

WOMEN AT WORK AND HEALTH ISSUES

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*Abstract: With a specific end goal to comprehend the wellbeing issues among ladies we did a study on the theme of **WOMEN AT WORK AND HEALTH ISSUES** Bardoli area. It overviewed 110 working ladies of Bardoli area and attempted to perceive the physical and psychological wellbeing and issues which confronted ladies like cerebral pain, stomach issue, dissatisfaction, restlessness, BP, Irritation, a sleeping disorder, gloom, weakness, negative considerations and so forth among this ladies for better reaction minding out these studies, the information was gathered through an organized poll concentrating on different element of physical and emotional well-being issues listed above, the gathered information have been look at by utilizing recurrence investigation, chi-square test, t-test, element examination and closure have been drawn. **Keywords: Mental Health, Physical Health, Women & Work***

INTRODUCTION

A lady who lives up to expectations for pay or a lady who gains compensation or other pay through customary vocation, outside the home. Wellbeing issues can be a two sorts:- 1. Physical wellbeing is discriminating for general prosperity and is the most noticeable of the different measurements of wellbeing; the absolute most clear and genuine signs are cerebral pain, stomach issue, disappointment, restlessness, diabetes, circulatory strain, heart issue, and so forth 2. Psychological well-being is a man's state with respect to their mental and passionate prosperity, the absolute most clear and genuine signs are irritation, sleep deprivation, gloom, weariness, negative musings and so forth.

LITERATURE REVIEW

The study of *Mr. G. Shiva Assistant Professor Department of Commerce Rathinam College of Arts and Science Coimbatore Tamilnadu INDIA ((Nov. - Dec. 2013) "A Study on Work Family Balance and Challenges Faced By Working Women"* the discovering demonstrates that long haul contact of specialists to incredible work hours and abnormal amounts of work-to-family meddling raise their danger of mental and physical wellbeing inconveniences. In addition, it is clear from the exploration that answers for these potential issues must identify with workload and occupation requests, worker decision and versatility in work hours and arranging, authoritative societies, and the practices' of chiefs at all levels. From this exploration it is understood that ladies confronted a few difficulties to adjust work and family life. Both private and open area needs to reframe the rules with a specific end goal to adjust family and life.

Objectives of the Study

- To study about health issues faced by working women
- To know psychological aspects of working women
- To suggest action steps for overcoming the health issues

METHODOLOGY

The study is a deliberate one, in view of gathering of insights from both essential and auxiliary sources. Essential information was gathered from an all around organized survey, auxiliary information was acquire from different books, diaries, and so on a specimen size of 110 respondents was considered for the present study, the information accumulation was finished by accommodation inspecting strategy, we have utilized recurrence examination, t-test, cross tab & chi square test and element investigation.

Data Analysis

Chi-Square Test (Association between of Respondent's Age and Health)

H₀: There is no significant association between two variables.

H₁: There is significant association between two variables.

Case Processing Summary

	Cases					
	Valid		Missing		Total	
	N	Percent	N	Percent	N	Percent
Age * Health	110	100.0%	0	0.0%	110	100.0%

Age * Health Cross tabulation

	Health			Total
	Yes	No	Don't know	
Age 20-30	41	11	3	55
Age 31-40	33	5	1	39
Age 41-50	10	4	1	15
Age >51	1	0	0	1
Total	85	20	5	110

Chi-Square Tests

	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	2.733 ^a	6	.841
Likelihood Ratio	2.990	6	.810
Linear-by-Linear Association	.023	1	.880
N of Valid Cases	110		

From the above table, we find that there is no significant association between Age and health.

One sample t- test (Comparison between Calculated Mean and Hypothesized Mean)

H₀: There is no significant difference between calculated mean (2.92) and hypothesized mean (3). In other words, we hypothesize that the respondents are good at health them.

H₁: There is significant difference between calculated mean (2.92) and hypothesized mean (3). In other words, we hypothesize that the respondents are not good at health them.

One-Sample Statistics

	N	Mean	Std. Deviation	Std. Error Mean
Health Measurement	110	2.92	.890	.085

One-Sample Test

	Test Value = 3					
	t	df	Sig. (2-tailed)	Mean Difference	95% Confidence Interval of the Difference	
					Lower	Upper
Health Measurement	-.965	109	.337	-.082	-.25	.09

Here the test is performed at 95% significance level and the t-value comes out as 0.337, which is larger than 0.05, it means that the null hypothesis H₀ is accepted and the alternative hypothesis H₁ is rejected.

Factor Analysis (Use to reduce no of variables)

KMO and Bartlett's Test

Kaiser-Meyer-Olkin Measure of Sampling Adequacy		.546
Bartlett's Test of Sphericity	Approx. Chi-Square	19.103
	Df	21
	Sig.	.000

Rotated Component Matrix^a

	Component		
	1	2	3
Time	.082	.483	-.539
Junk food	-.133	.711	-.212
Lack of family support	.653	.005	.296
Surrounding environment	-.017	.064	.782
Depression	-.580	.055	.224
Over work burden	.700	.012	-.050
Workplace environment	-.061	-.721	-.239

Component Transformation Matrix

Component	1	2	3
1	-.277	.787	-.552
2	.961	.209	-.184
3	.029	.581	.813

Above table contains the rotated feature loadings (factor pattern matrix), which represent both how the variables are weighted for each factor but also the correlation between the variables and the factor. This makes the output easier to read by removing the clutter of low correlations that are probably not meaningful anyway.

Findings

- 28.18% of ladies visit general doctor over a year.
- 60.5% of working ladies under the age gathering of 20-30 years.
- 36.3% of ladies month to month earnings are between 10000 - 20000.
- 70% of working women are married.
- 42% of working women faced headache as health issue.
- Majority responsible components for wellbeing issued confronted by working ladies are time, garbage nourishment, absence of family keep up, close-by environment, over work weight and work place environment.
- 84% of working women are not psychologically troubled.
- 69% of women say that sometime damaging mental state affect their work/family/other relations.
- Majority of women get better their health by walking in fresh air, healthy eating, exercise, yoga.

CONCLUSION

From the review's consequence we reason that majority of ladies consider themselves to be strong. Dominant part of working ladies confronted migraine as wellbeing issue. Dependable variables for wellbeing issued confronted by working ladies are time, garbage sustenance, absence of family bolster, encompassing environment, over work weight and work place environment. Ladies' want to do yoga, go for walks in fresh air, and follow a good diet to annihilate the above wellbeing issues.

SUGGESTIONS

From the exploration study we recommend that association ought to conduct some workshop, courses and working so as to prepare to overcome different wellbeing issues which confronted ladies.

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