

Working & Non-Working Women - Their Time Utilization In Daily Routine Work

Dr. Jyoti Solunke, Shital M Rathod

¹Head, Dept. of Home Science Sant Tukaram Arts & Science College, Parbhani

²Asst. Professor – Dept. of Home Economics Bar. Ramrao Deshmukh Arts, Smt. Indiraji, Kapadiya Commerce & Nyay. Krushnarao Deshmukh Science College, Badnera

Abstract: The present study was carried out from two regions of Maharashtra state. Parbhani district was selected from Marathwada region and Yeotmal (Pusad) district was selected from Vidarbha region. This research consist sample of 600 working and non working women. In the present study, time spending pattern of the working and non working women was recorded for daily routine activities. The present research study is planned with objectives to find out the Personal characteristics of working and non working women, to investigate the time utilization pattern of working & non working women in Daily Routine Work. Personal characteristics of the respondents were studied it indicates that majority 46.83 per cent of the women were from the age category 31-45 years, about education it was seen that less than half 39.83 per cent of the women were educated up to school level. Time spending of the respondent for daily routine activities was recorded for 24 hours. As regards time utilization in daily routine activities, it was noted that working and non working women spent maximum time on Recreational activities (watching TV, listening radio, watching movies in theatre) and Kitchen work (pre & post cooking work, meal preparation. This study will be immense use of those who are concerned with development of women and improving the quality of life of rural and urban working and non working women.

Key words - Working & non working women, Daily routine activities, Time utilization.

I. INTRODUCTION

Time is the one resource we all share, though it is one generally taken for granted. Most of us are so busy with what is happening that we pay little attention to the passage of time. Developing the ability to locate ourselves in our environment with reference to time is an important part of time management. When we ask "What's the time?" we usually indicate the need for synchronizing our activity with that of others, whether for food, work, rest, or entertainment.

Time is a valuable human resource. Man lives in time. Time provided an organising medium for human life - a common denominator within which everyone operates. Time is a very limited resource since no day can contain more than 24 hours nor can any of these be stored and saved.

It is limited in the sense that if it is used up, no more will be available. Life, these days, is a challenge for women. They have to perform household, dairy as well as farm activities. Thus, the rural women have too much work and too little time. Its right use is a matter of highest urgency and the most thrilling activity. (Ahuja *et al.* - 1993).

The time spent on various household activities varies from family to family. No two families are alike in their way of leading life. Factors of difference in time use may be socio-economic status of the family, composition of the family, social environment and location of the family such as rural or urban area. Rural homemakers differ from their urban counterparts mainly in the farm and farm related activities they perform. So it is essential to know how a homemaker uses her time. (Kulkarni and Murali, 1991).

The working and nonworking women in rural and urban sectors work for longer hours in homestead and household activities. In this direction there is dearth of data to reflect the gender issues regarding involvement of women in household and homestead, agricultural, on their job activities and their time use pattern for performing multi role activities. There is a need to understand the contributions of women in home the right perspective. The development paradigms also suggest that in view of faster changes than ever before the women must be provided with knowledge and skill base that will help them to improve task performance.

1.1 Objectives of the Study

1. To study the Personal characteristics of working and non working status from rural and urban women.
2. To investigate the time utilization pattern of working & non working women in Daily Routine Work.

