



NUTRITIONAL STATUS OF WOMEN IN KOLHAPUR DISTRICT OF MAHARASHTRA (INDIA)

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ABSTRACT

The present paper is related to Nutritional Status of Women in particular rural areas of Kolhapur District from recent years (2011-12). It highlights on Vegetarian and Non-Vegetarian foods are eating in surveying households, daily requirement of calories of gender, analysis of fast days Per Month. It is concluded that low calories and highest fast days in month of female as compare to the male in rural areas of the district by reason of low literacy rate and low nutritional status of women, their situation as per Indian tradition etc. this situation is in remote area such as Bavda, Ajra Chandgad tahsils due to religious norm.

The present study is based on primary data as well as secondary sources also from fill up the household schedule, interviews of people and observation in surveyed households of study area and Maharashtra Development Report (2007), ICMR, WHO, reference books, internet websites etc. Finally, infants on important role of women in family and require of good nutritional status of women for the development society but opposite situations of study areas from male dominated society and their repression.

KEY WORDS: *Calorie Intake Index, Vegetarian and Non-Vegetarian Households, Fast Days per Month.*

INTRODUCTION

World Health Organization (1946) has defined health “as a state of complete physical, mental and social well-being and not merely the absence of disease and infirmity”. The constitution of India has directed the state that to raise the level of nutrition status, standard of living, improvement of public health, elimination of poverty, ignorance and unhealthy practices as part of its primary duties which is central to the development. When female do not get adequate nutrition to support their activity levels, they begin to experience the ill effects of malnutrition in ways that boys and men do not. Women are more likely to be under weight than men of the same age. These differences in nutrition and their health outcomes high light social biases in food distribution (Sinha, 2007).

OBJECTIVE

To analysis the nutritional status of rural women in Kolhapur District of Maharashtra.

Study AREA

Kolhapur district of Maharashtra has been selected as a study area for the present research work. It lies from 15^o 43' north to 17^o 17' north latitude and 73^o 40' east to 74^o 42' east longitude. It is surrounded by Sangli district to the north, Belgaum district of Karnataka state to the east and south, and Ratnagiri and Sindhudurg districts to the west. The Kolhapur district comprises 7746.40 sq. km. area and administratively divided into 12 tahsils. It has east-west contrast picture in physiography.

DATA BASE AND METHODOLOGY

The primary data related to various aspects of nutritional status of rural women of the study area has been compiled. Intensive fieldwork has been carried out for the collection of primary data. For the collection of primary data, 16 villages have been selected with the help

of stratified random sampling technique. For this purpose, the level of rural women development, 2001 is the considered strata. Household schedule has been prepared and with the help of this household schedule, the primary information has been collected. In about 24.85 per cent of the total household have been enumerated in selected sixteen sampled villages. Besides these books, newspapers, journals, published and unpublished reports, survey of India, district planning map, Kolhapur district have been used for this research work.

ANALYSIS OF HEALTH INDICATORS

The calorie intake, sufficient food, insufficient food, vegetarian and non-vegetarian households, fast days within month have been analyzed.

CALORIE INTAKE INDEX

Every person requires different calories, it depends on age and growth pattern of particular person. Male is more active as compared to female. So, the females who are engaged in heavy works require 2925 calories per day and males engaged in same works requires 3800 calories per day. Calorie intake index has been computed on the basis of food intake data compiled in field study during 2011-12. Percentage of households, getting sufficient food (on the basis of actual calorie intake and required calories) and insufficient food to the total enumerated households has been calculated by keeping the importance of energy in the form of calories for human being.

