

A Study on Hand Grip Strength in Female Labourers of Jalandhar, Punjab, India

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ABSTRACT The present study is based on the association of left and right hand grip strength with five anthropometric traits, viz. height, weight, body mass index, hand breadth and hand length on purposively selected 100 women those who are working as labourers in different constructional sites situated in and around Jalandhar city, Punjab, India and 100 sedentary women of the same place. The findings of the present study indicate highly significant differences ($p < 0.001$) in height ($t = 6.27$), weight ($t = 11.53$), BMI ($t = 9.73$), hand length ($t = 5.79$), hand breadth ($t = 4.49$), right handgrip strength ($t = 3.92$) and left handgrip strength ($t = 3.73$) between right hand dominant female labourers and their sedentary counterparts. However, in left hand dominant female labourers and the sedentary women, highly significant differences ($p < 0.001$) were noted in BMI ($t = 3.31$) and statistically significant differences ($p < 0.05$) were found in weight ($t = 2.53$) and right handgrip strength ($t = 2.80$).