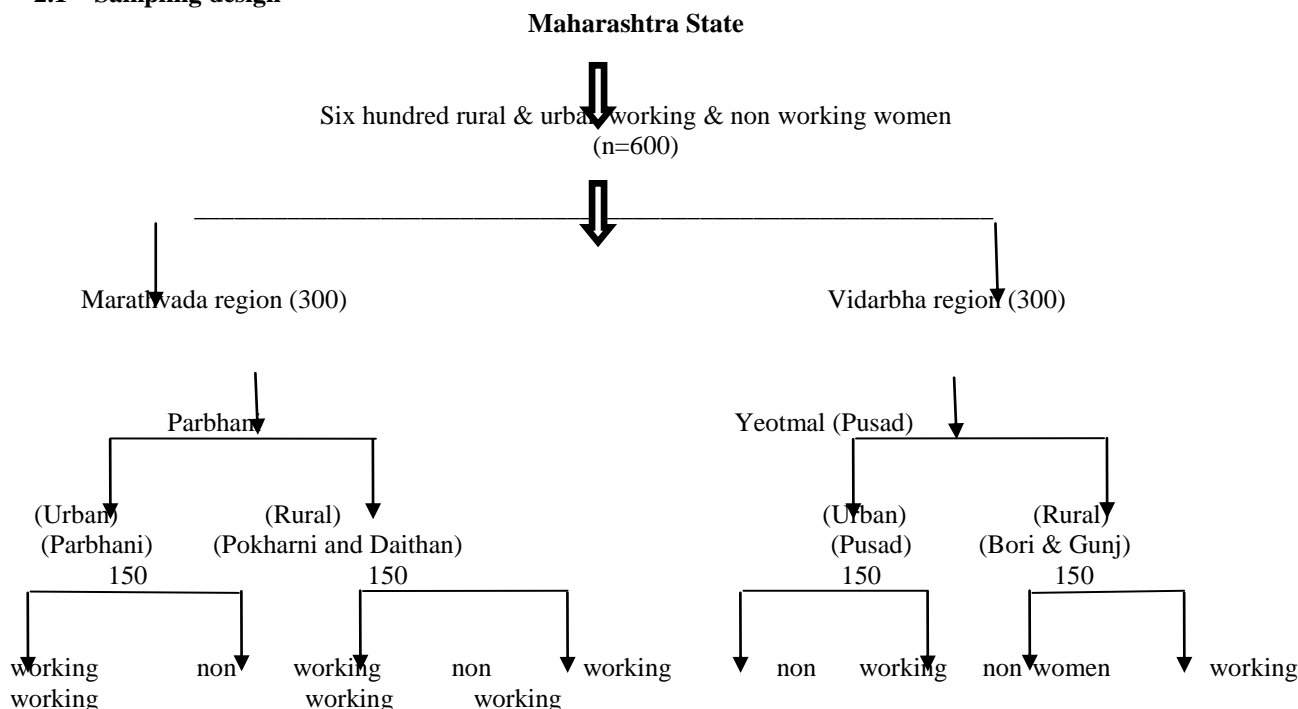
1.2 Hypothesis of The Study Are As Follow-

- H₀ : There is no significant correlation of selected characteristics of women with their time utilization in daily routine work.
- H_a : There is significant correlation of selected characteristics of women with their time utilization in daily routine work.

II. Methodology

The study was carried out in two Regions of Maharashtra State were selected for the study. This research consist sample of six hundred working and non working women from rural and urban areas. Considering location of rural population, the districts from these regions were purposively selected. These were Parbhani from Marathvada region and Yeotmal from Vidarbha region. The total sample consisted of six hundred working and non working women out of these Three hundred rural women and Three hundred urban women will be selected. The respondents were personally interviewed with the help of pre - structured interview schedule.

2.1 Sampling design



III. Results And Discussions

General profile of the selected rural and urban working and non working women

Personal characteristics of the respondents were studied with the following variables i.e. age and family structure. Socioeconomic characteristics of respondents included main family occupation, education, organizational membership and media ownership. The findings presented in the table1 indicates that majority 46.83 per cent of the women were from the age category 31-45 years, followed by the category 46-60 years 31.33 per cent while 21.83 per cent women were from the age category 18-30 years.

This result was found to be in different line with that of Kulkarni *et.al.*(1991), Bhalerao (2002) and Bellurkar(2016) while it was comparable with the study of, Rathod (2008) and Queen Chetia, et al.(2018) who reported that majority of the women were middle aged i.e. in the age group of 31-45 years. But the results are contradictory with the studies of Vijaya priya (2013), who reported that majority of the respondents in their studies were below 30 years of age.

