Kanchan Pant
(Ph.D scholar), Department of Family Resource Management, College of Home Science, GBPUAT, Pantnagar, Uttarakhand, India

Dr. Seema Kwatra
(Professor), Department of Family Resource Management, College of Home Science, GBPUAT, Pantnagar, Uttarakhand, India

A study to assess basic demographic profile of laundry worker in Uttarakhand

Kanchan Pant and Dr. Seema Kwatra

Abstract
In India, GDP (Gross domestic products) mainly comes from organized and unorganized sector. Unorganized sector contributes more than half in economy and one of the dominant unorganized sector is laundry. In this study main focused area was to known basic demographic profile of laundry workers. 120 laundry workers were selected for study purpose and purposive sampling was used for it. Udham Singh Nagar and Nainital district were chosen. The research method used was interview. Result revealed that less income in comparison to their work, less women participation, primary to inter mediatory passed and young people engagement, years of experience, lack of sleep, high pressure job, alcohol and tobacco consumption.

Keywords: GDP, Organized sector, unorganized sector, High pressure job etc.

Introduction
Every nation makes progress only when its citizen have both good quality of education as well as health. This progress can be in terms of economic or political. Today, our country stands among top five economies of the world. Major chunk of contribution is mainly participated by unorganized sector, even more than 60 per cent of Indian population depend on this unorganized sector. That much importance this unorganized sector has in our county success. All citizens spending good life because of their working participation but in return are they getting same benefit? It is a very concerned question regarding their current situation. Before knowing anything else we have to focus first on their demographic profile which will give a basic idea regarding their age, education, income etc. and help to understand grass root problems regarding laundry work.
According village 1998 [2], Laundry is a group of clothes or linens that are being washed and a place where clothing and other fabrics are washed or cleaned. Laundry is both household as well as commercial activity. Laundry work demands minimum eight to nine hours of working shift. Daily laundry work involves collection of clothing from customer and it's cleaning, ironing and distribution to customers (Verma, 2000) [3].

Material and Method
Interview questionnaire was chosen for study purpose because face to face interaction not only helps to investigate their personal information but also help to know them better. Especially, any social science research demands in depth analysis of person working situation, his lifestyle, his food habit, his health related information etc.
Purposive sampling was taken from U.S. Nagar and Nainital district and total sample was 120.

Corresponding Author:
Kanchan Pant
(Ph.D scholar), Department of Family Resource Management, College of Home Science, GBPUAT, Pantnagar, Uttarakhand, India

Result and Discussion

Table 1: Physical characteristics of laundry workers

Personal variables		Frequency(percentage)
i) Age (years) of the laundry workers		
20-33		67(55.83)
34-46		38(31.67)
47-59		15(12.5)
ii) Sex		
Male		93(77.5)
Female		27 (22.5)
iii) Education of the laundry workers		
Illiterate		8(6.67)
Primary		37(30.83)
High school		39(32.5)
Intermediate		36(30)
iv) Ownership of the laundry shop		
Owners		30(25)
workers		90(75)
v) Source of income*		
Laundry work		120(100)
Animal husbandry		46(38.33)
Contractual work other than laundry work		31(25.83)
vi) Income (Rupees) by laundry work		
5,000-18,000		50(41.67)
18,001-31,000		45(37.5)
31,001-45,000		25(20.83)
vii) Experience (years)		
0-5		75(62.5)
6-10		29(24.16)
11-15		16(13.33)
viii) BMI (Body mass index)		
< 16.0 * CED grade III (Severe)		-
16.0 -17.0 *CED grade II (Moderate)		-
17.0-18.5*CED grade I(Mild)		4(3.33)
18.5-20.5 Low weight normal		14(11.67)
20.5-25.0 Normal		78(65.00)
25.0-30.0 Obese Grade I		24(20.00)
>30.0 Obese Grade II		-
ix) Body Somato types		
Ectomorph(<20)		10(8.33)
Mesomorph(20-25)		86(71.67)
Endomorph(>25)		24(20.00)
x) Vo² max(ml/kg/min)	**Physical fitness level**	
Up to 15	Poor	-
16-25	Low average	17(14.17)
26-30	High average	23(19.17)
31-40	Good	80(66.67)
41-45	Very good	-
Greater than 45	Excellent	-