In the enumerated houses about 83.55 per cent households get sufficient food. It ranges from a minimum of 72.34 per cent in Shenavade villages of Bavda tahsil to a maximum of 90.70 per cent in Bastawad village (Shirol tahsil) and Jangamwadi, Tarasambale, Pimpalgaon Kh., Tamadalge, Vhannur, Shindewadi and Bastawad fall in above the average 83.55% of houses getting sufficient food, mainly due to their location in plain topography, agriculturally rich part, economically and industrial developed part of study area. On the other side 16.45% households do not get sufficient food. It ranges from a minimum of 9.30 per cent in Bastawad to a maximum of 27.66 per cent in Shenavade (Bavda tahsil) and remaining Shindewadi, Tamadalge, Vhannur, Pimpalgaon Kh., Tarasambale, Jangamwadi villages fall in below the average per cent of insufficient food. Due to various causes the calorie intake is inequality distributed with in family also. In Indian society gender difference is communally observed. The type and amount of food, girls and women eat and the signs and symptoms of malnutrition they exhibits are influenced not only by social constructions that place boys before girls when food is distributed but also by factors such as education, income, place of residence and birth order (Sinha, 2007).

Table 1
Kolhapur District: % of Households Getting Sufficient and Insufficient Food

Sr. No.	Village	Tahsil	Sufficient Food	Insufficient Food
1	Sasegaon	Shahuwadi	80.77	19.23
2	Manewadi	Panhala	80.95	19.05
3	Jangamwadi	Hatkanangle	84.06	15.94
4	Nilewadi	Hatkanangle	83.15	16.85
5	Bastawad	Shirol	90.70	9.30
6	Tamadalge	Shirol	87.23	12.77
7	Shindewadi	Karvir	89.47	10.53
8	Wetavde	Bavda	81.82	18.18
9	Shenavade	Bavda	72.34	27.66

10	Tarasambale	Radhanagari	87.06	12.94
11	Pimpalgaon Kh.	Kagal	87.07	12.93
12	Vhannur	Kagal	87.23	12.77
13	Bhendvade	Bhudargad	80.60	19.40
14	Latagaon	Ajra	74.71	25.29
15	Sulaye	Chandgad	77.59	22.41
16	Amroli	Chandgad	80.56	19.44
Average			83.55	16.45
Standard Deviation			5.19	5.19

Source: Fieldwork, 2011-12.

