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Assessment of Muscular Stress of Rural Women While Performing Different Activities with Traditional and Improved Tools

K. Oberoi, Harshipender and Ritu Gupta

Department of Family Resource Management, College of Home Science, Punjab Agricultural University, Ludhiana 141 004, Punjab, India
Telephone: 0161-2401960 Ext. 462; E-mail: krishoberoi1@rediffmail.com

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ABSTRACT The present study was undertaken to assess the muscular stress of rural women while performing different household, allied and farm activities with the use of traditional as well as improved tools. Thirty rural women who were in average state of health were involved in the experiment. Muscular stress of selected drudgery prone activities viz. Cleaning of animal shed, Mud plastering of house, milking of animals and weeding was measured in terms of four parameters i.e. frequency of postural change, change in grip strength, angle of deviation of backbone and the incidence of musculo skeletal problems while performing the selected activities. Grip strength was measured by using the Grip Dynamometer, angle of deviation by Flexicurve and Body map was used for measuring musculo skeletal problems. Results of the study showed that all improved tools improved the work posture, therefore reduced muscular stress of women for performing the selected activities and enhanced the work efficiency and health of farm women.