*Multiple responses

Physical characteristics of Laundry workers

This part includes personal information like age, education. Income etc. and physical characteristics such as BMI, VO_2 max, consumption pattern etc. All data was summarized in table 1.1, 1.2 and 1.3.

Age

Table 1.1, projects distribution among different age group of laundry workers. From table 1.1 it was revealed that more than half of laundry personnel population i.e 55.83 percent came from the age group of 20-33years, 31.67 percentage of population fall under the age group of 34-46years of age and rest 12.5 percentage came from age group 47-59 years of age.
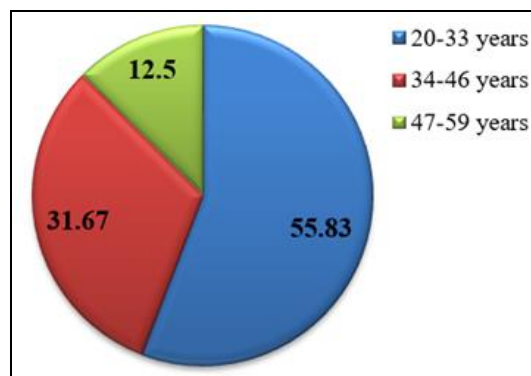

Fig 1: Age (years)

Sex

Difference between male and female on the basis of biology is known as sex. In commercial laundry number of female workers was less in comparison of male workers. Although at household level this ratio was totally reverse. Here in the table it was clearly displayed that out of selected population only 22.5 percent were female and rest was male population.
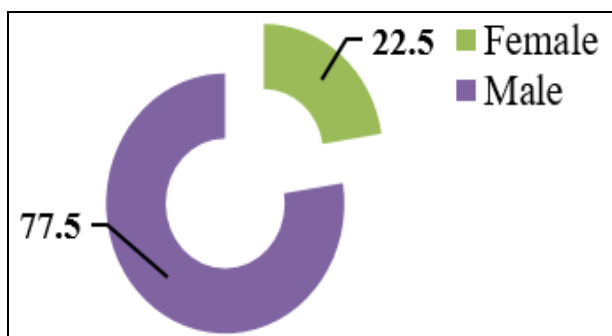

Fig 2: Sex

Educational qualification

Education is the tool by which any person can do any task in a better way. It is a preconceived notion that an illiterate man only work but an educated person do it batter. The reason behind this is knowledge about new ideas which help them to think in different way and make their life and work better, which is lacking in illiterate person.

It was clearly showed, from the table 1.1 that maximum number of laundry workers 32.5 percent were high school educated. Nearly 30.83 percent were primary and 30 percent were educated at intermediated level. Rest of laundry workers 6.67 percent were illiterate.
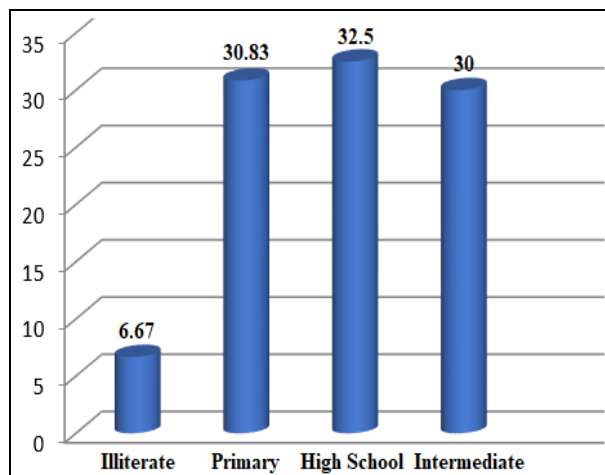