Kolhapur District: Households Getting Sufficient and Insufficient Food

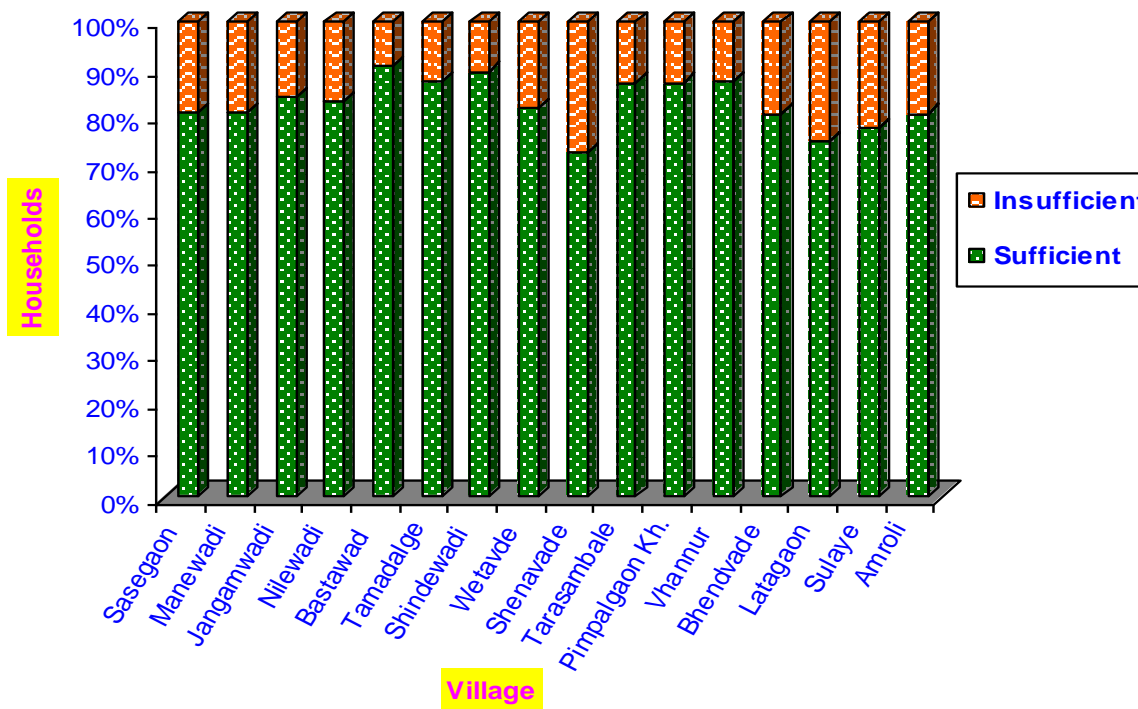


Fig. 1

VEGETARIAN AND NON-VEGETARIAN HOUSEHOLDS

The nutrients include proteins, fat, carbohydrate, vitamins and minerals. These nutrients are chemical substances which are present in the food we eat daily. The foods containing these nutrients which we consume daily are classified as cereals, pulses, nuts and oilseeds, vegetables fruits, milk and milk products and flesh foods (fish, meat and poultry) (Gopalan, et al., 1989).

In the 16 sample villages, about 75.80 per cent peoples are eating both type foods viz. vegetarian and non-vegetarian with 24.20 per cent peoples are eating of only vegetarian food. In the Jagamwadi and Bastawad villages respectively about 57.97 per cent and 53.49 per cent households are taking only vegetarian foods and low proportion eating only vegetarian foods in Manewadi village (7.94%). The high number of households is eating both foods in other villages. Just as a vegetarian family would like to take fruit, milk and milk products, a non-vegetarian family consumes meat, fish and gees as staple food. Hence, the variation in dietary habits and economic well-being of the families causes variation in the calorie and other nutrients intake (Jadhav, et al., 2012).

Table 2
Kolhapur District: Vegetarian & Non-Vegetarian Households in Sampled Villages, 2011-12

Sr. No.	Village	Tahsil	% to Surveyed Households	
			Both Vegetarian and Non-Vegetarian	Only Vegetarian
1	Sasegaon	Shahuwadi	78.85	21.15
2	Manewadi	Panhala	92.06	7.94
3	Jangamwadi	Hatkanangle	42.03	57.97
4	Nilewadi	Hatkanangle	78.65	21.35
5	Bastawad	Shirol	46.51	53.49
6	Tamadolge	Shirol	74.47	25.53
7	Shindewadi	Karvir	85.53	14.47
8	Wetavde	Bavda	78.79	21.21
9	Shenavade	Bavda	72.34	27.66
10	Tarasambale	Radhanagari	80.00	20.00
11	Pimpalgaon Kh.	Kagal	81.90	18.10
12	Vhannur	Kagal	82.98	17.02
13	Bhendvade	Bhudargad	80.60	19.40
14	Latagaon	Ajra	81.61	18.39
15	Sulaye	Chandgad	75.86	24.14
16	Amroli	Chandgad	80.56	19.44
Average			75.80	24.20
Standard Deviation			13.12	13.12

Source: Fieldwork, 2011-12.

Kolhapur District:
Vegetarian and Non-Vegetarian Households in Sampled Villages, 2011-12

