

## Comparative Study of Nutritional Status and Life Satisfaction Among Working and Non-Working Mother of Bhopal City

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### Abstract:

The purposes of this study were to study the health and nutritional status of the working and non-working mother in Bhopal city. The study also aimed to find out level of life satisfaction among working and non-working mother. A total of 50 working mother and 50 non-working mother in between the age of 25 to 40 years were selected randomly and comparison was done between these two groups. Height, Body weight and body mass index (BMI) were taken as variables for measurement of health and nutritional status of the respondents. Life satisfaction scale was used to assess the life satisfaction level among non-working and working mothers. Result shows that non-working mother group were superior in weight and BMI than working mother. There is no significant difference on life satisfaction level among non-working and working mothers though the mean scores of life satisfaction of non-working mothers is lower than working mothers.

**Key Words:** nutrition, health, life satisfaction, working mother, non-working mother

### Introduction:

Women are playing multiple roles which can affect their health as they are care-giver and family structure now-a-days are changing towards more nuclear type. Employment status of women directly related to their health status. Health status of women is an important implication for her children's health. Many women do not get enough time for self-care and for children as well instead of having more financial freedom than non-working women due to ignorance, pressure of work or activity both at home and at work place, coupled with lack of time [Monga S et al., 2008].

Mothers may be working in an office from 9 to 5 or whatever may be, but after finishing their job in office does not mean their work finished at the office. After working in office whole day, a mother will come home have to do household work and have to take care of her children, husband, and house. Women are always remaining the caretaker and housekeeper of a family, and are also women are primary caregiver for the elderly.

Working women often have household responsibilities and take of their children. This in turn, affects her health and she may show symptoms of anxiety and have decreased life satisfaction level. However, working women are self-confident, independent, liberal and ambitious. They are able to contribute to family's income and have their own savings, give their children the required independence as well as proper guidance in day-to-day life. Non- 18 working women, on the other hand, can handle her home well as she has enough time for herself as well as her home. She is required to manage her household work and provide quality time for her children and husband. She is also available most of the time to guide her children in their home-work, cook food in time, and do the laundry. The drawback is that they have to depend upon their husband for the income and expenditure.

Life satisfaction is one of the oldest and most investigated issues in the study of women and mother. Life satisfaction of working and non-working mother depends upon many factors. In any individual, life satisfaction is the result of an advantage situation. These situations are created by marital adjustment, environmental conditions, socio-economic status, job satisfaction, such as place of posting, nature of work, salary etc. Anxiety, guilt proneness, ego weakness frustration, suspiciousness equally influences adversely the life satisfaction of an individual.

Studies have shown that people who are satisfied with their lives are positive about other aspects of their lives such as their health. So, it is important to examine the factors related with life satisfaction. Life satisfaction is determined by various factors and domains. It depends upon various factors such as religion, health, age, personality, education level, marital status, employment status, socio-economic status, income, etc.

Therefore, present study was undertaken to assess nutritional status and level of life satisfaction of working and non-working mother of Bhopal city.

### Objectives:

O1: To assess the nutritional status of working and non-working women.

O2: To compare the life satisfaction level between non-working and working mothers.

### Hypotheses:

Based upon the objectives and related literatures, the following hypotheses were formulated:

H1: Nutritional status of non-working mothers is better than working mothers.

H2: Life satisfaction level would be low among working mothers than the non-working mothers.

### METHODOLOGY:

#### Sampling Design

**Sample:** In the present research, sample was drawn from the population of Bhopal city government service working and non-working mothers (i.e., graduate employees and graduate housewives respectively) from urban areas by using purposive sampling technique

**Sample Size:** The total sample size taken for the study was one hundred (100) out of which 50 samples constituted of working mothers and 50 constituted of non-working mothers.

#### Tool Used:

##### 1. The anthropometric measurements:

Height of the respondents was measured while the subject was standing without foot wear, to the nearest 0.1 cm, using a portable Anthropometry rod. Weight was measured with the subject standing and wearing light clothes using a portable electronic weight machine. The formula for Body Mass Index (BMI) prescribed by WHO,  $\text{weight (kg) / height (m}^2\text{)}$  was used to calculate Body Mass Index (BMI) and international cut-off for BMI was used for classification of subjects as malnourished/ malnutrition (BMI below 18.0 kg/m<sup>2</sup>), normal 18 < BMI < 25 kg/m<sup>2</sup>, over weight (25 < BMI < 30 kg/m<sup>2</sup>) and obesity BMI > 30 kg/m<sup>2</sup>) (Priyadarshini, 2015)

