



Nutritional Knowledge Of Women Working In Corporate And Non-Corporate Sectors Living In Urban And Semi-Urban Areas In Gurgaon District

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Abstract

Nutritional knowledge plays a very important role in determining the appropriate diet for human beings. So the present study is an assessment of the nutritional knowledge of women. A sample of 300 subjects was selected from semi-urban and urban areas of Gurgaon District. Thus, 150 urban and 150 semi-urban elements, each having an equal number of working women in the corporate and non-corporate sectors, formed the sample of the study. A self-prepared interview schedule was used for collecting the information regarding nutritional knowledge of selected women. Those women who were above thirty-five years of age and were working in the corporate sector had higher nutrition knowledge than women working in the non-corporate sector ($t=2.80$). Women whose educational status was above post-graduation and working in the corporate sector had higher nutrition knowledge than women working in the non-corporate sector ($t = 2.18$). Women who had a monthly income of less than Rs 50 thousand and were working in the corporate sector had more nutritional knowledge than women of the same group working in the non-corporate sector ($t = 3.18$). Those women living in joint families and those working in the corporate sector had significantly more nutritional knowledge than women working in the non-corporate sector ($t = 2.12$). Those women living in the semi-urban area and working in the corporate sector had better knowledge regarding nutrition in comparison to women working in the non-corporate sectors ($z = 2.28$, $p<0.05$). Again, those women living in urban areas and working in corporate sectors had higher nutrition knowledge than their counterparts. This difference was also found to be significant ($z = 5.23$, $p<0.01$). The conclusion of the study was that women working in the corporate sector had more nutritional knowledge than women working in non-corporate sectors ($z = 3.92$, $p<0.01$). The result of the study emphasizes the importance of motivating women regarding nutritional knowledge when working in the non-corporate sector and living in semi-urban as well as urban areas. This would be instrumental in improving the health and nutritional status of their families.

Keywords: Gurgaon District, Nutritional knowledge, Semi-urban area, Urban area, Working women

INTRODUCTION

Women have always helped men and society to achieve well-rounded development and progress, significantly both in domestic and social life. Again, in the occupational and professional domains, women have an ever-increasing participation in almost all fields of the broad economic sectors of business and commerce, professions, industries, and services, at levels varying from lower to higher hierarchies (Choudhury, S.R.D., 2020).

Today, in the corporate and non-corporate worlds, women are competing on par with their male counterparts (Tamizharasi, D. & Bhojanna, U., 2020). Nutrition is one of the major determinants of life. The major nutritional issue concerning our country is the consumption of low quantities and quality of nutrients, thus leading to nutritional health disorders, according to ICMR, Dietary Guidelines, (1998). The major nutritional issues that are of concern in our country are low quantity and quality consumption of nutrients, leading to nutrition-related health disorders. Women play an important role not only in the home but also in society. They are integral to any sector's role and their contribution to society as wives, mothers, income earners, household managers, and community members is very important. (Jain, H. & Singh, N., 2022). Women's health is of utmost importance as it reflects the health of their families. The health level and nutritional knowledge of women affect the whole family (Gopalan, C., 2021) and (Julasaria, P. & Mallick, S., 2020). Nutritional knowledge plays a very important role for all working women in leading a healthy family life. So the present study is a step towards the identification of nutritional knowledge among working women in the corporate and non-corporate sectors. The present study can be helpful in improving the nutritional knowledge of women.

OBJECTIVE OF THE STUDY

To study the nutritional knowledge of women working in the corporate and non-corporate sectors

Sample and its selection:

The study was conducted on three hundred women in Gurgaon District. The sample was selected by a multistage random sampling technique. Out of the selected three hundred women, 150 women were from semi-urban areas, and 150 women were from urban areas. There was an equal representation of working women in the corporate sector and non-corporate sector in both semi-urban and urban areas. The selected women were in the age range of 25 to 45 years.

Tool used for data collection:

A self-made interview schedule was used in the form of a schedule to assess the nutritional knowledge of women working in the corporate and non-corporate sectors. The tool had twenty-five items that were prepared to assess the nutritional knowledge of subjects. The correct answer that revealed awareness was scored as one mark, while the answer that indicated unawareness was scored as zero. A subject could score a minimum score of 0 and a maximum score of 25. The reliability of the tool was 86% and its validity was 92%.

