different income group, working and non-working women***

No.	Income Group	Working		Non – Working	
		N	%	N	%

1	High	Higher Age	45	90.00	Higher Age	36	72.00
		Lower Age	05	10.00	Lower Age	14	28.00
2	Middle	Higher Age	32	64.00	Higher Age	30	60.00
		Lower Age	18	36.00	Lower Age	20	40.00
3	Low	Higher Age	21	42.00	Higher Age	10	20.00
		Lower Age	29	58.00	Lower Age	40	80.00
4	Total Sample	Higher Age	98	65.33	Higher Age	76	50.66
		Lower Age	52	34.66	Lower Age	74	49.33

**Figure 10**

***Age wise distribution of different income group, working and non-working women***



The table highlights the below given points.

- In workingwomen group the percentage of women in higher age were more than percentage of women in lower age.
- In non-working women group the percentage of women in higher age were more then percentage of women in lower age.

- ❑ In case of high-income group working women of higher age were very high then working women of lower age.
- ❑ In case of middle income group non-working women of higher age were higher then workingwomen of lower age.
- ❑ In case of low-income group non-working women of lower age were higher then workingwomen of higher age.

**Variable 2 = Caste**

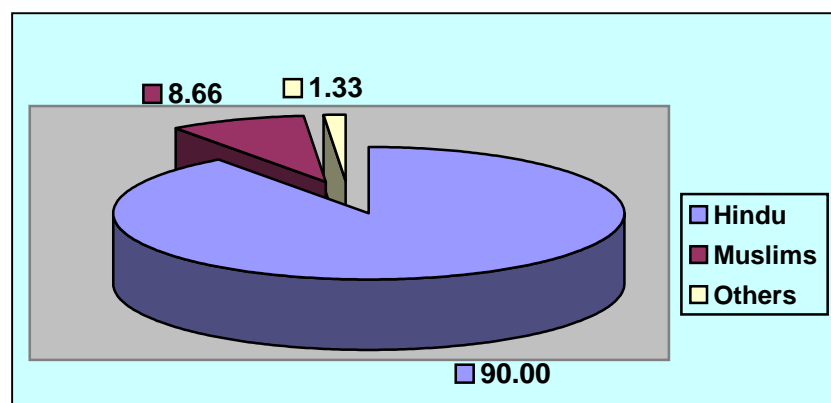
**Table 11**

***Caste wise distribution of all the subjects***

No.	Caste	N	Percentage
1	Hindu	270	90.00
2	Muslims	026	8.66
3	Others	004	1.33

**Figure 11**

**Caste wise distribution of all the subjects**



The data in table suggests the following.

- ❑ The women in other caste were very low then women in Hindu caste.
- ❑ The percentage of women in Hindu were very high then women in Muslims and others.

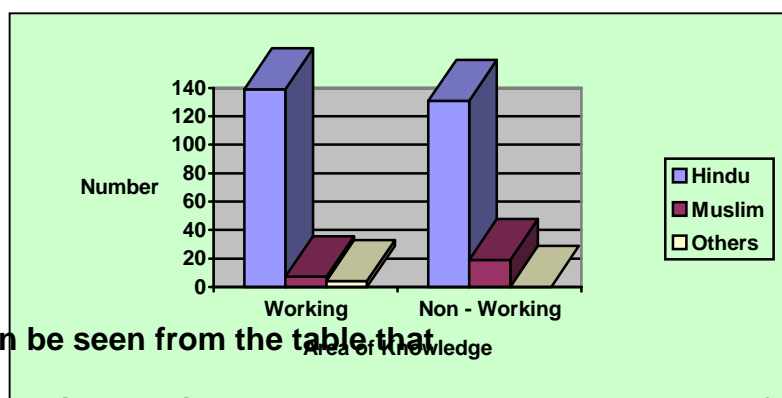
**Table 12**

***Income wise distribution of different caste- working and non-working women***

No.	Income	Working			Non-Working		
			N	%		N	%
1.	High	Hindu	48	96.00	Hindu	49	98.00
		Muslims	02	04.00	Muslims	01	02.00
		Others	00	0.00	Others	00	0.00
2	Middle	Hindu	41	82.00	Hindu	46	92.00
		Muslims	05	10.00	Muslims	04	08.00
		Others	04	08.00	Others	00	0.00
3.	Low	Hindu	50	100.0	Hindu	36	72.00
		Muslims	00	0.00	Muslims	14	28.00
		Others	00	0.00	Others	00	0.00
4	Total sample	Hindu	139	92.66	Hindu	131	87.33
		Muslims	007	04.66	Muslims	019	12.66
		Others	004	02.66	Others	000	0.00

**Figure 12**

***Income wise distribution of different caste- working and non-working women***



It can be seen from the table that

- Overall in working women group the percentage of women in Hindu were more then percentage of Muslim and others.

- ❑ Overall in non-working women group the percentage of women in Hindu were more then percentage of Muslim and others.
- ❑ In case of high-income group non-working women of Hindu were very high then working women of Muslims and others.
- ❑ In case of Middle Income Group non-working women of Hindu were very high workingwomen of Hindu.
- ❑ In case of low-income group workingwomen of Hindu were higher then non-working women of Hindu, Muslim and others.

**Variable 3: Type of family**

***Table 13***

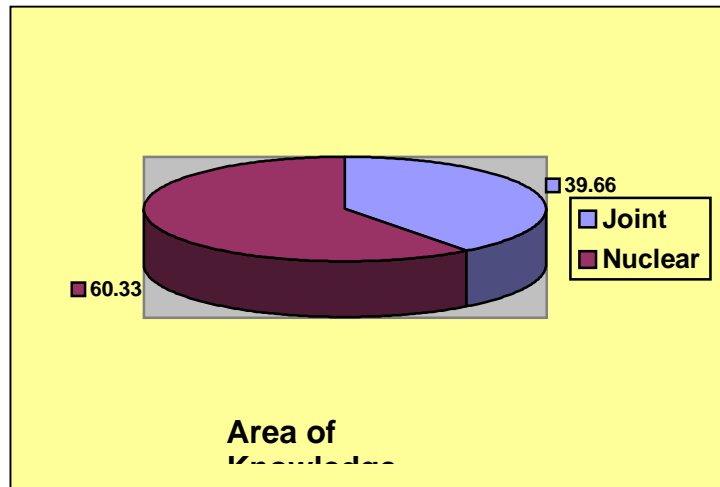
***Distribution of sample according to type of family***

No.	Type of family	N	Percentage
1.	Joint Family	119	39.66
2.	Nuclear Family	181	60.33

***Figure 13***

***Distribution of sample according to type of family***





It can be seen from the table that

- The women in nuclear families were more than women in joint families.
- The percentages of women in nuclear families were more than half the women in joint families.

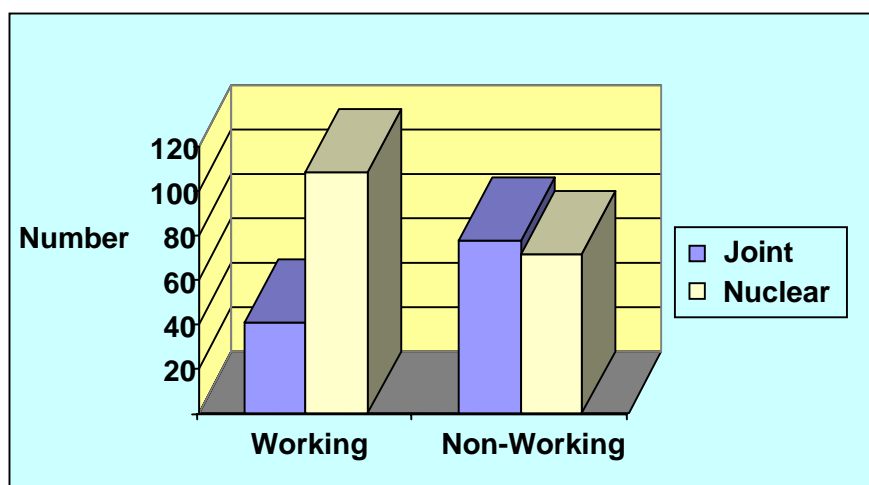
**Table 14**

***Income wise distribution of joint and nuclear family- working  
and non-working women***

No.	Income	Working			Non-Working		
			N	%		N	%
1.	High	Joint	13	26.00	Joint	31	62.00
		Nuclear	37	74.00	Nuclear	19	38.00
2.	Middle	Joint	18	36.00	Joint	20	40.00
		Nuclear	32	64.00	Nuclear	30	60.00
3.	Low	Joint	10	20.00	Joint	27	54.00
		Nuclear	40	80.00	Nuclear	23	46.00
4.	Total sample	Joint	41	27.33	Joint	78	52.00
		Nuclear	109	72.66	Nuclear	72	48.00

**Figure 14**

***Income wise distribution of joint and nuclear family- working  
and non-working women***



The figures in the Table 14 points out the following

- ❑ In working women group the percentage of women in nuclear families were more than % of women in joint families.
- ❑ In non-working women group the percentage of women in joint families were less than % of women in nuclear families.
- ❑ High-income group workingwomen belonging to nuclear families were slightly high than working women belonging to joint families.
- ❑ Middle-income group workingwomen belonging to nuclear families were higher than non-working women belonging to nuclear families.
- ❑ Low-income group workingwomen belonging to nuclear families were higher than non-working women belonging to nuclear families.

#### **Variable 4 No. Of Children**

***Table 15***

***Distribution of sample according to number of children***

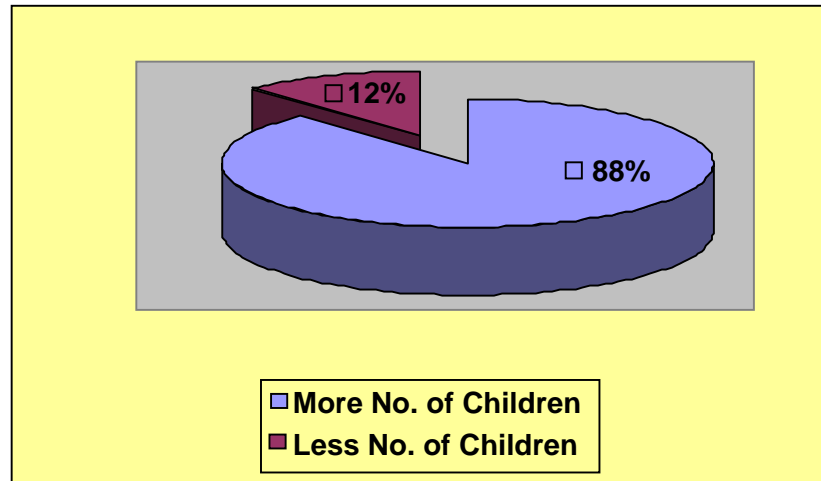
<b>No.</b>	<b>No. of Children</b>	<b>N</b>	<b>Percentage</b>
<b>1</b>	<b>More no. of Children (More than 2 Children)</b>	<b>132</b>	<b>88%</b>
<b>2</b>	<b>Less no. of Children (up to 2 Children)</b>	<b>18</b>	<b>12%</b>

The table highlights the below given points.

- ❑ The women with more number of children were higher than women with less number of children.
- ❑ The percentages of women with more number of children were very high than less number of children.

**Figure15**

***Distribution of sample according to number of children.***



**Table 16**

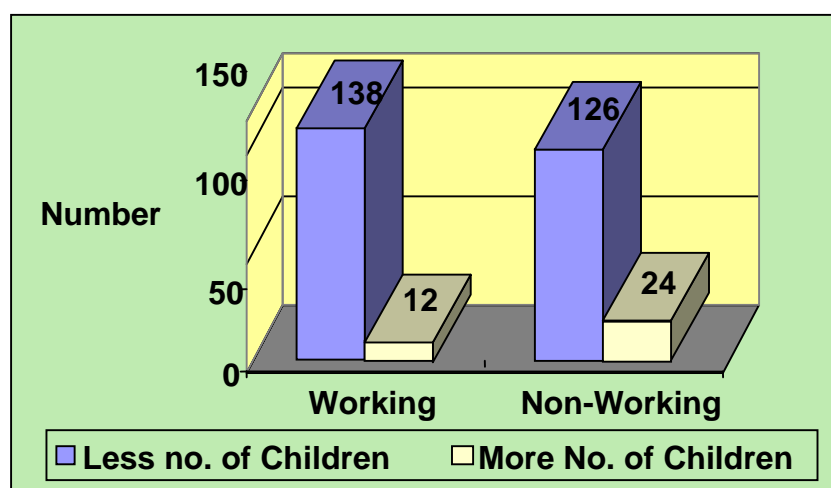
***No. Of children wise distribution of different income group of working and non-working women***

No.	Income Group	Working			Non-Working		
			N	%		N	%
1.	High Income	Less	44	88	Less	39	78
		More	6	12	More	11	22
2.	Middle Income	Less	44	88	Less	48	96
		More	6	12	More	2	4
3.	Low Income	Less	50	100	Less	39	78
		More	0	0	More	11	22
4.	Total Sample	Less	138	92	Less	126	84

		More	12	8	More	24	16
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**Figure 16**

**No. Of children wise distribution of different income group of working and non-working women**



The figures in the table points out the following

- In working women group the percentage of women with less number of children were higher then percentage of women with more number of children.
- In non-working women group the percentage of women with less number of children were higher then percentage of women with more number of children.
- In case of high-income group workingwomen with less number of children were very higher then working women with more number of children.
- In case of middle income group non-working women with less number of children were higher then non-working women with more number of children.

- In case of low-income group workingwomen with less number of children were very high then working women with more number of children.

## Variable 5 Education of Subjects

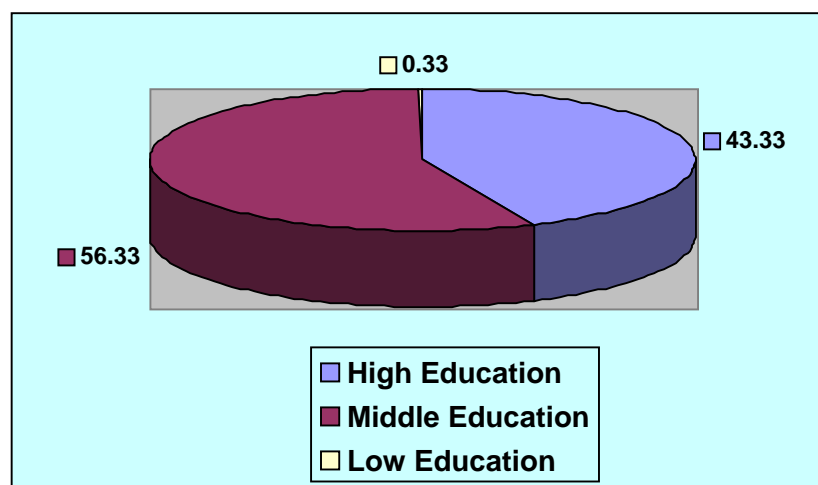
**Table 17**

***Education wise distribution of sample***

No.	Women's Education	N	Percentage
1	High - PG and Professional degree	130	43.33
2	Middle - Graduate	169	56.33
3	Law - School and less	1	0.33

**Figure 17**

***Education wise distribution of sample***



It can be seen from the table that

- ❑ The women in education were more than women in middle education.
- ❑ The percentages of women in middle education were slightly more than high education.

### Variable 6 – Education of Husband

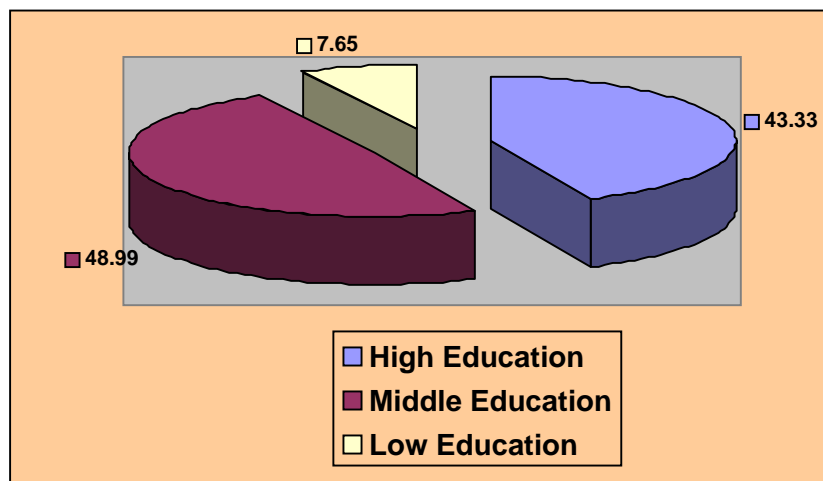
**Table 18**

***Distribution of subjects according to Husband's education***

No.	Husband's education	N	Percentage
1	High - PG and Professional degree	130	43.33
2	Middle - Graduate	147	48.99
3	Law – School and less	23	7.65

**Figure 18**

***Distribution of subjects according to Husband's education***



It can be seen from the table that

- ❑ The women with middle level of husband's educations were highest followed by women with high level of husband's education and low level of husband's education respectively.
- ❑ The percentages of women with middle level of husband's education were higher than high level of husband's education and low level of husband education respectively.

**Table 19**

***Husband's education wise distribution of different income group working and non-working women***

No.	Income Group	Working			Non-Working		
			N	%		N	%
1.	High Income	High	5	10	High	2	4
		Middle	37	74	Middle	38	76
		Low	8	16	Low	10	20
2.	Middle Income	High	22	44	High	9	18
		Middle	25	50	Middle	39	78
		Low	3	6	Low	2	4
3.	Low Income	High	50	50	High	42	84
		Middle	0	0	Middle	8	16
		Low	0	0	Low	0	0
4.	Total Sample	High	77	51.33	High	53	35.33
		Middle	62	41.33	Middle	85	56.66



		Low	11	7.3	Low	12	8
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**Figure 19**

***Husband's education wise distribution of different income group working and non-working women***

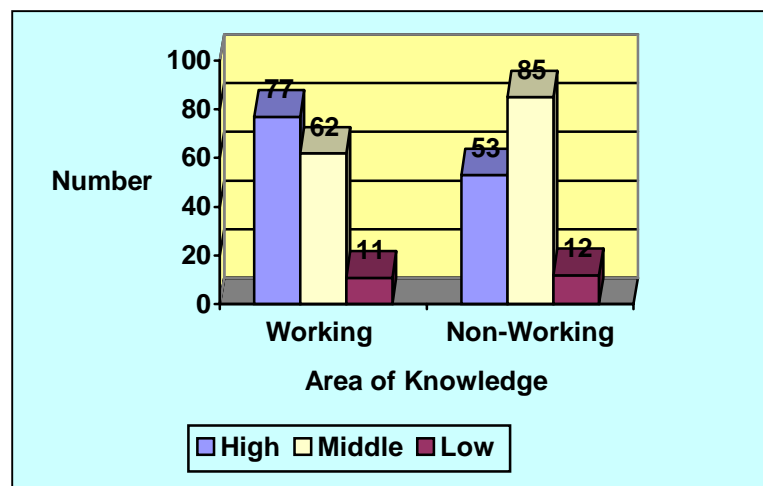


Table 19 Showed that

- ❑ In workingwomen group the percentage of women with high level of husband's education followed by women with middle level of husband's education with low level of husband's education respectively.
- ❑ In non-working women group the percentage of women with middle level of husband's education followed by women with high level of husband's education with low level of husband's education respectively.
- ❑ In case of high-income group working women, women with middle level of husband's education were very high then working women of high level of husband's education and low level of husband's education.

- In case of middle income group non-working women, women with middle level of husband's education were very high then non-working women of high level of husband's education and low level of husband's education.
- In case of low-income group working women, women with high level of husband's education were very high then working women of middle level of husband's education and low level of husband's education.

**Table 20**

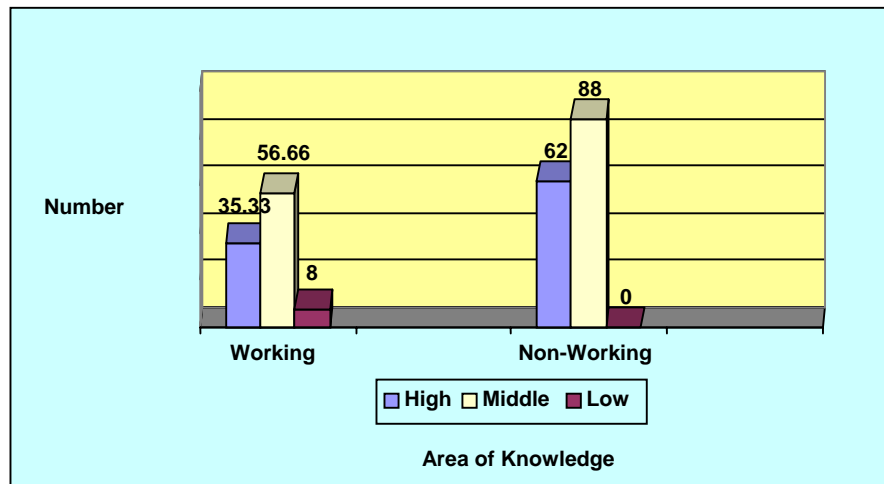
***Education wise distribution of different income working and non-working women***

No.	Income Group	Working			Non-Working		
			N	%		N	%
1.	High Income	High	5	10	High	9	18
		Middle	44	88	Middle	41	82
		Low	1	2	Low	0	0
2.	Middle Income	High	22	44	High	11	22
		Middle	28	56	Middle	39	78
		Low	0	0	Low	0	0
3.	Low Income	High	41	82	High	42	84
		Middle	9	18	Middle	8	16
		Low	0	0	Low	0	0
4.	Total sample	High	53	35.33	High	62	41.33

		<b>Middle</b>	<b>85</b>	<b>56.66</b>	<b>Middle</b>	<b>88</b>	<b>58.66</b>
		<b>Low</b>	<b>12</b>	<b>8</b>	<b>Low</b>	<b>0</b>	<b>0</b>

**Figure 20**

**Education wise distribution of different income working and non-working women**



The table highlights the bellow given points

- In working women group the percentage of women in middle education were slightly more then percentage of women in higher education.
- In non-working group the percentage of women in middle education were slightly more then percentage of women in higher education.
- Numbers of high-income group workingwomen of middle education were very high then working women of high and low level of education.

- ❑ Numbers of middle-income group non-working women of middle education were slightly higher than working women.
- ❑ Numbers of low-income group non-working women of high education were higher than working women of middle and low level of education.

**Variable – 7 Occupations**

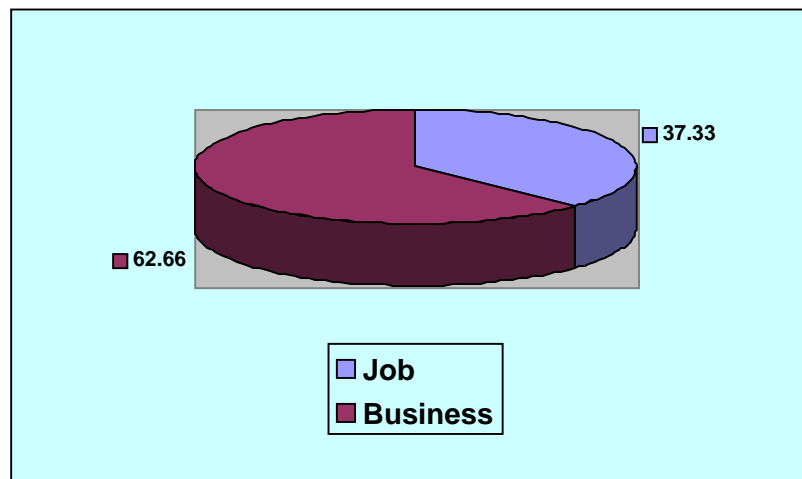
***Table 21***

***Occupation wise distribution of subjects***

No.	Occupation	N	Percentage
1	Job	112	37.33
2	Business	188	62.66

***Figure 21***

***Occupation wise distribution of subjects***



The below given are the points highlighted in the tables

- The women in business were more than women in job.
- The percentage of women in business were very high than half the women in job.

