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INTRODUCTION

1.1 Introduction

In Ancient India, Women occupied a very important position. In fact a superior position to men. It is a culture whose only words for strength and power are feminine – “Shakti” means “power” and “strength”. All male power comes from the feminine literacy evidence suggest that kinds and towns were destroyed because a single woman was wronged by the state. For example, Valmiki’s Ramayana teaches us that Ravan and his entire clan were wiped out because abducted Sita.

Vedavyas’s Mahabharat teaches us that all the Karawasa were killed because they humiliated Draupadi in public.

In the last 2000 year, two Semitic religions have destroyed innumerable civilizations, religions and cultures that worshipped nature and mother Goddess.

If Vedas were to doing women then were shouldn’t have been verses praising them. Let us examine how the core of Vedic scriptures describes Mother Goddess, women and family life.

**Mother Goddess and nature: -**

There is common Vedic saying

“Matru Devo Bhava”

-Which means ‘Treat your mother as God?’

In ancient times Aryans were the main in habitant of India, These people were mainly Brahmans and they used to give the status of goddess to the women. At that time women enjoyed no less the status of Lakshmi (goddess of wealth) in the households.”A famous Sanskrit Shloka (form of Hindu verse) signifies the status of women in that era.”

“Yatra Naryastu Puigyante, Ramante Tatra Devta”
1.2 Meaning

The women of ancient times had immense power this is evident from a south Indian legend that once a king accidentally killed the husband of a woman and she had such powers that she burnt the whole kingdom to ashes.

Women in that time had place even superior to men. They had representation in each arena from assemblies to religious rituals. In fact no religious ritual of Hindu Brahmins was supposed to be coupdetat without the presence of the women.

An incident of Ramayana is a proof of this as when Lord Rama was performing “Ashvamegha Yagna” his wife Sita was not with him and he had to use the gold idol of his wife to compensate safe for her absence.

Ancient Indian women had say in each and every aspect related to their lives. They had the right to choose their own life partners. The process of choosing at the house of bride and she used to choose the one whom she liked. Maharishi Vedvyas’ Mahabharat and Maharishi Valmiki’s Ramayana bear testimonial to this. In Mahabharata Draupadi’s father arranged for her ‘Swayamvar’ and Arjuna Pandavn prince in exile successfully managed to fulfill the conditions and became eligible to marry her.

Another example of women power is evident from the cause of death of most learned man of his time Ravan.

He was the best scholar of his times and was the master of all the four Vedas of Hindu religion and had immense powers. Even gods were not able to defeat and kill him but a woman was able to bring his doom.
Ravana captured Sita and tried to mart her feasibly which led to his destruction.

Women were not just confined to domestic arena but they were also part of religious teachings. They were not prohibited even from learning. They could learn whatever they wanted.

1.3 Hindu view on the women about

Her father protects in childhood, her husband protects in youth and her sons protect in old age, a woman in never fit for independence Manuismriti.

According to Hinduism, a women is a from energy (Shakti Swarupini) or an aspect of Shakti, she is Mata, the mother Goddess, or Devi, the auspicious one. As a young child she is kanya, the goddess Durga. As a wife, she is patni and a partner in her husband's religious duty. She is worthy of worship (Matrudevobhava).

As a child she is supposed to remain in the custody and car of her parents. Once married she becomes a property and responsibility of her husband who is supposed to take care of her needs and expectations and keep her in his custody, As his wife,

She performs three roles

1. As his servent [Dasi] in duty.
2. As his minister [Mantri] in decision making.
3. As a mother [Mata] to his children.

When she becomes old, she lives in the house of son and has to lead by very solicitor and for loran life.

In ancient times, when a Hindu died, his wife either committed Sati on his funeral pure or refried into a life of social damnation,
religious solitude. Now the situation has changed. Sati is illegal and anathema. A widow can now keep herself busy in many ways and if she gets an opportunity like Mrs. Gandhi, she can join politics and dream of becoming the prime minister of India.