Education is a process of living through a continuous reconstruction of experiences. It is the development of those capacities in the individual which will enable her to control her environment and fulfill her possibilities (Sikliger, 2011), it was seen that less than half 39.83 per cent of the women were educated up to school level, more than one fourth 28.33 per cent of them could illiterate. The percentage of the higher education i. e. graduation and post graduation among selected women was found less than fifteen per cent 7.5 and 10.16 per cent respectively. It was due the reason that fifty (300) of the sample was from rural area. It can be also observed from the table that 14.16 per cent of the women were educated up to Junior College or

Diploma level. The study clearly indicates that educational level of the women in the study is fair. The results are contradictory with the studies of Bhoyar *et al.* (2014) who noted that majority of the respondents in their studies were illiterate. These results are in line with the studies of Queen Chetia, *et al.*(2018).

The major occupation of the selected women was found to be household (50.00 %). The working women were engaged in service i. e. Teacher, Lecturer, Professor, Doctor, Anganwadi workers, ASHA workers, Supervisor, Sarpanch, etc were less than one third (16.33 %) while 12.50 per cent of the women were working on their own farms i. e. farming, only 8.33 per cent of them were involved in Business related activities like, Grocery shop, Beauty parlor, Tailoring, Classes (Mehandi, Rangoli, Plates making), selling of agricultural implements, preparation of agricultural edible products at home (turmeric, chilli powder making, masale making etc.), dhal making, selling vegetables, flowers and selling preserves (papad, pickles, vermicelli etc.), and very few of them i.e only 7.66 per cent women were working on others' farms as farm labour and very negligible 5.16 per cent women were working as labour like, home servant, hotel servant etc.

These results are in line with the studies of Bhoyar *et al.* (2014) who found that majority of the urban respondents were engaged in service. The results in this case did not support with the results of Bhalerao (2002), Annual Report of AICRP – Extension Component (2003) and also Rathod (2008) who reported that majority of the respondents were having farming + farm labour as their occupation. Families are the crucibles in which the humanity is born, nurtured and fulfilled from cradle to grave; man and women exist in an institution called family, though changing in size (Ratra, *et al.*, 2006). As far as family type was concerned, joint type of families were seen to be predominant 53.5 per cent, followed by nuclear type families 45.83 per cent and lastly very negligible percentage of extended families 0.66 per cent were found. Extended families are those in which related kin in addition to parents and children live together in the same household (Dasgupta and Saha, 2012). It is clear from the data that the trend of nuclear families has been decreasing.

Table no. 1 general profile of the respondents n = 600

Sr. No.	Particulars	Frequency	%
1	Age (Years)		
	18-30 yrs.	131	21.83
	31-45 yrs.	281	46.83
	46-60 yrs.	188	31.33
2	Education		
	Illiterate	170	28.33
	School level	239	39.83
	Jr. College/ Diploma	085	14.16
	Graduate	045	07.5
	Post Graduate	061	10.16
3	Occupation		
	Farm labour	046	07.66
	Farming	075	12.5
	Service	098	16.33
	Business	050	08.33
	Labours/daily wage	031	05.16
	Household	300	50.00
4	Family Structure		
	<i>a) Family Type</i>		
	Nuclear	275	45.83
	Joint	321	53.5
	Extended	004	0.66
	<i>b) Family size</i>		
	Small (Up to 4 members)	237	39.5
	Medium (5-8 members)	294	49.00
	Large (> 8 members)	069	11.5
5	Family income (Rs.) Per yr.		
	Up to Rs. 30,000.00	022	03.66
	Rs. 30,001.00 to 1,00,000.00	273	45.5
	> Rs.1,00,000.00	305	50.83
6	Organizational membership		

	No membership	563	93.83
	Member of formal/non-formal organization	037	06.16
7	Media ownership		
	Newspaper/magazines	242	40.33
	Radio/transistor	162	27.00
	Television	505	84.16
	Land line /mobile	548	91.33
	Computer/Laptop	130	21.66
8	Extension contacts		
	Always	005	0.83
	Sometime	078	13.00
	Never	517	86.16

These results are in line with the studies of Ranggalata (2006) and Kulkarni *et al.* (1991) who found that majority of the women were from the joint families in study. The results in this case did not support with the results of Bhat (2001) and Vijaya priya (2013), who reported that the percentages of nuclear families were more in a study from rural area.