## 2. Life Satisfaction Scale (Singh & Joseph, 1971):

Developed by Dr. Singh and Dr. Joseph, life satisfaction scale is a tool which intends to measure the life satisfaction which includes the all-round activities of the employees. It may be conveniently administered to the employees of every level operating in context of industries or other non-production organizations. The test-retest reliability computed after a lapse of 8 weeks turned out to be 0.91. The coefficient of correlation was found to be 0.83. This scale was constructed based on following dimensions: a) Taking pleasure in everyday activities, 73 b) Considering life meaningful, c) Holding appositve self-image, d) Having a happy and optimistic outlook, e) Feeling success in achieving goals. The scale contains of total 35 items which are to be rated on the five-point scale- Always, Often, Sometimes, Seldom and Never and which are respectively scored as 5, 4, 3, 2 and 1. The higher the score on the life satisfaction scale, the higher will be level of the life satisfaction. The items were prepared in both English and Hindi languages.

## RESULTS AND DISCUSSION:

**Table 1a:** Showing mean height, mean weight and mean BMI of working Mother

Age group	Number	Mean Height(cm)	Mean Weight(kg)	Mean BMI
25-30	10	152.458	52.25	22.5
30-35	20	152.72	53.75	23
35-40	20	152.839	55.348	23.7
Mean	50	152.672	53.782	23.06

**Table 1b:** Showing mean height, mean weight and mean BMI of non-working Mother

Age group	Number	Mean Height(cm)	Mean Weight(kg)	Mean BMI
25-30	8	152.038	52.625	22.8

30-35	22	152.705	54.273	23.3
35-40	20	152.8	57.560	24.7
Mean	50	152.514	54.82	23.6

From table 1a the mean height of the working women was found to be 152.67 cm and that of non-working women was 152.51 cm from table 1b. among the working women standard variation was more in 35-40 years of age group and among non-working women, it was maximum in 25-30 years age group, thus maximum variation in height was in these age group. It was observed that with increase in the age group the height of the respondents was also found to be increasing. Table 2B shows the mean weight of the working and non-working women respondents as 53.782 kg and 54.82 kg, respectively. The more variation in weight was found in age group of 25 -30 years in both the categories. It was observed that with increase in the age group the weight of the respondents was also found to be increasing. Above tables reveals the mean BMI of the respondents. Mean BMI for working women was found to be 23.06 and for non-working women 23.6. In working women group more variation was observed in 25 – 30 years age group whereas among the non-working respondents.

**Table 2** -Showing the Mean, SD and t-value of Life Satisfaction of Working and Non-Working Mothers (N = 100):

Category	N	Mean	SD	T	P value
Working Mothers	50	51.87	18.79	5.52	0.01
Non-Working Mothers	50	39.49	12.39		

The result from table 2, show that there is significant difference between working and non-working mothers for life satisfaction. The working mothers received higher mean score 51.87 as compared to the non-working mothers 39.49. The standard deviation score of working mothers received

18.79 and the non-working mother received 12.39. The working mothers were found to be highly satisfied with their life as compared to non-working mothers. It seems that, the working mothers have positive attitude towards life and try to develop healthy patterns of adjustment and capacity to deal with different and tough situations throughout their lives. The working mothers are also aware of their right of autonomy and decision-making that strengthen their behavior and empower their satisfaction towards life. Moreover, the working mothers often seem to be emotionally sound, patient, cooperative, and deal with stressors appropriately than that of the non-working mothers.

### Conclusion:

In today's world, there is a need for women to enter the workplace due to various reasons; financial needs, self-satisfaction, etc. However, in this study, it was seen that the mean BMI of working and non-working mothers are approximately same. Healthy women can fulfil the multiple roles of having healthy children, income generation, ensuring the nutrition of family members etc. Sound knowledge about good nutrition, balanced diet can affect the health and nutritional status of the whole family. Most of the time the women who take care the health and nutrition of the family ignores own, so awareness generation is needed to promote healthy and sound food habits among the women.

The mean score on life satisfaction of working mothers was found to be higher than the non-working mothers. Significant difference was observed on life satisfaction among working and non-working mothers. The working mothers were found to be highly satisfied with their life as compared to non-working mothers. It seems that, in Bhopal's socio-cultural context, the working mothers have positive attitude towards life and try to develop healthy patterns of adjustment and capacity to deal with different and tough situations throughout their lives. This finding is strongly supported by a study of Kaur et al. (2012) who concluded in their study that females those who are working and married, are low on anxiety with higher life satisfaction. They perceived their life as challenging and secure. They felt comfortable with their life situations. Therefore, from the

above result, the hypothesis 2 which states that “Life satisfaction would be high among non-working mothers” is not accepted.

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