Fig 3: Educational qualification

Ownership of the laundry shop

From Table 1.1, it was depicted by available data that ownership was enjoyed by 25 percent of selected sample while rest seventy five were working under them or independently.
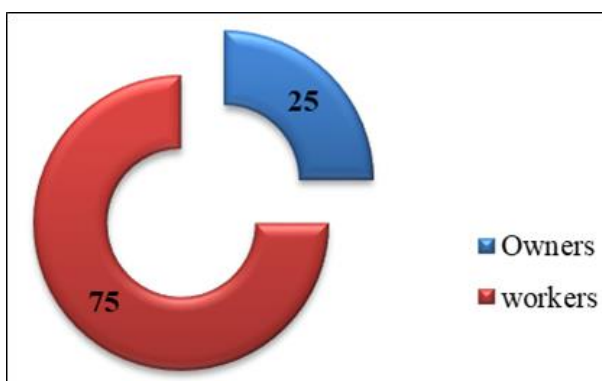

Fig 4: Ownership of laundry shop

Sources of income

Laundry work comes under unorganized sector in India. Like, other unorganized workers they also face problem of income etc. As a result it was found that some time laundry workers worked as part time contractual labors. They also did animal husbandry work to earn extra income as the money earned by laundry work was not sufficient to fulfill their requirements.

Table 1.1 demonstrated that cent- percent of selected population was engaged in laundry work along with it nearly 38.33 percent were engaged in animal husbandry work and 25.83 were doing contractual work to earn extra money as the income came from laundry was not enough to meet their other requirement of life such as child education, home rent etc .
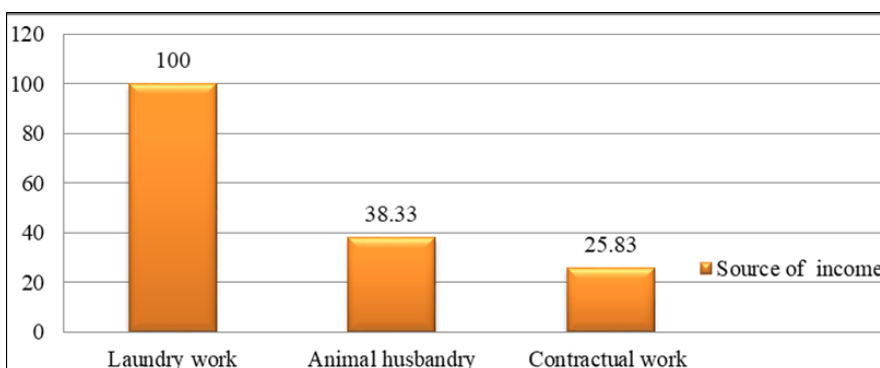

Fig 5: Sources of Income

Income (Rs per month)
For every individual money plays very important role in life. It helps to by various essential things, services from market and when it is more than required then they also spend in luxyry buying. Income directly and indirectly reflects individual econmical and social status. As the present data on table 1.1 reveled that aproximately 41.67 percent people who earned around rupees 5 to 18 thousand were mostly workers and 37.5 percent of sample earned rupees 31,001 to 45,000 were include owner as well as worker and the rest 20.83 percent again includes workers who earned around rupees 18,001 to 31,000. There were wide variation among different income group, this bacause most of the selected population were laundry workers while very few were owners.
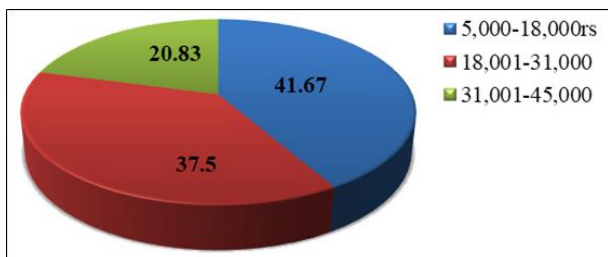