任何形式 of Hinduism women

The status of women in the subcontinent was never good. A present day woman would feel outraged and rightly so, if she goods through the contents of the Manusmriti.

The situation is gradually changing. In a changing world, Hindu society is trying to redefine the role of women in the institution of family and society.

Politically Hindu women today enjoy an equal status with men and wider opportunities than their counterparts in many western countries.

There is a talk to provide them with new privileges and rights including inheritance rights. But a lot still needs to be done on the social and economic front, because women in problems. Such as dowry, inheritance, domestic abuse, sexual exploitation, rape and harassment.

Not only in India, but all around the world and have focused attention to women’s issues in India.

In the wake of the discussion it emerged those Indian women. Problems are not only problems of Hindu, women was simply regarding the status of women.

Wanted and respected, they are worshipped as Devis.

Women have importance in urban society.
Various period of women’s life

The position of women community has been a fluctuating subject since the early age with the ups and down in the Hindu society.

Vedic Period

1. Rig Vedas

Rig Vedas down (Usha) is revered as the mother of Gods that bestows has been to succeed in life she is affectionately praised as the Heaven’s daughter, who is arrayed in garments of light.

She is the birth place for morning the one who awakens every living creature. The lady of all earthly treasure one who is auspicious and the source of pleasant voice and the goodness that shines upon men who perform sacred duties.

In Hinduism, even thought all the rituals are performed in the presence of Agni (fire) the purest of all, yet vedic Sagal place. Agni was children on the lap of Goddess Aditi.

Since, the latter causes Agni to kindle. Further, It is stated, “Agni is the deity, Goddess –Gayatri the meter and the worshipper the vessel of the silent offering.

India is considered to be the chief of the entire God in the scriptures.

However, Vedas declare that goddess Sarswati, along with Ashawin's brilliant light and power and planted wisdom in his heart. In fact, Goddess Aditi is considered to be the beloved of all God. At every home of Hindus while performing any homa (Prayer) ceremony, Goddess Sarswati is involved to bless the family with knowledge, strength and effectual speech.

Goddess Laxmi is the bestower of fortune and wealth and is capable of driving away poverty and history. She is regarded as the power that drives away harted and the one who provides boons and happiness.
2. **Yajurveda**

In Yajurveda, the women is considered as “Samprushti” means the person who can describe and deliver the meanings of “Veda mantra” i.e. Lopamudra, Rudhya, Sandhya, Roshma, Vishwa, Vaara, Apala, Yami, Ahogha, etc.

The women had an equal right to get education in comparison to the man.

During these times “Bal Vivah Pratha” [- the culture of child marriage] was not in practice.

Therefore, in Shukla Yajurveda, Sarswati and Bharti – the three Goddesses are glorified with vedic human.

3. **Atharva Veda**

A mantra in Atharva veda refers to earth (Bhumi) as the mother of all creatures.

Further, an environmentalist is vision is echoed in a heartfelt manner. “Let what I dig from the Earth, rapidly spring and grow again 0 purifier, let me not pierce through your vitals or your heart. This should seen as a worrying to mankind which is currently involved in digging earth to extract vast petroleum resources, thereby polluting the environment and cussing global warming.

“The success of women is her married life depended upon her proper training during the Brahmcharya.”

Many Vedic women composed hymns.
**Status of Women in 20th Century**

In the beginning of the 20th century, the people of the entire world had faced two world wars.

To fulfill the requirement of the war and to overcome from the economical ruins it was important that the production system must be enough productive in all these countries which are involved in the world war. In behalf the man echo was engaged in the war the women had to face the opportunities of production and the management of the industries.

Such responsibilities and work are successfully completed by women all over the world.

It has proved that the women is ready not only for the work and responsibilities at home their aim was to be man equivalent in respect in each field.

Gandhian thoughts regarding the women education are almost on the same way. He said that “In married couple men are involved in the activities outside the home and the other end home is the field of women only she also needs education in subject to the home, child-development, etc. So Gandhiji had felt the need of women education to educate her to become a successful housewife or an ideal mother.

