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PHYSIOLOGICAL STRESS OF WOMEN WORKING IN PADDY TRANSPLANTION ACTIVITY

A. MRUNALINI[1] & J. DEEPIKA[2]

[1]*Professor and University Head, Department of Resource Management and Consumer Sciences, Faculty of Home Science, Professor Jayashankar Telangana State Agricultural University, Hyderabad, Telangana, India*

[2]*Research Scholar, Department of Resource Management and Consumer Sciences, College of Home Science, Professor Jayashankar Telangana State Agricultural University, Hyderabad, Telangana, India*

ABSTRACT

The present paper examines the effect of season on the physiological stress of women working in paddy transplantation activity through a field study conducted by AICRP- Home Science, PJTSAU, Hyderabad. The sample size was thirty women belonging to 20-40 years. The activity was conducted both in Kharif and Rabi season consecutively. Physiological stress was assessed by recording heart rate with the help of a polar heart rate monitor for a period of four hours. Results indicated that transplantation caused 30 per cent additional physiological stress over rest in women which may due to working in prolonged bending posture. The stress was found to be significantly different between age groups and between seasons. The study draws that there is need to relieve women from poor postures adopted in transplantation with the help of technology, integrate nutritional intervention & physical training as stress coping mechanisms to improve their capacity to function.

KEYWORDS: Physiological Stress, Farm Women, Paddy Transplantation

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