Health Status of Working Women

A study to find the perceived effect of employment on the health status of women working in selected establishments of Pune

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Women contribute 28% of working population. With the rising cost and desire for more comfortable life there is immense pressure on the women. In the bargain they tend to neglect their own health.

The study was undertaken to gain understanding about the present health status of women working in selected establishments of Pune, their perception about effect of employment on their own health, factors responsible for their ill-health and the support system available to them.

The Objectives of the Study
1. To find out the health status of women working in selected establishments of Pune.
2. To find out the perceived effect of employment on the health status of women working in selected establishments of Pune.
3. To compare the health status of women with selected variables like age, income and education.

The study was carried out in two major establishments of Pune. It was a descriptive study consisting of 32 samples. Convenient sampling technique was used that fulfilled the criteria of sample selection.

The tool consisted of structured interview schedule. The data obtained was analyzed and presented in terms of frequency and percentage.

Majority of the respondents had a height between 5ft-5.4ft.

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weighing between 40-60 kg and had normal vitals.

Majority of women faced common health problems like acidity headache, calf muscle pain and lower back pain.

Gynecological problems like painful menstruation and pre-menstrual syndrome were present in 13-19% of women, whereas excessive bleeding and problem of leucorrhoea existed in 6% of women.

Majority of women suffered psychological problems of irritability, anxiety and depression.

Majority of the respondents had good social life.

Majority of the respondents opined that their husbands respect their feelings, about 28% of women faced problem of painful intercourse; 22% opined that their husbands had complaints of them being neglected.

About 44% of respondents opined that their health status was better before taking up the job whereas 28% of respondents felt that their health status is affected because of the Job.

Majority of respondents said that they were overloaded with work at home and at job places.

About 9% of respondents were known cases of Asthma, Diabetes Mellitus (6%), osteoarthritis and arthritis (6%) hypertension (3%), hypothyroidism (3%) and convulsion (3%).

Almost all respondents opined that symptoms like irritability, mental stress, anger, anxiety, acidity, back pain and weakness had increased after taking up the job.

Majority of respondents identified workload as major stress at workplace whereas 47% said reporting on time was major stress at work.

About 75% of respondents identified household responsibilities and children’s health as major stress at home.

Majority of respondents received help from family members in completing household responsibilities like purchasing, maintaining home and taking care of children.

47% of respondents take leave frequently due to their children’s and family members’ sickness. 100% of respondents identified their support group as husband and friends.

Majority of respondents felt that family members appreciate them. Majority of respondents manage their health problem by taking rest and getting involved in recreational activities, very few visited the doctor sometime.

Majority of respondents opined that family support is most important for maintaining health and preventing health problems. 47% felt that balanced diet and rest were important whereas 44% of women felt the need of good working environment.

Majority of the respondents were not able to save money. 75% of respondents were not happy with salary, as they have to support their family.

Majority of them opined that if they do not maintain their health status they might have stress related disease in the future.

There is no significant relationship between the age of the respondents and their health status. There is a significant difference between family income, education and health status of women.