Hence, the main aim behind the women-education was to educate her to be ideal housewife and an ideal mother.

As the year A.D.2001 is declared as “The year for women Empowerment” all over the world the status of the women and the actual situation in concentration. The economic status is in the root of the empowerment of the women. Except to the women of the higher classes and the high society women are in working in traditional
sections. So, the perfect work distribution do not occurs worldwide if the women are considered under a single group except to some exceptions since the beginning most of the women workers to be rewarded i.e. Home based business and at least for cooperating as a work of any of the family members or even of the relatives and neighbors with the responsibilities under the role of mother and housewife.

❖ **Women and work force in 21\textsuperscript{st} Century’s Globalize India**

In this 21\textsuperscript{st} century everyone is uttering only a word i.e. globalization and its path towards development. Globalization, women and justice is becoming an interesting subject to study and discuss but sensitization about these issues especially the impact of Globalization on women which lead to higher level of injustice to women is almost ignored.

- It has its own negative impact especially towards poor and under privileged citizen of country.
- More than half of India’s poor are women and the impact of globalization towards them is severe.
- As far as of the labor force is concerned, it is becoming more fragmented into irregular, temporary and subcontract workers. Informal workers and home based workers with the globalization of capital and flexible employment.
- Thus globalization brings the feminization of labor, especially as cheap labor because it is accepted the women are less demanding, obedient and respectful towards their authority.
- Globalization has transformed the structure and concept of labor by in formalizing as regular, full time wage labor, contract labor, casual labor, part time labor, homework etc.
• But all this kind of workforce falls beyond the protection of labor laws.
• The era of globalization is a process of restructuring of an international sexual division of labor in which third world women serve both as producers of surplus value of cheap manufacture and as objects of (sexual) consumption (through prostitution) for first world men.
• It is widely believed that globalization widens up the opportunities for women in different sectors but in true sense they rarely stand in the modernization of their economies.
• On the contrary, as their economies develop now burdens are added upon them.
• They suffer with inequalities and indignity.
• As the pace of globalization is spreading fast, industry grows up and men migrate to the cities leaving women behind by leaving the entire burden on the shoulder of women including agriculture, household and social needs.
• By this bounded responsibilities, it is becoming difficult to carry on their traditional sectors and unable to represent themselves as “productive labor”.
• Thus, finally circumstances make her fall into the work as wage less family labor.
• As the process of expansion of capitalism and globalization continued, capital proved blind and the cheap, efficient labor of women was found to be preferable to that of men.
• Structural adjustment generated the triple burden for women and globalization has reinforced its consequences.
• Women have become an integral part of this liberalized labor market but simultaneously been marginalized within it, as they
have to develop strategies for dealing with conflicting demands of fragmented insecure work, domesticity and community participation.

- Lack of women participation as managers or professional is a neglected aspect of labor participation in emerging economies.
- So it is becoming an important issue to study the law level of women in the higher rungs of employment in general and Indian women in particular as one of the countries where maximum numbers of work force in women.
- Some scholars claimed that women are negatively affected by globalization.
- When we examine the situation of India, over its history, socio-economic status of women and women work force, we can assume that Indian women come under the third category.
- According to the UN data when compared with men, women are diverse group and overwhelmingly disadvantaged economically. Almost all the recent research.
- Study conclude that majority of the world’s women earn significantly less than men. After looking at the booming of economy of Asia including India. It is almost neglected to study its negative impact on people especially on women who suffer the most in the whole process.

Therefore, it is becoming an important field to study and find the solution to improve the situation to bring progress and prosperity in the society. During the era of globalization the study of women’s work force becomes an important area of study. Some of the important reasons are mentioned below:-

- Despite representing more than half of the work force, why are women economically vulnerable condition?
Women are getting less than men for the same work why do majorities of the countries neglect the ILO's charters, especially equal pay for equal work?