Fig 6: Income

Working experience in Years
For doing any task work experience is very essential because if a person have prior knowledge and experience of work. He/she can do it more effectively and efficiently. Table 1.1

depeitc that more than half population, 62.5 percent were having 0 to 5 years of work experience. 24.16 percent having 5 to 10 years of working experience and rest of sample 13.33 percent were having 10 to 15 years of working experience.
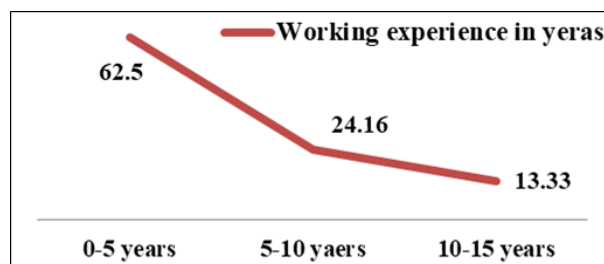

Fig 7: Work experience (Years)

Body mass index of laundry workers
A healthy body is very important for doing any work especially when it demands great physical effort. There are n numbers of ways by which we can evaluate that a particular person has sound body or not. One of the easy way by measuring individual person's BMI. BMI is a ratio between height and weight. In table 4.1 it was shown that more than half 65 percent were falling in normal category (20.5-25.0) of BMI, 20 percent were obsess grade I (25.0-30.0), 11.67 laundry workers having BMI around 18.5 -20.5, which was low weight normal and few percent of sample population 3.33 were having 17.0-18.5 BMI that was grade I (mild).
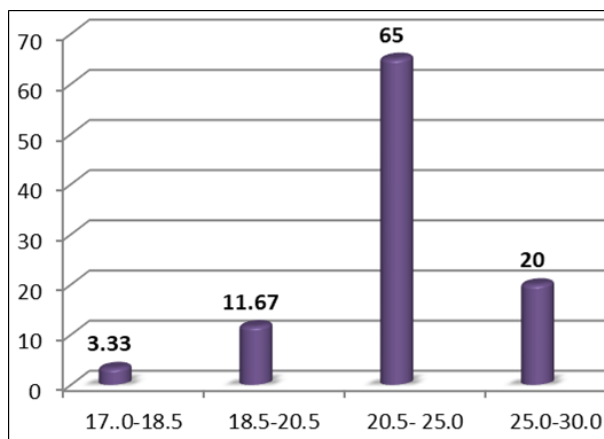

Fig 8: Body mass index (BMI)

Body somato type
The another second method includes identification of body somatotype to measure good health. The body composition can be divided into three parts endomorph, mesomorph, and ectomorph. Endomorph – excess fat storage, mesomorph - normal fat and equal amount of muscles and bones,

ectromorph- skinny, weak and fragile body. From Table 4.1 revealed that more than half 71.67 percent, population of laundry workers were having mesomorph body type and 20 percent workers were having endomorph and rest 8.33 percent were ectomorph.
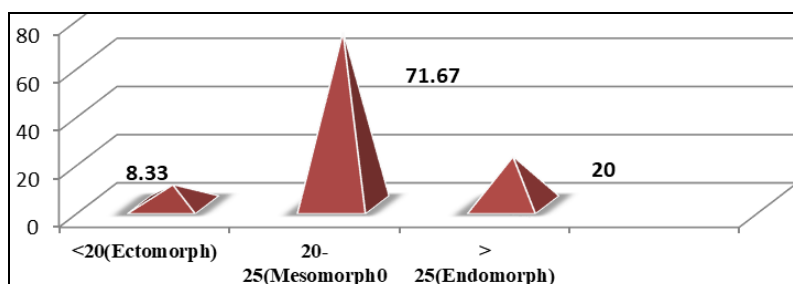