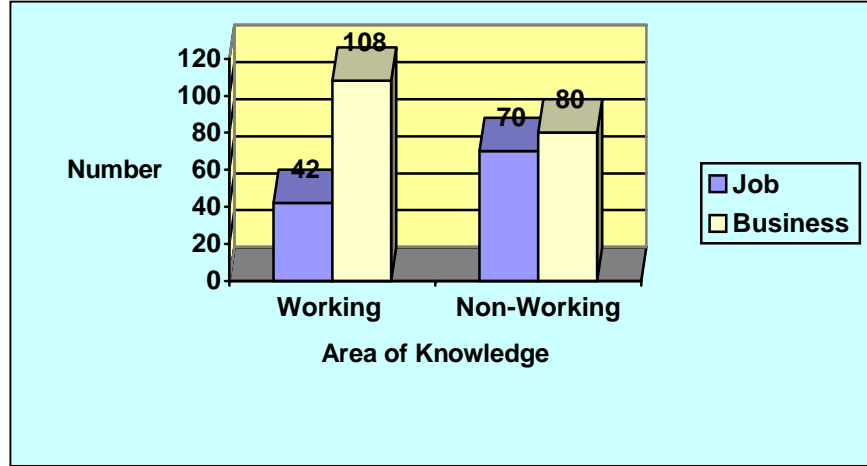
**Table 22**

***Occupation wise distribution of different income group  
working and non-working group***

No.	Income Group	Working			Non-Working		
			N	%		N	%
1.	High Income	Job	8	16	Job	27	54
		Business	42	84	Business	23	46
2.	Middle Income	Job	24	48	Job	20	40
		Business	26	52	Business	30	60
3.	Low Income	Job	10	20	Job	23	46
		Business	40	80	Business	27	54
4.	Total Sample	Job	42	28	Job	70	46.66
		Business	108	72	Business	80	53.33

**Figure 22**

**Occupation wise distribution of different income group working and non-working group**



It can be seen from the table that

- In working women group the percentage of women in business were more then percentage of women in job.
- In non-working women group the percentage of women in business were more than percentage of women in job.

**4.3.1 Income Vs Knowledge**

**Table 23**

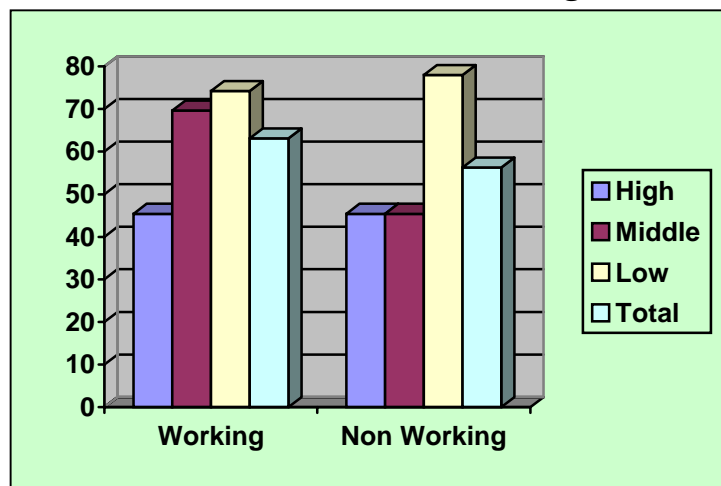
**Income Vs Total Knowledge**

No.	Group	Income	N	Mean	Significance at 0.05 Level
1	Working	High	50	45.40	0.00
		Middle	50	69.64	
		Low	50	74.24	

		<b>Total</b>	<b>150</b>	<b>63.09</b>	
<b>2</b>	<b>Non Working</b>	<b>High</b>	<b>50</b>	<b>45.40</b>	<b>0.00</b>
		<b>Middle</b>	<b>50</b>	<b>45.40</b>	
		<b>Low</b>	<b>50</b>	<b>78.00</b>	
		<b>Total</b>	<b>150</b>	<b>56.26</b>	

**Figure 23**

**Income Vs Total Knowledge**



**Table 24**

**ANOVA – Income Vs Total Knowledge**

No.	Group	Income	Sum of Squared	df	F	Significance at 0.05
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			Squared			at 0.05 Level
1	Working	Between Groups	24008.05	2	45.40	0.00
		Within Groups	12612.64	147	69.64	
		Total	36620.69	149	74.24	
2	Non Working	Between Groups	35425.33	2	45.40	0.00
		Within Groups	17252.00	147	45.40	
		Total	52677.33	149	78.00	

The Table showed that

- ❑ The total knowledge of working women was highest among women with low income followed by women with middle income and women with high income respectively. the difference was highly significant at 95% confidence interval.
- ❑ In case of non-working women the total knowledge was highest among women with low income. It was same for non-working women with high and low income. The difference was highly significant at 95% confidence interval.

**Table 25**

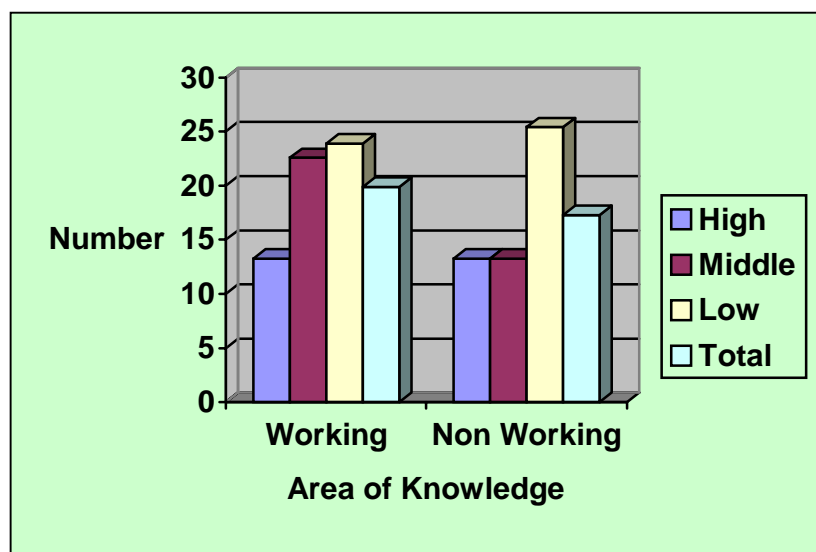
***Income Vs Household Management Knowledge***



No.	Group	Income	N	Mean	Significance at 0.05 Level
1	Working	High	50	13.24	0.00
		Middle	50	22.56	
		Low	50	23.88	
		Total	150	19.89	
2	Non Working	High	50	13.24	0.00
		Middle	50	13.24	
		Low	50	25.40	
		Total	150	17.29	

**Figure 24**

***Income Vs Household Management Knowledge***



**Table 26**

**ANOVA – Income Vs Household Management Knowledge**

No.	Group	Income	Sum of Squared	df	F	Significance at 0.05 Level
1	Working	Between Groups	4928.85	2	124.43	0.00
		Within Groups	2888.24	147		
		Total	7817.09	149		
2	Non Working	Between Groups	3363.57	2	78.76	0.00
		Within Groups	3138.72	147		
		Total	6502.29	149		

The data on knowledge about household management points out of following

- Among the workingwomen the knowledge was highest among women with low-income group followed by women with middle and high-income group respectively. The difference was significant at 95% confidence interval.
- Among non-working women the knowledge was highest among women with low-income group followed by women with middle and high-income group respectively. The knowledge of non-working women of high and middle income was same. The difference was significant at 95% confidence interval.

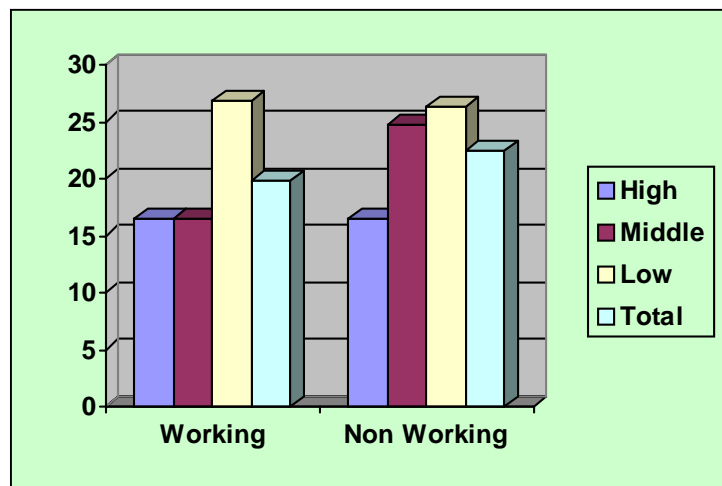
**Table 27**

**Income Vs Diet Knowledge**

No.	Group	Income	N	Mean	Significance at 0.05 Level
1	Working	High	50	16.44	0.00
		Middle	50	16.44	
		Low	50	26.76	
		Total	150	19.88	
2	Non Working	High	50	16.44	0.00
		Middle	50	24.80	
		Low	50	26.32	
		Total	150	22.52	

**Figure 25**

**Income Vs Diet Knowledge**



**Table 28**

**ANOVA – Income Vs Diet Knowledge**

No.	Group	Income	Sum of Squared	df	F	Significance at 0.05 Level
1	Working	Between Groups	2830.24	2	90.08	0.00
		Within Groups	2309.20	147		
		Total	5139.44	149		
2	Non Working	Between Groups	3550.08	2	99.29	0.00
		Within Groups	2627.76	147		
		Total	6177.84	149		

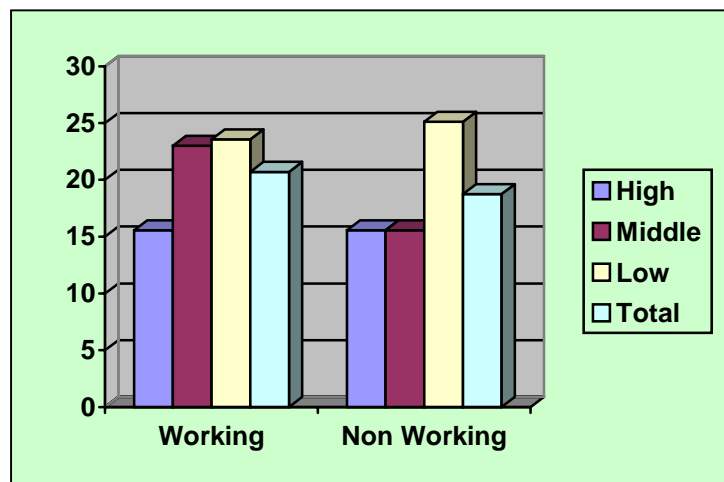
The knowledge about diet of selected working and non-working women. Showed the following

- ❑ In case of working knowledge was highest among women of low income group followed by the other women. It was same among working women of high and middle income. The difference in knowledge of working women among high, middle and low-income group was difficulties 95% confidence interval.
- ❑ In case of non-working women knowledge was highest among women of low income followed by middle and low-income group respectively. The difference in knowledge of non-working women among high, middle and low-income group was difference 95% confidence interval.

**Table 29**  
**Income Vs Child Knowledge**

No.	Group	Income	N	Mean	Significance at 0.05 Level
1	Working	High	50	15.56	0.00
		Middle	50	23.00	
		Low	50	23.56	
		Total	150	20.70	
2	Non Working	High	50	15.56	0.00
		Middle	50	15.56	
		Low	50	25.12	
		Total	150	18.74	

**Figure 26**  
**Income Vs Child Knowledge**



**Table 30**  
**ANOVA – Income Vs Child Knowledge**

No.	Group	Income	Sum of Squared	df	F	Significance at 0.05 Level
1	Working	Between Groups	1994.45	2	73.93	0.00
		Within Groups	1982.64	147		
		Total	3977.09	149		
2	Non Working	Between Groups	3046.45	2	92.45	0.00
		Within Groups	2421.92	147		
		Total	5468.37	149		

The data on knowledge about child rearing highlights the following points

- The workingwomen with low income had highest knowledge about child rearing followed by working women with middle and high income respectively. The difference was significant at 95% confidence interval.

- ❑ **The non-working women with low income had highest knowledge about child rearing followed by non-working women with middle and high income respectively. The difference was significant at 95% confidence interval.**

**The compression of knowledge with respect in income of selected sample. Suggests the following**

- ❑ **Overall the knowledge possessed by the women of high income group was higher than other women. This could be because this women many have better exposure and more resources to obtain knowledge.**
- ❑ **The knowledge about household management was highest among women of high-income group. It was almost equal amount women of middle and low-income group.**
- ❑ **The knowledge about dietary practices was higher among women of high-income group. It was almost same among women of middle and low-income group.**
- ❑ **The knowledge about rearing practices was higher among women of high-income group. It was almost equal among women of middle and low-income group.**

#### **4.3.2 Income Vs Other Variables**

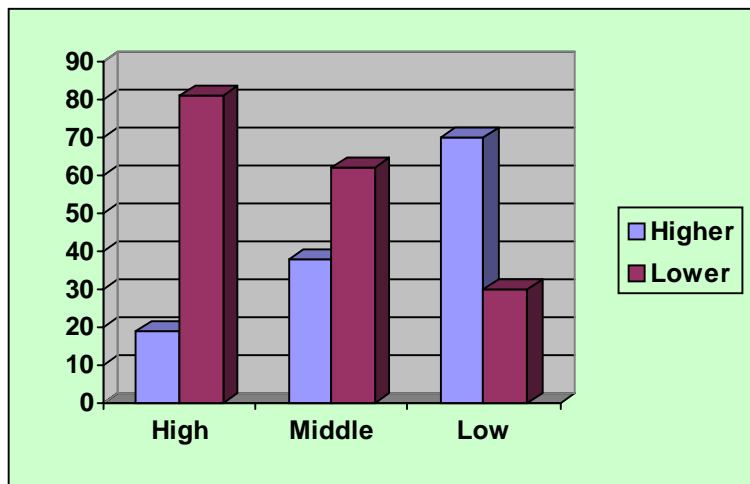
***Table - 31***

### *Income Vs Age*

No.	Income	Income	N	F	Significance at 0.05 Level
1.	High	Higher	19	10.56	0.002
		Lower	81		
2.	Middle	Higher	38	12.83	0.00
		Lower	62		
3.	Low	Higher	70	1.07	0.30
		Lower	30		

**Figure 27**

### *Income Vs Age*



The table showed that

- Among higher income group of selected women sample. Women with lower age were more than women with higher age. The difference was higher significant at 95% confidence interval.

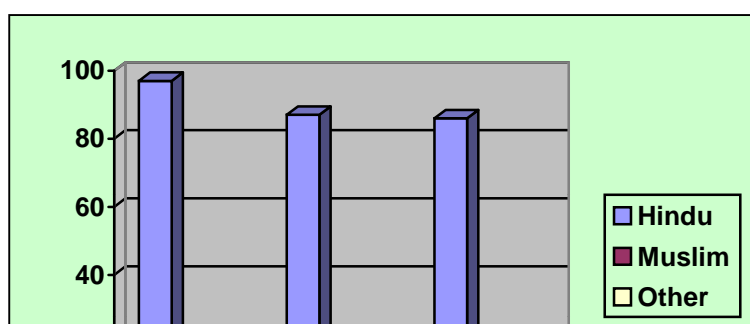


- ❑ Among middle income group of selected women sample women with lower age were more than women with higher age. The difference was highly significant at 95% confidence interval.
- ❑ Among lower income group of selected women sample women with higher age were more than women with lower age. The difference was significant at 95% confidence interval.

**Table 32**  
**Income Vs Caste**

No.	Income	Income	N	F	Significance at 0.05 Level
1.	High	Hindu	97	8.16	0.005
		Muslim	03		
		Other	0		
2.	Middle	Hindu	87	0.12	0.72
		Muslim	09		
		Other	04		
3.	Low	Hindu	86	204.09	0.00
		Muslim	14		
		Other	0		

**Figure 28**  
**Income Vs Caste**



It can be seen from the table that:

- ❑ Among higher income group of selected women sample, Hindu women were higher than muslim women. The difference was significant at 95% confidence interval.
- ❑ Among middle-income group of selected women sample, Hindu women were higher than muslim women and other women. The difference was not significant.
- ❑ Among lower income group of selected women sample, Hindu women were higher than muslim women. The difference was significant at 95% confidence interval.

**Table 33**

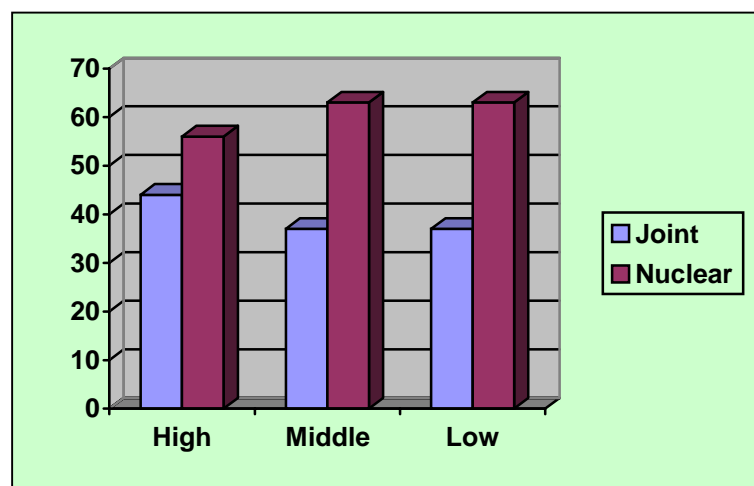
***Income Vs Type of Family***

No.	Income	Income	N	F	Significance at 0.05 Level
-----	--------	--------	---	---	-------------------------------

					at 0.05 Level
1.	High	Joint	44	0.16	0.68
		Nuclear	56		
2.	Middle	Joint	37	3.23	0.07
		Nuclear	63		
3.	Low	Joint	37	25.87	0.00
		Nuclear	63		

**Figure 29**

**Income Vs Type of Family**



The table shows that

- Among higher income group of selected women sample, women with nuclear families were more than women with joint families. The difference was not significant.

- ❑ Among middle-income group of selected women sample, women with nuclear families were more than women with joint families. The difference was not significant.
- ❑ Among lower income group of selected women sample, women with nuclear families were more than women with joint families. The difference was higher significant at 95% confidence interval.

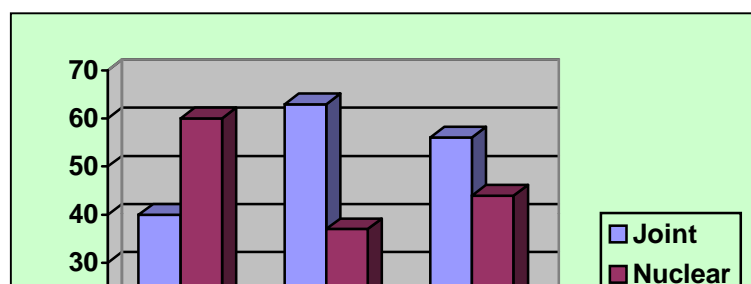
**Table –34**

***Income Vs No. Of Family Members***

No.	Income	Income	N	F	Significance at 0.05 Level
1.	High	Joint	40	1.06	0.30
		Nuclear	60		
2.	Middle	Joint	63	11.93	0.00
		Nuclear	37		
3.	Low	Joint	56	2.92	0.08
		Nuclear	44		

**Figure 30**

***Income Vs No. Of Family Members***



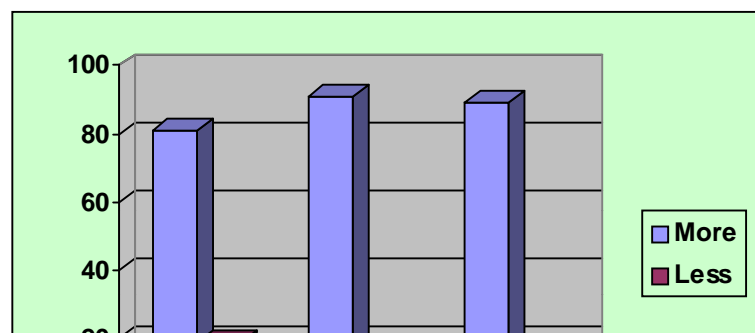
**Table – 35**

**Income Vs No. Of Children**

No.	Income	Income	N	F	Significance at 0.05 Level
1.	High	More	81	0.20	0.64
		Less	19		
2.	Middle	More	91	0.98	0.32
		Less	09		
3.	Low	More	89	132.21	0.00
		Less	11		

**Figure 31**

**Income Vs No. Of Children**



**It can be seen from the table that:**

- ❑ Among higher income group of selected women sample, women with more number of children were more than women with less number of children. The difference was not significant.**
- ❑ Among middle-income group of selected women sample, women with more number of children were more than women with less number of children. The difference was not significant.**
- ❑ Among lower income group of selected women sample, women with more number of children were more than women with less number of children. The difference was highly significant at 95% confidence interval.**

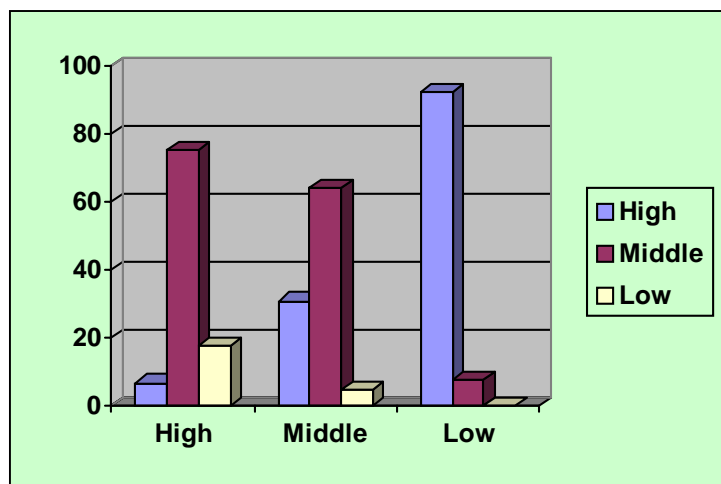
**Table –36**

**Income Vs Education (Male)**

No.	Group	Income	N	F	Significance at 0.05 Level
1	High	High	07	0.07	0.77
		Middle	75		
		Low	18		
2	Middle	High	31		
		Middle	64		
		Low	05		
2	Low	High	92	19.08	0.00
		Middle	08		
		Low	00		

**Figure 32**

**Income Vs Education (Male)**



The below given are the points highlighted in the table:

- Among higher income group of selected women sample women with middle level of husband's education were higher than higher

level of husband's education and lower level of husband's education. The difference was not significant.

- ❑ Among middle income group of selected women sample women with middle level of husband's education were higher than higher level of husband's education and lower level of husband's education.
- ❑ Among lower income group of selected sample women with higher level of husband's education were higher than middle level of husband's education and lower level of husband's education. The difference was highly significant at 95% confidence interval.

**Table –37**

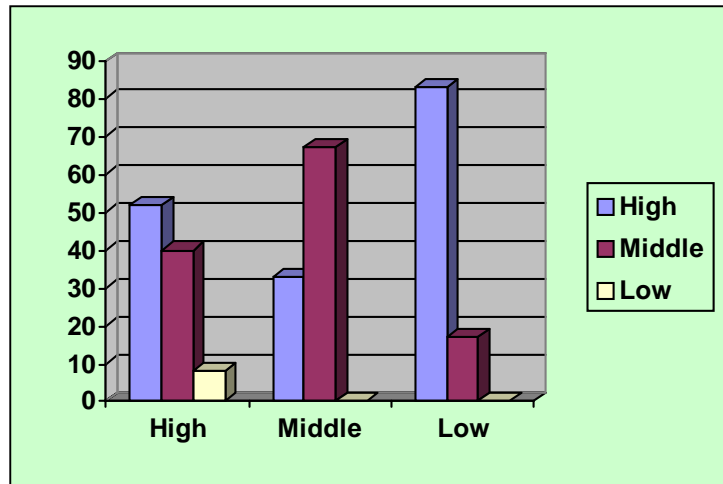
***Income Vs Education (Female)***

No.	Group	Income	N	F	Significance at 0.05 Level
1	High	High	52	2.16	0.14
		Middle	40		
		Low	08		
2	Middle	High	33		
		Middle	67		
		Low	0		
2	Low	High	83	1.07	0.30
		Middle	17		
		Low	0		

**Figure 33**



### Income Vs Education (Female)



The figure in the table points out the following.

- ❑ Among higher income group of selected women sample, women with higher level of education were more than women with middle level of education and lower level of women's education. The difference was not significant.
- ❑ Among middle income group of selected women sample, women with middle level of education were more than women with higher level of education and lower level of women's education.
- ❑ Among lower income group of selected women sample, women with higher level of education were more than middle level of education and lower level of education. The difference was not significant.