Women are put into vulnerable situations and marginalized in every field by various discriminatory policies, practices and laws which are brought by globalization.

Slow implementation of the women’s positive gains and their issues especially in the field of economy to promote the world economy in the era of globalization.

Women’s political, social and economic rights are an integral and inseparable part of their human rights. But most countries still do not consider women’s rights seriously which mentioned in CEDAW, especially those relating to economic rights.

Thus, globalization offers a particularly rich convert in which to analyze and assess its impact on women work force in general and the Indian women in particular, at the millennium.

❖ **In case of India**

Data assessing the impact of globalization which is unfair and unjust on women remains unavailable. The lack of data on women reflects the widespread invisibly of women’s work, as well as state apathy. It was only because of journalist, NGOs and activist groups that people are becoming aware the impact of globalization on women and their economic role in the development process of the country like India.

In order to solve the above mentioned problems and to improve the status of women especially in economic field, we need to go deep down into the issues of women and analyze the socio-political, economic conditions of India under which women are sustaining their life and work.
The study of women’s work force in a society involves a complex of multi dimensional thoughts. Women have been marginalized in every walk of life. According to liberal feminist, society remains structured in ways that favors men and disfavors women in the competitive race for the goods with which our society rewards us power, prestige and money. They are against the excuses or justification used to keep women in a lesser place. They argue that society should not only compensate for past injustices but also eliminate socio-economic as well as legal impediments to women’s progress today. This gender purity is clearly reflected in Indian society. To start with, it is clearly a male dominated society. Women are always at disadvantage in every field. In economic field their presence is virtually absent at the higher level where the real power is lies. Indian women are getting less pay for the same work then men.

❖ Impact on Women

In the special report on the state of the world's women by Mrs. Helvi Sipila, Assistant secretary – General for social development and humanitarian affairs of the United Nations note that:

“Women and girls who constitute one half of the world’s population and one third of the official labor force performed nearly two thirds of work hours but according to some estimates received only one tenth of the world’s income and owned less than one hundred of world properly.”

Unfortunately for women, there are many in the rank and file of the judiciary who consider women as subordinate to men, women as instruments of man’s comfort and pleasure.

Women have been treated differently and unjust to them in many sectors in India. Some of important sectors where they are concerned
more are given below and these are the fields where we can make efforts and strategies to improve so that it will bring changes and increase the status of women.

❖ **Women in Unorganized Sector**

According to the report of the committee on the status of women in India about 94 percent of women workers are engaged in the unorganized sector of the economy, 81.4 percent in agriculture and the rest in non-agriculture occupations.

The non agricultural industries and services in the unorganized sector however have been neglected by most of the limited roles and opportunities. Their low status mostly got translated into bad health and nutrition, illiteracy, high fertility economic back wordless and underdevelopment in all most spheres.

Women particularly in the developing countries were seen as very vulnerable as they were laboring under adverse orthodox social practices as well as bearing the brunt of an under developed economy.

❖ **What is Food and Nutrition?**

To lead an active and healthy life, we all need adequate food and nourishment. Food, which is essential for survival and growth of human beings, can also lead us to many health risks if not chosen properly.

Food is made up of any substance, composed of carbohydrates, water, proteins and fats either eaten or drunk by any animal; including humans to give energy or help build up the body for growth.

Nutrition is the process in which you consume food or nourishing liquids, digest and absorb them and use them for health and growth.
Also, Nutrition can be defined as a three-part process. i.e. consumption, digestion and circulation of the food. The origin of the word 'nutrition' is linked to the Latin words 'nutritionem and nutrire', 'a nourishing' or 'to nourish, suckle'.

**Nutrition Education Must Consider Many Factors**

The relatively poor nutritional status of some groups and in some areas of the United States has been found to be related to levels of income and education, housing and cultural background. Too, psychological factors are often involved.

It is through that teaching by the concept approach will be effective in conveying sound nutrition information to people both young and old.

