

A STUDY ON DIETARY PRACTICES OF BRICK KILN WORKERS OF DURG DISTRICT CHHATTISGARH

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Abstract

The study throws light on dietary practices of brick kiln workers of Albaras and Nankatti area of Durg District of Chhattisgarh. Brick kiln industry is a seasonal occupation. 100 samples are collected from different brick fields of the area. Data was collected by filling interview schedule from the workers. The results showed that 60% workers have breakfast regularly and 40% workers have lunch early instead of breakfast. The main nutrient in their diet is carbohydrates and their diet lack in milk, pulses, curd and vitamins A rich foods. Green leafy vegetables are most commonly taken in the diet. Majority of the workers (94%) are non-vegetarians, thus protein intake is compensated as they take non-vegetarian foods weekly. Because of regular visits of doctor workers are healthy and only complain about some nominal musculoskeletal disorders. The main aim of the paper is to improve their dietary practices and give knowledge about foodstuffs such as pulses, curd, milk and vitamin A rich foods.

Key Words : Brick kiln Workers, Dietary Practices, Breakfast, Leafy Vegetables, Non-Vegetarian, Musculoskeletal Disorders

1. INTRODUCTION

Chhattisgarh known as “Bowl of Paddy” is the tenth largest state of India. It is also known as the “Gateway of Central India”. The total area of the state is 135198 km² and population is 25.55 million. The state literacy rate is 70.3%. The local inhabitants are mainly tribal people, they are poor and have to work hard to fulfill their basic needs. They are diligent and enterprising. The main occupation is farming, but now a days agriculture has become a difficult task because of improper rainfall, shortage of labour, less profit, so they switch-on to other profession like construction of houses, working in factories, hotels, brick making etc.

India is second largest brick producer in world after China producing 140 billion brick every year that comprise 11% of global production (T. Thirupathi 2015). Brick kiln are third biggest industrial consumer of coal in country. The sector consumes around 35-40 million tones of coal every year. Brick industry is consider as the industry for poor as around 10 million people are employed directly or indirectly. There are about 12500000 kilns in country (Darryl D' Monte 2016). Brick making is the most important building material which is necessary for our basic needs i.e. shelter. No doubt brick kilns is the most unsafe, hazardous and accidents prone, but than too it provides a better income than agriculture.

Brick manufacturing is a seasonal (winter to summer) occupation and it provides opportunities for wage in rural areas. In most of these areas skill required is low and no barriers of caste or class. The brick fields of Albaras and Nankatti in Durg district have land area of 65 acre and 30 acre respectively. There are 5 chimneys and height of chimney is between 90-105 feet to prevent air pollution. There are 13 holes for putting coal in each fields. Coal is brought from Korba and Manikpur. In one brick field approximately 20 lacs of brick is manufactured in a season. This brick industry employs 400 workers approximately. There are 300 houses for the workers. They are given free temporary houses and light facilities. Some workers have built their own permanent houses. Doctor's visit are arranged on regular basis in these fields, so workers are healthy and less prone to diseases. There is underground boring in the fields therefore fresh drinking water is also available for the workers.

2. OBJECTIVES

- [1] To study the socio economic demographics of brick workers.
- [2] To observe the food practices of brick kiln workers.
- [3] To investigate the health problems of brick kiln workers

3. RESEARCH METHODOLOGY

- 3.1 The aim of the research:** The aim of the research is to fulfill the above set objectives.
- 3.2 Research Area:** The study was conducted on the brick fields of Albaras and Nankatti of Durg district. These are large and private brick kiln. The land is owned on lease by the government. There are boring in the fields for the proper supply of water for making bricks. All the workers are of low income group. 100 samples of brick workers were randomly selected for the research.
- 3.3 Data Collection and Analysis:** It is the cross sectional study and survey method is used for data collection from brick kiln workers. Interview Schedule is filled from the workers and face to face interview is also used for data collection. Collected data is analysed and presented in the form of tables, bar-diagrams and pie-charts.