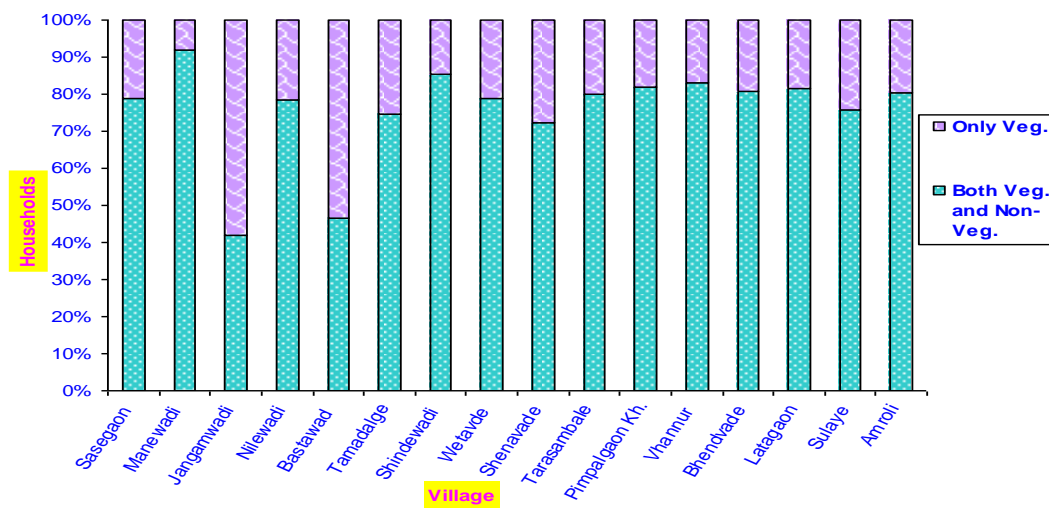


Fig. 2

Most of women are forcing such traditions in their home as compared to man. A strong and healthy woman can better provide for her family and her community. Therefore, women have the precise to the vitamins and minerals that allocate their filled economic and social contribution in society. However, there is dualism that weather vegetarian food or non-vegetarian food is important for good health. Some believes that pure vegetarian food is very beneficial for healthy life.



FAST DAYS PER MONTH

The health of women is integrally related to their overall status in society. Expanded opportunities in health and education will allow women greater control over their health and lives and enable them to exercise more productive and visible roles in socioeconomic development (Radha, 2008). Women health problem is influenced by social factors in Indian society. It indicates that, food distribution is favour especially for boys and men over girls and women, responsible to create health problems among females. Women tend to be less educated and have less access to information; they are less apt to recognize problems or understand the value of or seek out preventive and curative care (Radha, 2008). In sampled villages, percentages of fast days of women within one month are divided into four categories like below 4 days, 5 to 8 days, 9 to 12 days and above 13 days. It is observed that, most of women are have more fast days, ranges from 5 to 8 days within one month. It is 46.60 per cent in 16 sample villages it is high in Bastawad and Wetavde villages. Their low percentage (below 35) has been observed in Sulaye (31.43%) and Amroli (34.97%) villages as compared to the other sample villages. In fact, these villages are located into backward and hilly region which in Chandgad tahsil besides cultural norms are biased on women mentality.

Religion, fairs, festivals and rituals, social customs and cultural traits are the integral part of human life. Modification and improvements of these are far more intricate and can only be implemented by a higher social education and scientific reasoning (Hazra and Banerjee, 1979). The analysis of percentage of people in fast day categories shows male-female difference. Generally females have more tendencies to have fast and hence their proportion is more than the male. As a matter of fact, the proportion of male is more than female in below 4 fast day category. It is noted during fieldwork that, Hindu male of the study area have religious tradition to have fast like *eakadasi* (two time within month) or *chaturthi* (one time within month). On the other hand, females are more religious and have fast one or two days in week (at least 8 days in month). They use to have fast in Monday, Thursday or Friday fast which is observed fact. That's why the proportion of female is high in 5 to 8 fast days category. In some cases male have Saturday fast but hardly two days within week.

