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## Time utilization pattern and factor of drudgery and its impact on hill woman

**Kanchan Pant, Dr. Jitendra Kwatra and Dr. Seema Kwatra**

### Abstract

Drudgery is mainly result of the repetitive task, fatigue, physical stress, mental strain or hardship during activity experienced by the people. Generally Indian women feel more work for long time without rest and perform many roles in society and family. This drudgery or fatigue result in feeling tired, sleepiness, physical or mental stress, exhaustion and pain in body parts. So it can be said that all the farm women suffer from the drudgery while performing various activities. Thus this paper may help in finding various factors responsible for drudgery, its impact on women and their children and time utilization pattern of farm women. This study was carried out in two districts of Uttarakhand and total sample size of 120 was taken for descriptive data using purposive and random sampling. The descriptive data was collected with the help of interview schedule and it was observed that main factors responsible for drudgery was physical fatigue and in their working peak time period they spent seven hour of a day in farm activities. Women mostly respondents suffer from heavy physical strain and physical stress due to work and fewer respondents have the problem related with incidence of miscarriage. Most of the respondents felt that children are deprived of mother's attention.

**Keywords:** Drudgery, repetitive task, fatigue, physical stress, mental strain, heavy physical strain, physical stress

### Introduction

Women in the hilly areas play a vital role in household, allied and agriculture activities. They are considered as the backbone of agriculture in hilly areas. Because in the hill areas agriculture is the only option of livelihood for women. Women in the mountains work harder and for longer hours than men and have vital role in conservation and management of sustainable ecosystem (Chandra *et al.* 2009). In the mountain areas, contribution of labour is the most important factor in agriculture production and livestock management. Except ploughing, harvesting, threshing and sometime grazing livestock, which is symbol of male domination rest all other activities in agriculture and animal husbandry are exclusive domain of women. The economy of the region, operating at very low level of equilibrium unable to provide income and employment round the year to the dependent population; consequently it pushes large numbers of young male outside the region in search of livelihood.

Besides this women in agriculture mainly use the old and traditional tools and implements. These tools are not gender friendly also has less efficiency. Most of the work performed by these tools are tedious and time consuming. Many operations are done in varying posture. Thus use of these tools for long time causes the body pain and inconvenience. Farm women work ranges in agriculture from land preparation to harvesting, in livestock from fodder collection to milking and in domestic from food making to raising children. (Jamali, 2009) <sup>[1]</sup>. These all operation and tasks are time taking and energy consuming.

Drudgery is mainly result of the repetitive task, fatigue, physical stress, mental strain or hardship during activity experienced by the people. Generally Indian women feel more work for long time without rest and perform many roles in society and family. This drudgery or fatigue result in feeling tired, sleepiness, physical or mental stress, exhaustion and pain in body parts. So it can be said that all the farm women suffer from the drudgery while performing various activities.

Himalaya region is lacking in terms of functioning at different subsystems levels for sustainable development. Thus, role of hill women also need to be certified in various programme that improve their capacities in addressing the issues pertinent to rural development and village ecosystem management.

## Methodology

Selection of locale-The present study was conducted in hill and tarai areas of Uttarakhand. In hill area, Nainital block was selected and three villages Mallachopra, Jadapani, Quidal were purposively selected from the operational villages of KVK, Jeolikote. Purposive sampling procedure was used to select the area and simple random sampling was used to select the sample.

A sample size of one twenty was selected for the collection of descriptive data. An interview schedule was used to gather information related to research from the respondents. The collected data was tabulated and analyzed with the help of descriptive (frequency, percentage and mean) and rational statistics (co-relation coefficient).

## Time Utilization Pattern of Farm Women

Women play a larger role as primary feeders, care takers in the family and workers in the farm. Almost in all the societies of the world women worked for longer hours than men. By the analysis of study from the villages show that demands on rural women's time were heavy indeed. Women working days are longer than men's by as much as 43 percent and with fewer leisure hours. (Pandey, 2001).

Table 1.1 envisages that in the tarai region average time spent by the respondents in the childcare activity in the lean period

was 1.3 hours/day and in peak season, they spent only 0.56 hours per day. And in the hill region, time spent by the respondents in childcare activity in the lean period (means in off season) 2.00 hours/day and in peak season they spent 0.6 hours/day. Average time spent by respondents of tarai region in cooking was 2.4 hours/day in lean season and 1.24 hours/day in peak season. In the hill region, respondents spent 2.6 hours/day and 1.341 hours/day in lean and peak season respectively.

