

WOMEN AT WORK AND HEALTH PROBLEM

PATEL JAGRUTI K.

Asst. Prof., Department of A.S.H., SNPIT & RC, UmraKh, Gujarat, India

Abstract: In 21st century the role of man and women is equivalent. In developing country like India perhaps role of women is more hectic. Women in India have to balance between family and job due to which women may undergo mental stress, Insomnia, Obesity, Polycystic Ovarian Disease (PCOD), Hypothyroidism Musculoskeletal Issues etc. This paper includes the survey of health issues done by Dr. Chhavi Mehra, ASSOCHAM, and other cases. In compare to previous century women are facing more infertility issue, which indirectly affect their social life too. Moreover some working women face problem of deficiency of vitamin B12, B3, iron deficiency etc. The worst part is that a majority of them do not get to visit the doctor. The reasons vary from a busy schedule to many more.

Keywords: Disease, Health problem, Multi tasking affecting women's health, vitamin deficiency, working women

I. INTRODUCTION

The role of women is something that varies appreciably all over the world today. However, we can generally say that women's roles have been changed from what they were doing in the past. This is very true in every developed country. In the far distant past, women's role was just to manage family and to take care of children. As part of that caring, women have usually been busy in food preparation, as well as other work like collecting water, collect fuel for cooking, and making of objects needed by the family such as earthenware and clothing. As tools and technology has evolved, the assumed role of the woman as the caregiver has ceased to be the only acceptable role in some parts of the world and in some cultures, although it persists in other areas. This generation have many more exceptions in today's world.

However, more than ever, as being educated they are allocating medicine, politics and news reporting, and other so many career oriented options are open to women. Things have changed a great deal over the last three hundred years—even since women won the right to vote near the beginning of the 20th century, and they have equal career opportunity in the middle of the 20th century. But they have many health problems at their working place.

II. TOP 5 HEALTH ISSUES OF WORKING WOMEN BY DR. CHHAVI MEHRA

In 16 years of her practice as a physician, she has seen the age group in the waiting room getting younger and younger. In the 1990s we had more people visiting the doctor's office above the age of 50 and now it is more populated with under 40- year-olds! She has analyzed the most common reasons she sees working women in this age bracket and the

answers are revealing. The top 5 health issues that women have because of job are: insomnia, obesity, back and neck pain, chronic fatigue, hypothyroidism and Polycystic Ovarian Disease (PCOD).

Most of these problems are because of poor eating & poor sleeping schedules, stress of complete their job work and stress to manage home and jobs. Let's take a quick look at these problems.

- A. **Insomnia:** It is becoming the number one cause for a variety of health conditions including blood pressure. They have to do late nights work, to work in shifts, to have computers related works or taking calls has become a norm in our work culture.
- B. **Obesity:** Easy access to and availability of fast or ready- to- eat food has increased the problem of obesity around the world. Because of obesity they have to face PCOD, diabetes, depression and knee problems among others. They have large gaps between meals, eating less food, eating balanced meals, fruits and raw vegetables and so they will loss their weight. If we look at our daily diets we will find infrequent large meals with a high content of simple carbohydrates (white rice, maida, potato, white bread).
- C. **Polycystic Ovarian Disease (PCOD):** PCOD is also called PCOS and it's a syndrome that arises because of hormonal imbalance. It can affect on women's fertility and it requires surgical intervention. Young women usually present with irregular menstrual patterns are found. More and more cases of PCOD in younger women are coming to light today. PCOD presents as a combination of excess androgen (male hormone), menstrual irregularities and what is called the Metabolic Syndrome (central obesity and insulin resistance)
- D. **Hypothyroidism Musculoskeletal Issues:** There is almost an epidemic of this condition around the world! It occurs when the thyroid produces a low level of the thyroid hormones which are chiefly responsible for metabolism. A deficiency in iodine can trigger this condition but the medical fraternity have no explain why we are seeing an increased frequency of hypothyroidism despite the fact that iodization of salt is now prevalent everywhere. Hypothyroidism is difficult to spot till the symptoms are aggravated: these include fatigue, depression, modest weight gain, cold intolerance, excessive sleepiness, dry and coarse hair and constipation. However, it is possible to cure hypothyroidism.
- E. **Musculoskeletal Issues:** Like chronic lower back pain, neck pain along with chronic fatigue is being seen due to women taking so many tasks with no realistic ideas about what their bodies are capable of. They are daughters (responsible for aging parents), wives, mothers, corporate heads, friends, and homemakers. They work from morning to late night, eat poorly, and for any job they fall short of, they do not forgive themselves!

III. SURVEY BY ASSOCHAM

Multi-tasking seriously affecting corporate women's health: To make a sense of balance between workplace and home has always been a challenge for working women. This survey finds that this daily "multi-tasking" is badly affecting on their health. The most awful part is that most of the women are getting affected in the age group of 32 to 58. The survey titled 'Multi-tasking seriously affecting corporate women's health' was conducted by the Associated Chamber of Commerce and Industry to mark International Women's Day on March 8. It was held in Ahmadabad, Bangalore, Chennai, Delhi, Hyderabad, Jaipur, Kolkata,

Lucknow, Mumbai and Pune. From 120 companies across 11 broad sectors, 75% of total sample size of 2800 corporate women employees had one or the other health problem. 78% of the sample size suffered because of their lifestyle, chronic and acute ailments. These included obesity, depression, chronic backache, diabetes, hypertension, high cholesterol, and heart and kidney diseases. About 42% of sample size was found to be suffering from lifestyle diseases such as backache, obesity, depression, diabetes, hyper-tension and heart ailments. In an environment of economic slowdown and low employment generation, they have fear to lose their job and this also affect on their body. The main reason is that they do not go to their doctor. The reasons vary from a busy schedule, to staying in denial mode, and some of them take to home remedies.

OTHER CASES

1. At some working places women directly or indirectly get the exposure to chemical products at work. Some commonly uses substance can either affect fertility or can easily cross the placenta and affect the foetus directly and some cause miscarriages or malformations.
2. In majority of working women it has common been like a trend that they come across vitamin deficiency, iron deficiency etc. Due to which women not only get physically fatigue but also mentally disturbed. It may lead to some social issue.
3. In some metro city those women who put on high hills get issue of backache. In some cases most of the working women have complaint of headache. This sort of problem may not allow women to take decision and execute it effectively.
4. Depression is also one of the most common of all psychiatric disorders. Women disproportionately experience a number of risk factors for common mental disorders, including: Gender-based violence, socioeconomic disadvantage, Low income/income inequality, Low or subordinate social status and rank.

CONCLUSION:

- Most of women are getting affected in age group of 32 to 58.
- Main reason for women' health issue is that they are not able to visit their doctor.
- Top 5 health issue of working women are insomnia, obesity, back and neck pain, chronic fatigue, hypothyroidism and Polycystic Ovarian Disease (PCOD).
- In 21st century, the major problem is infertility for working women.

REFERENCE:

- [01] <http://www.thehindu.com/news/national/karnataka/75-pc-of-working-women-have-health-problems-survey/article5764912.ece>
- [02] <http://www.enotes.com/homework-help/describe-roles-women-past-present-402657>
- [03] http://zeenews.india.com/news/health/health-news/three-out-of-four-working-women-in-india-have-health-problems-study_27053.html
- [04] Paper on Mental health and substance abuse problems among women on welfare by the Women's Programs Office American Psychological Association, Washington DC
- [05] Women's health issue paper – 2009 by Annelle Primm,(MD), MPH Deborah C. Cohen (MBA), Astra P. Brantley (Psy.D.), Alison Bondurant(MA)