There is also considerable proportion of female in 9 to 12 and above 13 fast days categories. The proportion of female is more than male in 5 to 8, 9 to 12 and above 13 fast day's categories. Only below 4 fast days category has less proportion of females than male. It is very interesting to note that, the proportion of female having fast more than 13 days is high in Bhendvade and Sulaye villages and it is low in Bastawad and Tamadalge villages of Shirol tahsil. The physiological function of food may be divided into three general categories; the need for food material to supply energy, to build and maintain the cells and tissues, and to regulate body processes. Substances called nutrients which are found in the food satisfy these needs (Subar, 1998; Saber et. al., 2012). Overall inferior diet of the females is recorded in comparison to the diet of the males in the study area. As a family custom and tradition, food is first consumed by children, followed by males first and then females. As a result, the females have to eat the remaining insufficient food. Deficiency of specific nutrients has been recorded among both the males and females, but overall deficiency is higher among the females than the males in the region (Shinde, 2012). This force to low body mass index among female. Hence, to know the health status, significance of studying body mass index is unparallel.

Table 5.2
Kolhapur District: % of Peoples Having Fast Days Per Month in Sampled Villages, 2011-12

Sr. No.	Village	Tahsil	Female				Male			
			Below 4	5 to 8	9 to12	Above 13	Below 4	5 to 8	9 to12	Above 13
1	Sasegaon	Shahuwadi	14.15	50.94	24.53	10.38	32.73	16.36	14.55	
2	Manewadi	Panhala	9.90	39.60	28.71	21.78	27.87	16.39	11.48	
3	Jangamwadi	Hatkanangle	19.55	40.60	18.05	21.80	23.73	11.86	10.17	
4	Nilewadi	Hatkanangle	13.77	47.31	16.77	22.16	32.39	12.68	19.72	
5	Bastawad	Shirol	22.22	57.04	11.85	8.89	29.73	17.57	17.57	
6	Tamadalgje	Shirol	25.41	48.62	16.57	9.39	24.71	20.00	18.82	
7	Shindewadi	Karvir	13.04	52.90	20.29	13.77	25.40	22.22	15.87	
8	Wetavde	Bavda	10.64	56.74	15.60	17.02	26.32	21.05	14.47	
9	Shenavade	Bavda	12.00	50.00	18.00	20.00	23.08	21.15	17.31	
10	Tarasambale	Radhanagari	15.38	49.45	18.13	17.03	27.37	20.00	17.89	
11	Pimpalgaon Kh.	Kagal	15.51	48.66	19.79	16.04	27.78	20.00	14.44	
12	Vhamnur	Kagal	21.43	44.16	17.53	16.88	26.87	22.39	17.91	
13	Bhendvade	Bhudargad	12.40	48.06	15.50	24.03	22.73	21.21	16.67	
14	Latagaon	Ajra	21.08	45.18	22.89	10.84	27.14	17.14	21.43	
15	Sulaye	Chandgad	19.05	31.43	23.81	25.71	23.26	18.60	13.95	
16	Amroli	Chandgad	17.18	34.97	26.38	21.47	25.00	21.43	19.05	
Average			16.42	46.60	19.65	17.33	26.63	18.75	16.33	
Standard Deviation			4.59	7.11	4.50	5.43	3.05	5.34	3.01	

Source: Fieldwork, 2011-12.

Kolhapur District: % of Peoples Having Fast Days per Month in Sampled Villages, 2011