In the tarai region, average time spent by the respondents in the purchasing or marketing activity in the lean season was the 1.8 hours/day and in peak season they did not go for purchasing or marketing. And in the hill region time spent by the respondents in purchasing or marketing activity in the lean season 1.6 hours/day and in peak season they did not go to market. Average time spent in household chores like in cleaning, washing activity was 1.2 hours/day in lean season and 0.525 hour/day in peak season in tarai region. In the hill region respondents spent 1.38 hours/day in household activity in lean season and in peak season they spent 0.5 hour/day. Tarai region, respondents average time spent was 1.00 hour/day in lean season for personal work and in peak season they spent 0.49 hour/day. In the hill region respondents spent 1 hour/day in lean season and 0.48 hour/day in peak season for doing personal work.

**Table 1.1:** Time utilization pattern of farm women n=120

Activities	Time spent (hours/day)			
	Lean period		Peak period	
	Tarai region	Hill region	Tarai region	Hill region
Childcare care	1.3	2.00	0.56	0.6
Cooking food	2.4	2.6	1.24	1.341
Purchase or marketing	1.8	1.6	-	-
Other household chores (cleaning, washing etc.)	1.2	1	0.525	0.5
Personal work	1.3	1	0.49	0.48
Fetching water	-	2.81	-	1.45
Collecting fuel	1.00	1.1	-	-
Farm activities	-	-	7.18	7.56
Animal care	1.05	1.15	0.5	0.5
Milking	0.5	0.5	0.45	0.42
Fodder collection	1.025	1.041	-	-

**Note:** Values in parenthesis indicates percentage.

Table 1.1 shows that in the tarai region, respondents did not spent time in the fetching water activity because they have source of water in their house itself. So they did not have to go anywhere for fetching water. And in the hill region, average time spent by the respondents in fetching water activity in the lean season was 2.81 hours/day and in peak season they spent 1.45 hours/day. Hill region respondents spent more time because they have to go to far off places for fetching water. Tarai region average time spent by the respondents in the collecting fuel activity in the lean season was the 1.0 hours/day and in peak season they did not spent time on collecting fuel. And in the hill region time spent by the respondents in collecting fuel activity in the lean season was 1.1 hours/day and in peak season they did not go for collecting fuel.

In tarai region average time spent by the respondents in the farm activity in the peak season was the 7.18 hours/day and in lean season they did not spent time on this activity. Because farm activity is the seasonal activity. And in the hill region, time spent by the respondents in farm activity in the peak season was 7.56 hours/day and in lean time they did not spent much time on this activity. Average time spent by the

respondents of tarai region in the animal care activity was 1.05 hours/day in the lean season and in peak season they spent only 0.5 hour per day. And in the hill region, time spent by the respondents in animal care activity in the lean season was 1.15 hours/day and in peak season they spent 0.5 hour/day for this activity.

Table 1.1 reveals that in the tarai region, average time spent by the respondents in the milking activity in the lean period was the 0.5 hour/day and in peak season they spent only 0.45 hour per day. And in the hill region, time spent by the respondents in milking activity in the lean period was 0.5 hour/day and in peak season they spent 0.42 hour/day for this activity. In the tarai region, average time spent by the respondents in the fodder collection activity in the lean period was the 1.025 hours/day and in peak season they did not go for fodder collection. And in the hill region time spent by the respondents in fodder collection activity in the lean period was 1.041 hours/day and in peak season they did not go for fodder collection.

## Factors of drudgery

Table 1.2 views that approximately ninety seven percent

respondents had physical fatigue while performing the day to day activities inclusive of home, farm and allied activities. In tarai region, 93.34 percent and cent percent respondents had physical fatigue in hill region. Almost all respondents felt physical fatigue because all the home, farm and allied activities are physically demanding. Seventy nine percent respondents had the mental fatigue while performing the agriculture activities. In tarai area 78.34 percent and in hill region 80 percent respondents had mental fatigue may be because of stress at work.