The trend of medium sized (5-8 members) families was found to be in less than half 49.00 per cent of the selected families, while small sized (up to 4 members) families were also nearly equal i. e. 39.5 per cent and lastly it was noted that few of them 11.5 per cent had large families comprising > 8 members.

These results are in line with Ranggalata (2006) and Vijaya priya (2013).

The annual income of the respondent families was categorized under three income groups as up to Rs. 30,000/-, between Rs. 30,001/- to Rs. 1,00,000/- and above Rs. 1,00,000/-. It was observed that half 50.83 per cent of them had their annual income up to above Rs. 1,00,000/- whereas 45.5 per cent of them had their annual between Rs. 30,001 to Rs. 1,00,000/- and only few of the families 3.66 per cent had the annual income up Rs. 30,000/-. It is due the fact that most of the families were having their occupation as service, farming, and business.

The result is same with Ranggalata (2006), who mentioned that in their studies majority of the working women, belonged to the high income group. But the result is not matching to the result of Bhalariao (2002) and Rathod (2008).

As regards organizational membership of the respondents, it can be stated from the table, that most of the respondents 93.83 per cent had no membership while very few 6.16 per cent of them had membership of formal/non-formal organization. The reason behind the low organizational membership of the women is that most of the women were from rural areas where they are not allowed to participate in other activities and also majority of them were involved in service, business, farm and farm labour who reported that they had no time from their daily work.

In case of media ownership, it was noted that majority of the families 91.33 per cent were having land line/mobile phones, 84.16 per cent of them were having television, less than half of them 40.33 per cent were having news paper/magazines. Only 27.00 per cent of the respondents listening the programmes on radio/transistor, whereas computer/laptop owning families were 21.66 per cent. Hence it can be concluded that media ownership was quite good among the selected respondents.

As far as extension contacts of the respondents were concerned, it can be depicted that a huge majority 86.16 per cent of the women had no contacts with any extension agent whereas 13.00 per cent of the women had extension contacts sometimes only, The percentages for always extension contacts were very less i.e. 0.83. So it can be said that extension contacts of the selected women was found to be very low. It may be due to the reason that majority of the women in this investigation were from rural areas and they had low extension contacts due to lack of confidence, family pressure, customs etc.

The result is comparable to the results of Srishankari and Uma (1995) who found that participation of men in any extension programme is relatively easier than women.

Time utilization pattern of the working & non working women in daily routine work

Time expenditure pattern of the homemakers can reflect their workload. Also, the extent of these tasks performed by the homemakers is of importance. Therefore an attempt was made to study time expenditure pattern of homemakers based on employment status. To measure unpaid household work and other care activities, homemakers were asked to complete a diary listing out all activities carried out in 24 hours in a week day and a week end (Zick *et al.*, 2008). Average time utilization of the selected respondents in daily routine activities, i.e. for 24 hours, was noted in minutes. It was recorded for total one day periods. For total 19 activities in a day, time utilization was noted.

It can be portrayed from Table no. 3 that the women spent 57.65 minutes for personal care i.e. bathing, dressing, eating etc. out of 24 hours and for the exercise or yoga they were spend the little time i.e. 14.55 minutes. When the reason for difference in time spending was asked, the respondents replied that in this activity there was no hurry for completing the work. Hence they spent more time in performing the daily activities.

The finding of the present study is supporting to the finding of Antwal *et al.* (2000) and Kulkarni *et al.* (1991) who found that the respondents could afford to spare an average time of more than one hour (130 min) per day for personal care.

For kitchen work also they allotted more time, because they prepare various items for breakfast, lunch and dinner in which period they can do. It was noticed that they spent 94.71 minutes for kitchen work which includes pre and post cooking work and meal preparation.

The results are similar as the results of Gatti (1996), Bellurkar (2016) and as Bala and Singal (2003) who reported that the respondents spent 95 min. on an average in meal preparation and its serving. The finding is found to be varying with the result of Ahuja *et al.* (1993).