**Features of Women's Employment**

Women's employment shows certain distinct features such as occupational segregation, wage differential, unskilled labor, low-paid jobs, low value attached to their work and part-time jobs.

Occupational segregation exists when more than half the population is denied access to 60 percent of various occupations being crowded into a few lower earnings.

In other words, one can say that occupational segregation persists when men and women are differently distributed across occupations. It simply means that women and men predominate in different areas of the labor market. Occupational segregation is the function of gender norms and biological role of a woman.

Women's prime role as mother and home as central occupation give rise to their segregation in certain specific jobs in the labor market.
Gendering in occupations generate 'female' and 'male' jobs. Men are also segregated in some specific jobs, but there is a difference between the segregation of the two sexes.

Thus, men dominate the labor market and decide and frame the policies regarding labor operations. Female segregation in certain jobs is characterized by unskilled work, low earnings, and other benefits, dependent on the men's labor law value and prestige that are generally associated with women's work.

Segregation in work may reflect women working in unskilled jobs more than men.

❖ Wage Differential

Discrimination in wages is another distinct and important feature of women's employment.

The situation is much worse in the unorganized sector where the majority of women are employed. Almost in all sectors of unorganized economy such as Construction, Gruh-Udhyog, Stone Mines Worker, Daily Wages etc.

Women get less wages than their male counterparts. The access to minimum wages is also differentiated for doing the same work, women receive less wages.

Despite legislation to control sex biases in earnings, the differentials in remuneration are carefully maintained.

Actualization and entre at work has really aggravated the discrimination.

Such problems arise due to differences in the perception of people regarding 'male' or 'female' labor. Women's work is always measured in
low value there too. The gender ideology becomes instrumental in 
developing and sustaining discrimination of such type.

1.4 Statement of Problem

“Jawaharlal Nehru, the first prime minister of India, said you can 
tell the condition of a nation by looking at the status of its women.

“The Beijing Declaration at the fourth world conference on 
women(1995) point 13 years women’s employment and the full 
participation on basis of equal in all spheres of society, including 
participation in the decision-making process and access to power are 
fundamental for the achievement of equality, development and peace.

But poverty many women from fulfilling their potential the principle 
of gender equality are contained in the Indian constitution legal system 
and government policies.

However, there is still a wide gap between these principles and 
the reality of the status of women in many communities across India. 
This is shown by law female literacy rates and high maternal mortality 
rates, particularly in rural areas attitudes need to change at the level of 
the family parents need to ensure the girls as well as boys receive 
wealth care, education, training opportunities and access to resources.

The law value that society places on women and girls means they 
are less likely than man to receive timely medical treatment or adequate 
nutrition.

Unequal access to food, heavy work demands and special 
nutritional needs such as nutrients as well as vitamin’s, carbohydrate, 
protein, minerals, calories, etc

Many women work twice as many hours as men because they 
carry out most of the household responsibilities as well as working
outside their homes. Their household work is unpaid and unrecognized. Equal sharing of responsibilities for the family by men and women will help improve the status of women in India. If husbands show love and respect to their wives and presents show they value their daughters equally to their sons. This will provide a good model for the next generation.

Sen points out that when he took up issues of women welfare he was accused India of voicing.

1) Malnutrition

Generally in India, women are the one who eat last and least in the whole family so they eat whatever is left after men folk are satiated.

As a result most of the times their food intake does not contain the nutritional value required in maintained the healthy body. This nutritional deficiency has two major consequences for women first they become anemic and second they never achieve their full growth which leads to all malnourished. Women cannot give birth to a healthy body.

Gender disparities in nutrition are evident from infancy to adulthood. In fact gender has been the most statistically significant determinant of malnutrition among young children and malnutrition is a frequent direct or underlying cause of death among girls below age-5. Girls are breast feed less frequently and for shorter durations in infancy in childhood and adulthood males are fed first and better.

2) Poor Health

Women are not giving the right to free movement that means they cannot anywhere on their own if they want and they have to take permission of male members of family or have to take them along. This
results in decrease in women’s visit to doctor and she could not pay attention to her health as result.