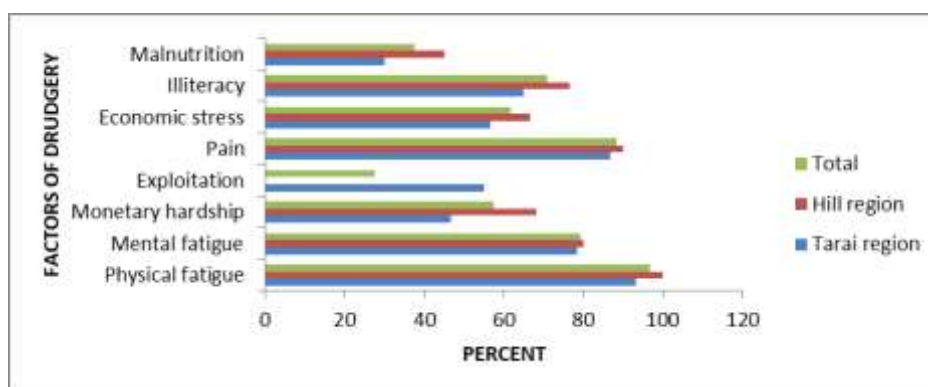
Fifty seven percent respondents had to face monetary hardship at farm. In tarai region, 46.67 percent and in hill region, 68.34 percent respondents had to bear monetary hardship at work. In tarai region 55 percent faced the exploitation problem in farm work and in hill region no respondents had the exploitation problem. More than three

fourth of the total respondents had pain in their body parts. In tarai region 86.67 respondents and in hill region 90 percent respondents faced the pain problem.

**Table 1.2:** Factors of drudgery n=120

Factors	Frequency		
	Tarai region	Hill region	Total
Physical fatigue	56 (93.34)	60 (100)	116 (96.67)
Mental fatigue	47 (78.34)	48 (80)	95 (79.17)
Monetary hardship	28 (46.67)	41 (68.34)	69 (57.5)
Exploitation	33 (55)	Nil	33 (27.5)
Pain	52 (86.67)	54 (90)	106 (88.34)
Economic stress	34 (56.67)	40 (66.67)	74 (61.67)
Illiteracy	39 (65)	46 (76.67)	85 (70.84)
Malnutrition	18 (30)	27 (45)	45 (37.5)

**Note:** Values in parenthesis indicates percentage



**Fig 1.1:** Distribution of respondents on the basis of factors of drudgery

### Impact of drudgery on women

Table 1.3 shows that about 93.34 percent respondents had heavy physical strain in their body. In the tarai region, 88.34 percent and in hill region 98.34 percent respondents were affected by heavy physical strain. Three fourth of the total respondents had fatigue in their routine due to overburdened with work at home. In tarai region, 75 percent and in hill region 76.65 percent respondents faced the fatigue problem. Thirty seven percent respondents were malnourished. In tarai region, 30 percent and in hill region, 45 percent respondents faced the malnourishment problem. Ninety three percent had physical stress due to work overload. In the tarai region, 88.34 percent and in hill area 98.34 percent respondents affected by physical stress due to work overload in home, farm and allied activities.

Seventy nine percent had mental stress due to work. In the tarai region, 78.34 percent and in hill area 80 percent respondents were affected by mental stress due to work. The drudgery had impact on 12.5 percent respondents high incidence of miscarriage. In tarai region, 10 percent and in hill region, 15 percent respondents had this problem.

Overall around sixty four percent respondents had the problem of disease prone. In tarai region, 58.34 percent and in hill region 70 percent respondents affected by disease prone especially skin related problem. Forty four percent respondents had the problem of fluctuating lactation ability due to drudgery. In tarai region, 35 percent and in hill region 53.34 percent respondents were affected by fluctuating lactation ability problem.

**Table 1.3:** Impact of drudgery on women

Factor	Frequency		
	Tarai region	Hill region	Total
Heavy physical strain	53 (88.34)	59 (98.34)	112 (93.34)
Overwork fatigue	45 (75)	46 (76.65)	91 (75.84)
Malnourishment	18 (30)	27 (45)	45 (37.5)
Physical stress due to work overload	53 (88.34)	59 (98.34)	112 (93.34)
Mental stress due to work overload	47 (78.34)	48 (80)	95 (79.17)
High incidence of miscarriage	6 (10)	9 (15)	15 (12.5)
Disease prone	35 (58.34)	42 (70)	77 (64.17)
Fluctuating lactation ability	21 (35)	32 (53.34)	53 (44.17)