Fig 9: Body somato type

Table 2: Health related habits of the respondents

Health related habits*	Yes	No
Alcohol consumption	40(33.33)	80(66.67)
Smoking consumption	25 (20.83)	95(79.16)
Tobacco consumption	33 (27.5)	87(72.5)
Frequent exercise	21 (17.5)	99 (82.5)
Daily hours sleep(6-8hr)	83 (69.16)	37 (30.83)
Pressure from job	76 (63.33)	44 (36.66)
Junk Food	83 (69.16)	37 (30.83)
Fruits	79 (65.83)	41 (34.16)

* Multiple responses

Health related habits of the respondents

"Jesa anna, vesa man" this very famous saying had written in ayurveda. Even in today world, it has proved its authenticity and because of this reason, a checklist was made for laundry workers. In this checklist various questions were asked to them, related to their food habits, sleep, exercise etc. This checklist revealed that 33.33 percent of population consuming alcohol, followed by smoking and tobacco consumption which were 20.83 percent and 27.5 percent respectively. If we saw the physical and psychological aspect it was shown that 17.5 percent sample of the population were doing exercise, nearly 70 percent were taking sleep of 6 to 8 hour. And 63.33 percent were facing pressure from job. Food habits, it was demonstrated here around 70 percent consuming junk food and 65.83 percent were taking fruits.
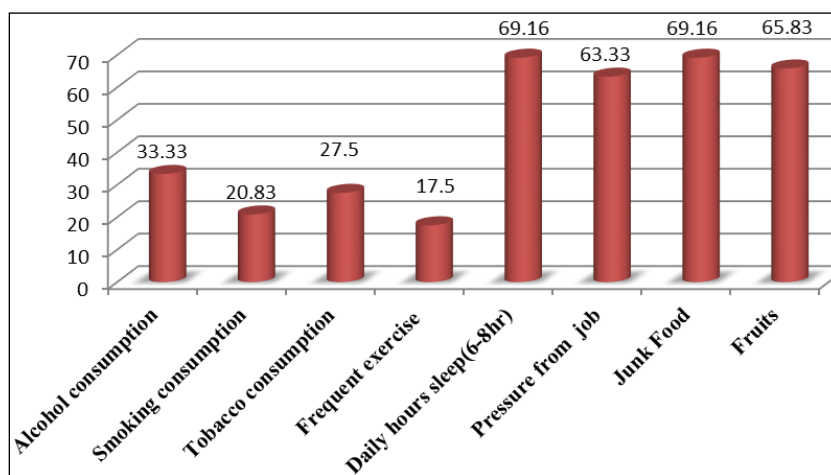

Fig 10: Health related habits of respondents

Conclusion

Very young population between 20 to 33 years was engaged in laundry work which is a good sign but income which they are getting was very low. Most of them, were whole earner of their family. Nearly 62 percent of people were having experience of 5 years. Female participation was very less nearly 27 percent and revealed that low amount of money and great physical demand are the main factor behind their less participation.

Although most of them were literate and 62 percent of workers have completed high school to inter mediatory level of education. This fact itself reveled the problem of unemployment. Income source of all participant was mainly laundry work, but besides of this they also work as part time. Only laundry work was not sufficient to fulfill their day today need and demand.

However BMI (Body mass index) of most of workers was normal and mesomororphic type but some of them were consuming alcohol, tobacco, low exercise. They sometime took very less hour of sleep, worked under very pressure. This made their life more pathetic. In short they were giving maximum input and getting low output. Laundry activity involves both physical and mental efforts for obtaining a good result in work. In other words laundry work apply good amount of exertion in both body and mind. This exertion can be rage from mild to harsh (Kalev, 2000) [1].

Govt. and other civil society members must think of them especially in this pandemic time, most of them lost their job and were living in a very petty situation. This demographic dividend can be used as asset for our prosperous future.

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