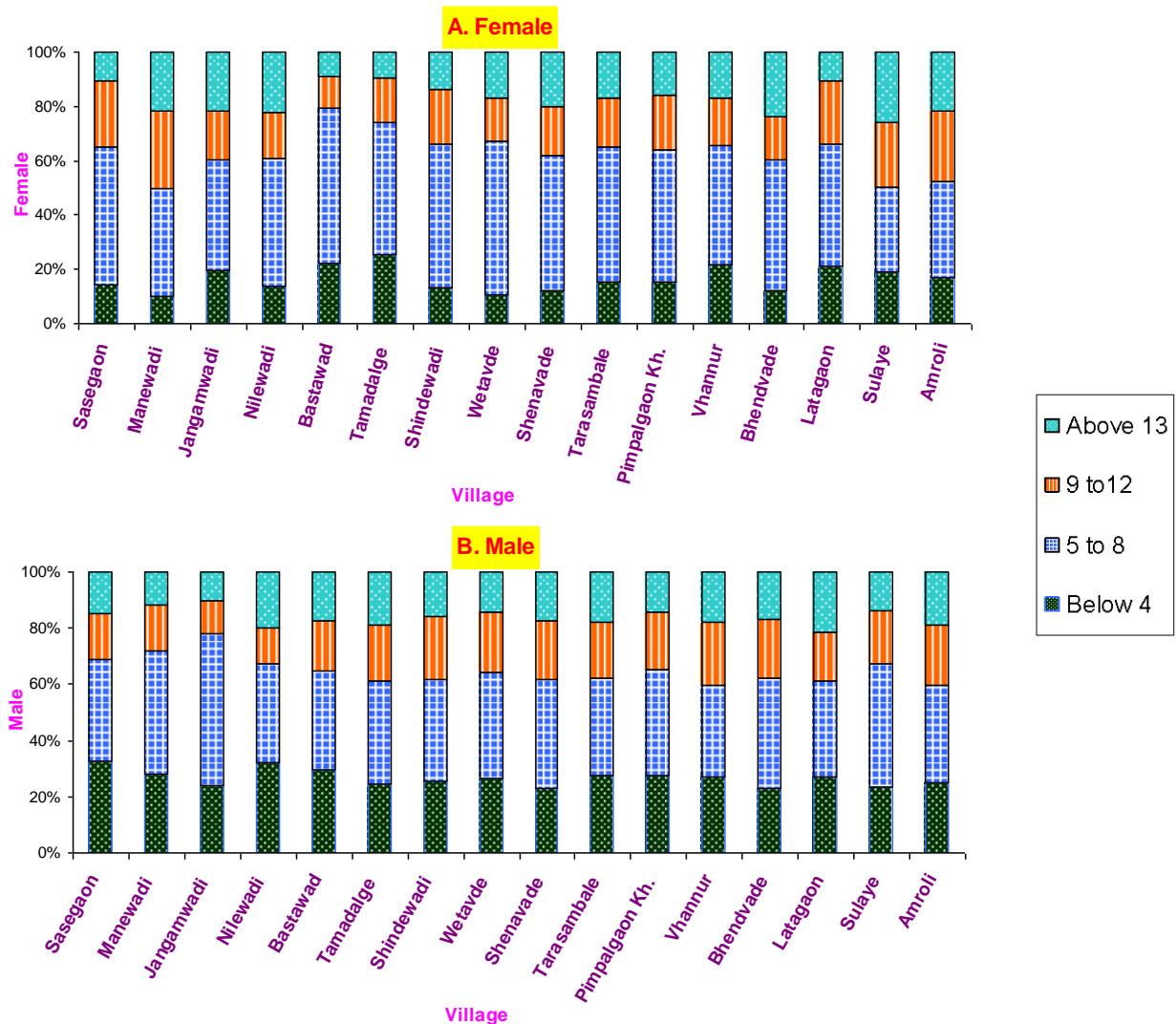


Fig. 3

CONCLUSION

Food habit and calories intake index have been studied, as a significant and fundamental health indicators. It is found that, 75.80 per cent households are getting both vegetarian /non-vegetarian foods in study area. Remaining surveyed households have only vegetarian habit. This vegetarian habit is mainly due to religious norms and customs. Being more religious, females prefer vegetarian diet. This religious faith is responsible also for more fast days for females than males in the study area. More proportion of male has been observed in below four fast days per month which is less proportion for females. This proportion is decreasing for male and increasing for female as number for fast days per month increasing. This food habit of female significantly affects on calories intake. That's why the proportion of female getting insufficient food is more than male. It is observed that, the 16.45 per cent households do not get sufficient food in study area. It is noticed that there are as many as nine villages fall in above the average (16.45%) which do not get sufficient food.

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