Health problems all over the world countries with different levels of technical development are closely connected to the vulnerability of the mother child dyad to inadequate or in appropriate nutrition, infection, unregulated fertility and other factors and socio-economic factors.

The infant is completely dependent on the mother for his or her nutrition. The diet consumed by the women and her health practices has a definite effect on her health. Malnutrition of rural mother is very common in India.

The women who are the prime producer of the necessities of life, women on whom the society depends so heavily for economic support and family health care, hence it is important to study their current problems regarding maintenance of required health and hygiene within their existing socio-economic backgrounds. In the year 2005, W.H.O. has given a slogan for world health day i.e. 7th April, 2005, “Make every mother and child count.”

3) Maternal Mortality

Maternal nutrition is important determinant of the course and outcome of pregnancy and seventy five percent of fetal growth related to maternal nutrition status. However, Maternal nutritional status not only determine the state of the offspring at birth but also development and health late adult years. Nutritional anaemia is observed to be the widest spread nutritional disorder in the world affecting 30 % of the world's population, (Rao-2006).

Socio–economic status of the families also play a crucial role in determine the health status of the new born. The mortality rate in India
is among highest in the world. As females are not given proper attention which results in the malnutrition and then they are married at an early age which leads to pregnancies the younger age women the body is not ready to bear the burden of child. All these results in complications which may lead to gynecological problems which may become serious with time and may ultimately lead to death.

4) Lack of Education

In Indian women education a nerves its due shares of attention from the medieval Indian women. Although scenario urban areas have changed at and women are opting for higher education but majority of Indian population residing in village still lives in medieval time.

The lack of education is the root cause for many other problems. Uneducated mother cannot look after her children property and she is not aware of the daily diseases and their poor health of the children. An uneducated person does not know about hygiene this lack of knowledge of hygiene may lead to poor health the whole family. Women and girls are for less education than man due to both social norms and fears of violence. Indian has the largest population of non-school going working girls. India’s constitution guarantees free primary school education for both boys and girls up to age 14. This goal has been repeatedly reconfirmed but primary education in India is not universal. Women work longer hour and their work is more hard than men’s. Still men report that “Women, like children, eat and do nothing.”

5) Mistreatment

In India violence against women is a common evil, not just in remote parts but in cities also women bear the brunt. They are subjected to physical and mental violence. The women are anywhere
neither safe at home nor at work place. Every hour a women is minutes a woman is burnt to death due to dowry problems.

The low value that society places on women and girls means they are less likely than man to receive timely medical treatment as adequate nutrition. Unequal access to food, heavy work demands and special nutrition need such as for Iron, make women and girls more vulnerable to illness, particularly anemia, Anemia cause by lack of iron is widespread among Indian girls and women and affects the majority of pregnant women. Anemic and malnourished women give birth to malnourished children.

6) Lack of Power

In India a large percentage of women do not have power. They cannot take decisions independent not even related to their own life. They have to take permission of male members for each every issue. They don’t have any say in important household matter and not in matter of their own marriage. Many women work twice as many hours as men because they carry out most of the household responsibilities as well as working outside their homes.

Many maintain the women’s economic dependence on men impacts this power within increased participation in income earning activities, not only will there be more income for the family but gender inequality should be reduced. This issue is particularly salient in India because studies show a very law level of female participation in the labor force.

7) Over Worked

Indian women work more than men of India but their work is hardly recognized as they mainly do unskilled work. Their household
chores are never counted as a work. A study conducted by mines in 1986 status that in Andhra Pradesh, a women work around 15 hours a day during the agricultural season where a male on overage works for around 7-8 hours.

“Not only do women perform more tasks their work is also arduous than that undertaken by men. Both transplantation and weeding require women to spend to whole day and work in muddy sail with their hands. Moreover, they work the entire day under the intensely hot sun while men’s work, such as plugging and watering the fields, is invariably carried out early in the morning before the sun gets too hot. Miens argues that because women’s work unlike men’s does not involve implements and based largely on human energy, it is considered unskilled and hence less productive on this basis, women are invariably paid lower wages despite. The fact is that they work harder and for longer hours than do men. Women work roughly twice as many hours a man.