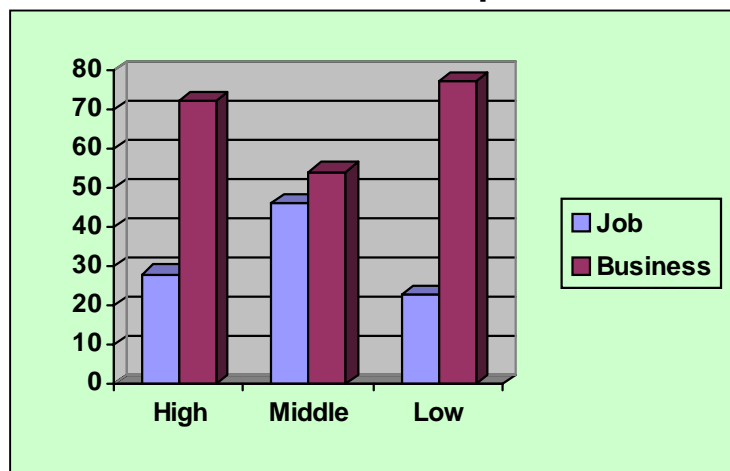
**Table –38**

### *Income Vs Occupation*

No.	Income	Income	N	F	Significance at 0.05 Level
1.	High	Job	28		
		Business	72		
2.	Middle	Job	46		
		Business	54		
3.	Low	Job	23	7607.25	0.00
		Business	77		

**Figure 34**

### **Income Vs Occupation**



The data in table suggests the following:

- Among higher income group of selected women sample women with business were more than women with job. The difference was
- Among middle income group of selected women sample women with business were more than women with job. The difference was
- Among lower income group of selected women sample women with business were more than women with job. The difference was

## 4.4 Area Wise Findings

### 4.4.1 Household Management

**Table 39**

#### ***Budget Practices***

No	Item	Overall average		Working Women		Non Working Women	
			%	N	%	N	%
1	Makes Budget	71	47	71	47.33	70	46.66
2	Budget making pattern						
	-- daily budget	84	56	88	58.66	80	53.33
	-- weekly budget	33	21.66	36	24.00	29	19.33
	-- monthly budget	46	30.33	40	26.66	51	34.00
	-- six monthly budget	13	8.66	00	--	26	17.33
	-- annual budget	04	2.33	00	--	07	04.66
3	Expenditure on medicines						
	-Spends 10% on medicine	25	16.00	26	17.33	22	14.66
	--Spends 15% on medicine	15	9.66	21	14.00	08	05.33
	--Spends 25% on medicine	15	9.33	13	08.66	15	10.00
	--Spends 30% on medicine	17	11.00	12	08.00	21	14.00

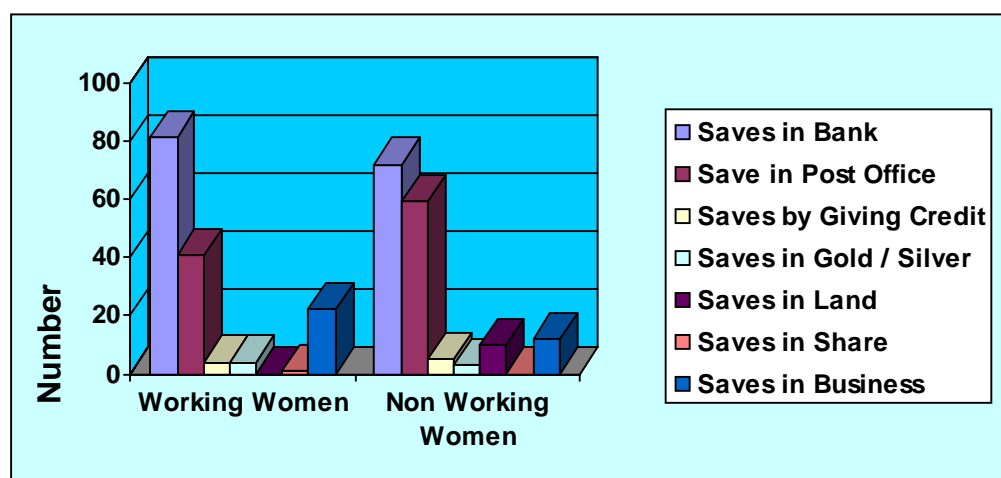
	--Spends 40% on medicine	23	15.00	25	16.66	19	12.66
	--Spends 50% on medicine	22	14.00	25	16.66	17	11.33
4	Preference of expenditure						
	-- Gives importance to education	98	65.00	93	62.00	102	68.00
	-- Gives important to entertainment	11	7.00	12	08.00	09	06.00
	-- Gives important to household	20	12.66	17	11.33	21	14.00
5	Saves for sudden Expenditure	95	62.8	117	78.00	72	48.00
6	Saving pattern						
	-- Saves in bank	77	51.00	81	54.00	72	48.00
	-- Save in Post Office	51	33.33	41	27.33	59	39.33
	-- Saves by giving credit	5	3.00	04	02.66	05	03.33
	-- Saves in Gold / Silver	4	2.33	04	02.66	03	02.00
	-- Saves in land	5	3.33	00	--	10	06.66
	-- Saves in share	1	0.33	01	0.66	00	--
	-- Saves in business	17	11.33	22	14.66	12	08.00

**A budget practices showed that**

- There is not much difference among working and non-working women about making household budget.**
- Percentages of daily budget making women are highest in both the groups.**
- Working women do not make 6 month and annual budgets, even in non-working women percentage are very less in 6 month and yearly budget making.**
- Highest percentage of women spends only 10 % income on medicine, and lowest percentage of women spends 25 % income on medicines.**
- There is not only remarkable difference in pattern of expenditure on medicines among working and non-working women.**
- Highest number of working women and non-working women gives preference to expenditure on children education and lowest number are giving importance to entertainment.**
- More working women save for sudden expenditure than non-working women.**
- Highest number of women of both the groups saves their income in banks, and working women saves lowest in shares, while non-working women do not interest in shares at all.**

**Figure 35**

**Budget Practices**



**Table 40**

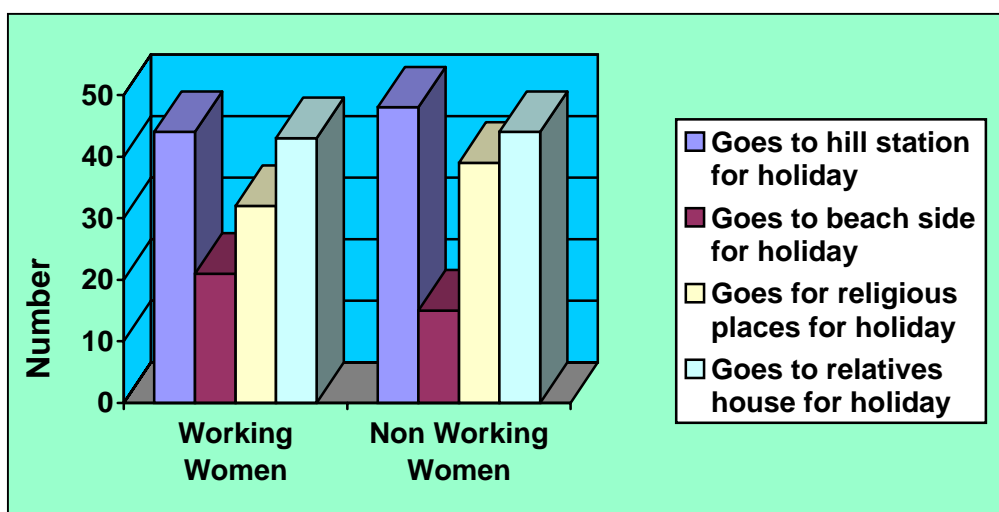
**Holiday Traveling Practices**

No	Item	Overall average		Working Women		Non Working Women	
		N	%	N	%	N	%
<b>1</b>	<b>Frequency of going out for holidays.</b>						
	-- weekly	40	26.33	31	20.66	48	32.00
	-- monthly	14	8.66	10	06.66	16	10.66
	-- every six months	26	17.00	18	12.00	33	22.00
	-- annually	53	35.00	42	28.00	63	42.00
	-- does not go for holiday	23	15.00	32	21.33	13	08.66

<b>2</b>	<b>Place for going for holidays</b>						
	-- to hill station	<b>47</b>	<b>30.66</b>	<b>44</b>	<b>29.33</b>	<b>48</b>	<b>32.00</b>
	-- to beach side	<b>19</b>	<b>12.00</b>	<b>21</b>	<b>14.00</b>	<b>15</b>	<b>10.00</b>
	-- to religious places	<b>36</b>	<b>23.66</b>	<b>32</b>	<b>21.33</b>	<b>39</b>	<b>26.00</b>
	-- to relatives house	<b>44</b>	<b>29.00</b>	<b>43</b>	<b>28.66</b>	<b>44</b>	<b>29.33</b>

**Figure 36**

***Holiday Traveling Practices***



***Holiday traveling practices showed that***

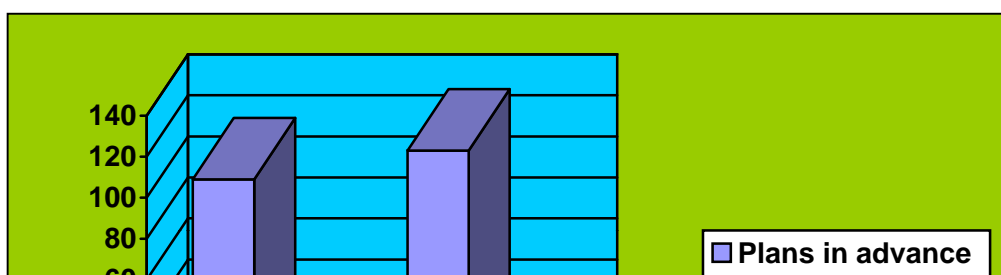
- 35 % of the respondents usually go for holiday annually. 42% non-working women’s families go for holidays annually.
- Percentage of respondents traveling for monthly holiday was quite low.

- ❑ It can be seen from the data that for traveling during holidays, hills station was the first preference, and the next was visiting relatives.
- ❑ The least preference was given to visit sea shore places.

**Table 41**  
**Planning Practices**

No	Item	Overall average		Working Women		Non Working Women	
		N	%	N	%	N	%
1	Plans in advance	116	77.33	109	72.66	123	82.00
2	Do not plan	20	13.33	20	13.33	20	13.33
3	Finishes work due to proper planning	125	83.33	124	82.66	126	84.00
4	Arranges for all requirements before working	93	61.66	85	56.66	100	66.66
5	Arranges for requirements as and when required	33	22.00	31	20.66	35	23.33
6	Suffers incompetence due to absence of pre planning	16	10.33	19	12.66	12	08.00

**Figure 37**  
**Planning Practices**





Number

**Planning practices showed that**

- More than 75 % of the respondents planed in advance.
- These help them in finishing work early with all prior requirements and avoid any incompetence due to absence of pre planning.
- There is not much difference seen among working and non-working women.

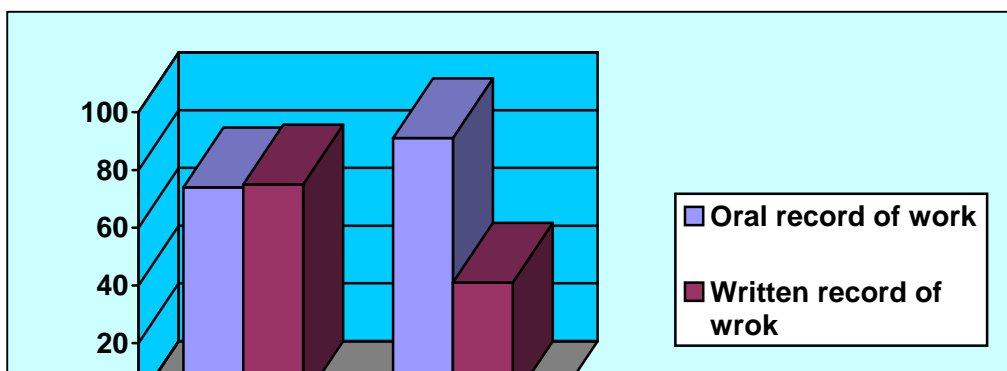
**Table 42**

**Recording practices**

No	Item	Overall average		Working Women		Non Working Women	
		N	%	N	%	N	%
1	Keep oral record of work	83	55.00	74	49.33	91	60.66
2	Keep written record of work	59	38.66	75	50.00	41	27.33

**Figure 38**

**Recording Practices**



Number

**Recording practices showed that**

- More than 60 % of non-working women kept oral records of their work.
- Whereas for working women around 50 – 50 % had a practices of oral as well as written record keeping. Oral and written records were kept by equal % of respondents in working class.

**Table 43**

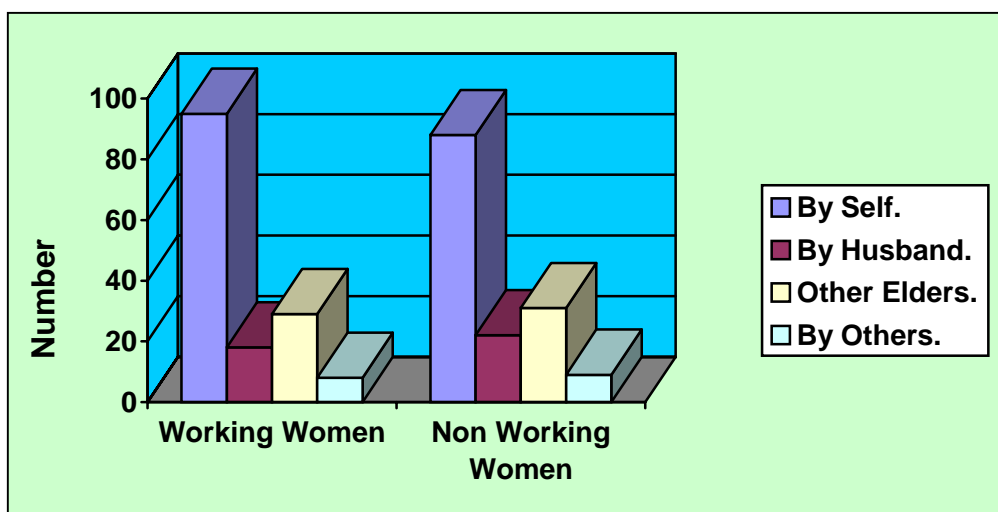
***Decision Making Practices***

No	Item	Overall average		Working Women		Non Working Women	
		N	%	N	%	N	%
1	Decisions about purchasing						
	-- done by self.	92	61.00	95	63.33	88	58.66

	-- done by husband.	21	13.33	18	12.00	22	14.66
	-- done by other elders.	31	20.00	29	19.33	31	20.66
	-- done by others.	9	5.66	08	03.33	09	06.00
<b>2</b>	<b>Opinion sought while taking important decisions</b>						
	-- self	28	18.00	22	14.66	32	21.33
	-- husband	39	25.66	40	26.66	37	24.66
	-- all family members	58	38.00	73	48.66	41	27.33

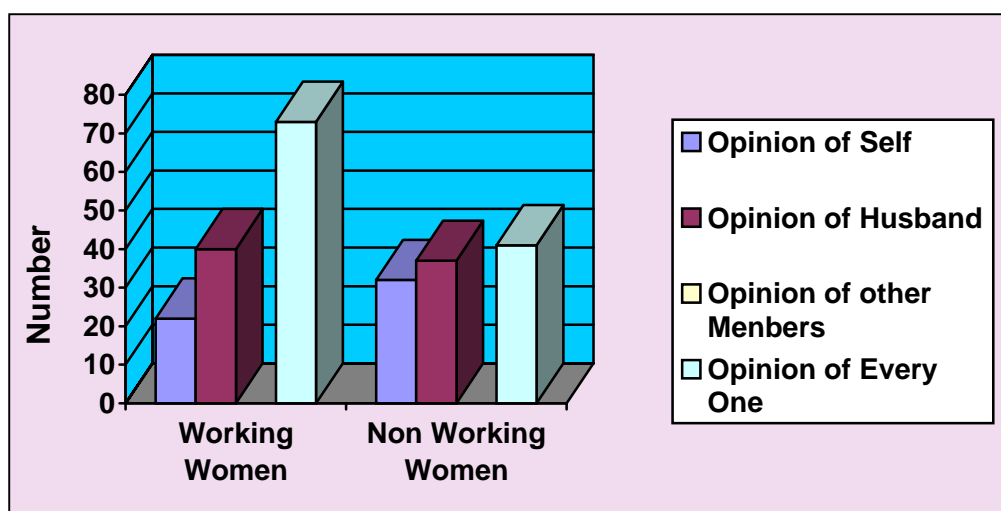
**Figure 39**

**Decision Making Practices**



**Figure 40**

**Opinion while taking important Decisions**



### Decision making practices showed that

- Majority of respondents were taking decisions about purchasing goods by herself.
- In working women 49 % respondents said that opinion of every family member was sought while taking important decisions.
- In non-working women only 21 % respondents said that her opinion was sought while taking important decisions.

It can be seen from the results that working women's opinion are sought much in their family. It was seen that working women has got higher status in their family compare to non-working women.

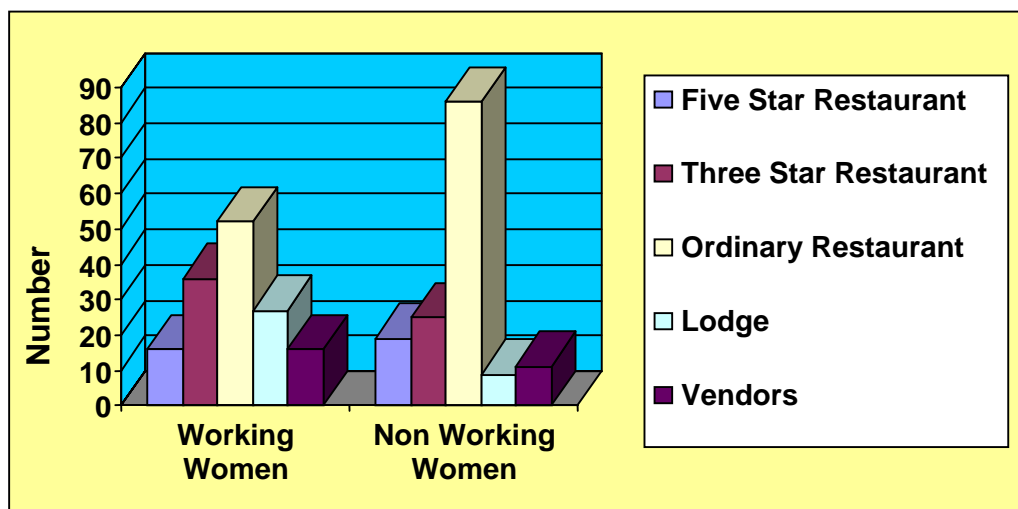
**Table 44**

### ***Restaurant Priorities***

No	Preference for taking food outside home	Overall average		Working Women		Non Working Women	
		N	%	N	%	N	%
1	Five Star Restaurant	18	11.66	16	10.66	19	12.66
2	Three Star Restaurant	31	20.33	36	24.00	25	16.66
3	Ordinary Restaurant	70	46.00	52	34.66	86	57.33
4	Lodge	18	12.00	27	18.00	09	06.00
5	Prefers small Vendors	14	9.00	16	10.66	11	07.33

**Figure 41**

**Restaurant Priorities**



Restaurant priorities showed that

- ❑ Around 46% respondents preferred ordinary restaurants and among them percentage of non-working women were higher as compared to working women.
- ❑ Least preference was given to five star restaurant, lodge, and small vendors.

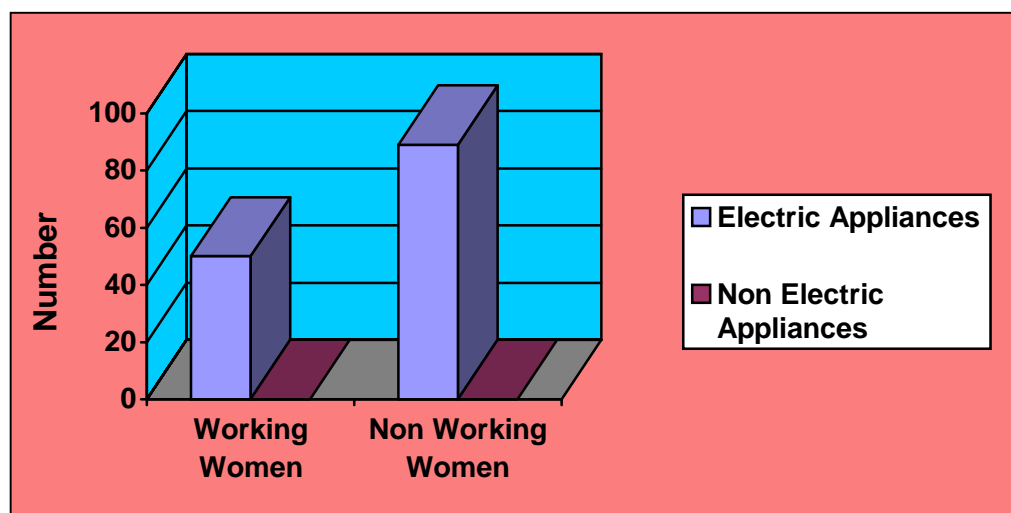
**Table 45**  
**Home Appliances**

No	Item	Overall average		Working Women		Non Working Women	
		N	%	N	%	N	%
1	Uses of home appliances						
	-- Electric Appliances	70	46.33	50	33.33	89	59.33
	-- Washing Machine	47	31.00	43	28.66	50	33.33
	-- Vacuum Cleaner	41	27.33	10	06.66	72	48.00
	-- Oven	53	34.66	20	13.33	84	56.00
	-- Mixer	83	55.00	98	65.33	67	44.66
	-- VCR	45	29.66	49	32.66	40	26.66
	-- Computer	47	30.66	27	18.00	65	43.33
	-- Blender	65	43.00	62	41.33	67	44.66
	-- Toaster	85	56.33	93	62.00	76	50.66
	-- Kitchen Master	22	14.00	42	28.00	0	0
	-- Iron	39	25.66	16	10.66	61	40.66
	-- Gharghanti	43	28.00	10	06.66	74	49.33
	-- TV	96	64.00	105	70.00	87	58.00

<b>2</b>	<b>Decision about purchasing of appliances made by</b>						
	-- self	29	19.00	34	22.66	23	15.33
	-- husband	35	23.00	30	20.00	39	26.00
	-- other family members	17	11.00	20	13.33	13	08.66
	-- all family members	69	45.33	62	41.33	74	49.33

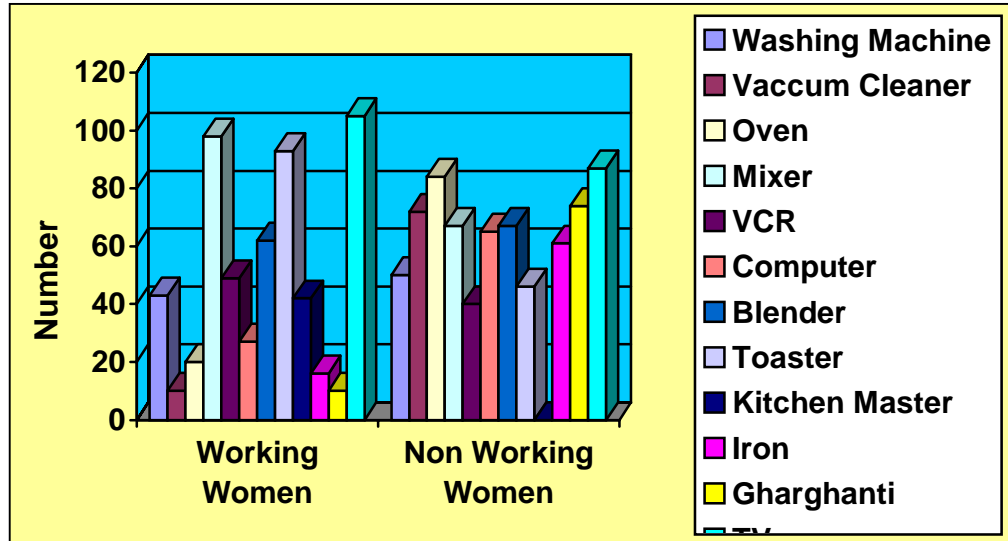
**Figure 42**

***Uses Electric & Non Electric Appliances***



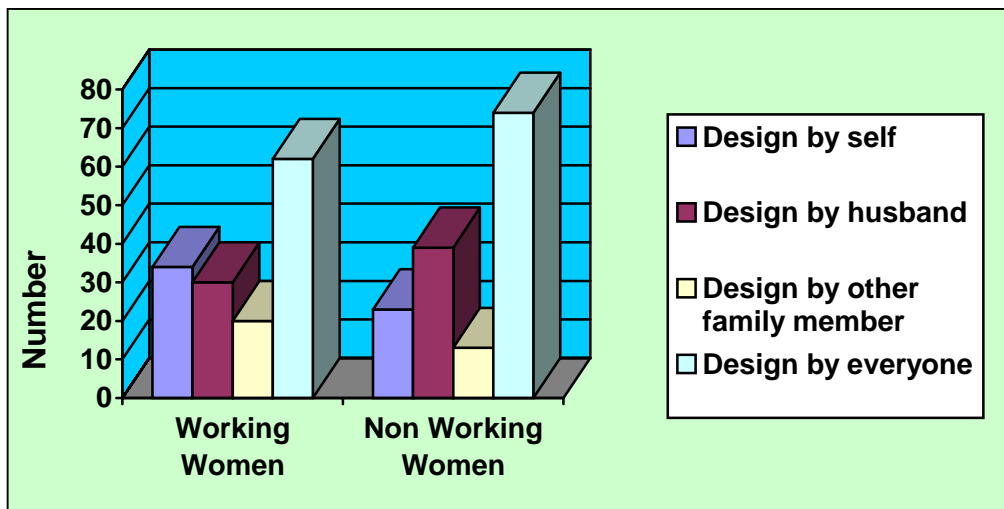
**Figure 43**

**Different Electric Appliances**



**Figure 44**

**Design about Appliances made by different category**





## Home appliances showed that

- ❑ Mixer, toaster and television were owned and used by more than 50% of the respondents.
- ❑ The appliances like vacuum cleaner oven, blender, iron, gharghanti, and computer were more often used by non-working group. While mixer, toaster, and television were more used in case of working women.
- ❑ No respondents for non-working group were found to be using kitchen master.
- ❑ For buying any new appliances the decision was jointly taken by all the members of the family in majority of cases.