4. RESULT AND DISCUSSION OF THE STUDY

The analytical tables and figures are used to display the result

Table 1: Socio economic demographics of selected subjects

Details		Total no. of subjects = 100 Percentage
Sex	Male	52
	Female	48
Caste	ST	34
	SC	4
	OBC	62
Education	Middle	26
	High School	24
	Graduate & Post Graduate	0
	Not Educated	50
Marital Status	Married	78
	Unmarried	22
Type of Family	Nuclear	44
	Joint	56
Type of House	Temporary	78
	Permanent	22
Main Profession	Brick as main profession	48
	Brick + other profession (mainly Agriculture)	52
Income Group	LIG	100
	MIG	0

Table 2: Dietary Practices of the selected subjects

Details		Total no. of subjects = 100 Percentage
Early Morning	Tea	98
	Anything else	2
Breakfast	Regularly	60
	Skipped	40
Breakfast Menu	Chapatti +Tea	12
	Chapatti + Vegetable	30
	Poha	12
	Basi	4
	Biscuit	2
	Lunch instead breakfast	40
Glass of Water	5 glasses	24
	8glasses	22
	10 glasses	28
	12 glasses	26

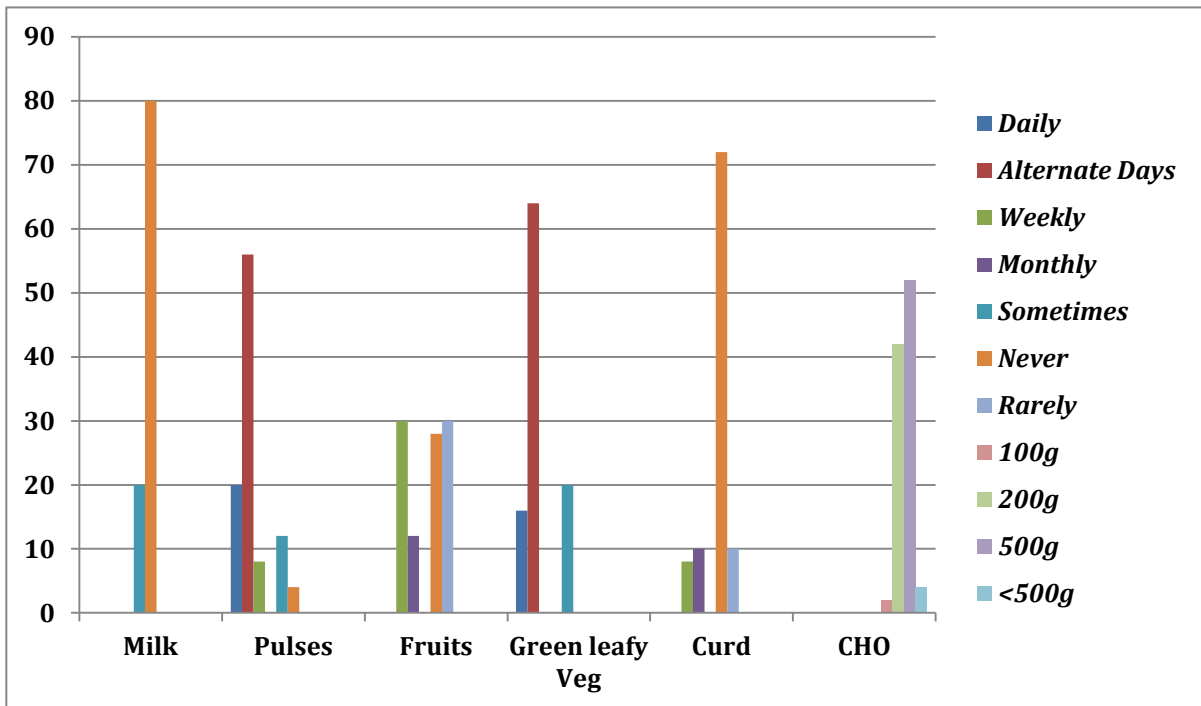


Figure 1.1: Intake of nutrient of the selected subjects

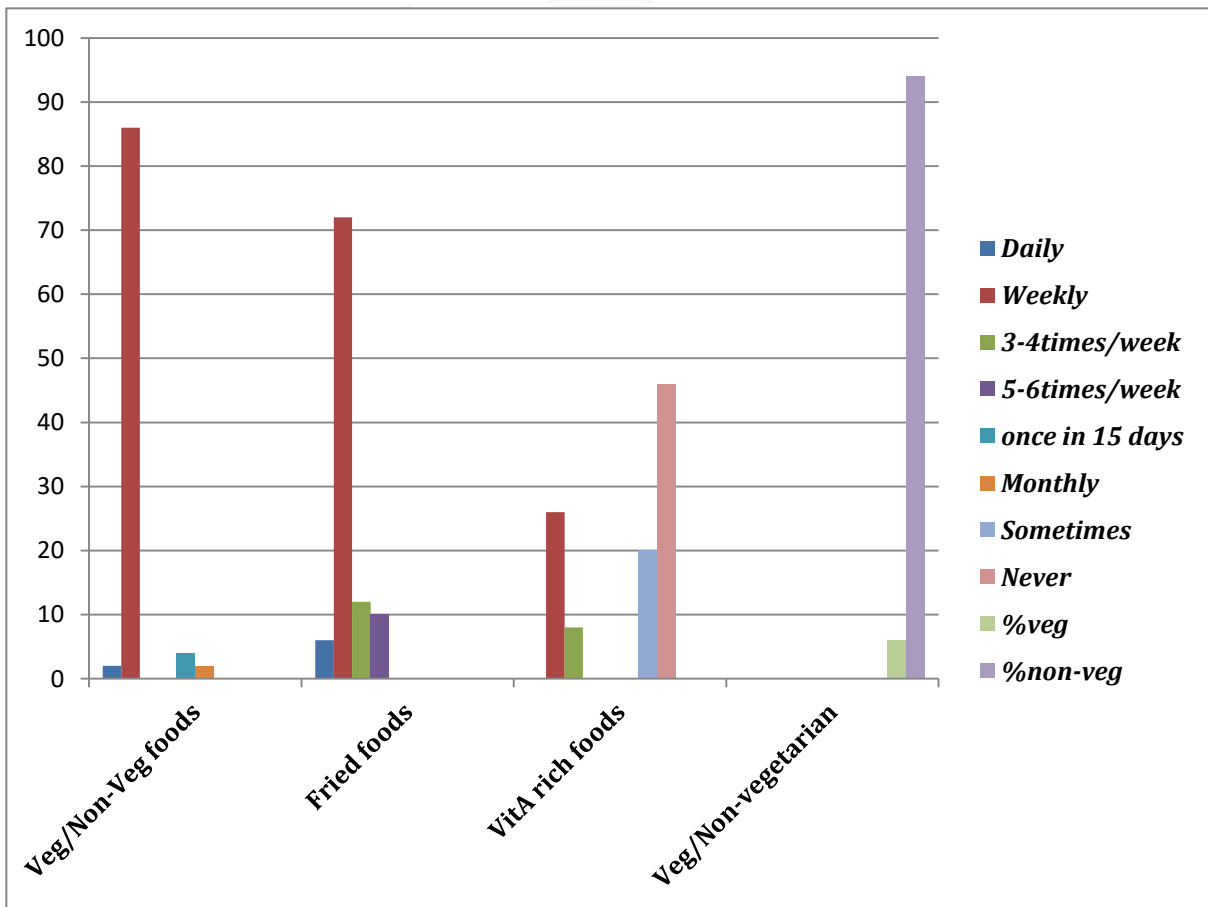


Figure 1.2: Intake of nutrient of the selected subjects

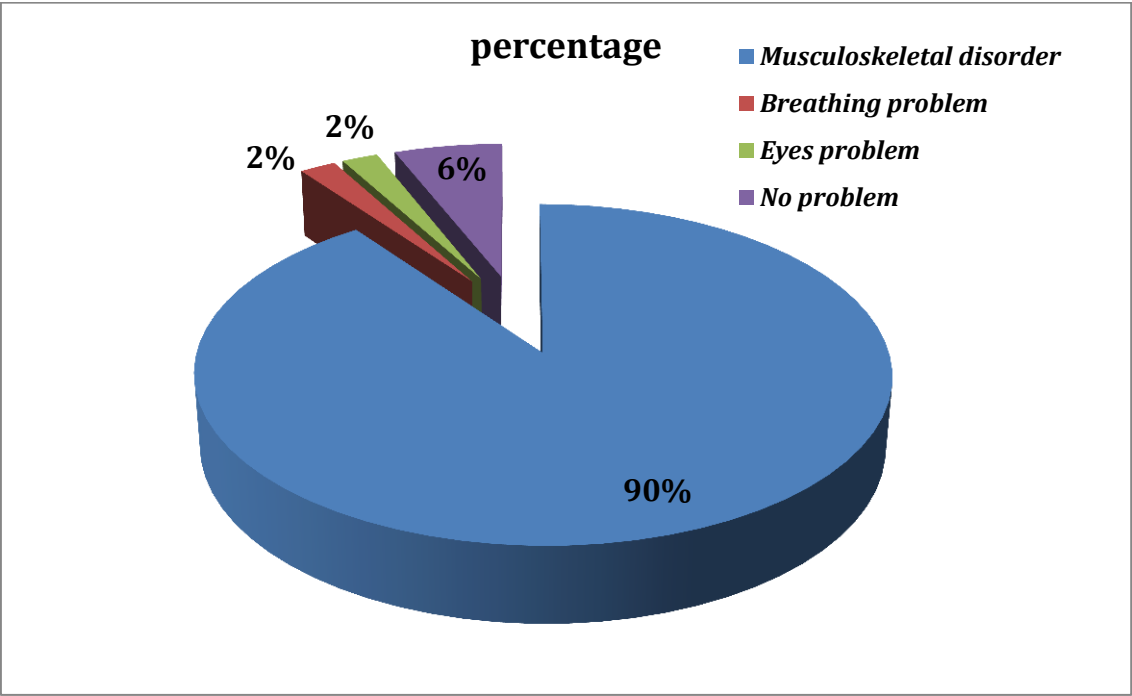