Fetching water for household work required 23 minutes for the respondents. In urban area there is no need to spend more time on fetching water, because it is easily available. But in rural area it is a difficult task. The women have to fetch water from long distances; hence time spent on this activity is more.

**Table no. 2 Time utilization pattern of the working & non working women in daily routine work
n=600**

Sr. No.	Type of work	Time used for various activities (Minutes)
1	Personal care (bathing, dressing, eating)	57.65
2	Exercise/ Yoga	14.55
3	Kitchen work (pre & post cooking work, meal preparation)	94.71
4	Fetching water for household work	23
5	Household work (brooming, mopping, washing clothes/utensils)	94.2
6	Religious work	36.4
7	Management of animal, shed (related acti.s)	16
8	Care of children & family members	92
9	Collection of fuel wood/making dung cakes	12.1
10	Grazing animals	5.2
11	Cash earning outside home	67
12	Cash earning at home	46
13	Mid work rest/leisure time	57
14	Farming activities (or related activities)	90
15	Social activities (SHG, bhajan, mahila man- dal, social work, community festivals etc.)	22.1
16	Recreational activities (watching TV, listening radio, watching movies in theatre)	97
17	Extra household work	74.8
18	Other activities	56.7
19	Unaccounted time + sleep	484
20	Total minutes	1440

Household work is another task which consumes more time of a home maker. Household work includes brooming, mopping, washing clothes and utensils. These all are drudgery prone activities. It can be expressed from the table that the respondents spent 94.2 minutes on household work. The result is supporting to the finding of Antwal *et al.* (2000), Bala and Singal (2003) and Bellurkar (2014).

In Indian culture necessity is given to religious activities. Irrespective of caste and culture every one spends at least few minutes to prey the God. It is a well known fact that women are more religious. In this investigation it was found that the selected women spent 36.4 minutes for religious work.

It was observed that the women selected for this study spent very little time in management of animals, animal shed or the related activities i.e. 16 minutes. Women participation in this activity was very less due to the reason that in most of the families, animal sheds were on their farms.

The finding is also in line with the finding of Annual Report of AICRP – Extension Component (2003) where it was observed that women as supervisors of livestock activities spend less time as compared to those who are actual caretakers.

It is a woman who takes care of children and other family members. For the family members and children she should spare enough time. It can be revealed from the table that the time utilized for this activity by the respondents was 92 minutes.

The same result was reported by Antwal *et al.* (2000) observed that women spent on an average 91.89 min per day for caring of their children and family members.

Collection of fuel wood is the tedious activity. The urban working and non working women need not to care about this. But in rural area the non working and working both women from lower income groups need to collect the fuel wood on prime basis. It was observed that the women collect the wood for fuel daily while they return from farms. In some places it was also found that the women collect it, when they have no farm work. They make dung cakes also when they have no farm activities. It was found that the respondents spent 12.1 minutes in this activity in peak period and 64.65 minutes in slack period.

Like management of animals and animal shed, it was noted that the women were not involved in the activity grazing of animals. Only the old age non working women perform this activity. One of the reasons behind this reported by the respondents was the trend to hire a person to take the animals for grazing for the whole day. It is clear from the table 3 that the respondents spent very negligible time 5.2 minutes on grazing the animals.

In the activity cash earning outside the home, the selected women found to be spending 67 minutes. As regards enterprise, it can be expressed from the table that the respondents spent 46 minutes. After working for 4-5 hours a day for working and non working women, there is need to rest for some time.



Fig.- 1 Child care



Fig.- 2 Fruits selling

It was observed that the women took mid work rest or they got leisure time as 57 minutes. Working women they got half to one hour interval and again they have to continue their work. But when they are at home and they can spend more time on their rest.

Majority of the respondents under the investigation were farm workers; hence their time utilization in farming activities is important. It can be portrayed from the same table that the respondents spent 90 minutes on farming and farm related activities in. The women who owned the land have to work one or other activity on their farms.



Fig.- 3 Stitching



Fig.- 4 Service- office work

This finding of the present study is supporting with the findings of Kulkarni and Murali (1991) and Bellurkar (2014). It is mentioned that the women spend 5-8 hours per day on the farm in peak periods depending on the size of land holding and the type of crops grown.