It can be seen from the result that non-working women mostly sits at home so they can have enough time to use the appliances like iron, blender, gharghanti sort of appliances may be because they get more time for ironing cloths and self milling of flour.

**Table 46**

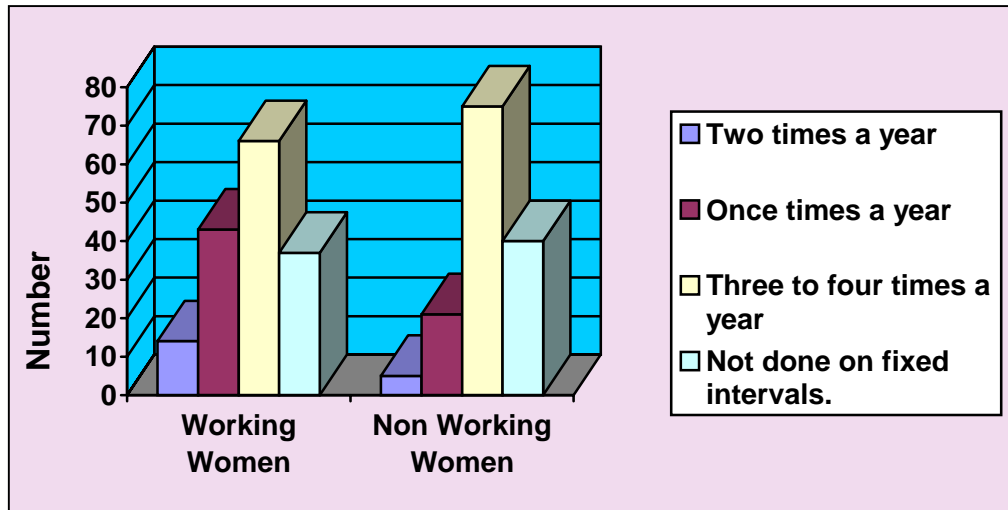
### ***Cleaning Practices***

No	Frequency of cleaning	Overall average		Working Women		Non Working Women	
		N	%	N	%	N	%
1	once a year	1	06.33	14	09.33	05	03.33
2	twice a year	33	21.33	43	28.66	21	14.00
3	three to four times a year	71	47.00	66	44.00	75	50.00

4	not done on fixed intervals	39	25.66	37	24.66	40	26.66
---	-----------------------------	----	-------	----	-------	----	-------

**Figure 45**

**Cleaning Practices**



**Cleaning practices showed that**

- Majority of the respondents used to do cleaning three or four times during a year but in non-working women % are more.
- Working women does the cleaning once or twice a year whereas the non-working women do it for three to four times.
- Non-working women always sits at home, so frequency of cleaning house is more compare to working women.

**Table 47**

### *House Related Practices*

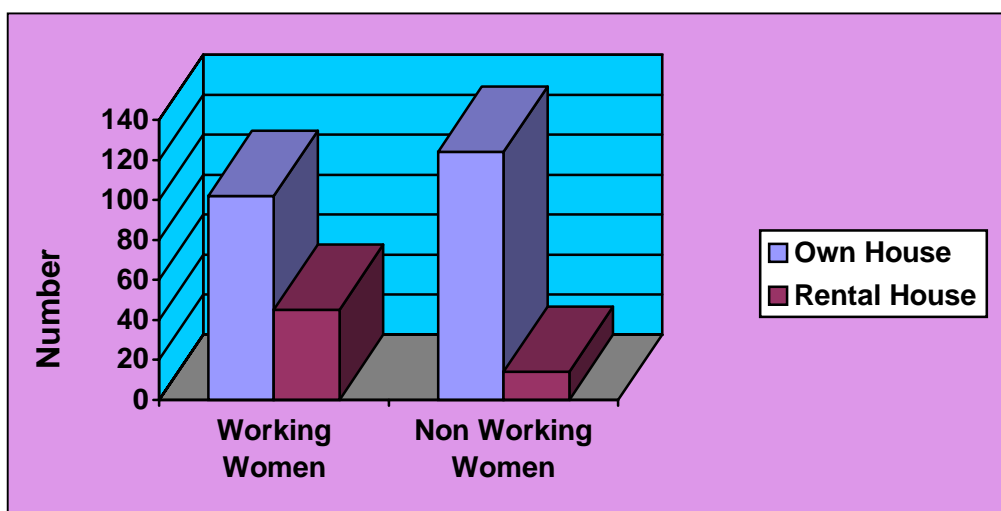
No	Item	Overall average		Working Women		Non Working Women	
		N	%	N	%	N	%
<b>1</b>	<b>House has</b>						
	-- quietness	9	6.66	4	2.66	13	8.66
	-- cleanliness	36	23.33	37	24.66	33	22.00
	-- ventilation	86	57.00	85	56.66	86	57.33
	-- easy movement	26	16.66	16	10.66	34	22.66
<b>2</b>	<b>Ownership of the house</b>						
	-- own house	113	75.33	102	1.33	124	82.66
	-- rental house	30	19.66	45	30.00	14	09.33
<b>3</b>	<b>Maintains house according to</b>						
	-- the budget	32	21.00	24	16.00	39	26.00
	-- as need arise	88	58.33	81	54.00	94	62.66

<b>4</b>	<b>Area preference for home according to</b>						
	-- budget	21	13.33	20	13.33	20	13.33
	-- need	27	17.66	33	22.00	20	13.33
	-- occupation	33	22.00	50	33.33	16	10.66
	-- near to school	24	16.00	06	4.00	42	
<b>5</b>	<b>Arrangement in house</b>						

	-- Easy	143	95.33	136	90.66	150	100
	-- Difficult	6	4.00	12	8.00	0	
<b>6</b>	<b>Satisfaction with arrangement</b>						
	-- Satisfied	144	96.00	141	94.00	147	98.00
	-- Not satisfied	8	05.33	13	8.66	03	02.00
<b>7</b>	<b>Furniture</b>						
	-- wooden furniture	113	75.33	110	73.33	116	77.33
	-- metal furniture	24	15.66	19	12.66	28	18.66
	-- glass furniture	02	1.33	02	1.33	02	01.33
	-- bamboo furniture	03	2.00	01	0.66	05	03.33
	-- plastic furniture	7	4.66	05	3.33	09	06.00

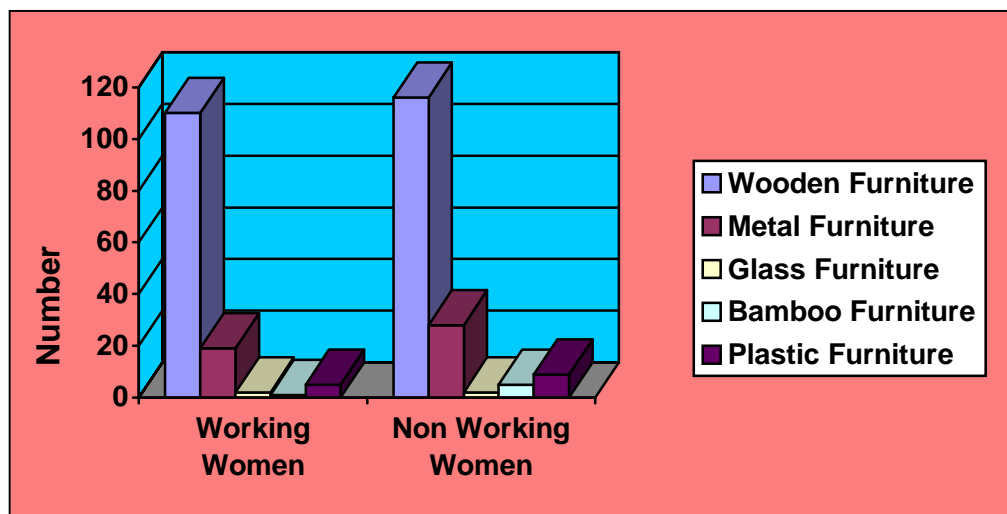
**Figure 46**

**Condition of House (Rental / Own)**



**Figure 47**

**Furniture in House**



**House related practices showed that**

- Nearly 60 % of the respondents had properly ventilated house.
- 75 % of the respondents lived in their owned house.
- Nearly 60 % of the respondents said that the maintenance of the house was done according to the need as and when arise.
- While shifting to new house no specific was given to any particular reason by the respondents in both the groups.

- ❑ More working women prefers house near to the place of occupation.
- ❑ More the 90 % of respondents preferred easy arrangements in their house and were satisfied with the respondents.
- ❑ Nearly 75 % respondents had wooden furniture. Very low percentage of the respondents had either bamboo or plastic furniture in their house.

**Table 48**  
**Clothing Practices**

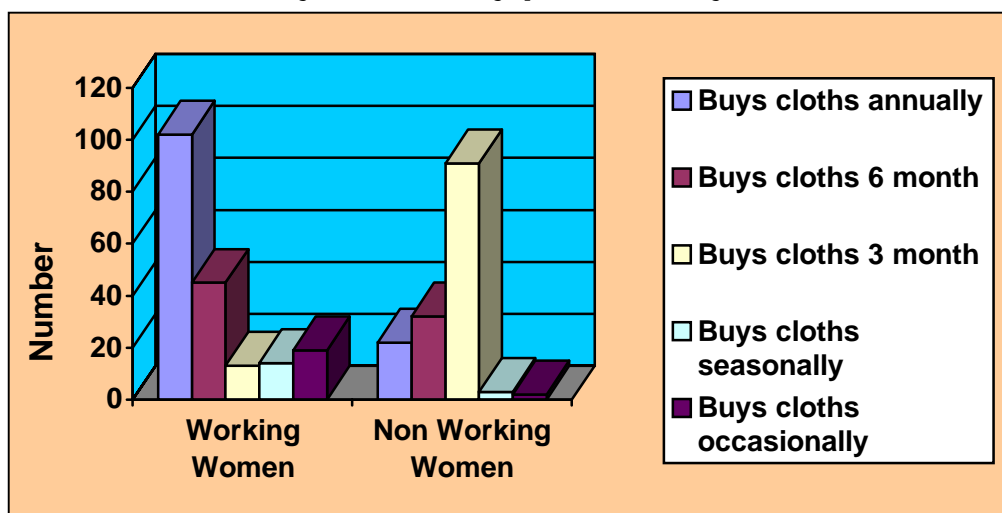
No	Item	Overall average		Working Women		Non Working Women	
		N	%	N	%	N	%
<b>1</b>	<b>Buys cloths</b>						
	-- annually	18	11.66	13	8.66	22	14.66
	-- every six month	23	15.33	14	9.33	32	21.33
	-- every three month	55	36.66	19	12.66	91	60.66
	-- seasonally	25	16.33	46	30.66	03	2.00
	-- occasionally	29	19.33	56	37.33	02	1.33

<b>2</b>	<b>Buys cloths from</b>						
	-- mall	16	10.33	09	6.00	22	14.66
	-- branded company	49	32.33	45	30.33	52	34.66
	-- regular store	84	56.00	77	51.33	91	60.66
	-- discount sale	4	2.33	04	2.66	03	2.00

	-- vendors foot path	8	5.00	13	2.00	02	1.33
<b>3</b>	<b>Buys Lenin cloths</b>						
	-- as needed	103	68.33	92	61.33	113	75.33
	-- extra Lenin than need	20	13.33	30	20.00	10	6.66
	-- as per budget	20	13.33	17	11.33	23	15.33
	-- as per interest	9	6.00	05	3.33	13	8.66

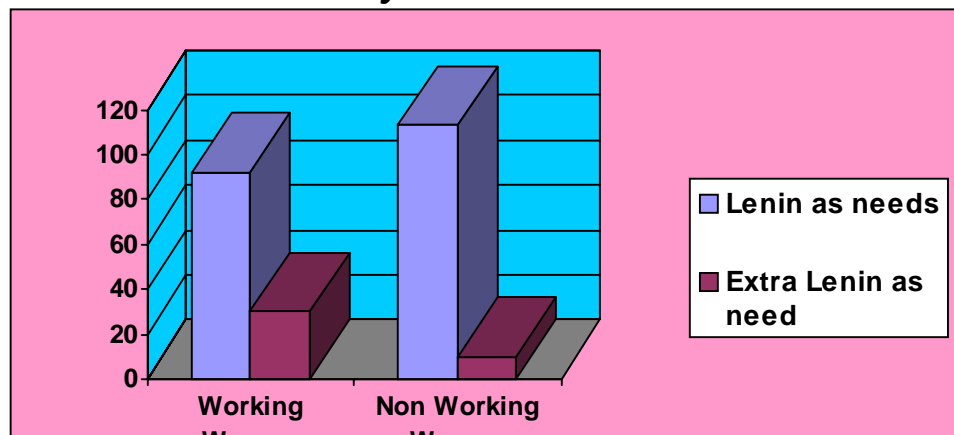
**Figure 48**

**Buys cloths by periodically**



**Figure 49**

**Buys cloths Lenin**



**Clothing practices showed that**

- 60 % of the respondents of the non-working group reported that they generally buy cloths every 3 months.
- Whereas for working women groups more then 60 % reported that they generally buy cloths .occasionally.
- More than 50 % of the respondents bought their cloths from regular stores when asked for linen majority of the respondents buy them as and when needed.

***Table 49***

***Entertainment Practices***



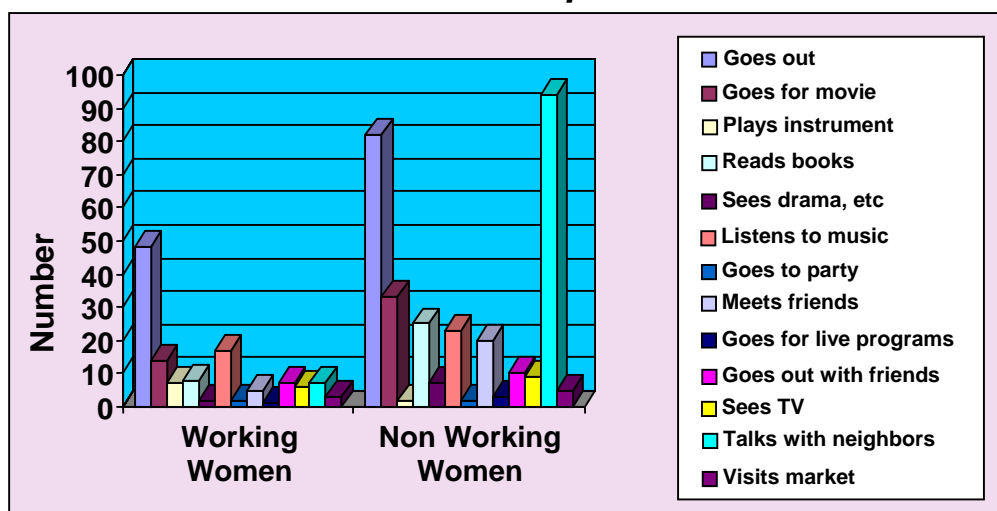
No	Item	Overall average		Working Women		Non Working Women	
		N	%	N	%	N	%
1	Goes out	65	43.33	48	32.00	82	54.66
2	Goes for movie	24	15.66	14	9.33	33	22.00
3	Plays instrument	5	3.00	07	4.66	02	1.33
4	Reads books	22	14.33	08	5.33	25	16.66
5	Watches drama, etc	5	3.00	02	1.33	07	4.66
6	Listens to music	20	13.33	17	11.33	23	15.33
7	Goes for party	2	1.33	02	1.33	02	1.33
8	Meets friends	12	8.33	05	3.33	20	13.33
9	Goes for live programs	2	1.33	01	0.66	03	2.00
10	Goes out with friends	9	5.66	07	4.66	10	6.66
11	Watches TV	8	5.00	06	4.00	09	6.00
12	Talks with neighbors	11	7.00	07	4.66	94	9.33
13	Visits market	5	2.66	03	2.00	05	3.33

### Entertainment practices showed that

- More than 50 % of the respondents in the non-working group preferred to go out for entertainment, followed by going for movies, reading books and listening to the music.
- Respondents in working group also preferred going out followed by listening to music and going for movies.
- For entertainment talking with neighbors was preferred by 94 % of the non-working respondents.

**Figure 50**

### *Entertainment practices*



**Table 50**

### *Art Practices*

No	Item	Overall average		Working Women		Non Working Women	
		N	%	N	%	N	%
1	Uses art for home décor	121	81.0	110	0.73	133	88.66
2	Does not use art for home décor	31	20.33	44	29.33	17	11.33
3	Is interested in art and craft	117	78.33	106	70.66	129	86.00
4	Is not interested in art and craft	27	18.00	38	25.33	16	10.66
5	Does embroidery	44	29.33	60	40.00	48	32.00
6	Makes best out of waste	27	18.00	28	18.66	26	17.33
7	Does drawing	12	7.66	07	4.66	16	10.66
8	Does painting	8	5.33	03	2.00	13	8.66
9	Does beadwork	9	6.00	09	6.00	09	6.00

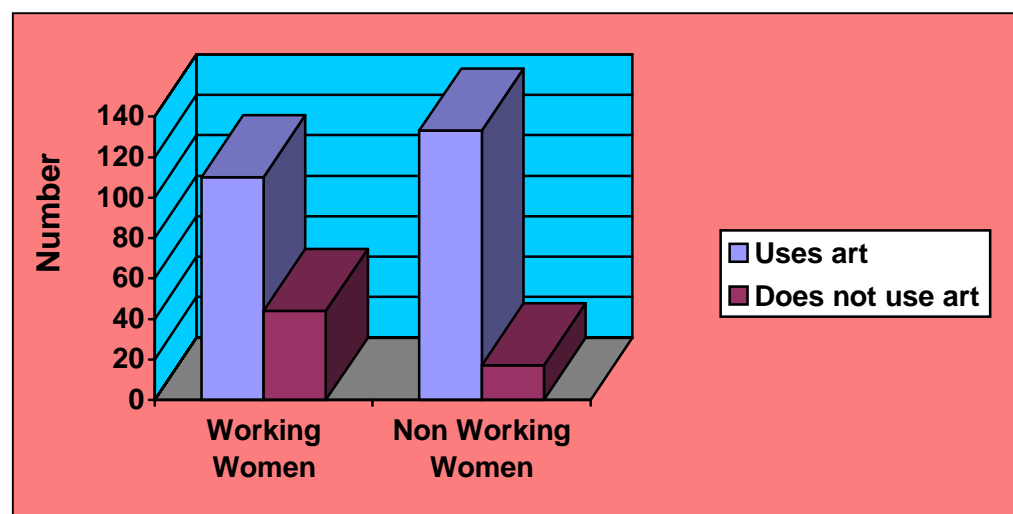
## Art practices showed that

- ❑ More than 75 % of the respondents were interested in art and craft work and around 80 % of them made use of the same for home decor.
- ❑ More percentage of working women are not interested in art for home furnishing compare to non-working women.

Maybe working women have very less to think about making artistic articles for home decor by themselves.

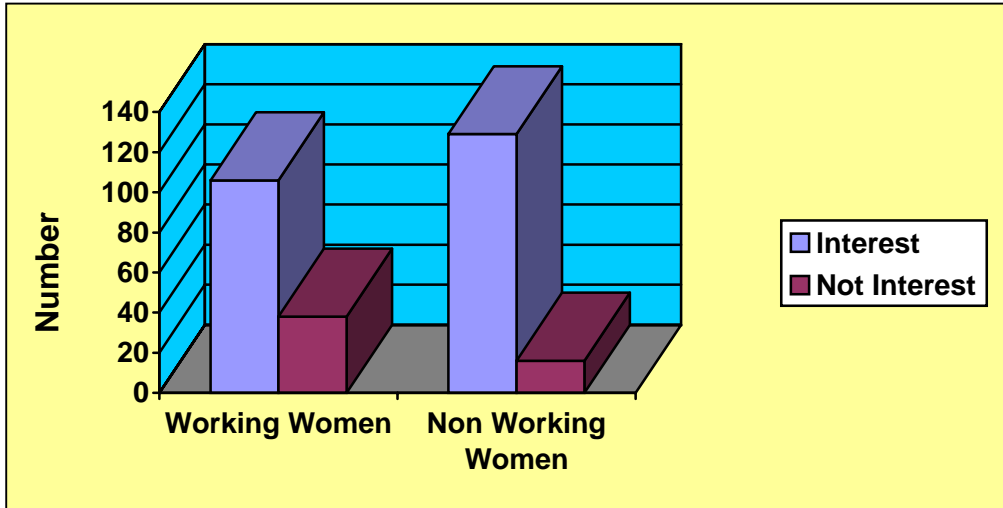
**Figure 51**

***Uses / does not use art for home décor***



**Figure 52**

**Interest / not interest in art and craft**



**4.4.2 Dietary Management**

**Table 51**

**Cooking Practices**

No	Item	Overall average		Working Women		Non Working Women	
		N	%	N	%	N	%
<b>1</b>	<b>Cooks</b>						
	-- by own self	131	87.33	125	83.33	137	91.33
	-- Someone else Cooks	9	4.0	10	6.66	08	5.33
	-- Cooking done by cook	8	5.33	11	7.33	05	3.33
<b>2</b>	<b>Plans cooking to fulfill need of all family member</b>	139	93.0	136	90.66	143	95.33
<b>3</b>	<b>No planning for cooking</b>	11	7.33	14	9.33	08	5.33
<b>4</b>	<b>Has time table for cooking</b>	46	30.66	53	35.33	39	26.00

<b>5</b>	<b>Has no time table for cooking</b>	<b>93</b>	<b>61.66</b>	<b>96</b>	<b>64.00</b>	<b>89</b>	<b>59.33</b>
<b>6</b>	<b>Cooking materials buying done</b>						
	<b>-- by husband</b>	<b>39</b>	<b>25.66</b>	<b>40</b>	<b>26.66</b>	<b>37</b>	<b>24.66</b>
	<b>-- by self</b>	<b>81</b>	<b>54.0</b>	<b>75</b>	<b>50.00</b>	<b>87</b>	<b>58.00</b>
	<b>-- by other family member</b>	<b>28</b>	<b>8.33</b>	<b>23</b>	<b>15.33</b>	<b>32</b>	<b>21.33</b>
	<b>-- by servant</b>	<b>5</b>	<b>3.33</b>	<b>06</b>	<b>4.00</b>	<b>04</b>	<b>2.66</b>
<b>7</b>	<b>Goes out for meals</b>	<b>67</b>	<b>64.33</b>	<b>85</b>	<b>58.66</b>	<b>108</b>	<b>72.00</b>
<b>8</b>	<b>Never goes out for meals</b>	<b>44</b>	<b>29.00</b>	<b>55</b>	<b>36.66</b>	<b>32</b>	<b>21.33</b>
<b>9</b>	<b>Preference Test for Everyday Meal</b>						
	<b>-- Species</b>	<b>24</b>	<b>15.66</b>	<b>35</b>	<b>23.33</b>	<b>12</b>	<b>8.00</b>
	<b>-- Sour</b>	<b>2</b>	<b>1.00</b>	<b>03</b>	<b>2.00</b>	<b>0</b>	<b>00</b>
	<b>-- Salty</b>	<b>13</b>	<b>8.66</b>	<b>23</b>	<b>15.33</b>	<b>03</b>	<b>2.00</b>
	<b>-- Sweet</b>	<b>2</b>	<b>1.33</b>	<b>02</b>	<b>1.33</b>	<b>02</b>	<b>1.33</b>
	<b>-- Species + Sour</b>	<b>22</b>	<b>14.66</b>	<b>30</b>	<b>20.00</b>	<b>14</b>	<b>9.33</b>
	<b>-- Sweet + Species</b>	<b>4</b>	<b>2.33</b>	<b>00</b>	<b>00</b>	<b>07</b>	<b>4.66</b>
	<b>-- Appropriate</b>	<b>73</b>	<b>48.66</b>	<b>44</b>	<b>29.33</b>	<b>102</b>	<b>68.00</b>

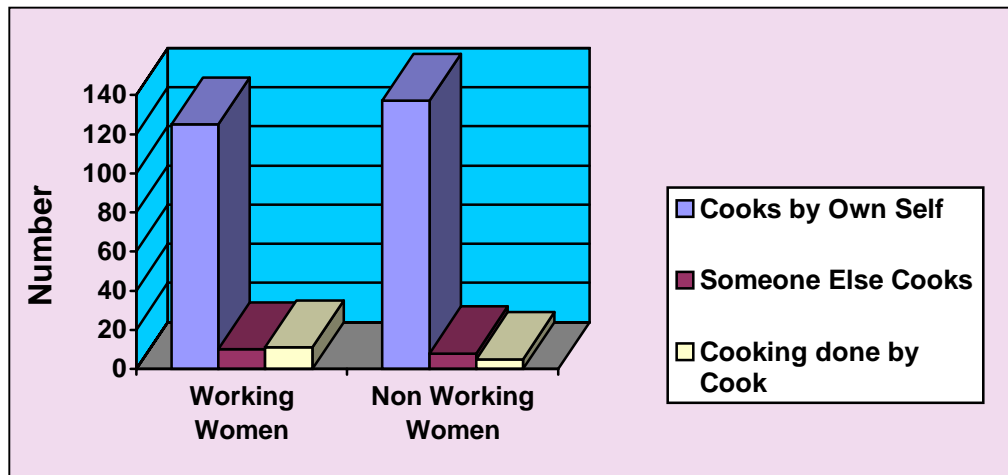
### **Cooking practices showed that**

- Majority of the respondents cooked the food by themselves and plan the meal to fulfill the needs of all family members.**
- Nearly 60 % of the respondents had no time table for cooking, and more than 50% of them bought the ingredients/materials by themselves.**
- Only 29% of the respondents never went out for meals.**

- 50 % of the respondents reported that the taste of their everyday meals is appropriate.