1.5 Significance of Study

I. In the context of society
1) It is useful to implement women welfare programs.
2) This study is useful for unorganized sector of working women and employees.
3) This study is also to start for new industries.
4) Government is easily to determine (decide) problems of low wage and its implementation with the help of his study.
5) We can easily know that the problems of unorganized sector of working women.
6) We can get several valuable solutions for unorganized sector working women.
7) This study is useful for researchers, professors and students.
8) We can know about the problems of unorganized sector of working women likewise situation of work condition of work, place of work, etc. Various social and economical aspects are responsible of determine low wage rate on this sector.

II. In the context of Home science

1) This study is useful to determine wage rate according to nutrition food likewise for example equal interrelationship between high wage rate and nutritional food.

2) This study guide for urban unorganized sector working several women nutritional foods related factors.

3) What are the side effects of unorganized sector working women due to malnutrition food?

4) This study is useful about the various types of food and nutritional of unorganized sector of working women in Porbandar and Junagadh district.

5) We can get number of information by the analytical study of Porbandar and Junagadh district of Saurashtra region.

6) This study is to provide enormous (valuable) information especially for planners of home science, professors, researchers and students.

III. In the context of knowledge

1) This study is useful to get several information for example what are the current situation of unorganized sector of working women.

2) We can get know about the interrelationship between working women and employee.

3) We can know that are the situations of nutritional food of unorganized sector of working women.

4) We can do proper planning for improving urban working women.
IV. In the context of economic & social

1) We can get information about unorganized sector working women.

2) Unorganized sector working women are getting how much monetary benefits in this field and we can easily know about it.

3) Furthermore, this study is useful to know about the, how much non-monetary benefits in this field?

4) We can know about the standard of living of unorganized sector of working women.

5) We can easily determine minimum wage rate with the help of this study.

6) This study is useful to understand about the how much job security of unorganized sector working women.

7) This study is also providing some useful information about the unorganized sector of pregnant and feeding working women.

8) This study is suggested about proper establishment of employees and employers.

1.6 Objectives of Study

1) To know the information about urban unorganized sector of working women.

2) To get economic and social condition of urban unorganized sector of working women.

3) To do comparative research work of urban unorganized sector of working women.

4) To do analytical study of food and nutrition in Saurashtra region in the context of Porbandar and Junagadh district.
1.7 Hypothesis of Study

1) Urban female working women are working more hours than more workers and getting fewer less wages.
2) There is more exploitation of urban unorganized sector of working women in economic, mental and sexual.
3) Urban unorganized sector working women cannot get proper primary facilities in working places.
4) Urban working women can't get adequate wages than male workers.
5) Due to low wage rate urban working women efficiency are decreases instead of low wage rate.
6) Urban working women cannot get proper nutritional food in their daily life.
7) There is adverse effect of child-care of urban working women in unorganized sector. Equal inter-relationship between in-adequate food and nutrition and working efficiency.

1.8 Research Design

This analytical study is discussed about urban unorganized sector of working women’s nutrition and food. In the context Porbandar and Junagadh district.

Saurashtra region have seven districts likewise Amreli, Bhavnagar, Jamnagar, Junagadh, Porbandar, Rajkot and Surendranagar. Researcher will take two districts in this study. Researcher will study primary and secondary research method.

• Researcher
  • Primary Method
    1) Survey, work of questioner method.
2) Interview method in the Porbandar and Junagadh district of urban unorganized sector in working women.

- **Secondary Method**
  1) Table work
  2) Internet
  3) Website
  4) Library
  5) Government Documents

- **Data Analysis of Research Method**
  1) Tabulation method
  2) Statistical method example: t-test Method
  3) Tool method

  Give useful suggestion by analytical method.

