

# VIDYASAGAR UNIVERSITY

A Project Work

On

## A Comparative study on Health Status between Nurse & House Wife

This project work is submitted for the partial fulfillment for the award of degree of B.Sc.  
(Hons) from Vidyasagar University



Submitted by

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(UGC recognized as College with Potential for Excellence;  
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### TO WHOM IT MAY CONCERN

This is to certify that Chaitali Das(Roll:1125129; No.: 190100; Regn. No.:1290846of Session: 2019-2020) a student of B.Sc. Part-v, Dept. of Nutrition, under Vidyasagar University, PaschimMedinipur, has completed herproject work under my guidance on the topics 'A comparative Study on Nutritional and Health Status between Nurse and Housewife women '(35-40) for the partial fulfillment for the award of degree of B.Sc. from Vidyasagar University.

I am satisfied for herperformance. Sheis energetic and up to date inherwork; I wish success in herlife.

Date: 10/02/2022

Keya Dash.

(Prof. Keya Dash)

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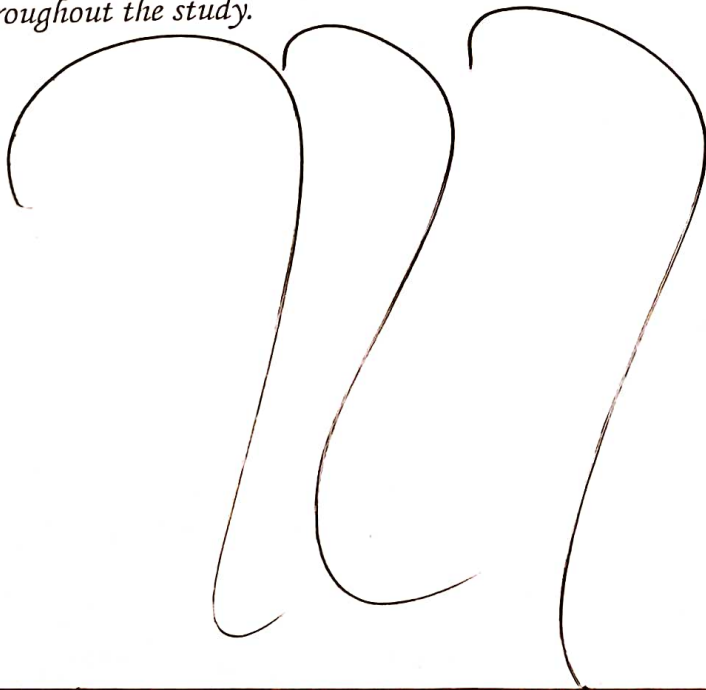
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A vocabulary finds no appropriateness to express my heartfelt love and thanks from the very core of my heart to my classmates and juniors for their constant encouragement and help throughout the study.

Date:



Chaitali Das.  
Sincerely

## ABSTRACT

Life style of a person affects his /her health. In the present study a survey was conducted to compare nutritional and health status between Nurse and Housewife . The survey was carried out at Madhakhali, Purba Medinipur, West Bengal. The data was collected for Nurse women(n=10) and for Housewife women (n=10).Different measurements like height, weight, blood pressure, pulses rate, waist circumferences and hip circumferances, body fat(from biceps, triceps) ,BMI, were carried out. The participans were asked about their total working time and diseases. It was found that there was no significant ( $p<0.05$ ) differences in body mass index, waist-hip ratio, pulse rate, systolic blood pressure ,triceps, between Nurse and Housewife women. But it has noticed that the (Diastolic blood pressure, biceps ) were significantly ( $p>0.05$ ) lower in Nurse and Housewife Women.

**Keywords:** Nurse, Housewife ,Health, Body mass index, Waist-hip ratio, Pulse Presure, Pluse rate.

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