

RESEARCH ARTICLE :

Impact of counseling on awareness and adoption level of rural women regarding drudgery reducing techniques

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SUMMARY : Women always involve themselves in multifarious activities and spend most of their time in performing home related activities under stressful work conditions and changes postures on own ways such as bending, standing, squatting, sitting without knowing the health hazards of those. So the present study was undertaken to assess the adoption of correct techniques before and after intervention of drudgery reducing techniques. It was found that only 10 per cent respondents were having knowledge of keeping back in erect position and 40 per cent rural women had knowledge of using smaller movements of hands. After counseling, cent per cent respondents had acquired knowledge of storing of objects at proper heights. Twenty-six per cent respondents had lack of interest in taking advantage of gravity.

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KEY WORDS:

Drudgery,

Counseling, Adoption

BACKGROUND AND OBJECTIVES

Woman of modern times is involved in multifarious activities. She spends most of her time (15-16 times) in performing home related activities under stressful work conditions. She does heavy household work like washing clothes, ironing, and washing floor etc. resulting heavy energy load of household work which is comparable with moderately hard occupation outside the home. Along with higher energy consumption, there is a lot of mental stress on her for achieving the acceptable standards of work. So she perform household activities according to her own convenient ways such as bending, standing,

squatting, sitting without knowing the health hazards of those. Unawareness of home makes for the improved methods of work, resistance of home makes to adopt the improved methods of work and functional constraints to bring improvement are some of the reasons, the women do not feel comfortable during work (Oberoi, 1998) resulting physical drudgery, work related hazards and low work efficiency devoid of advance tools and technology (Gandhi *et al.*, 2012). Worker attitude and knowledge need to be brought by introducing drudgery reducing techniques. The present study was planned to assess the adoption of correct techniques

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before and after intervention of drudgery reducing techniques.

RESOURCES AND METHODS

A sample of 50 home makers most actively performing household work in the age group of 25-45 years were selected from five different villages of Mahilpur Block of Hoshiarpur district. A structured schedule was administered to test knowledge and adoption of drudgery reducing techniques before counseling. The subjects were imparted counseling on important drudgery reducing techniques through lectures and participatory demonstrations in five sessions on different days. After counseling, change in knowledge and adoption of correct techniques during performance of household activities were observed and reasons for non-adoption of techniques were also assessed. The data was analyzed and tabulated in terms of percentages.

OBSERVATIONS AND ANALYSIS

The socio-economic characteristics of the rural women were prepared in Table 1. The majority of respondents belonged to middle age group (72.0 %) followed by young age (28.0 %). It was also revealed that majority (58.0 %) were matriculate followed by educated upto senior secondary (10.0 %), primary (12.0 %) and only (6.0 %) were graduate in the study area. Agriculture was the main occupation of the respondents (76.0 %) followed by 12 per cent in both service and business professions. Regarding income of rural families, it was found that majority (44.0 %) of respondents were from middle income group followed by high income group.

Knowledge of correct techniques :

The data presented in Fig. 1 indicated knowledge range of respondents during pre-counseling and post counseling. In pre-counseling test, the knowledge range