**Note:** Values in parenthesis indicates percentage

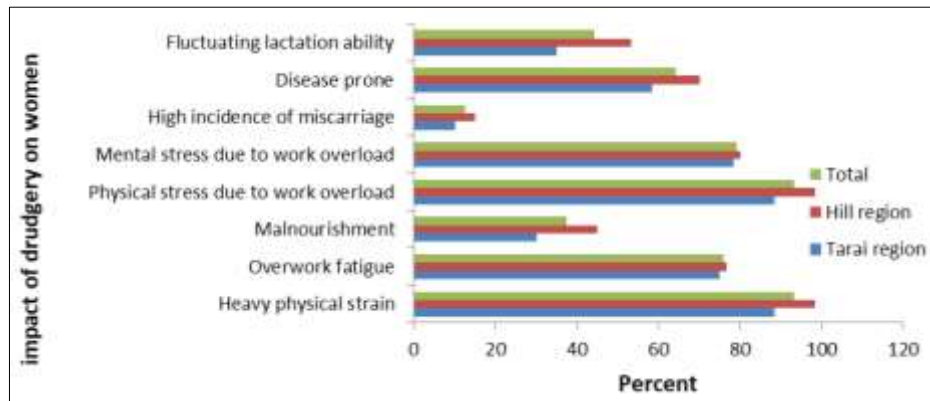


Fig 1.2: Distribution according to impact of drudgery on women

### Impact of drudgery on child

Table 1.4 justifies the impact of drudgery on children. 82.5 percent respondents feel that children are deprived of mother's attention. Mostly respondent feel that they did not give time to their children. Eighty percent respondents in tarai and 85 percent respondent in hills feel that children were deprived of mother's attention.

More than half of the total respondents feel that their child had low birth weight affecting their growth. In tarai region, 53.34 percent and in hill region 63.34 percent respondent's children faced this problem. About twelve percent respondent's faced the problem that due to drudgery their child had high rate of mortality. In the context of tarai region it was 10 percent and in hill region it was observed to be 15 percent.

Due to drudgery about 44.16 percent respondents had the feeling that their breast feeding reduced due to drudgery. In

tarai region, 35 percent and in hill region, 53.34 percent respondents faced this problem. Seventy eight percent respondents felt that they did not give time to their child. In tarai region, 76.67 percent and in hill region, 80 percent respondents were of the opinion that their children are neglected due to workload.

Table 1.4: Impact of drudgery on child n=120

Factors	Frequency		
	Tarai region	Hill region	Total
Deprivation of mother's attention	48 (80)	51 (85)	99 (82.5)
Low birth weight	32 (53.34)	38 (63.34)	70 (58.34)
High mortality rate	6 (10)	9 (15)	15 (12.5)
Reduced breast feeding	21 (35)	32 (53.34)	53 (44.16)
Neglected child	46 (76.67)	48 (80)	94 (78.34)

Note: Values in parenthesis indicates percentage

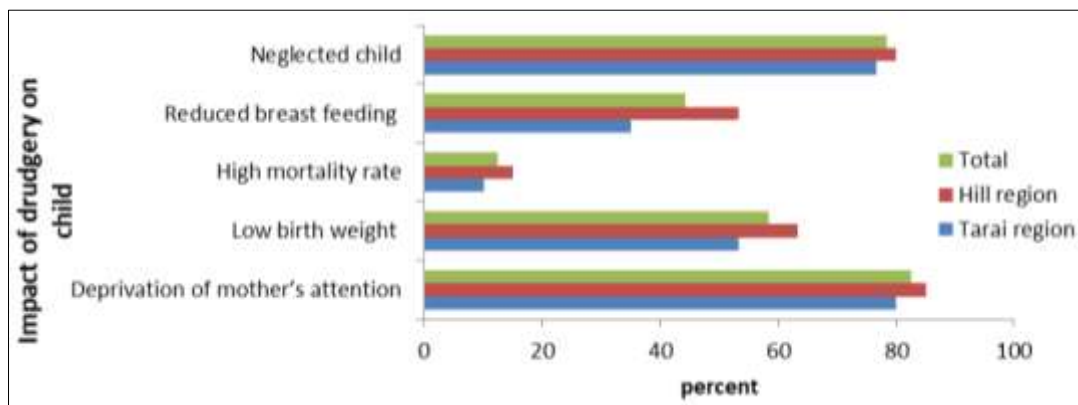


Fig 1.3: Distribution according to impact of drudgery on child

### Conclusion

According to data pertaining to impact of drudgery on women mostly respondents suffer from heavy physical strain and physical stress due to work and fewer respondents have the problem related with incidence of miscarriage. Most of the respondents felt that children are deprived of mother's attention.

The main factor responsible for drudgery was physical fatigue and it was observed that in peak time period they spent seven hour of a day in farm activities.

This paper gives a clear cut idea about drudgery factors, impact on Indian farm woman whether belong to hill or tarai region besides of this, it also highlights negative impact on their children. Thus this paper can be helpful in making intervention which can overcome these negative impact on

woman health and their children and help them to lead a happy and prosperous life.

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