

# VIDYASAGAR UNIVERSITY

A Project Work  
On

## A Comparison study on Nutritional Status and Dietary Pattern among Working and Non- Working (House Wife) Of Rural Area, Patashpur II

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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### TO WHOM IT MAY CONCERN

This is to certify that Archana Bhunia (Roll:1125129 No.: 220157; Regn. No.: VU221291033 of Session:2022-2023 a student of B.Sc. Part –III,( 5<sup>th</sup> Sem) Dept. of Nutrition, under Vidyasagar University, Paschim Medinipur, has completed her project work under my guidance on the topics "A comparison Study on Nutritional Status And Dietary Pattern Among Working And Non working (House Wife) Rural Area Patashpur II Block " 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: 12.03.2025

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# A Comparison study on Nutritional Status and Dietary Pattern Among Working and Non working (House Wife) Of Rural Area.

## ABSTRACT

In family needs in everyday life; housekeeping and maintaining the home; and making clothes for the family—and who is not employed outside the home. A housewife may also be called a *stay-at-home mother*. In the present study a survey was conducted to compare health status between Working and Non working Women. The survey was carried out at Patash Pur-II block area, Purba Medinipur, West Bengal. The data was collected for Working Women (n=15) and for Non working Women (n=15). A housewife is a woman whose occupation is running or managing her family's home caring for her children; buying, cooking, and storing food for the family. The survey was found that different measurements like height, weight, blood pressure, pulse rate, waist and hip circumferences, body fat (from biceps, triceps by measuring skinfold thickness) were carried out. The participants were asked about their hygienic condition and diseases. It was found that there was not significant ( $p>0.05$ ) differences in systolic pressure, diastolic pressure, pulse pressure, pulse rate, triceps and biceps between Working and Non Working housewives and significant ( $p<0.05$ ) differences in Body Mass Index. But it has noticed that waist hip ratio are Not significantly ( $p>0.05$ ) lower in rural areas as compare to Working housewives. It was observed that more percentage of Working housewives was suffering from anemia, constipation, rashes, and peptic ulcer as compare to non working housewives. It was found that more percentage of non working housewives were hygienic is proper maintain from washing of hands after toilet and washing of cooking utensils compare to working housewives.

**Keywords:** Working Women, Non Working Women, Health, Comparison, Body mass index, Waist-hip ratio, Disease, and Hygienic condition.



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**Plate 1: Different activities during survey of Non working housewives of Patashpur-II Block area**





Plate 2: Different activities during survey of Working housewives of Patashpur-II Block area