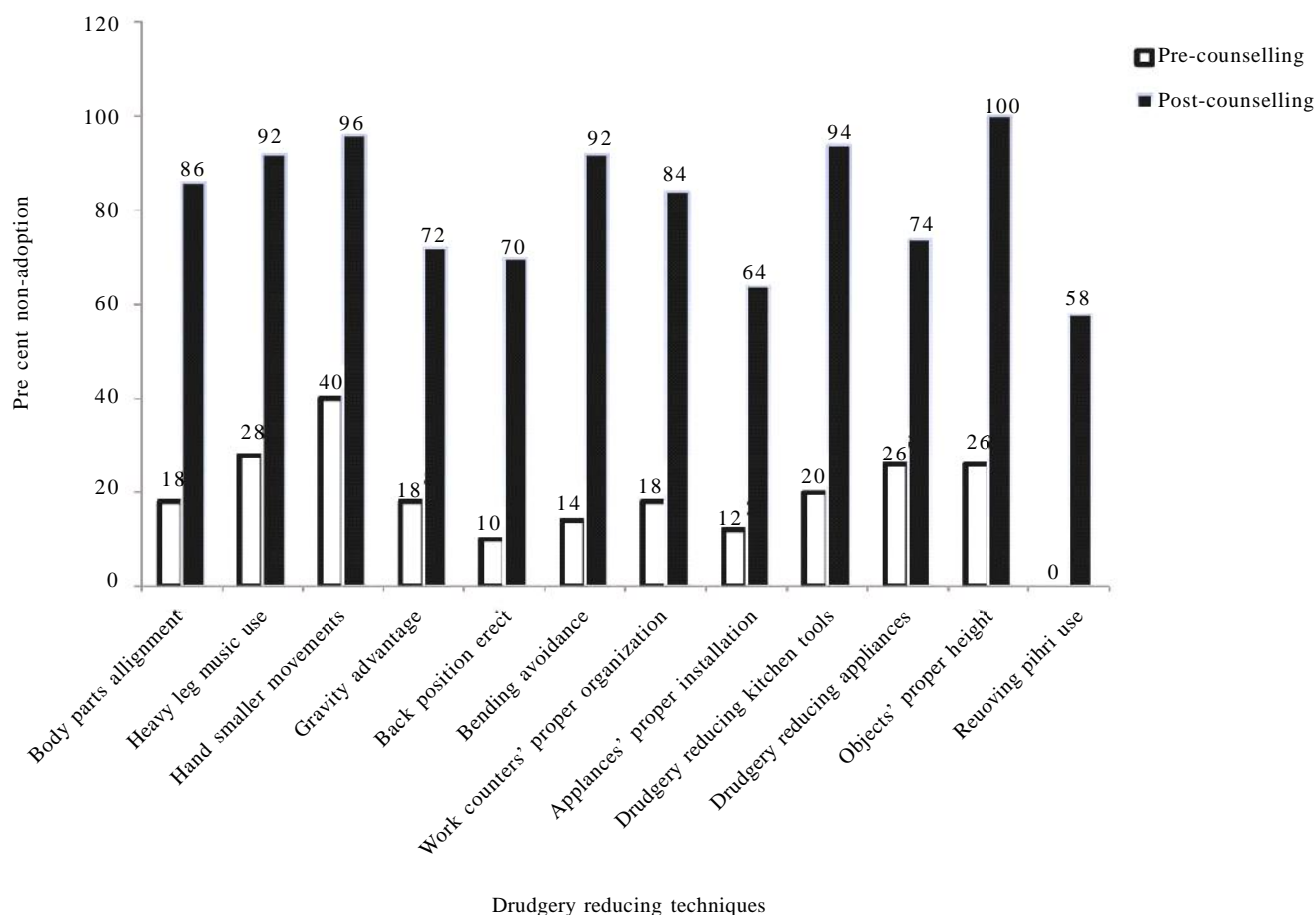


Fig. 1 : Per cent distribution of respondents according to knowledge of correct techniques

Table 1 : Socio-economic profile of rural women

| Particulars | Frequency | Per cent |
|------------------------|-----------|----------|
| Age (Years) | | |
| 25-35 | 14 | 28.0 |
| 35-45 | 36 | 72.0 |
| Education | | |
| Primary | 6 | 12.0 |
| Matriculate | 29 | 58.0 |
| Senior Secondary | 10 | 20.0 |
| Graduate | 3 | 6.0 |
| Post-graduate | 2 | 4.0 |
| Occupation | | |
| | | 76.0 |
| Agriculture | 38 | |
| Service | 6 | 12.0 |
| Business | 6 | 12.0 |
| Annual income | | |
| Low (\leq 1 lac) | 5 | 10.0 |
| Medium (1-2.5 lac) | 27 | 54.0 |
| High (\geq 2.5 lac) | 18 | 36.0 |

of different participants was 10.0 per cent regarding keeping back in erect position while working on kitchen counters to 40.0 per cent in substituting final back muscles with heavy leg muscles. Not even single respondent had knowledge of drudgery reducing tool that is revolving *Pihri*. Only 26 per cent respondents had knowledge of using drudgery reducing appliances in home and storing objects on proper heights. After counseling rural women regarding drudgery reducing techniques, it was observed that cent per cent rural women had acquired knowledge of storing objects on proper heights to avoid drudgery during course of work and 94 per cent respondents also updated their knowledge regarding use of drudgery reducing kitchen tools. Aggarwal (2003) too reported quantum of improvement in respect to knowledge and adoption of several practices during nutrition counseling sessions. It was further noticed that knowledge of rural women regarding drudgery reducing techniques during pre counseling was not much satisfactory from almost

