

Study into Problems Faced by Punjabi Housewives While Working on Existing Kitchen Work Spaces

P. Sandhu, Manisha Malik and Harpinder Kaur

Department of Family Resource Management, Punjab Agricultural University, Ludhiana, Punjab, India

KEYWORDS Approved Locality. Dish Stacking. Stress. Work Space. Storage Shelf

ABSTRACT Present study was conducted on 240 Punjabi women from approved and unapproved localities of Ludhiana to know the availability of kitchen work spaces in their houses, to examine suitability of these spaces and to analyse problems faced due to unsuitable work spaces. Results indicated that all the users from approved locality had most of the observed workspaces where as in unapproved locality the availability of these spaces was less. Minimum availability was seen for specified work spaces in kitchen. Minimum suitability was seen with the lowest kitchen storage shelf height by users of all height categories. Maximum respondents felt that highest shelf of dish stacking and kitchen storage was 'too high' for them and their lowest kitchen storage shelves to be 'too low' to handle. Few users (from short height category) agreed their sink to be 'too deep'. Some users from all height categories found their sink to be 'too wide', while on the other hand 20-40 per cent users from all height categories agreed to 'too congested' space on sink sides. One-fourth of all users 'felt pain' while working on cooking center. Very few (all height) users 'felt breathless', 'stress in neck, upper and lower back' while working on lowest kitchen storage and dish stacking shelves. Many users from all height category felt 'stress in shoulder and in arms' while using highest dish stacking and kitchen storage shelf. They also felt 'stress in leg' due to more height of cooking and kneading center.