**Figure – 53**

**Cooking Practices**



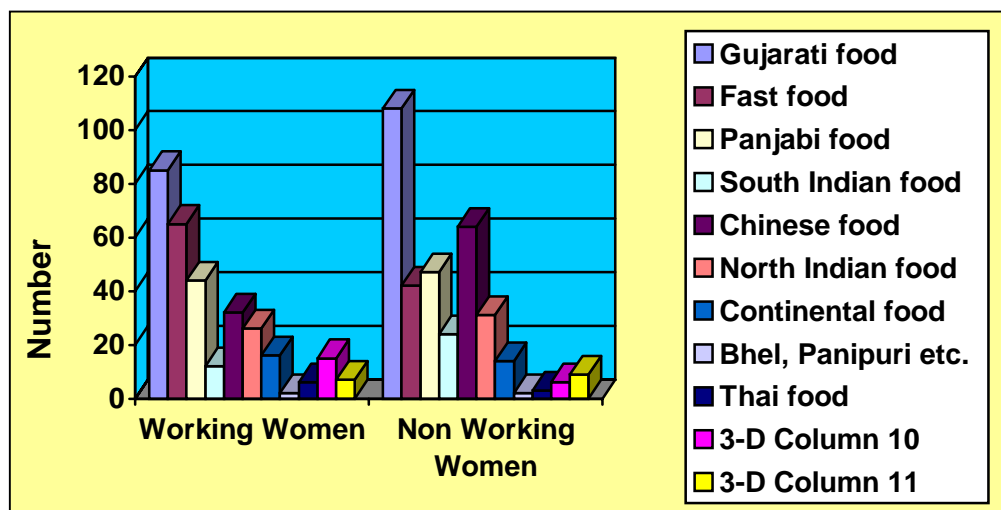
**Table 52**  
**Eating Practices**

No	Item	Overall average		Working Women		Non Working Women	
		N	%	N	%	N	%
1	Has meals in hotel frequently	97	64.33	85	56.66	108	72
2	Does not consume hotel food.	54	35.66	65	43.33	42	28
3	Prefers eating						
	Gujarati food	46	30.33	44	29.33	47	31.33
	Fast food	18	12.00	12	8	24	16
	Punjabi food	48	32.00	32	21.33	64	42.66
	South Indian food	29	19.00	26	17.33	31	20.66
	Chinese food	15	10.00	16	10.66	14	9.33
	North Indian food	2	1.33	2	1.33	2	1.33
	Continental food	5	3.00	6	4	3	2
	Bhel, Panipuri etc.	11	7.00	15	10	6	4
	Thai food	8	5.33	7	4.66	9	6

**Eating practices showed that**

- ❑ The data analysis of comparatively non-working women 72 % consumes hotel food more than working women. The choice of the food were Gujarati and Punjabi comparatively non-working women prefers Punjabi more (42.66).

**Figure 54**  
**Eating Practices**



**Table 53**  
**Consumption of Ready Foods**

No	Item	Overall average		Working Women		Non Working Women	
		N	%	N	%	N	%
<b>1</b>	<b>Uses ready to eat food</b>						
	-- daily	2	1.33	1	0.66	3	2
	-- weekly	3	2	--	--	6	4
	-- monthly	30	20	42	28	18	12
	-- occasionally	119	79	115	76.66	122	81.33
<b>2</b>	<b>Uses ready to cook food</b>						
	-- daily	12	8	18	12	6	4
	-- monthly	21	13.66	28	18.66	13	8.66
	-- occasionally	104	69	83	55.33	124	82.66

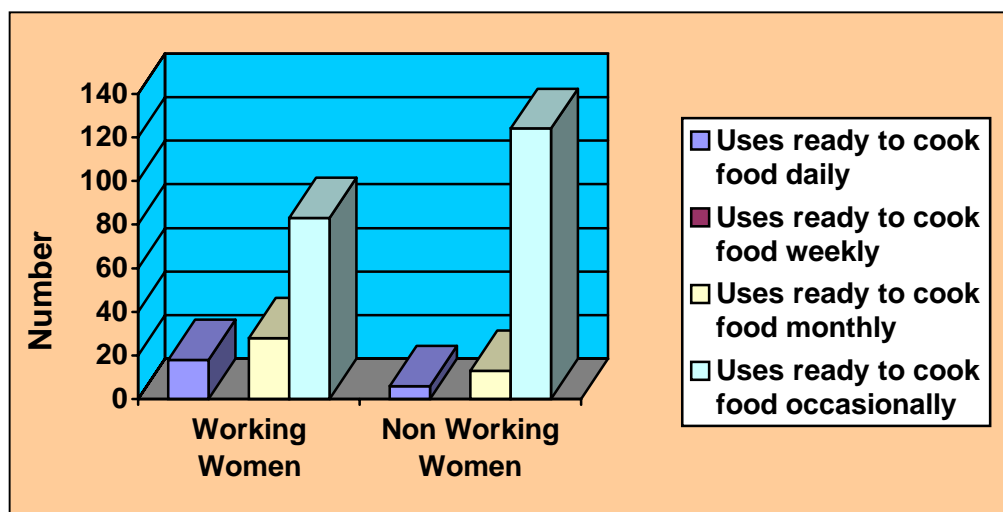


## Consumption of ready foods showed that

- ❑ Nearly 80 % of the respondents reported that they use ready to eat food occasionally and 69 % of respondents reported to use ready to cook food occasionally.
- ❑ Non-working women were found to be using ready to cook food more than working women.

**Figure 55**

### **Consumption of Ready Foods**



**Table 54**  
**Fruit Eating Practices**

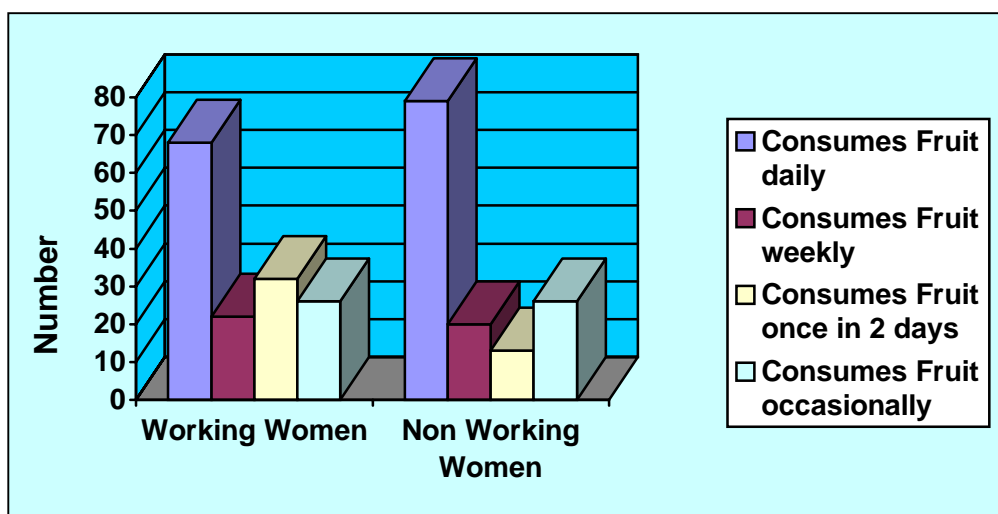
No	Item	Overall average		Working Women		Non Working Women	
		N	%	N	%	N	%
<b>1</b>	<b>Consumes Fruit</b>						
	-- daily	74	49	68	45.33	79	52.66
	-- weekly	21	14	22	14.66	20	13.33
	-- once in two days	23	15	32	21.33	13	8.66
	-- occasionally	26	17.33	26	17.33	26	17.33
	-- as per season	10	6.66	10	6.66	10	6.66
<b>2</b>	<b>Consumes Fruit for</b>						
	-- taste	25	16.33	34	22.66	15	10
	-- energy	117	77.66	122	74.66	121	80.66
	-- Vitamins	22	14.66	29	19.33	15	10
	-- fat	108	71.66	111	74	104	69.33
	-- carbohydrate	7	4.33	4	2.66	9	6
	-- protein	9	5.66	5	3.33	12	8

**Fruit eating practices showed that**

- 50 % of the respondents consume fruits daily.**
- More than 75 % reported that they consumed fruits for energy and carbohydrates. There is not only considerable difference in consumption of fruits among working and non-working women.**
- Percentage of working women prefers salad just before consumption compare to non-working women.**

**Figure 56**

**Fruit Eating Practices**



**Table 55**

**Use of "Farsan" and "Sweet" Practices**

No	Item	Overall average		Working Women		Non Working Women	
		N	%	N	%	N	%
<b>1</b>	<b>Consumes farsan</b>						
	-- daily	46	30.66	46	30.66	46	30.66
	-- weekly	41	27.33	30	20	52	34.66
	-- occasionally	57	38	72	48	42	28
	-- at home	88	58.66	80	53.33	96	64
	-- brings ready farsan	43	28.66	49	32.66	37	24.66
	-- eat packets	27	17.66	38	25.33	15	10

2	Consumes sweet						
	-- daily	8	5.33	8	5.33	8	5.33
	-- weekly	72	47.33	89	59.33	54	36
	-- occasionally	82	54.66	76	50.66	88	58.66

### Uses of 'farsan' and 'sweet' showed that

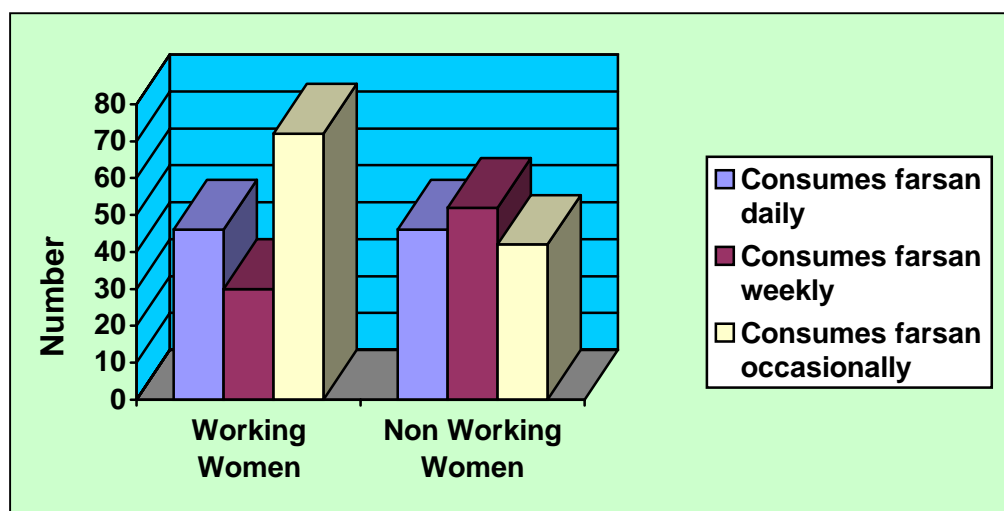
- Most of the respondents about 60% consumed home cooked farsan, and some about 30% brings ready.
- Use of farsan is low among working women as compared to non working women.
- Majority of the respondents consumed 'Sweets' either occasionally or weekly.
- While weekly consumption of sweets is more among working women compared to non working women.

This may be because working women may be planning to have

sweets in their meals on Sundays.

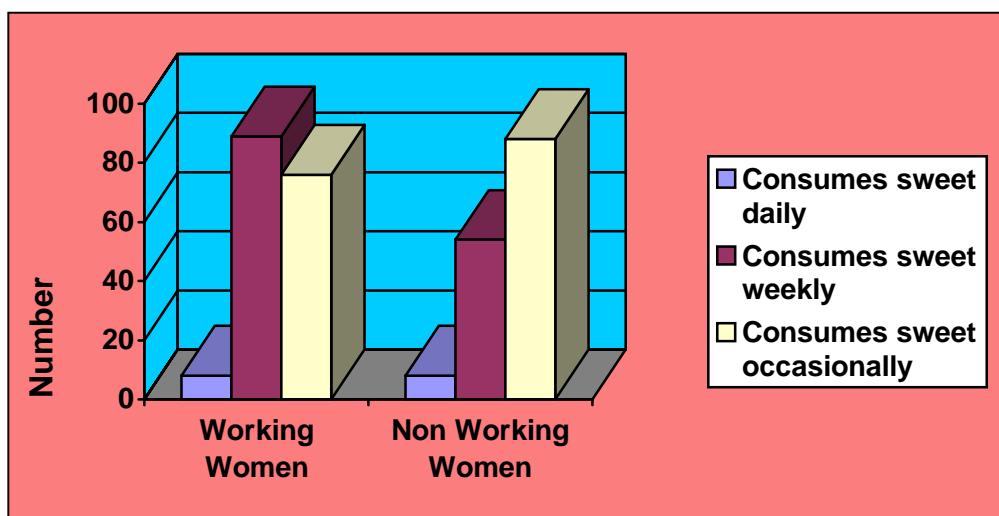
**Figure 57**

**Use of "Farsan" Practices**



**Figure 58**

**Use of "Sweet" Practices**



**Table 56**

**Salad eating Priorities**

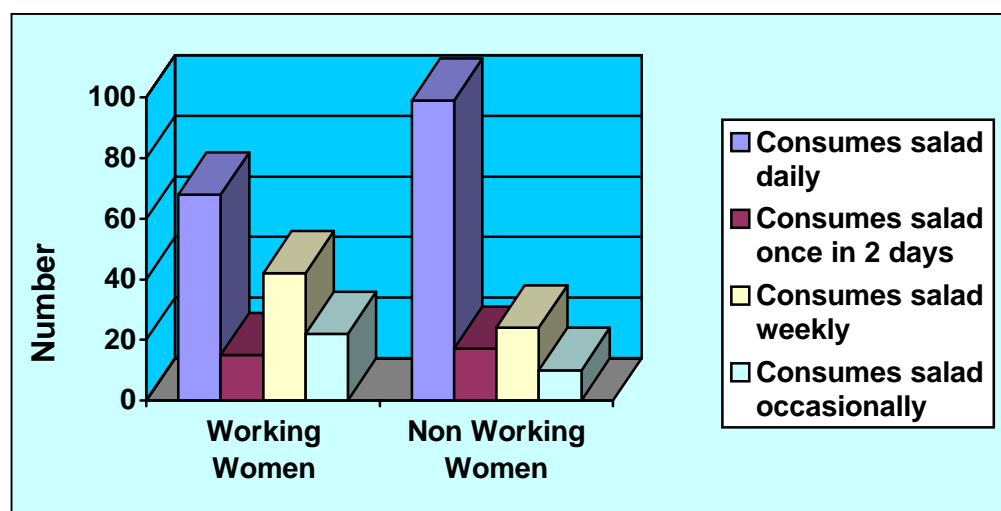
No	Item	Overall average		Working Women		Non Working Women	
		N	%	N	%	N	%
1	Consumes salad						
	-- daily	84	56.66	68	45.33	99	66
	-- once in two days	16	10.66	15	10	17	11.33
	-- weekly	33	22	42	28	24	16
	-- occasionally	16	10.66	22	14.66	10	6.66
2	Arranges salad prior to meals on table	32	21	20	13.33	43	28.66
3	Prepares and keeps in fridge	40	26.33	22	14.66	57	38
4	Prepares just before consumption	83	55.33	104	69.33	62	41.33

## Salad eating practices showed that

- ❑ More than 50% of the respondents consumed Salad daily and prepared it just before consumption about 20-25% consumed it weekly.
- ❑ Non – working women eats Salad more than working women daily.

**Figure 59**

**Salad eating Priorities**



**Table 57**

**Food Storage Practices**

No	Storage grains and pulses	Overall average		Working Women		Non Working Women	
		N	%	N	%	N	%
1	annually	97	64.33	99	66	94	62.66
2	six monthly	11	7	8	5.33	13	8.66
3	monthly	31	20.66	24	16	38	25.33

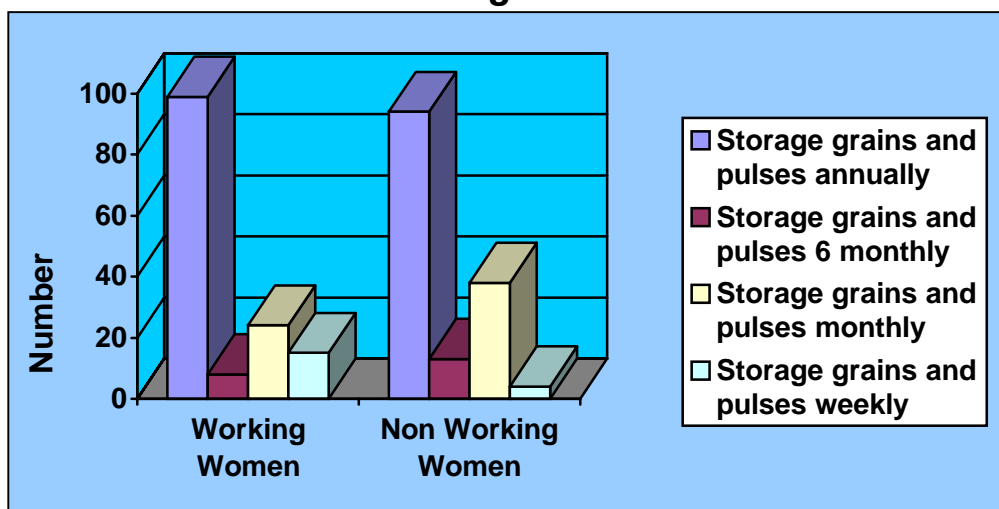
4	weekly	10	6.33	15	10	4	2.66
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**Food storage practices showed that**

- More than 60% of the respondents stored grain and pulses annually.
- While 20-25% store it monthly.
- There is no difference seen between working and non working women.

**Table 60**

**Food Storage Practices**



**Table 58**

**Occasional Practices**

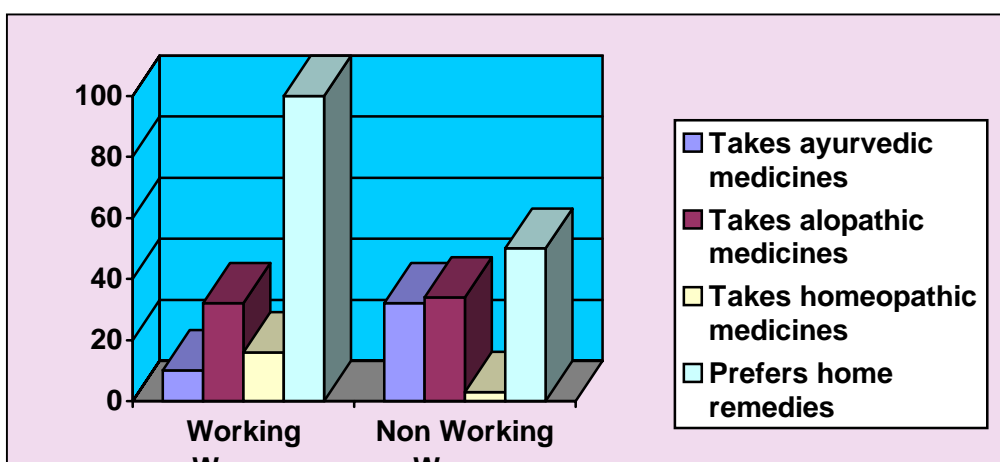
No	Item	Overall average		Working Women		Non Working Women	
		N	%	N	%	N	%
1	On sudden arrival of guest • Brings food from outside	9	5.66	5	3.33	12	8

	<ul style="list-style-type: none"> <li>• Selects food that can be cooked fast</li> </ul>	82	54.33	73	48.66	90	60
	<ul style="list-style-type: none"> <li>• Prepares some food at home and brings some from outside</li> </ul>	59	39	67	44.66	50	33.33
2	<b>In case of Illness</b>						
	<ul style="list-style-type: none"> <li>• Takes ayurvedic medicines</li> </ul>	22	39	10	6.66	32	21.33
		33	14.33	32	21.33	34	22.66
	<ul style="list-style-type: none"> <li>• Takes allopathic medicines</li> </ul>	10	6.33	16	10.66	3	2
	<ul style="list-style-type: none"> <li>• Takes homeopathic medicines</li> </ul>	75	50	100	66.66	50	3.33
	<ul style="list-style-type: none"> <li>• Prefers home remedies</li> </ul>						

### ***Occasional practices showed that***

- On sudden arrival of guest more than 50% of the respondents selected food that can be cooked fast, and about 40% prepare some and bring some from outside.
- Working women prefer more easy to cook food and also prefer to bring some from outside when guest comes.
- In case of illness home remedies were preferred by 50% of the respondents.
- More non working women prefer ayurvedic medicines.

**Figure 61**  
**Occasional Practices**





Number

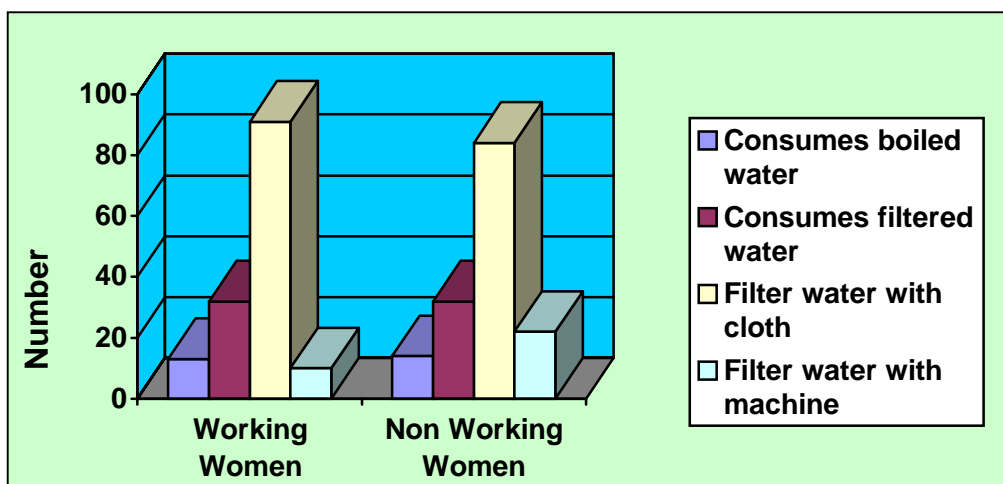
**Table 59**  
**Water Consumption Practices**

No	Water Consumption	Overall average		Working Women		Non Working Women	
		N	%	N	%	N	%
1	Consumes boiled water	14	9	13	8.66	14	9.33
2	Consumes filtered water	32	21.33	32	21.33	32	21.33
3	Filter water with cloth	88	58.33	91	60.66	84	56
4	Filter water with machine	16	10.66	10	6.66	22	14.66

Water consumption showed that

- Most of the respondent's filters water with cloths.
- Only 9% of them boiled it before consumption, about 20% were using filter water.

