

# VIDYASAGAR UNIVERSITY

**A Project Work**

**On**

## **A Comparative study on Health status and Health outcomes among Practicing Morning Walk and Non-Practicing Morning Walk House Wife (Age 30-45years)**

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



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This is to certify that Mr. /Miss. Shrabani Dhal  
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### **TO WHOM IT MAY CONCERN**

This is to certify that **Shrabani Dhal (Roll: 1125129; No.: 220177; Regn. No.: VU221291174 OF 2022-2023)** a student of B.Sc. Part –III, Dept. of Nutrition, under Vidyasagar University, Paschim Medinipur, has completed her project work under my guidance on the topics **“A Comparative study on Health Status and Health Outcomes among Practicing Morning Walk and Non- Practicing Morning Walk House Wife (Age 30-45years)”** for the partial fulfillment for the award of degree of B.Sc. from Vidyasagar University.

I am satisfied for her performance. She is energetic and up to date in her work; I wish success in her life.

Date: 11/03/25

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# **A Comparative study on Health status and Health outcomes among Practicing Morning Walk and Non- Practicing Morning Walk House Wife (Age 30-45years)**

## **ABSTRACT**

Physical activity, such as morning walking, plays a crucial role in maintaining overall health and well-being. However, many housewives, due to household responsibilities and lifestyle choices, may not engage in regular physical activity. This study aims to compare the health status and health outcomes of housewives aged 30-45 years who practice morning walks with those who do not. A study was conducted among housewives (30N, 15 N practicing morning walks and 15 N not practicing morning walks) aged 30-45 years. Data was collected using a structured questionnaire, health check-ups (BMI, BP, blood sugar) anthropometric measurements Waist hip ratio, Blood pressure, Pulse rate, Biceps, Triceps . Statistical analysis was performed to determine significant differences between the two groups. It was found that there no significant ( $p>0.05$ ) differences of BMI, Pulse pressure, Pulse rate, WHR, Systolic pressure, Diastolic pressure, Biceps, Triceps in practicing morning walk and non practicing morning walk housewives. It was observed that more percentage of was Practicing morning walk housewives are suffering more in Fatigue13%, Joint Pain46%, Back Pain33%, Stress40% compare to non practicing morning walk housewives.

The study also highlights the positive psychological effects of morning walking, including reduced stress and improved mood.

**Keywords:** Housewives, Morning Walk, BMI, Joint pain, Stress.

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**Plate 3: Different activities during survey of Practicing morning walk housewives of Bhagwanpur-II Block area**





**Plate 4: Different activities during survey of Non practicing morning walk housewives of Bhagwanpur-II Block area**