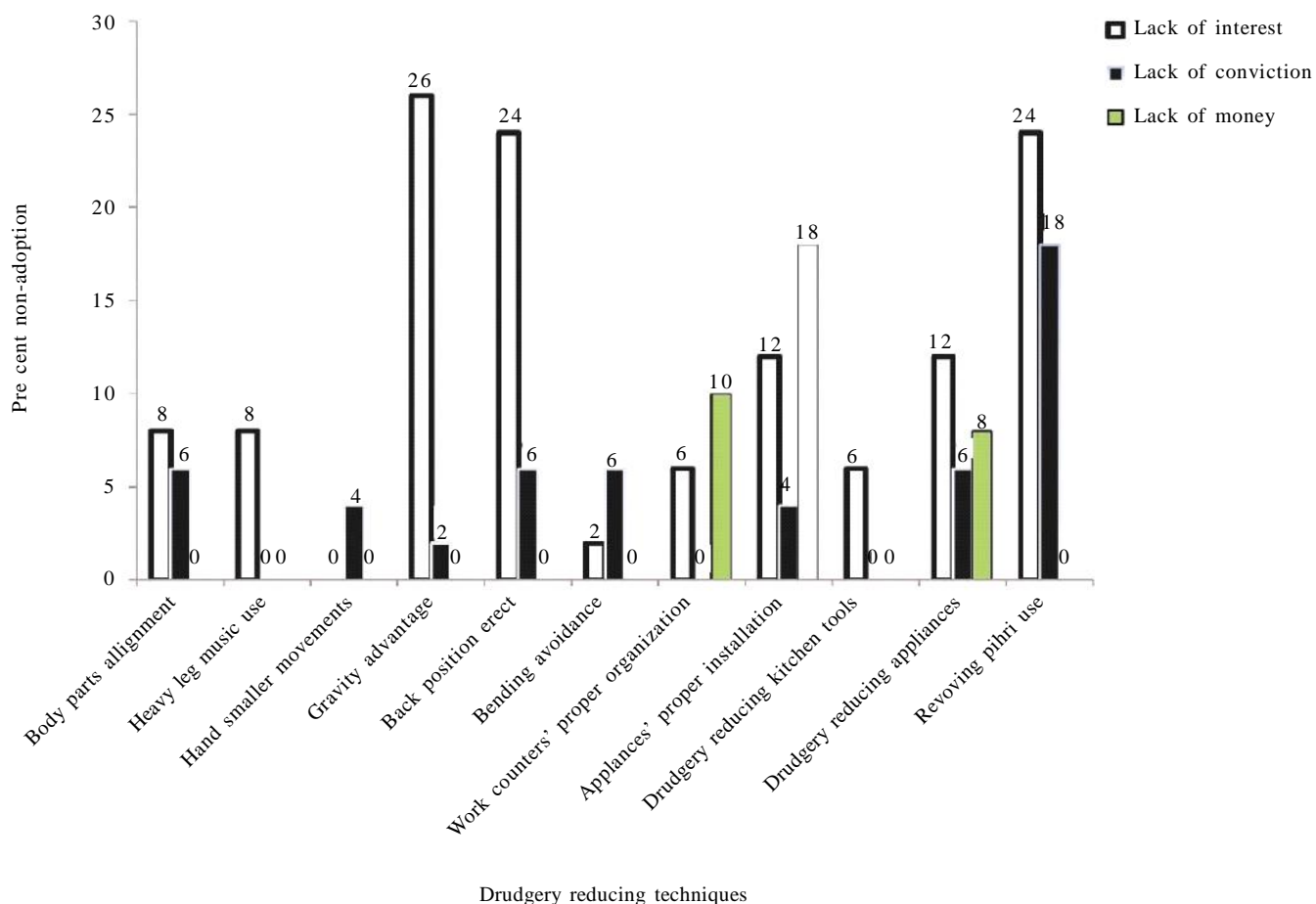


Fig. 2 : Reasons for non-adoption of drudgery reducing techniques

all aspects. However, gain in knowledge after counseling was more satisfactory in all respects. More gain in knowledge was found in drudgery reducing techniques like avoid bending while carrying usual household tasks and also using drudgery reducing kitchen tools that enhances work efficiency. Mishra *et al.* (2012) found that use of drudgery tool increased efficiency of farm women and also reduced drudgery during cleaning of grains.

Reasons for non-adoption of drudgery reducing techniques :

Reasons for non-adoption of drudgery reducing techniques was also assessed and it was found that 26 and 24 per cent respondents had no interest in taking advantage of gravity during work and also keeping back in erect position while working on kitchen counters. Only single respondent showed no interest in avoid bending while carrying usual household tasks. Reasons for non adoption of drudgery reducing techniques, the lack of conviction was also an issue to 6 per cent respondents regarding keeping body parts in alignment, using drudgery reducing appliances in home, avoid bending and keeping back erect position for proper flow of work (Fig. 2).

Conclusion :

It was concluded that knowledge of rural women during pre-counseling was not much satisfactory from

all aspects. However, gain in knowledge after counseling was more satisfactory in all aspects. It was also assessed that lack of interest and lack of convinced were the main reasons for non-adoption of drudgery reducing techniques. Lack of money was not main hindrance for the adoption of all drudgery reducing techniques. Women were convinced about the utility of improved postures/ tools for their better work efficiency. But they are not actualizing their role in family decision making into creating meaningful work environment for them.

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