**Table 62**  
**Water Consumption Practices**



#### 4.4.3 Child rearing practices

**Table 60**  
**Education of Children**

No	Item	Overall average		Working Women		Non Working Women	
		N	%	N	%	N	%
<b>1</b>	<b>Education in</b>						
	-- Gujarati Medium	67	44.33	60	40	73	48.66
	-- English Medium	66	44.00	59	39.33	73	48.66
	-- Hindi Medium	1	0.66	--	--	2	1.33
<b>2</b>	<b>Goes to school</b>						
	-- by bus	18	12.00	27	18	9	6.00
	-- by rickshaw	61	40.33	53	35.33	68	45.33
	-- by van	18	11.66	18	12	16	10.66
	-- by own vehicle	31	20.33	49	32.66	12	8.00
	-- with family member	31	20.66	34	22.66	28	18.66
<b>3</b>	<b>Child is helped for homework by</b>						
	• Self (mother)	109	218.0	100	66.66	118	78.66
	• Husband (father)	8	5.33	10	6.66	6	4.00
	• Other family member	15	10.00	20	13.33	10	6.00
	• Tution	14	9.33	17	11.33	11	7.33
<b>4</b>	<b>Generally Takes nasta to</b>						

	<b>school</b>						
	-- Fresh	<b>60</b>	<b>40.00</b>	<b>56</b>	<b>37.33</b>	<b>64</b>	<b>42.66</b>
	-- Fried	<b>9</b>	<b>5.66</b>	<b>10</b>	<b>6.66</b>	<b>7</b>	<b>4.66</b>
	-- Dry	<b>60</b>	<b>40.00</b>	<b>65</b>	<b>43.33</b>	<b>55</b>	<b>36.66</b>
	-- Bakery item	<b>17</b>	<b>11.33</b>	<b>26</b>	<b>17.33</b>	<b>8</b>	<b>5.33</b>
	-- Fruits	<b>15</b>	<b>10.00</b>	<b>18</b>	<b>12</b>	<b>12</b>	<b>8.00</b>
<b>5</b>	<b>Plans for further education for children</b>	<b>99</b>	<b>65.33</b>	<b>87</b>	<b>58</b>	<b>109</b>	<b>72.66</b>
<b>6</b>	<b>No planning for children's education</b>	<b>52</b>	<b>34.33</b>	<b>62</b>	<b>41.33</b>	<b>41</b>	<b>27.33</b>
<b>7</b>	<b>Ready to sent children to foreign country for further education</b>	<b>126</b>	<b>84.00</b>	<b>128</b>	<b>85.33</b>	<b>124</b>	<b>82.66</b>
<b>8</b>	<b>Child studies according to</b>						
	-- his/her own interest	<b>72</b>	<b>48.00</b>	<b>22</b>	<b>14.66</b>	<b>122</b>	<b>81.33</b>
	-- your (parents) interest	<b>70</b>	<b>46.66</b>	<b>131</b>	<b>87.33</b>	<b>9</b>	<b>6.00</b>
	-- force child	<b>8</b>	<b>5.33</b>	<b>1</b>	<b>0.66</b>	<b>15</b>	<b>10.00</b>
<b>9</b>	<b>Child studies</b>						
	-- on his/her own	<b>7</b>	<b>4.66</b>	<b>14</b>	<b>9.33</b>		
	-- with help of tution	<b>67</b>	<b>44.66</b>	<b>73</b>	<b>48.66</b>	<b>61</b>	<b>40.66</b>
	-- with difficulty	<b>57</b>	<b>38.00</b>	<b>52</b>	<b>34.66</b>	<b>62</b>	<b>41.33</b>
	-- with TV on	<b>7</b>	<b>4.33</b>	<b>7</b>	<b>4.66</b>	<b>6</b>	<b>4.00</b>

### **Education of children showed that**

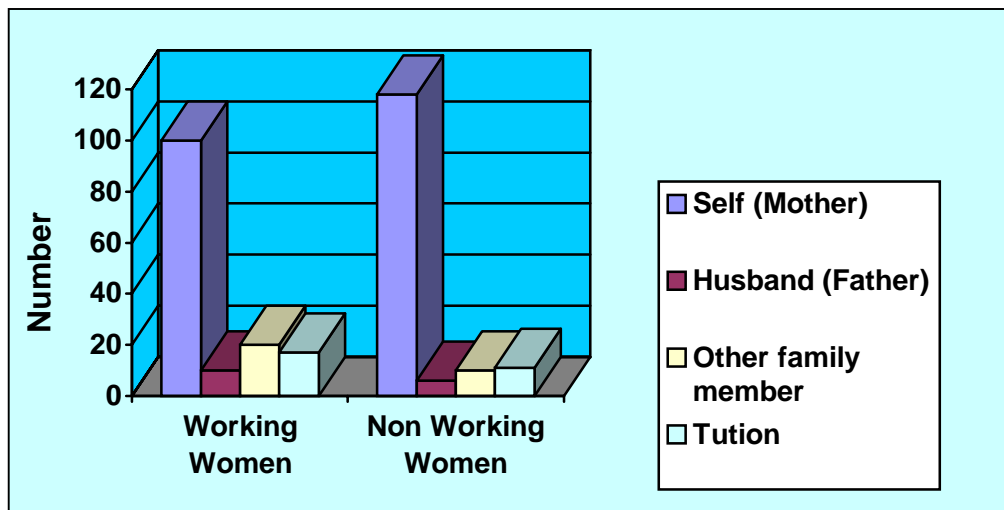
**Equal numbers of respondents were found whose children were either in Gujarati and English medium.**

- 40% of the children went school by rickshaws.**

- ❑ 73% of respondents reported that they themselves helped the child for doing homework.
- ❑ 40% of the respondents gave either fresh nasta or pre-cook dry nasta to their children for school. Only 10% of the respondents gave fruits in the school lunch box to their children.
- ❑ 65% of the respondents had already made plans for their child's further education.
- ❑ 84% of the respondents are ready to send their child abroad for further studies.
- ❑ More number of working mothers prefers to send their child by bus. Compare to non – working mothers.
- ❑ More number of working mothers prefers to school by own vehicle compare to non – working mothers.

**Figure 63**

**Education of Children**



**Table 61****Children's Development Activities**

	Item	Overall average		Working Women		Non Working Women	
		N	%	N	%	N	%
1	Follows regular vaccination	146	97.33	145	96.66	147	98.00
2	Child rearing done						
	-- by self	137	91.00	127	84.66	146	97.33
	-- by husband	5	3.33	7	4.66	3	2.00
	-- at play house	1	0.66	2	1.33	--	--
	-- at hostel	2	1.00	2	1.33	1	0.66
3	Allows children to play with neighbors children	110	73.00	104	69.33	115	76.66
4	'Pampers' child						
	• during illness	65	43.33	48	32.00	82	54.66
	• at time of exam	31	20.33	28	18.66	33	22.00
	• when in hurry	39	26.00	47	31.33	31	20.66
	• always	17	11.33	30	20.00	4	2.66
5	In case child speaks 'kalighali' language						
	• Corrects language	115	76.33	116	77.33	113	75.33

	• Behaves similarly	27	18.0	20	13.33	34	22.66
	• Pays no attention	9	5.66	14	9.33	3	2.00
<b>6</b>	<b>Intervels for checkup</b>						
	-- regular medical checkup	116	77.33	104	69.33	128	85.33
	-- yearly	61	40.66	71	47.33	51	34.00
	-- six monthly	50	33.00	48	32.00	51	34.00
	-- monthly	27	17.66	11	7.33	42	28.00
	-- weekly	7	4.33	13	8.66	--	--
<b>7</b>	<b>In case of physical problem Child is attended by</b>						
	-- Self (mother)	98	65.00	101	67.33	94	62.66
	-- Husband (Father)	13	8.33	12	8.00	13	8.66
	-- Other family member	11	7.33	11	7.33	11	7.33
<b>8</b>	<b>Child goes for</b>						
	• Computer classes	103	68.66	131	87.33	75	50.00
	• Swimming	18	11.66	1	0.66	34	22.66
	• Karata	8	5.00	8	5.33	7	4.66
	• Sports	5	3.00	--	--	9	6.00
	• Hobbies center	16	10.33	--	--	31	20.66

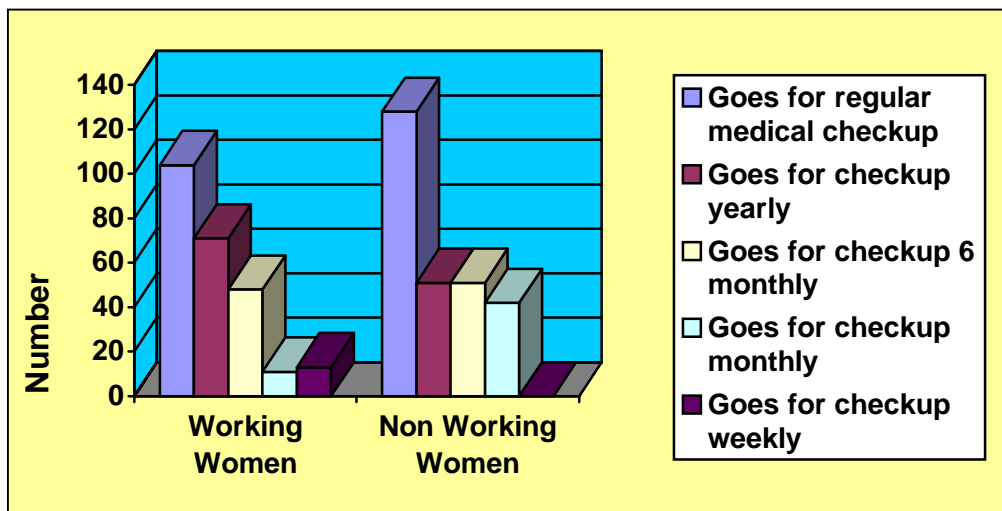
### **Children developmental activities showed that**

- Majorities (96-98%) both type of respondents take care of their child by themselves and follows all the regular vaccination.

- ❑ Nearly 70% of the respondents allowed their children to play in neighborhood.
- ❑ 40% of the respondents reported that they fulfill pamper, their child, only during illness.
- ❑ More number of working women always pampers their child compare to non – working women.
- ❑ In case of physical problem about 65% of respondents prefers the attention by self mother.
- ❑ Majority respondents go for regular medical checkup.
- ❑ When asked for other activities majority of them send their child to computer classes, only around 8% send their children for karate or other sports.

**Figure 64**

**Children’s Development Activities**



**Table 62**

**Children’s Food Practices**

No	Item	Overall average		Working Women		Non Working Women	
		N	%	N	%	N	%

<b>1</b>	<b>Gives food to children according to</b>						
	-- test	<b>27</b>	<b>18.00</b>	<b>32</b>	<b>21.33</b>	<b>22</b>	<b>14.66</b>
	-- nutrition	<b>114</b>	<b>75.66</b>	<b>100</b>	<b>66.66</b>	<b>127</b>	<b>84.66</b>
	-- availability	<b>9</b>	<b>6.00</b>	<b>15</b>	<b>10</b>	<b>3</b>	<b>2</b>
<b>2</b>	<b>Child eats</b>						
	-- when hungry	<b>97</b>	<b>64.66</b>	<b>103</b>	<b>68.66</b>	<b>91</b>	<b>60.66</b>
	-- while moving	<b>36</b>	<b>24</b>	<b>28</b>	<b>18.66</b>	<b>44</b>	<b>29.33</b>
	-- with other family member	<b>8</b>	<b>5.2</b>	<b>7</b>	<b>4.66</b>	<b>8</b>	<b>5.33</b>
	-- outside home	<b>8</b>	<b>5.2</b>	<b>8</b>	<b>5.33</b>	<b>7</b>	<b>4.66</b>
<b>3</b>	<b>Child prefers</b>						
	-- homemade food	<b>121</b>	<b>80.33</b>	<b>115</b>	<b>76.66</b>	<b>126</b>	<b>84</b>
	-- hotel food	<b>17</b>	<b>11.33</b>	<b>16</b>	<b>10.66</b>	<b>18</b>	<b>12</b>
	-- neighbor's food	<b>10</b>	<b>6.33</b>	<b>12</b>	<b>8</b>	<b>7</b>	<b>4.66</b>
<b>4</b>	<b>Gives their child</b>						
	-- fruit	<b>140</b>	<b>93.33</b>	<b>138</b>	<b>92</b>	<b>142</b>	<b>94.66</b>
	-- juices	<b>63</b>	<b>41.66</b>	<b>53</b>	<b>35.33</b>	<b>72</b>	<b>48</b>
	-- fruit shakes	<b>47</b>	<b>31</b>	<b>46</b>	<b>30.66</b>	<b>47</b>	<b>31.33</b>
	-- Mixes fruit with other food	<b>8</b>	<b>5.2</b>	<b>10</b>	<b>6.66</b>	<b>5</b>	<b>3.33</b>
<b>5</b>	<b>Child needs medicines to sleep</b>	<b>21</b>	<b>14</b>	<b>28</b>	<b>18.66</b>	<b>14</b>	<b>9.33</b>

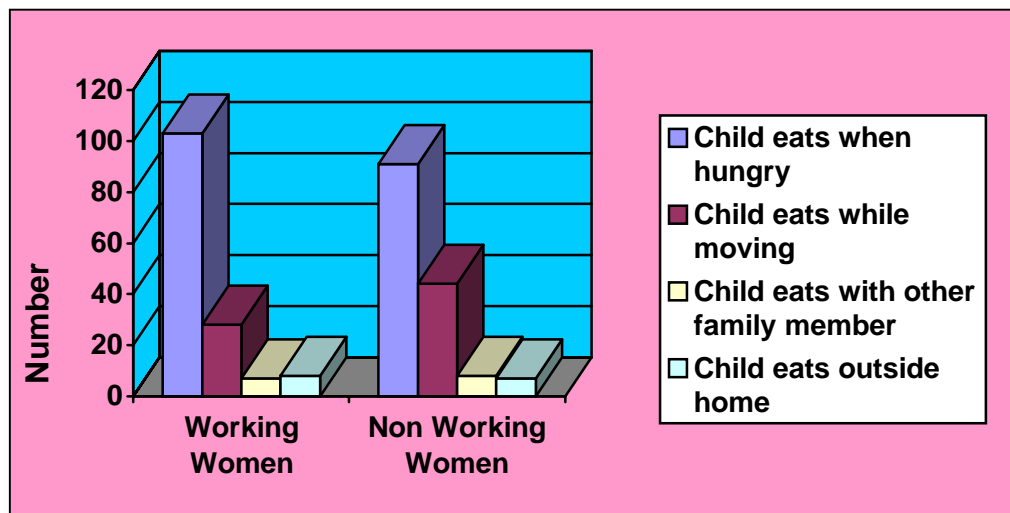
**Children's food practices showed that**



- ❑ 75% of the respondent's preferred nutritive food for their children, 80% preferred home made food and 65% of the respondents reported that their child eats only when hungry.
- ❑ More than 90% of the respondents reported that their child prefers fruits.

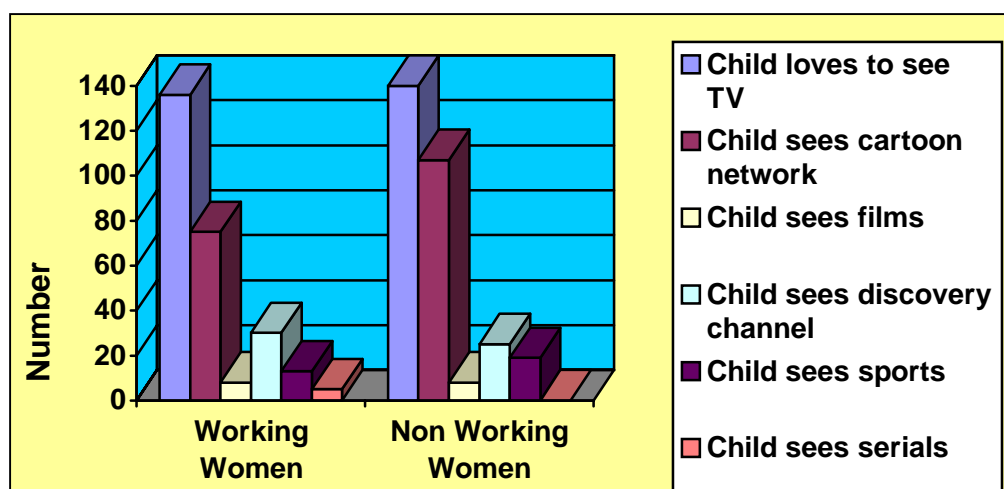
**Figure 65**

**Children's Food Practices**



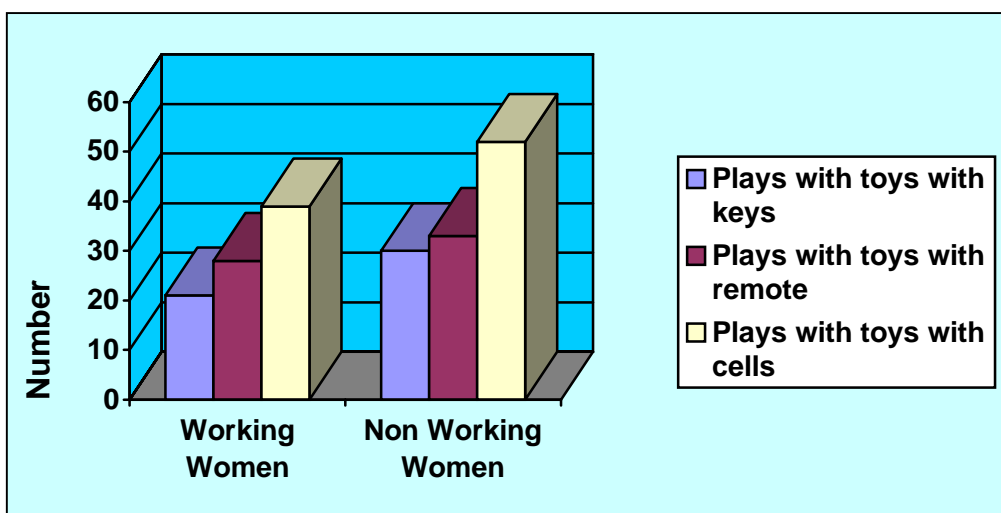
**Figure 66**

**Children's Entertainment Practices**



**Figure 67**

**Children's Entertainment Practices**



**Children's entertainment showed that**

For the entertainment practices majority of the children loved to see TV.

The percentage of children watching TV for both the groups was some what same but more children of non-working women loved to watch cartoon network as compared to that of working women. Children of more working women enjoyed watching discovery channel as compared to sports channel.

When asked about the types of toys with which children play it was found that cell operated toys were loved more by the children of both the groups but the children of non-working women preferred cell operated toy more as compared to those of working women. Toys with remote control were preferred next and the last preference was given to the toys with keys in both the groups.

**Table 63**  
**Clothing of Children**

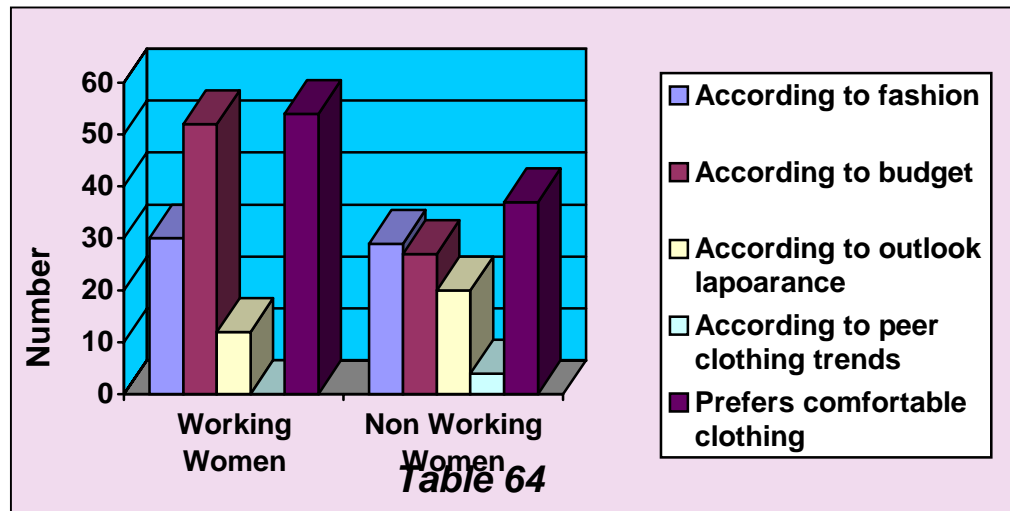
No	Prefers clothing according to	Overall average		Working Women		Non Working Women	
		N	%	N	%	N	%
1	fashion	30	19.66	30	20.00	29	19.33
2	budget	40	26.33	52	34.66	27	18.00
3	outlook / appearance	16	10.66	12	8.00	20	13.33
4	peer clothing trends	2	1.33	--	--	4	2.66
5	comfortable clothing	46	30.33	54	36.00	37	24.66

**Clothing of children showed that**

- About 55% of their despondence preferred comfortable clothing according to budget for their children.
- More number of working women offers their children's cloths compare to non working women.

**Figure 68**

### Clothing of Children



**Table 64**

### Behavior of Children

...

No	When guests arrives, children	Overall average		Working Women		Non Working Women	
		N	%	N	%	N	%
1	Becomes more naughty	23	15.33	27	18.00	19	12.66
2	Does not let you sit quietly	14	9.33	19	12.66	9	6.00
3	Demands new things	8	5.33	3	2.00	13	8.66
4	Tries to catch attention	26	17.33	33	22.00	19	12.66
5	Sits quietly	44	29	34	22.66	53	35.33

#### Behavior of children showed that

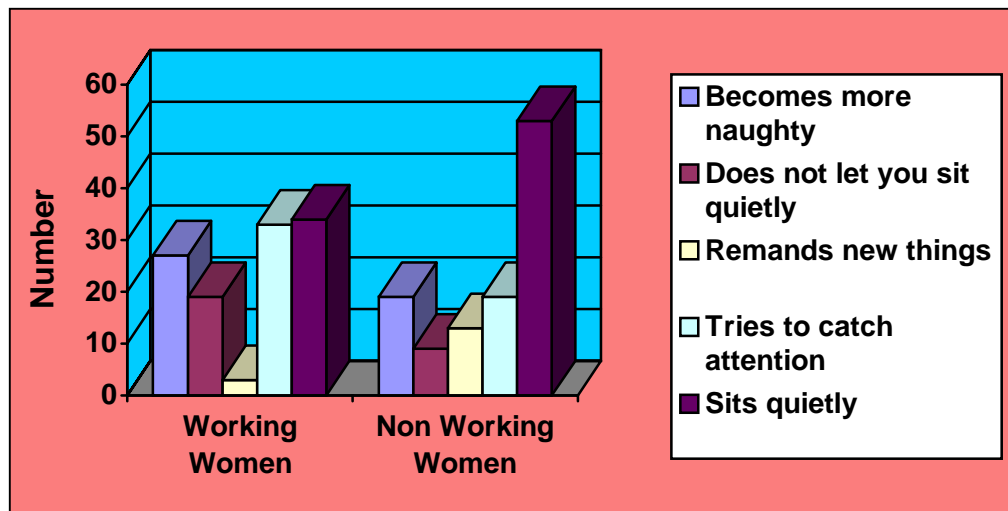
- Around 30% of the respondents for both the group reported their child becomes naughtier & tries to catch their attentions in the presence of guest.

- ❑ More number of children of working women tries to catch attentions of their mother and are naughty and their do not let mother seat quietly.
- ❑ While in oppose to that it is seen from the table that more number of children of non working women seat quietly.

This may be because working mother spends more time out side at home and when they are at home their children are anxious and wants total attention of mother on them. Compare to that non working women are mostly at home and their children gets mother when ever their required that why they very anxious that why they seat quietly.

**Figure 69**

***Behavior of Children***



## **CHAPTER 5**

### **SUMMARY AND CONCLSION**

**Various social and economic indicators provide the evidence of inequalities and vulnerabilities of women in all sectors - economic; social, demographic, health, nutrition, etc. Sex ratio is an indicator of health, nutrition and survival status of women and girl children. In addition to the general preference for sons, bias' and discrimination against the girl child and women leading to neglect, malnutrition and inadequate health care increases infant mortality rate amongst girls and morbidity rate among women.**

**Education, skill acquirement and training play an important role in the employment market. In the case of large majority of women, the prevalent bias and discrimination in all sectors and the constraints in the access to resources, knowledge and power have resulted in pushing women to the lower end of the job market.**

**Women labor is characterized by higher incidence of casual labor, wage-discrimination and sexual division of labor, resulting in women's concentration not only in a narrow range of occupations but also in low paid and low skilled jobs. Besides, lack of access to land and other productive resources, and the erosion of traditional activities as a result of technological changes and modernizations, which have benefited mainly men while women have been, pushed .to the margin of the economy. The limited access of women to skill training, education and the absence of any changes in the sexual division of labor within home have only aggravated gender inequality.**

**There was a great change in the role of women after 300 B.C. During this period sons were valued more than daughters. Many young women renounced their homes and joined the Buddhist and the Jain monasteries. It is also presumed that one of the reasons for practice of early marriage of girls is to prevent them from entering monastic life. Whatever the reasons, there is no doubt that the great social changes which took place after 300 B.C. led to a degradation in the status of women.**

**In 1955 there were 0.30 million women working in the factories forming 11.4 per cent, of the total workers. It was further decreased in 1961. There has been a similar decrease in the proportion of women working in the mines.**

**Women's participation in all fields has brought the feeling of equality among human beings it is a radical change in their life. Thereby we get a clear picture of the changing role of women in India in the economic field.**

**Women are making important economic contribution to the society through their paid and unpaid work. Paid work means working**

for financial returns whereas in unpaid work no money is given for the work done. The example of paid work includes any kind of job done in organized sector like in banks, teacher, and doctor. On the contrary the examples of unpaid work include meeting the survival needs of the family, which are always unrecognized. However, the women's work is believed and accepted in majority of the household as that of a supplementary earner if they are earning otherwise they are supposed to do routine household chores such as carrying water, fuel and fodder. They are also responsible for rearing livestock and looking after the kitchen, gardening, cooking, cleaning and earning for the family member. Each of the strenuous work remains insufficiently recorded, unrecognized and rewarded.