Figure 2 : Health problems complained by the subjects

Through the analysis of the tables and diagrams it is clear that brick kiln workers are poor and 50% are not educated. According to the study 48% workers main profession is brick making simultaneously 52% workers work in agricultural fields even after the closing of brick industry every year during rainy season. On analysis of their nutrient intake 60% workers have breakfast regularly and 40% workers skipped breakfast and majority of them have their lunch early at breakfast time. The main nutrient is carbohydrate as 52% workers take 500gm of rice in a day. Lack of vegetable protein is observed as only 20% workers take pulses daily. Although most of the workers (94%) are non-vegetarians, so lack of protein is compensated to some extent as majority of them (86%) take non-vegetarian foods weekly. Drinking milk is not common as only 20% sometimes consume milk. As far as vitamins and minerals are concerned their diet lack in vitamins because 72% not consume curd, furthermore 46% vitamin A rich foods and 28% other fruits, but they (72%) often take fried foods. The only green leafy vegetables are the main source of vitamins and minerals as 64% workers consume it in alternate days. Regarding the health problems 90% workers complained about nominal musculoskeletal disorders.

5. SUMMARY AND CONCLUSION

From the overall analysis it can be concluded that the food practices of brick kiln workers are rich in carbohydrates like rice and potato are the main menu in their diet and their diet is deficient in vitamins. On the other hand, most of the workers are non-vegetarians, so intake of protein is also in good amounts. Because of the regular doctor’s visit and medical facilities workers are healthy and they only complain of some nominal musculoskeletal

disorders such as pain, cramps etc. and no other health issues are observed in these particular fields.

6. RECOMMENDATIONS

Nutritional awareness programme should be conducted on regular basis as there is less awareness about the foodstuffs such as pulses, curd and milk etc. which should be taken regularly. Municipal Corporation should take initiative to open health care centers especially in ssuch areas. Cooperative society should manage to develop local markets and to introduce food parlor such as Sanchi, Devbhog etc.

7. REFERENCES

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