It was noted that the working and non working women do not have time to spend on other activities because they have to work on home, on service and farms for longer time. In regular or routine work they can spend a little time for the activities like social or recreational. It was seen that the respondents spent 22.1 minutes on the social activities like Self Help Group activity, Bhajan, Mahila Mandal, social work, community festivals etc. for these activities.

These results were found to be same with the result of Gatti (1996) whose observation was that the respondents spent 24 min. for social activities.

These results were found to be varying with the result of Bellurkar (2014) whose observation was that the respondents spent 11.1 min. for social activities.

After returning from the service, business or farm the women have to prepare dinner and to complete other household work. They can spare some time for recreational activities before going to bed. It can be revealed from the table that the women utilized huge time 97 minutes for recreational activities as watching TV, listening radio or watching movies in theatre, reading books, discussion to other family members out of 24 hours.

It was seen that the women can spent time on extra household work like vegetables purchasing, washing extra clothes, cleaning grains, maintenance of the home, stitching work, preparing preserves, collecting fire wood, making the Vatti, drying of produce, retention of the produce, storage of produce and so many other tasks. It was found that they spent 74.8 minutes.

The findings are matching with the results of Bhalerao (2002) and also with the finding of Annual Report of AICRP – Extension Component (2003) in which it is stated that during slack period of farming the women from Andhra Pradesh spend time in collecting minor forest resources like tamarind, broom sticks and soap nuts, which they sell for cash earning. It is also mentioned in this report that the rural women in Assam manage to find time to keep themselves occupied in weaving and handicraft production. The slack period of farming gives them ample time to be productively occupied in doing weaving at home or in small scale weaving units.

It was seen that the respondents were found to be participating in the other activities like joining gym, reading books, helping children in their studies, sending children for their tuition, attending get together, conducting or attending tailoring classes, Mehandi classes, Kitti party, B.C party, marketing etc. For these activities they utilized time as 56.7 minutes.

Finally it was observed that their unaccounted time including their sleep period was 484 minutes. This is the only period when they were getting rest, otherwise for all the remaining hours of the day and night; they were found to be doing one or other work.

The result is nearer to the findings of Bhalerao (2002).

In the gist it may be concluded that the large part of day of working and non working women was spent on Recreational activities i.e. as watching TV, listening radio or watching movies in theatre, reading books, playing with mobile, whatsapp chatting, spending more time with neighbors' and speaking on mobile long time (97 minutes). It can be concluded from the table that they spent least time on grazing of the animals (5.2 minutes). From the table it can be also seen that the women spent their maximum time on kitchen work (94.71 minutes).

The findings are contradictory to the study of Bellurkar (2014). Whose observation is that rural women spent maximum time on farming activities, the next to cooking.

IV. Conclusions And Suggestions

It can be concluded that selected respondent's i.e. working and non working women under this study utilized more time in daily routine activities i.e. for 24 hours, was noted in minutes. For total 19 activities in a day, time utilization was noted. It was observed that women utilized huge time (97min.) on the recreational activities like watching TV, listening radio, watching movies in theatre, reading books, discussion to other family members out of 24 hours, kitchen work (pre & post cooking work, meal preparation- 94.71min.), household work i.e. brooming, mopping, washing clothes/utensils (94.2 min.), care of children & family members (92 min.), activities like farming or related activities (91min), The activities for which they utilized less time were management of animal, shed and related activities (16min.), and for Exercise/ Yoga they spent 14.55 min. for very negligible time was spent on grazing animals (5.2 min.).

This study will be immense use of those who are concerned with development of women and improving the quality of life of rural and urban working and non working women. The empirical data therefore sets forth the platform for designing and executing women oriented home, entrepreneurial and agricultural allied development programmes. By making use of this study in the right perspectives the empowerment of women can be escalated. Full-time homemakers' household work and care activities must be brought to notice to everyone at home that their work has an economic value for money. Full-time homemakers should develop an identity of their own by improving their capacities

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