As one moves from lower to higher levels of living, from traditional agriculture and household industry to organized industry and services, from rural to urban areas, the traditional division of labor between men and women ceases to operate, The unit of labor becomes the individual, and most jobs that women can do, men can also do. As the investment per unit of labor increases with the advance in technology and the training period lengthens, the proportion of persons engaged in economic activity at any time declines. The decline is sharper for women, particularly in developing countries.

Women are employed in both the organized as well as the unorganized work sectors. However the gender-based division of labor has been and is still prevalent in the economy sector and society at large. These divisions are based on the ideology of male dominance, caste and population norms. This division is also based on the common belief that women are physically weaker and are therefore not suited for physically strenuous tasks. Women's participation is therefore generally limited to subsistence economy such as lowly paid agricultural work, handicrafts and also household work. Women therefore end up doing



the least skilled work and are underpaid or are expected to contribute to the survival needs of the family without any corresponding benefits.

Stereotypes of what males and females are capable of doing are often evoked as justifications for lack of change. For example, according to stereotypes, women are nurturing, men are not; women are intuitive (presumably a useful trait with a screaming infant), men are not. Further, women and men who do not behave in accordance with these cultural expectations may encounter doubts expressed by others about their ability to be parents at all. In 1977, a New Jersey judge told a father filing for continued custody of his daughter (of whom he had had custody for the previous two years) that the father's desire for custody was inappropriate; the judge said the father (a lawyer) ought to have a "psychological compulsion" to achieve at his Job rather than to parent.

Conflicts between career and family bear heavily on many women, and their gains in paid work have been offset by loss of leisure and the decline of marriage. Young, white, well-educated, unmarried women have made substantial economic progress relative to their male counterparts, but the price has often included forgoing the opportunity to have a child. For the first time in our nation's history, an entire generation of young people are not replacing themselves. Furthermore, those women who do combine motherhood with paid work face constant pressures to arrange appropriate care for their children and frequent crises when those arrangements go away.

There are certain misapprehensions about women in management. First and foremost thing is that men and women are different with men gaining the superior status. There is general perception that women do not make good managers. This may be true, if only their success rate in organizations are taken as criteria, but as a whole women are good manager considering the fact that the

**multiplicity of roles played by them that too parallel in their life span. Another misapprehension is that there is difference in the motivation level among the genders. Here, again the men score over women. Since getting motivated is the main trait of achievers, there is an element of doubt about the possibility of successful accomplishment of various difference tasks under a dynamic business environment.**

**Thus we derive to the study entitled a study on household management dietary practices and child rearing practices of working and non-workingwomen of Rajkot city.**

**The study will be of great help in the area of management. Management at home is a rarely studied concept. Management at home is usually done by the lady member of the family. Here education, age and experience may influence the decisions she takes, the problem solving techniques. She adopts and the management practices she uses.**

**Home science as a discipline aims at overall development of general masses, as specially women. Home scientist make continuous affects to help women solve their problems and empower themselves through knowledge and steel. Attempts are also made to find out the differences in knowledge, attitude and behavior of various categories of women. The present study on management practices of working and non-working women will be the significant contribution in this direction.**

**Studies related to women showed that working women who have to play dual role of being a productive employee at work place and a caring wife, mother or daughter-in low at home, expressed more stress, anxiety and marital dissatisfaction than men, studies on attitude showed that attitudes of boys and girls towards working women. Different studies on**

buying practices of urban homemakers showed that the most common practices followed by making a shopping list and budgeting.

The researchers in various libraries did reviewing of variety of literature as well as using Internet services. The literature was reported in three categories namely household management, dietary practices and child rearing practices theoretical review and research review. The process of reviewing literature was of great help to the researcher. It helped her clarify concepts and establishes a link between what was already known. It helped to avoid repetition trends and practices in the area of household management dietary practices and child rearing practices could also be known by reviewing of researches. It helped the researcher to get a better understanding regarding various household management, dietary and child rearing practices. Overall the reviewing of literature helped to gain a better insight about the content and methodology of research in the area of management practices

Studies related to women nutrition showed that average hemoglobin level in all women were lower than ideal values irrespective of their socio-economic or educational status. Pregnant women had lower nutritional level compare to non-pregnant women. Studies on food consumption pattern and nutritional status of rural and urban women revealed that majority of subjects in rural as well as urban population were of normal nutritional status. Studies on impact of parental education level on food and nutrient intake of children showed that, children of educated parents of followed better diet practices.

Studies related to children showed intervention programmers of women knowledge regarding various aspects of childcare. Studies on adjustment problem of teenager's girls with their mothers in modern trends reveled that mother's were alert worried. Studies on health of

children showed that obesity and malnutrition very prevalent due to fast food eating culture.

The population of study consisted of working and non-workingwomen of Rajkot city out of these; the researcher selected 150 working and 150 non-workingwomen consisting a total of 300 women as a sample for study. The sample was further divided into three income groups i.e. higher, middle and lower. The following units were referred for selection of sample.

There were 100 women from each of the higher, middle and lower income groups out of which 50 were working and remaining were non-working.

The researcher had selected the independent variables for the study.

1. Age
2. Income
3. Education
4. Caste
5. Type of Family
6. Number of Family Members
7. Number of Children
8. Occupation

The researcher wanted to find out the difference in management practices of working and non-workingwomen in relation to household, diet and children. For this purpose a close ended questionnaire was formulated. Possible options were given and the respondent was to select the applicable option or options.

A covering letter was to orient the respondents to the research. It specified the purpose and pattern of research. It also assured them that the collected data will be used for educational purpose only. The complete letter was in simple Gujarati language followed by signature of researcher herself.

The questionnaire was then presented in three sections namely household management dietary practices and child rearing. Closed ended questions regarding the subject were asked. There were three types of questions in each subject. The questions in which a single answer could be given was accompanied by a box on side wherein the alphabet of the applicable option was to be written. In case the question had multiple answers, boxes were given for each option and applicable options were to be tick marked. The third type had statements. The statements to which respondents agreed were to be tick marked. This pattern was uniformly followed for all three sections.

For the purpose of assuring the correctness of the questionnaire, a pilot study was conducted. Samples of 30 women from each of the category were selected for the study.

The researcher met each of these women personally and got the questionnaire filled. The language used and space provided was found to be adequate. Minor changes were made as required.

The sample for the study on management practices of working and non-working women consisted of 300 women as sample. The sample was to be collected from six categories.

The data for research was collected in a time span of 2 months. No major problems were faced during the collection of data. The collected data was analyzed in order to measure the household

management practices, dietary practices and child rearing practices of working and non-workingwomen of Rajkot city, and also find out the influencing variables. First of all the collected data forms were divided into three groups. Then the T – test was applied on questionnaire and knowledge test. All the data was then tabulated on coding sheets. Various codes were given for various categories. The data was finally entered into SPSS computer programs for analyzing the data.

Various types of special techniques were used for the analysis of data. Mean values, percentage, tests of significance and variance were used to obtain statistical findings. The analyzed data was presented in form of tables. Use of different types of graphs was also done whenever possible to supplement the findings shows in the table.

The findings of the study on management practices of working and non-working woman showed that the practices and knowledge possessed by both the groups differed to a large extent. The knowledge test revealed that the selected women possessed average knowledge about management practices. However, they possessed maximum knowledge about dietary practices and least about household management. Overall the workingwomen possessed more knowledge about the three areas as compared to nonworking women. The income wise data revealed that the women belonging to higher income group possessed the highest knowledge as compared to their counter parts.

The background information showed that higher percentage of selected women belonged to the age group of 31 years and above. Majority of women were Hindu and belonged to nuclear family. Higher number of women had more than three children. Majority of selected women had medium level of husband's education as well as medium level of education of self. The data also showed that higher percentage

of selected working women belonged to business class as compared to service class women.

The working women followed budget practices to higher extent than non-working women. Holidaying practices were followed more by non-working women. Almost equal number of working and non-working women followed recording practices for work. Higher number of working women followed decision-making practices than others. Higher number of non-working women made use of home appliances than working women. Cleaning practices were more followed by working women than nonworking ones. Non-working women followed more entertainment practices than working women.

In relation to dietary practices it was found that more non-working women did cooking by self than working women. Higher number of non-working women had frequent meals in hotel than their counter parts. Ready foods were used more by non-working women than working women. Fruit consumption was more among non-working women. Use of farsan and sweets were almost same among working and non-working women. Salad eating practices were followed better by non-working women than others.

The data regarding child-rearing practices revealed that education practices differed to a great extent among working and nonworking women. Nonworking women followed more developmental activities for there children than their counter parts. Better food practices were followed by nonworking women for their children. Behavior of children working women was found to be better than children of their counter parts as per the data collected.

## **5.2 CONCLUSION**

**The study on household management, dietary practices and child-rearing practices of working and non-working women revealed that there was a large difference among the management practices followed by them. No fixed pattern for adoption or knowledge of practices could be seen in some areas. The non working women followed management practices to a higher extent. On other hand some practices were more preferred and followed by working women than non-working women. However, in case of knowledge, working women possessed more knowledge about household, diet and children as compared to there non- working counter parts.**

**When asked about making household budget no much difference was found among working and non-working women. No remarkable difference in pattern of expenditure on medicines among working and non-working women was found, whereas more working women saved for sudden expenditure than non-working women. Among working women it was found that they saved their incomes in bank. Regarding shares, the investments were very low by working women and non-working women did not know about it at all. Thirty five percent of the respondents usually go for holiday annually and forty two percent of non-working women's families go for holidays annually. Percentage of respondents traveling for monthly holiday was quite low.**

**When asked about making of the plans for their work, more than seventy five percent of the respondents planed in advance. More than sixty percent of non-working women kept oral records of there work. It can be seen from the results that working women's opinion are sought much in their family. It was seen that working women has got higher**



status in their family compare to non-working women. Though the electric appliances are meant for saving time and energy, it was found that some appliances like iron, gharghanti, kitchen master etc were used only by the non-working women as they were not fulfilling the purpose. For buying any new appliances the decision was jointly taken by all the members of the family in majority of cases.

Non-working women always sits at home, so frequency of cleaning house is more compare to working women. More the ninety percent of respondents preferred easy arrangements in their house and were satisfied with the respondents. More than fifty percent of the respondents bought their cloths from regular stores when For entertainment talking with neighbors was preferred by ninety four percent of the non-working respondents. More percentage of working women are not interested in art for home furnishing compare to non-working women.

Majority of the respondents cooked the food by themselves and plan the meal to fulfill the needs of all family members Non-working women were found to be using ready to cook food more than working women There is not only considerable difference in consumption of fruits among working and non-working women. Non – working women eats Salad more than working women daily. Food storage practices showed that there is no difference seen between working and non working women. Working women prefers more easy to cook food and also prefers to bring some from outside when guest comes. Most of the respondent's fillers water with cloths.

When asked about the child's education, seventy three percent of respondents reported that they themselves helped the child for doing homework. Forty percent of the respondents gave either fresh nasta or pre-cook dry nasta to their children for school. Only ten percent of the respondents gave fruits in the school lunch box to their children. Sixty

five percent of the respondents had already made plans for their child's further education. Eighty four percent of the respondents are ready to send their child abroad for further studies. Majorities (96-98%) both type of respondents take care of their child by themselves and follows all the regular vaccination. More number of working women always pamper their child compare to non – working women. When asked for other activities majority of them send their child to computer classes. Seventy five percent of the respondent's preferred nutritive food for their children, eighty percent preferred home made food and sixty five percent of the respondents reported that their child eats only when hungry. More number of working women offers their children's cloths compare to non working women. More number of children of working women tries to catch attentions of their mother and are naughty and their do not let mother seat quietly.

### **5.3 SUGGESTIONS AND RECOMENDATIONS**

The researcher under took a study on working and non-workingwomen in relation to their household management, dietary and child rearing practices. The study proved to be very useful for home scientists and management experts. It pointed out differences in practices adopted by working and non-workingwomen. Based on the findings of the study, the researcher recommends the following research studies to be undertaken in future.

- 1. Specific and detailed case studies can be under taken for working and non-workingwomen.**
- 2. Comparative studies can be under taken for women employed in different work settings.**

- 3. Studies can be under taken on problems faced by employed women.**
- 4. Researches on job satisfaction of workingwomen in different work areas can be done.**
- 5. Similar studies can be under taken on other aspects of management.**
- 6. Studies on causes and effects of stress experienced by working and non-workingwomen can be done.**
- 7. Efforts can be done to bring about awareness regarding management practices.**

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# Appendix - 1

માનનીય બહેનશ્રી,

હું ત્રિવેદી ઉર્વી, શ્રીમતી એસ.બી. ગાર્ડી ઈન્સ્ટીટ્યુટ ઓફ હોમસાયન્સ સૌરાષ્ટ્ર યુનિવર્સીટીમાં સંશોધન કરું છું જેનો વિષય છે. “રાજકોટ શહેરમાં રહેતી ગૃહીણીઓ તથા કામકાજ મહિલાઓની ગૃહ સંચાલન, ખાદ્ય પધ્ધતિઓ તથા બાળ ઉછેર પધ્ધતિઓ વિશેનો અભ્યાસ.” આથી આપના સહયોગની આશા રાખું છું. આ અંતર્ગત સાથે પુરી પાડેલ વિગતો હું મારા સંશોધનના ઉપયોગ માટે જ કરીશ. જેની હું ખાત્રી આપું છું. તો નીચેની માહિતી આપી મને આભારી કરશો.

- નામ : \_\_\_\_\_
- જન્મ તારીખ : \_\_\_\_\_ ઉંમર : \_\_\_\_\_
- સરનામું : \_\_\_\_\_

## વિભાગ - અ

[●] નીચેના લાગુ પડતા વિકલ્પો  માં લખો.  
દા.ત. હાલનો દરજ્જો  (ક) પરિણિત (ખ) વિધવા (ગ) ત્યકતા

૧. હાલનો દરજ્જો   
(ક) પરિણિત (ખ) વિધવા (ગ) ત્યકતા
૨. જ્ઞાતિ   
(ક) હિન્દુ (ખ) મુસ્લિમ (ગ) અન્ય
૩. કુટુંબનો પ્રકાર   
(ક) સંયુક્ત કુટુંબ (ખ) વિભક્ત કુટુંબ
૪. કુટુંબના સભ્યોની કુલ સંખ્યા :- \_\_\_\_\_
૫. કુટુંબમાં બાળકોની કુલ સંખ્યા :- \_\_\_\_\_
૬. અભ્યાસ :-  
પતિ  પત્ની   
(ક) અભ્યાસ (ખ) સ્કુલ શિક્ષણ (ગ) ગ્રેજ્યુએટ (ઘ) પોસ્ટગ્રેજ્યુએટ  
(ચ) પ્રોફેશનલ (છ) પી. એચ. ડી.



૭. આવક (માસિક) પતિ  પત્ની  કુલ આવક   
 (ક) ૧૦૦૦ થી ઓછી (ખ) ૧૦૦૧ થી ૫૦૦૦ (ગ) ૫૦૦૧ થી ૧૦૦૦૦  
 (ઘ) ૧૦૦૦૧ થી ૨૦૦૦૦ (ચ) ૨૦૦૦૧ થી વધુ

૮. વ્યવસાય :-   
 (ક) એકઝીક્યુટીવ જુનિયર લેવલ (ખ) મિડિયમ લેવલ (ગ) સિનિયર લેવલ  
 (ઘ) ગૃહ ઉદ્યોગ (ચ) લઘુ ઉદ્યોગ (છ) કુટિર ઉદ્યોગ (જ) મજૂરી, ઘરકામ, કારખાનાના કારીગર, ફેરીયા  
 (ઝ) અન્ય

૯. નોકરી:- પતિ  પત્ની   
 (ક) ગવર્નમેન્ટ (ખ) સેમીગવર્નમેન્ટ (ગ) પ્રાઇવેટ

## વિભાગ - બ - ગૃહ સંચાલન

૧. તમે તમારા ઘર માટે બજેટ બનાવો છો?   
 (ક) હા (ખ) ના
૨. જો બજેટ બનાવવામાં આવે છે તો કેવા પ્રકારનું બનાવો છો.   
 (ક) દૈનિક (ખ) અઠવાડિક (ગ) માસિક (ઘ) છ માસિક  
 (ચ) વાર્ષિક (છ) અન્ય રીતે
૩. તમે તમારા બજેટમાંથી કેટલા ટકા બચત દવાદારૂ માટે રાખો છો?   
 (ક) આવકના ૧૦% (ખ) આવકના ૧૫%  
 (ગ) આવકના ૨૫% (ઘ) કોઈ નિશ્ચિત રકમ નહીં
૪. તમે તમારા બજેટમાંથી કેટલા ટકા બચત ખોરાક માટે રાખો છો?   
 (ક) આવકનાં ૩૦% (ખ) આવકનાં ૪૦%  
 (ગ) આવકનાં ૫૦% (ઘ) કોઈ નિશ્ચિત રકમ નહીં
૫. ઘરનાં સભ્યો માટેની કઈ જરૂરીયાતને વધારે અગ્રતા આપો છો?   
 (ક) બાળકોનાં શિક્ષણ માટે (ખ) ઘરનાં સભ્યોના મોજશોખ માટે  
 (ગ) ધરવપરાશની સાધનોની ખરીદીમાટે (ઘ) અન્ય

૬. તમે વર્ષ દરમ્યાન કેટલી વખત બહારગામ હરવા ફરવા જાઓ છો?   
 (ક) અઠવાડિક (ખ) માસિક (ગ) છ માસિક (ઘ) વાર્ષિક (ચ) નથી જતાં
૭. જો હરવા - ફરવા જતા હો તો ખાસ કરીને કેવા પ્રકારનાં સ્થળની પસંદગી કરો છો?   
 (ક) હિલસ્ટેશન (ખ) દરિયાકિનારે (ગ) ધાર્મિકસ્થળ (ઘ) સગાવહાલાનાં ઘરે
૮. તમે તમારું કાર્ય યોગ્ય રીતે પૂર્ણ થાય માટે અગાઉથી તેના માટે આયોજન કરી રાખી છો ?   
 (ક) હા (ખ) ના
૯. તમને લાગે છે કે તમારા કાર્યના આયોજન દ્વારા તમારું કાર્ય યોગ્ય સમયે પુરું થઈ જાય છે?   
 (ક) હા (ખ) ના
૧૦. તમારા અગત્યના કાર્યની નોંધ તમે કઈ રીતે રાખો છો?   
 (ક) લેખિક (ખ) મૌખિક
૧૧. તમારી ઘર વપરાશની વસ્તુ ખતમ થઈ જાય તો તે વસ્તુ લાવવા માટેનાં નિર્ણયો કોણ લે છે?   
 (ક) તમે પોતે (ખ) તમારા પતિ (ગ) ઘરના વડીલ (ઘ) અન્ય સભ્યો
૧૨. તમારા ઘરમાં કોઈ અગત્યનાં નિર્ણયો લેવાનાં હોય ત્યારે કોનો અભિપ્રાય લેવામાં આવે છે?   
 (ક) તમારો (ખ) તમારા પતિનો (ગ) ઘરના અન્ય સભ્યો (ઘ) બધા સાથે મળીને
૧૩. ખાસ કરીને કેવા પ્રકારની હોટલોમાં જવાનું પસંદ કરો છો?   
 (ક) ફાઈવસ્ટાર (ખ) થ્રી સ્ટાર (ગ) રેસ્ટોરન્ટ (ઘ) લોજ (ચ) લારી
૧૪. તમારા કાર્યને સરળ બનાવવા માટે કઈ પદ્ધતિનો ઉપયોગ કરવાનું પસંદ કરો છો?   
 (ક) એક સાથે બધી જ વસ્તુ તૈયાર રાખ્યા બાદ તે કાર્ય કરો છો  
 (ખ) જ્યારે જે વસ્તુની જરૂરીયાત ઉભી થાય તે અનુસાર  
 (ગ) પ્લાનીંગ કરેલ ન હોવાથી વારંવાર ઉઠબેસ કરવી પડે છે.
૧૫. ઘર વપરાશમાં આવતાં સાધનો તમે વાપરો છો?   
 (ક) ઇલેક્ટ્રીક (ખ) નોન ઇલેક્ટ્રીક
૧૬. તમારા ઘરમાં ઉપયોગમાં લેવામાં આવતાં સાધનોની ખરીદી માટેનાં નિર્ણયો કોણ લે છે?   
 (ક) તમે પોતે (ખ) તમારા પતિ (ગ) ઘરનાં અન્ય સભ્યો (ઘ) બધા સાથે મળીને

૧૭. આકસ્મિક આવી પડેલ ખર્ચ માટે કોઈ અગાઉથી બચત કરેલી છે?
- (ક) હા (ખ) ના
૧૮. તમારા આખા ઘરની સફાઈ તમે ક્યારે કરો છો?
- (ક) વર્ષમાં એકવાર (ખ) બે વાર (ગ) ત્રણથી ચાર વાર (ઘ) કોઈ નિશ્ચિત સમય નહિ
૧૯. તમે કપડાંની ખરીદી ક્યારે કરો છો?
- (ક) વાર્ષિક (ખ) છ માસિક (ગ) ત્રિ-માસિક (ઘ) સીઝનલ (ચ) પ્રસંગોપાત
૨૦. તમે જે ઘરમાં રહો છો તે કેવા પ્રકારનું છે?
- (ક) ઘરનું (ખ) ભાડાનું
૨૧. જો તમારું મકાન હોય તો તેમાં મેન્ટેનન્સ કેવી રીતે રાખો છો?
- (ક) બજેટ અનુસાર (ખ) જરૂરીયાત અનુસાર
૨૨. તમે તમારી કલાનો ઉપયોગ ઘરનાં સુશોભન માટે કરો છો?
- (ક) હા (ખ) ના
૨૩. તમને લાગે છે કે તમે જે પ્રકારની ઘરની ગોઠવણી કરી છે તે તે સરળતાથી અવર-જવર થઈ શકે તે પ્રકારની છે?
- (ક) હા (ખ) ના
૨૪. તમને કોઈ કલામાં રસ છે?
- (ક) હા (ખ) ના
૨૫. તમારા ઘરમાં કરવામાં આવેલ સુશોભન, દિવાલને તેમજ પડદાંને અનુરૂપ છે?
- (ક) હા (ખ) ના
૨૬. તમને તમારા ઘરનાં કરેલા ગૃહસુશોભન થી સંતોષ પ્રાપ્ત થાય છે?
- (ક) હા (ખ) ના

\* નીચે આપેલા વિકલ્પો સામે ✓ ની નિશાની કરો.

૨૭. નીચેના માંથી કયા કયા સાધનો તમારા ઘરે છે?

- |                       |                    |                    |
|-----------------------|--------------------|--------------------|
| ■ વોશિંગ મશીન _____   | ■ વી. સી. આર _____ | ■ કિચનમાસ્ટર _____ |
| ■ વેક્યુમ કલીનર _____ | ■ કોમ્પ્યુટર _____ | ■ ઈસ્ત્રી _____    |
| ■ ઓવન _____           | ■ બ્લેન્ડર _____   | ■ ઘરઘંટી _____     |
| ■ મિક્સર _____        | ■ ટોસ્ટર _____     | ■ ટી. વી. _____    |

૨૮. તમે ખાસ કરીને કઈ કઈ જગ્યાએ બચત કરો છો?

- |                      |                       |
|----------------------|-----------------------|
| ■ બેંકમાં _____      |                       |
| ■ જમીન _____         | ■ પોસ્ટ ઓફિસમાં _____ |
| ■ વ્યાજે આપીને _____ | ■ શેર બજારમાં _____   |
| ■ સોના - ચાંદી _____ | ■ ધંધામાં _____       |

૨૯. હાલમાં તમે જે ઘરમાં રહો છો. તેમાં વ્યવસ્થા કેવા પ્રકારની છે?