RESULT AND DISCUSSION

Table 1- Differential nutritional knowledge of women working in the corporate and non-corporate sectors according to their age, educational status, monthly income and family pattern

		Women working in-	No	Mean	SD	t	P
Age	Below-35	Corporate Sectors	106	14.27	4.53	0.65	>0.05
		Non-corporate Sectors	69	13.84	4.12		
	Above -35	Corporate Sectors	44	15.25	4.86	2.80	<0.01
		Non-corporate Sectors	81	12.90	3.66		
Educational Status	Below postgraduate	Corporate Sectors	95	16.67	4.20	0.62	>0.05
		Non-corporate Sectors	78	17.03	3.24		
	Above postgraduate	Corporate Sectors	55	15.11	3.67	2.18	<0.05
		Non-corporate Sector	72	13.60	4.11		
Income per month	Below Rs fifty thousand	Corporate Sectors	142	14.51	3.43	3.18	<0.01
		Non-corporate Sectors	107	13.17	3.17		
	Above Rs fifty thousand	Corporate Sectors	8	17.25	3.65	0.54	>0.05
		Non-corporate Sectors	43	18.00	3.46		
Family pattern	Joint	Corporate Sectors	48	16.08	4.31	2.12	<0.05
		Non-corporate Sectors	70	14.36	4.42		
	Nuclear	Corporate Sectors	102	18.05	3.53	0.41	>0.05
		Non-corporate Sectors	80	17.84	3.35		

Table 1- shows the difference in nutritional knowledge of the women working in corporate and non-corporate sectors.

It is clear from the table that the nutritional knowledge of women below 35 years of age and working in corporate sectors (14.27) was almost the same as that of women working in non-corporate sectors (13.84). This is also evident from the insignificant t value.

However, women above 35 years of age and working in the corporate sector (15.25) scored higher than their counterparts (12.90) on nutrition knowledge. This difference is significant, as the obtained t-value of 2.80 is significant at the 0.01 level.

Similarly, the result demonstrated by Salwathura, A. and Ahmed, F. in 2023, that after marriage, the nutritional knowledge of working women was better as compared to before marriage.

The present study found that women who had an educational status below postgraduate and were working in the corporate sector had similar nutrition knowledge to women working in the non-corporate sector ($t = 0.62$).

However, those women who had educational status above postgraduate and were working in the corporate sector had more nutrition knowledge than women working in the non-corporate sector ($t = 2.18$).

Women who had a monthly income of less than Rs 50 thousand and were working in the corporate sector had more nutritional knowledge than women of the same group working in the non-corporate sector ($t = 3.18$).

However, women who had a monthly income above Rs 50 thousand and were working in the corporate sector had similar nutritional knowledge as women working in the non-corporate sector of the same group ($t = 0.54$). Yelne, S. (2019), focused on the fact that nutritional practices and nutritional knowledge have a significant positive relationship with educational level and family income.

Those women living in joint families and those working in the corporate sector had significantly more nutritional knowledge than women working in the non-corporate sector ($t = 2.12$).

Those women working in the corporate sector and living in the nuclear family had similar nutritional knowledge to women working in the non-corporate sector in the same group ($t = 0.41$). The reasons can be attributed to the fact that perhaps the women are too casual about health-related issues and do not bother about family nutrition.

Table 2- Mean scores on nutritional knowledge of women working in corporate and non-corporate sectors

	Women working in -	Nutritional knowledge		Statistical values	
		Mean	SD	Z	p
Semi-Urban	Corporate sectors (N = 75)	16.93	3.43	2.28	<0.05
	Non- corporate sectors(N = 75)	15.72	3.05		
Urban	Corporate sectors(N = 75)	18.83	3.45	5.23	<0.01
	Non- corporate sectors(N = 75)	16.96	3.26		
Total	Corporate sectors (N = 150)	17.88	3.57	3.92	<0.01
	Non-corporate sectors(N= 150)	16.34	3.22		

The above table shows the mean scores on nutritional knowledge of women working in corporate and non-corporate sectors in the semi-urban and urban areas of Gurgaon District.

Those women living in the semi-urban area and working in the corporate sector had better knowledge regarding nutrition in comparison to women working in the non-corporate sectors ($z = 2.28$, $p < 0.05$). In this direction, Upadhyay et al. stated that in 2021, Videos and films can be effective in increasing the nutritional knowledge of women. The use of mass media programs of longer duration should be encouraged to combat the nutritional problems of all communities.

Again, those women living in urban areas and working in corporate sectors had higher nutrition knowledge than their counterparts. This difference was also found to be significant ($z = 5.23$, $p < 0.01$).

The conclusion of the study was that women working in the corporate sector had more nutritional knowledge than women working in non-corporate sectors ($z = 3.92$, $p < 0.01$). Similarly Das, S. & Mishra, S.A.(2023) and Rachappa et al. (2020) stated that those women were professionals in the IT sector and she spent a lot of time on their professional work. but she had good knowledge of nutrition.

The result of the study emphasizes the importance of motivating women regarding nutritional knowledge when working in the non-corporate sector and living in semi-urban as well as urban areas. This would be instrumental in improving the health and nutritional status of their families.

CONCLUSION -

In the present study, the results indicate that nutrition knowledge was found to be higher among women working in the corporate sector as compared to women working in non-corporate sectors. The effect of age, educational status, monthly income and family pattern was not uniform on the nutritional knowledge of working women in corporate and non-corporate sectors.

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