- **Sample Size**

  Saurashtra region have seven districts. These districts are as below

  1) Amreli
  2) Bhavnagar
  3) Jamnagar
  4) Junagadh
  5) Porbandar
  6) Rajkot
  7) Surendranagar

  Here researcher is selected two districts Porbandar and Junagadh in the Saurashtra region. The sample size of Porbandar district is 250 urban working women of unorganized sector and the sample size of Junagadh district is 250 urban working women of unorganized sector.
Sample size of Porbandar is as below:

1) Lime Furnace – 50 women  
2) Construction – 50 women  
3) Vegetable Seller – 50 women  
4) Maid Servant – 50 women  
5) Cottage Industries – 50 women  
   (Papad, Pickle, Sweet, Spices, Fried = 10 x 5 = 50)

Sample size of Junagadh district is as below:

6) Lime Furnace – 50 women  
7) Construction – 50 women  
8) Vegetable Seller – 50 women  
9) Maid Servant – 50 women  
10) Cottage Industries – 50 women  
   (Papad, Pickle, Sweet, Spices, Fried = 10 x 5 = 50)

- **Stratified Method**

The total sample size of research work is 500 urban unorganized sector of working women nutritional food’s analytical study.

- **DemoChartic of Porbandar District**

As of 2011 India’s census report Porbandar has population of - 586062 males constitute 51.35% of the population and females 48.65%. Porbandar has an average literacy rate of 76.63% higher than the national averages of 84.56% male literacy is 68.32% and female literacy is 71% in Porbandar 14% of the population is under 6 years of age.

**The research work of Porbandar district is as below**

1) Porbandar  
2) Kutiyan
3) Ranavav

Researcher has taken 3 Talukas in the Porbandar district.

- DemoChartic of Junagadh district

As of 2011 Indian census Junagadh has a population of 27,42,291. Male constitute 51.22% of population and females 48.78%. Junagadh has an average literacy rate of 76.88% higher than National (average) of male literacy rate 85.80% and female literacy is 67.59% in Junagadh. 10.99% of the population is under 6 years of age.

The Research work of Junagadh district is as below

1) Junagadh
2) Vanthli
3) Manavadar
4) Batva
5) Keshod
6) Mangrol
7) Veraval
8) Sutrapada
9) Kodinar
10) Una
11) Bhesan
12) Talala
13) Visavadar
14) Midya(hatina)

Researcher has taken 14 Talukas in the Junagadh district.
Chapterization of Study

Chapter-1: INTRODUCTION

- Introduction
- Statement of problem
- Significance of study
- Objectives of study
- Hypothesis of study
- Research Design
- Conclusion

Chapter-2: Review of Literature

Researcher will study in the second chapter about the review of literature especially in urban unorganized sector in India, Gujarat and Saurashtra. Furthermore researcher will study about the urban unorganized sector of working women nutritional food in India, Gujarat and Saurashtra.

Chapter-3: Research Methodology

In first Chapter researcher will study about the meaning of research, types of research.

Chapter-4: Food & Nutrition

Meaning & Definitions of Food & Nutrition, types & elements of Food & Nutrition in India will explain in this chapter.

Chapter-5: Urban Unorganized Sector

Problems of urban unorganized sector of working women in India what are the condition of “Status of urban unorganized sector of working women in India likewise,
Problem related scope of work, Problem related exploitation, Problem related low wage rate will discuss in this chapter.

**Chapter- 6: Data Analysis**

An analytical study of Porbandar and Junagadh district about the food and nutrition in the urban unorganized sector of working women will discuss in this chapter.

**Chapter- 7: Conclusion and Suggestions**

Researcher will discuss several scientific findings. This study will discuss about the limitation of research work and also give several valuable suggestions for the further researcher’s determination of government policies.

1.9 Conclusion

Here researcher discuss about the status of women from ancient time to modern time, in this chapter researcher explains the,

- Statement of problem
- Significance of study
- Objectives of study
- Research design