- |                  |                              |
|------------------|------------------------------|
| ■ એકાંતતા _____  | ■ હવા - ઉજાસ _____           |
| ■ સ્વચ્છતા _____ | ■ સરળ - આંતરિક અવર જવર _____ |

૩૦. તમે કપડાંની ખરીદી માટે કેવા કેવા પ્રકારનાં સ્ટોરની પસંદગી કરો છો?

- |                     |                              |
|---------------------|------------------------------|
| ■ શોપિંગ મોલ _____  | ■ રેગ્યુલર સ્ટોર _____       |
| ■ ફૂટપાથ બજાર _____ | ■ બ્રાન્ડેડ કંપનીમાંથી _____ |
| ■ સેલ _____         |                              |

૩૧. તમે તમારા મનોરંજન માટે શું શું પસંદ કરો છો?

- |                              |                                       |
|------------------------------|---------------------------------------|
| ■ બહાર ફરવા જવાનું _____     | ■ જાતે જ ઈન્સ્ટ્રુમેન્ટ વગાડીને _____ |
| ■ સારા પુસ્તકો વાંચીને _____ | ■ નાટકો જોવાનું _____                 |
| ■ મ્યુઝિક સાંભળીને _____     | ■ મિત્રોને મળીને _____                |
| ■ ગ્રુપમાં ફરવા જઈને _____   |                                       |

૩૨. તમારા ઘરમાં કેવા - કેવા પ્રકારનું ફર્નીચર છે?

- |                   |                             |
|-------------------|-----------------------------|
| ■ લાકડાંનું _____ | ■ લોખંડનું / સ્ટીલનું _____ |
| ■ નેતરનું _____   | ■ સંખેડાનું _____           |
| ■ કાચનું _____    | ■ પ્લાસ્ટીકનું _____        |

૩૩. ટોવેલ, બેડસીટ્સ, બેડસ્પ્રેડસ વગેરેની ખરીદી કેવી રીતે કરો છો?

- |                       |                            |
|-----------------------|----------------------------|
| ■ જરૂરીયાત મુજબ _____ | ■ જરૂરીયાત કરતાં વધુ _____ |
| ■ સીઝનલ _____         | ■ બજેટ અનુસાર _____        |
| ■ શોખથી _____         |                            |

૩૪. તમને કેવા પ્રકારની કલામાં રસ છે?

- |                          |                        |
|--------------------------|------------------------|
| ■ ભરત ગૂંથણ _____        | ■ પેઇન્ટીંગ _____      |
| ■ વેસ્ટમાંથી બેસ્ટ _____ | ■ મોતીકામ _____        |
| ■ ડ્રોઇંગ _____          | ■ અન્ય પ્રવૃત્તિ _____ |

૩૫. તમે તમારું મકાન કેવા એરિયામાં પસંદ કરશો?

- |                        |                         |
|------------------------|-------------------------|
| ■ બજેટ અનુસાર _____    | ■ જરૂરીયાત અનુસાર _____ |
| ■ વ્યવસાયથી નજીક _____ | ■ સ્કુલથી નજીક _____    |

### વિભાગ - ક - ખાદ્યપદ્ધતિ

૧. તમારા ઘરમાં રસોઈ કોણ બનાવે છે?

(ક) તમે પોતે (ખ) તમારા ઘરની અન્ય વ્યક્તિ (ગ) રસોઈયા

૨. ઘરનાં દરેક સભ્યોની જરૂરીયાત સંતોષી શકાય એ રીતે રસોઈનું આયોજન કરવામાં આવે છે?

(ક) હા (ખ) ના

૩. તમે દરરોજની રસોઈ માટે ખાસ કોઈ સમયપત્રક બનાવેલ છે?

(ક) હા (ખ) ના

૪. રસોઈ માટેની ખાદ્યસામગ્રી ખતમ થઈ જાય તો લાવવાની જવાબદારી કોના પર હોય છે?

(ક) તમારા પતિ પર (ખ) તમારા પોતાના પર (ગ) ઘરના સભ્યો પર (ઘ) નોકર

૫. તમે બહાર હોટલમાં જમવા જાઓ છો?

(ક) હા (ખ) ના

૬. તમે રેડી ટુ ઈટ (પેકેટમાં તૈયાર મળતા) ફુડનો ઉપયોગ કરો છો, કેટલા પ્રમાણમાં કરો છો?

(ક) દૈનિક (ખ) અઠવાડિક (ગ) માસિક (ઘ) પ્રસંગોપાત

૭. તમે રેડી ટુ કુડ (ઈન્સ્ટન્ટ મિક્સ) કુડનો ઉપયોગ કેટલા પ્રમાણમાં કરો છો?
- (ક) દૈનિક (ખ) અઠવાડિક (ગ) માસિક (ઘ) પ્રસંગોપાત
૮. ઘરનું કોઈ સદસ્ય બિમાર હોય તો તેના માટે મેનુમાં અલગથી રસોઈ બનાવવામાં આવે છે?
- (ક) હા (ખ) ના
૯. તમે ફૂટનો ઉપયોગ કઈ રીતે કરો છો?
- (ક) દૈનિક (ખ) અઠવાડિક (ગ) પ્રસંગોપાત (ઘ) બે દિવસે એકવાર
૧૦. તમારા ઘરમાં ફરસાણનો ઉપયોગ ક્યારે થાય છે?
- (ક) દૈનિક (ખ) અઠવાડિક (ગ) પ્રસંગોપાત
૧૧. જો ફરસાણ ઉપયોગમાં લો છો તે કેવા પ્રકારનું પસંદ કરો છો?
- (ક) ઘરે બનાવો છો (ખ) બહારથી છૂટક મંગાવો છો (ગ) તૈયાર પેકેટનો ઉપયોગ કરો છો
૧૨. તમારા ઘરમાં સલાડનો ઉપયોગ ક્યારે કરો છો?
- (ક) દૈનિક (ખ) અઠવાડિક (ગ) બે દિવસે એકવાર (ઘ) પ્રસંગોપાત
૧૩. જો સલાડનો ઉપયોગ કરતાં હોય તો તે કઈ રીતે કરવામાં આવે છે?
- (ક) પહેલેથી ટેબલ પર સજાવી રાખીને  
(ખ) બનાવ્યા બાદ ફ્રીઝમાં રાખીને  
(ગ) જરૂર હોય ત્યાર પહેલા જ બનાવીને
૧૪. તમારી જે રેગ્યુલર રસોઈ હોય છે તે કેટલી વખત ગરમ કરો છો?
- (ક) એક વખત (ખ) બે વખત (ગ) ત્રણ વખત (ઘ) તેથી વધુ વખત
૧૫. તમારા ઘરની રસોઈમાં મરી મસાલાનું પ્રમાણ કેટલી માત્રામાં હોય છે?
- (ક) વધારે (ખ) ઓછું (ગ) પ્રમાણસર
૧૬. તમારા ઘરમાં મિઠાઈનો ઉપયોગ કેવી રીતે થાય છે?
- (ક) દૈનિક (ખ) અઠવાડિક (ગ) પ્રસંગોપાત
૧૭. અનાજ - કરિયાણાં ને લગતી ખાદ્ય સામગ્રીનો સ્ટોરેજ કેવી રીતે કરો છો?
- (ક) વાર્ષિક (ખ) છ માસિક (ગ) માસિક (ઘ) અઠવાડિક

૧૮. તમે રસોઈ કોના સ્વાદ અનુસાર બનાવો છો?

- (ક) તમારા સ્વાદ અનુસાર (ખ) તમારા પતિના સ્વાદ અનુસાર  
(ગ) બાળકોના સ્વાદ અનુસાર (ઘ) ઘરના દરેક સભ્યોના સ્વાદ અનુસાર (ચ) વારા ફરતે

૧૯. ઘરમાં અચાનક મહેમાન આવે ત્યારે કેવી રીતે પ્લાનીંગ કરો છો?

- (ક) બહારથી જમવાનું મંગાવો છો  
(ખ) જલ્દી બની જાય તેવી વાનગી પસંદ કરો છો  
(ગ) થોડું ઘરે બનાવો, થોડું બહારથી લાવો છો

૨૦. શાકભાજીનો ઉપયોગ કેવી રીતે કરો છો?

- (ક) દૈનિક લો છો (ખ) ફ્રીઝમાં અગાઉથી લાવીને રાખો છો  
(ગ) જરૂર પડયે જ લાવો છો (ઘ) દરરોજ વપરાશમાં લેતાં નથી

\* નીચે આપેલા વિકલ્પો સામે ✓ ની નિશાની કરો :-

૨૧. તમે ખાસ કરીને કેવા - કેવા ફુડ લેવાનું તમે પસંદ કરો છો?

- ગુજરાતી \_\_\_\_\_ ■ ચાઈનીઝ \_\_\_\_\_ ■ થાઈકુડ \_\_\_\_\_  
■ ફ્રેશફ્રુટ્સ \_\_\_\_\_ ■ નોર્થ ઈન્ડીયન \_\_\_\_\_ ■ પંજાબી \_\_\_\_\_  
■ કોન્ટ્રીનેટલ ફુડ \_\_\_\_\_ ■ સાઉથ ઈન્ડીયન \_\_\_\_\_ ■ ભેળ, પાણીપૂરી વગેરે \_\_\_\_\_

૨૨. તમે જે રેગ્યુલર રસોઈ બનાવો છો તેનો સ્વાદ ખાસ કરીને કેવા પ્રકારનો છે?

- તીખો \_\_\_\_\_ ■ ખાટો \_\_\_\_\_ ■ ખારો \_\_\_\_\_  
■ તીખો+ખાટો \_\_\_\_\_ ■ ગળ્યો+તીખો \_\_\_\_\_ ■ પ્રમાણસર \_\_\_\_\_  
■ ગળ્યો \_\_\_\_\_ ■ વધુ પ્રમાણમાં તેલવાળો \_\_\_\_\_

૨૩. તમે રેગ્યુલર રસોઈ માટે ખાસ કરીને કેવા પ્રકારની રસોઈ બનાવવાનું પસંદ કરો છો, વધુ પ્રમાણમાં કઈ પધ્ધતિથી રસોઈ બનાવો છો?

- સેકીને \_\_\_\_\_ ■ ઓવનમાં \_\_\_\_\_ ■ બાફીને \_\_\_\_\_  
■ કુકરમાં \_\_\_\_\_ ■ તળીને \_\_\_\_\_ ■ સોલાર પધ્ધતિથી \_\_\_\_\_

૨૪. તમે પીવાનાં પાણીનો ઉપયોગ કેવી રીતે કરો છો?

- ઉકાળીને \_\_\_\_\_ ■ ફીલ્ટર કરીને \_\_\_\_\_ ■ કપડાંથી ગાળીને \_\_\_\_\_  
■ એકવાગાર્ડ ઉપયોગ કરીને \_\_\_\_\_

૨૫. તમે ફળો શા માટે ખાઓ છો?

- સીઝનામાં આવે છે \_\_\_\_\_
- સ્વાદ ભાવે છે \_\_\_\_\_
- સારું પોષણ મળે છે \_\_\_\_\_

૨૬. બાળકોને ધાવાણ છોડાવતી વખતે કેવા-કેવા ખોરાકોથી શરૂઆત કરો છો?

- ખીચડી દૂધ \_\_\_\_\_
- પ્રાણીઓનો દૂધ \_\_\_\_\_
- વેજીટેબલ સૂપ \_\_\_\_\_
- ફ્રુટ જ્યુસ \_\_\_\_\_
- સેરેલેડ ફેરેકસ વગેરે \_\_\_\_\_

૨૭. સગર્ભાવસ્થા દરમ્યાન લેવામાં આવતાં ખોરાકો :-

- |                       | પહેલા ત્રણ માસ | બીજા ત્રણ માસ | ત્રીજા ત્રણ માસ |
|-----------------------|----------------|---------------|-----------------|
| ■ વધુ લેવાતા ખોરાકો   | _____          | _____         | _____           |
| ■ વધુ ન લેવાતા ખોરાકો | _____          | _____         | _____           |

૨૮. સ્તનપાન દરમ્યાન શું શું ખોરાક લો છો?

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૨૯. સ્તનપાન દરમ્યાન શું શું ખોરાક લેતા નથી?

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૩૦. સાદી માંદગીમાં કેવા કેવા પ્રકારની દવાનો ઉપયોગ કરો છો?

- આયુર્વેદિક \_\_\_\_\_
- એલોપેથિક \_\_\_\_\_
- હોમિયોપેથિક \_\_\_\_\_
- ઘરગથ્થું \_\_\_\_\_

૩૧. તમારા દરરોજના આહારનું લિસ્ટ જણાવો? (ભોજનપ્રણાલી)

- સવારનો નાસ્તો \_\_\_\_\_
- બપોરે જમવામાં \_\_\_\_\_
- બપોરનો નાસ્તો \_\_\_\_\_
- રાત્રિ ભોજન \_\_\_\_\_



## વિભાગ - ૬ - બાળકોનો ઉછેર

૧. તમારું બાળક કયા માધ્યમમાં ભણે છે?
- (ક) ગુજરાતી માધ્યમ (ખ) અંગ્રેજી માધ્યમ (ગ) હિન્દી માધ્યમ
૨. તમે તમારા બાળકોને નિયમિત રસી પીવડાવો છો?
- (ક) હા (ખ) ના
૩. તમારા બાળકનો ઉછેર કેવી રીતે થાય છે?
- (ક) તમારા પોતાના દ્વારા (ખ) તમારા પતિ દ્વારા (ગ) ઘોડિયા ઘરમાં  
(ઘ) હોસ્ટેલમાં (ચ) આયા દ્વારા (છ) અન્ય રીતે
૪. તમારું બાળક શાળાએ શેમાં જાય છે?
- (ક) બસમાં (ખ) રિક્ષામાં (ગ) વેનમાં (ઘ) પોતાના વાહનમાં  
(ચ) ઘરનાં કોઈ સભ્ય મૂકવા જાય છે
૫. તમારા બાળકને હોમવર્ક કોણ કરાવે છે?
- (ક) તમે પોતે (ખ) તમારા પતિ (ગ) ઘરનાં કોઈ સભ્ય (ચ) ટ્યુશનમાં જાય છે
૬. તમે બાળકને વાર્તા કહો છો?
- (ક) હા (ખ) ના
૭. બાળકોને વાર્તા કોણ કરે છે?
- (ક) તમે પોતે (ખ) તમારા પતિ (ગ) ઘરનાં અન્ય સભ્ય
૮. તમે તમારા બાળક પાછળ કેટલો સમય આપો છો?
- (ક) દિવસમાં બે થી ત્રણ કલાક (ખ) અડધો દિવસ  
(ગ) કોઈ નિશ્ચિત સમય નહીં (ઘ) માત્ર રજાના દિવસે
૯. તમે તમારા બાળકને પડોશીના બાળકો સાથે રમવા દો છો?
- (ક) હા (ખ) ના
૧૦. તમે તમારા બાળકને ઉઘની દવા આપીને સૂવડાવો છો?
- (ક) હા (ખ) ના

૧૧. બાળકના ઉચ્ચ અભ્યાસ માટે કોઈ આર્થિક આયોજન કરો છો?
- (ક) હા (ખ) ના
૧૨. તમારા બાળકની જીદ કેટલા પ્રમાણમાં પૂરી કરો છો?
- (ક) બાળકની માંદગીમાં (ખ) બાળકની પરીક્ષા સમયે  
(ગ) ઉતાવળમાં હોય ત્યારે (ઘ) કાયમી
૧૩. બાળક જો કાલી ઘેલી ભાષા બોલતું હોય તો તમે તેની સાથે કેવું બોલો છો?
- (ક) સુધારીને બોલતાં શીખવો છો (ખ) તમે પણ સાથે તેમ જ બોલો છો  
(ગ) આવું કશું જ ધ્યાન આપતાં નથી
૧૪. જો તમારું બાળક થોડું શારિરિક રીતે નબળું હોય તો તેના પર કોણ વધુ ધ્યાન આપે છે?
- (ક) તમે પોતે (ખ) તમારા પતિ (ગ) ઘરના અન્ય સભ્ય
૧૫. તમે તમારા બાળકના યોગ્ય વિકાસ માટે જરૂરી ચેકઅપ કરાવો છો?
- (ક) હા (ખ) ના
૧૬. સામાન્ય રીતે ક્યારે કરાવો છો?
- (ક) વર્ષે એકવાર (ખ) છ મહિને એકવાર (ગ) મહિને એકવાર (ઘ) અઠવાડિક
૧૭. જો ભવિષ્યમાં બાળકને આગળ ભણવા માટે બહારગામ કે વિદેશમાં જવાની તક મળે તો તમે મોકલવા તૈયાર થશો?
- (ક) હા (ખ) ના
૧૮. બાળકના ભણતર માટે કેવી રીતે ધ્યાન આપો છો?
- (ક) તેના રસ રૂચી ધ્યાનમાં રાખીને  
(ખ) તમારા ગમતાં વિષયોમાં ભણાવીને  
(ગ) ઘરના અન્ય સભ્યની સહમતિથી
૧૯. બાળકની જમવાની પધ્ધતિ કઈ પ્રકારની છે?
- (ક) સમયસર જમી લેવું (ખ) ભૂખ લાગે ત્યારે જમવું (ગ) હરતાં ફરતાં જમવું  
(ઘ) ઘરનાં દરેક વ્યક્તિ સાથે થોડું થોડું જમવું (ચ) ઘરની બહાર નીકળીને જમવું

૨૦. તમારું બાળક ખાસ કરીને કેવું જમવાનું પસંદ કરે છે?
- (ક) ઘરની રસોઈ (ખ) હોટલોમાં જમવાનું  
(ગ) આડોશ-પાડોશમાં જમવાનું (ઘ) અન્ય રીતે
૨૧. તમારા બાળકને ક્રુટ ભાવે છે?
- (ક) હા (ખ) ના
૨૨. તમારા બાળકને ભણાવવા માટે કેવા પ્રકારના પ્રયાસો કરવા પડે છે?
- (ક) ભણવા બેસાડવા પડે છે (ખ) જાતે જ હોમવર્ક કરી લે છે  
(ગ) ટ્યુશનમાં હોમવર્ક કરે છે (ઘ) વારંવાર ઉઠબેસ કરીને હોમવર્ક કરે છે  
(ઙ) ટી.વી. જોતાં જોતાં હોમવર્ક કરે છે
૨૩. તમારા બાળકને ટી.વી. જોવું ગમે છે?
- (ક) હા (ખ) ના
૨૪. તમારું બાળક શાળાએથી આવે ત્યારે તેની બેગ, શુઝ, યુનિકોર્મ વગેરે કેવી રીતે રાખે છે?
- (ક) ઘરમાં તેની યોગ્ય જગ્યાએ મૂકે છે (ખ) ગમે ત્યાં ઉડાડે છે  
(ગ) તમે પોતે મૂકો છો (ઘ) કંઈ નિશ્ચિત હોતું નથી
૨૫. તમારું બાળક ઘરે કોઈ મહેમાન આવ્યા હોય તો તેનું વર્તન કેવું હોય છે?
- (ક) કોઈ નવી વ્યક્તિને જોઈને વધુ તોફાન કરે છે.  
(ખ) તમને શાંતિથી બેસવા દેતા નથી  
(ગ) વારંવાર નવી વસ્તુની માંગણી કરે છે  
(ઘ) તમારું ધ્યાન આકર્ષવા પ્રયત્નો કરે છે  
(ઙ) કોઈ નવી વ્યક્તિને જોઈને વધુ શાંત થઈ જાય છે
૨૬. ઉચ્ચ અભ્યાસ માટે તમે કોને વધુ તક આપશો?
- (ક) દિકરાને (ખ) દિકરીને (ગ) જે ભણવામાં વધુ સારું હોય તેને

**\* નીચે આપેલા વિકલ્પો સામે ✓ ની નિશાની કરો.**

૨૭. તમારા બાળકનાં યોગ્ય વિકાસ માટે કેવા પ્રકારનું ભોજન બનાવો છો?

- સ્વાદ અનુસાર \_\_\_\_\_
- પોષક તત્વો અનુસાર \_\_\_\_\_
- પ્રાપ્યતા અનુસાર \_\_\_\_\_

૨૮. તમારા બાળકને લંચબોક્સમાં કેવા - કેવા પ્રકારનાં નાસ્તા આપો છો?

- |                     |                      |
|---------------------|----------------------|
| ■ ગરમ નાસ્તા _____  | ■ તળેલા નાસ્તા _____ |
| ■ સૂકા નાસ્તા _____ | ■ બેકરી આઈટમ _____   |
| ■ ફળ _____          | ■ અન્ય _____         |

૨૯. તમારા બાળકોના કપડાં કેવા - કેવા પ્રકારનાં પસંદ કરો છો?

- |                                 |                                       |
|---------------------------------|---------------------------------------|
| ■ ફેશનને અનુરૂપ _____           | ■ બજેટને અનુરૂપ _____                 |
| ■ દેખાવને અનુરૂપ _____          | ■ મિત્રવર્તુળને ધ્યાનમાં રાખીને _____ |
| ■ પહેરવામાં માફક આવે તેવા _____ |                                       |

૩૦. તમારા બાળકને કેવા - કેવા પ્રકારનાં રમકડાં અપાવો છો?

- |                  |                   |
|------------------|-------------------|
| ■ ચાવીવાળા _____ | ■ રીમોટવાળા _____ |
| ■ સેલવાળા _____  | ■ અન્ય _____      |

૩૧. બાળકને કેવા કેવા પ્રકારની વાર્તા કરવાનું પસંદ કરો છો?

- |                       |                 |
|-----------------------|-----------------|
| ■ પરીની _____         | ■ જંગલની _____  |
| ■ રાજારાણીની _____    | ■ પૌરાણીક _____ |
| ■ અન્ય પ્રકારની _____ |                 |

૩૨. તમારા બાળકનાં યોગ્ય ઘડતર માટે તમે બીજી ઈતર પ્રવૃત્તિમાં મોકલો છો?

- |                           |                   |
|---------------------------|-------------------|
| ■ કમ્પ્યુટર ક્લાસીસ _____ | ■ કરાટે _____     |
| ■ સ્વીમીંગ _____          | ■ સ્પોર્ટ્સ _____ |
| ■ હોબી સેન્ટર _____       | ■ અન્ય _____      |

૩૩. તમારા બાળકને ક્રુટ ન ભાવે તો કેવા સ્વરૂપમાં આપો છો?

- |                                     |                            |
|-------------------------------------|----------------------------|
| ■ ક્રુટ જયુસ બનાવીને _____          | ■ ક્રુટ શેઈક બનાવીને _____ |
| ■ બીજા ક્રુટ સાથે મિક્સ કરીને _____ | ■ અન્ય રીતે _____          |

૩૪. તમારું બાળક ખાસ કરીને કેવા - કેવા પ્રકારની ચેનલો જોવાનું પસંદ કરે છે?

- |                  |                |
|------------------|----------------|
| ■ કાર્ટૂન _____  | ■ ફિલ્મ _____  |
| ■ ડિસ્કવરી _____ | ■ રમતગમત _____ |
| ■ સીરીયલ _____   | ■ અન્ય _____   |



















## Appendix - 4

### Permission Letter

ઉર્વી ત્રિવેદી  
હોમસાયન્સ ભવન  
સૌરાષ્ટ્ર યુનિવર્સીટી  
રાજકોટ

પ્રતિ,  
મેનેજર શ્રી,  
નાગરિક બેન્ક,  
આમ્રપાલી બ્રાન્ચ,  
રાજકોટ.

વિષય : સંસ્થાની બહેનોની મુલાકાત લેવાની પરવાનગી.

માનનીય સાહેબશ્રી,

હું ઉર્વી ત્રિવેદી સૌરાષ્ટ્ર યુનિવર્સીટીના હોમસાયન્સ વિભાગમાં વર્કીંગ અને નોન વર્કીંગ બહેનો પર સંશોધન કરી રહી છું. જે અંતર્ગત મારે તેમની મુલાકાત લઈને પ્રશ્નાવલીની મદદથી અમુક ચોકકસ માહિતી ભેગી કરવાની છે તો આપની સંસ્થાની બહેનોની મુલાકાત લેવા માટેની પરવાનગી આપશો. હું ખાતરી આપુ છું કે મેલવેલ માહિતીનો શૈક્ષણિક ઉપયોગ જ કરવામાં આવશે.

આભાર સહ  
આપની વિશ્વાસુ

ઉર્વી ત્રિવેદી

## Appendix - 5

### Information Seeking Letter

Urvi Trivedi  
Dept. of Home Science  
Saurashtra University Unit  
Rajkot

To,  
The Head Entrepreneurship Department  
Institute of India  
Gandhinagar.

Subject : Request for information regarding women entrepreneurs of  
Rajkot City.

Respected Sir / Madam

Myself Urvi Trivedi is conducting research on management practices of working and non working women of Rajkot City, as a part of my Ph.D. work. I request you to send me the addresses of women entrepreneurs of Rajkot City as per your records. I would like to include them as a sample for my research study.

Please do oblige me with the same.

Thanking you in advance

**Urvi Trivedi**