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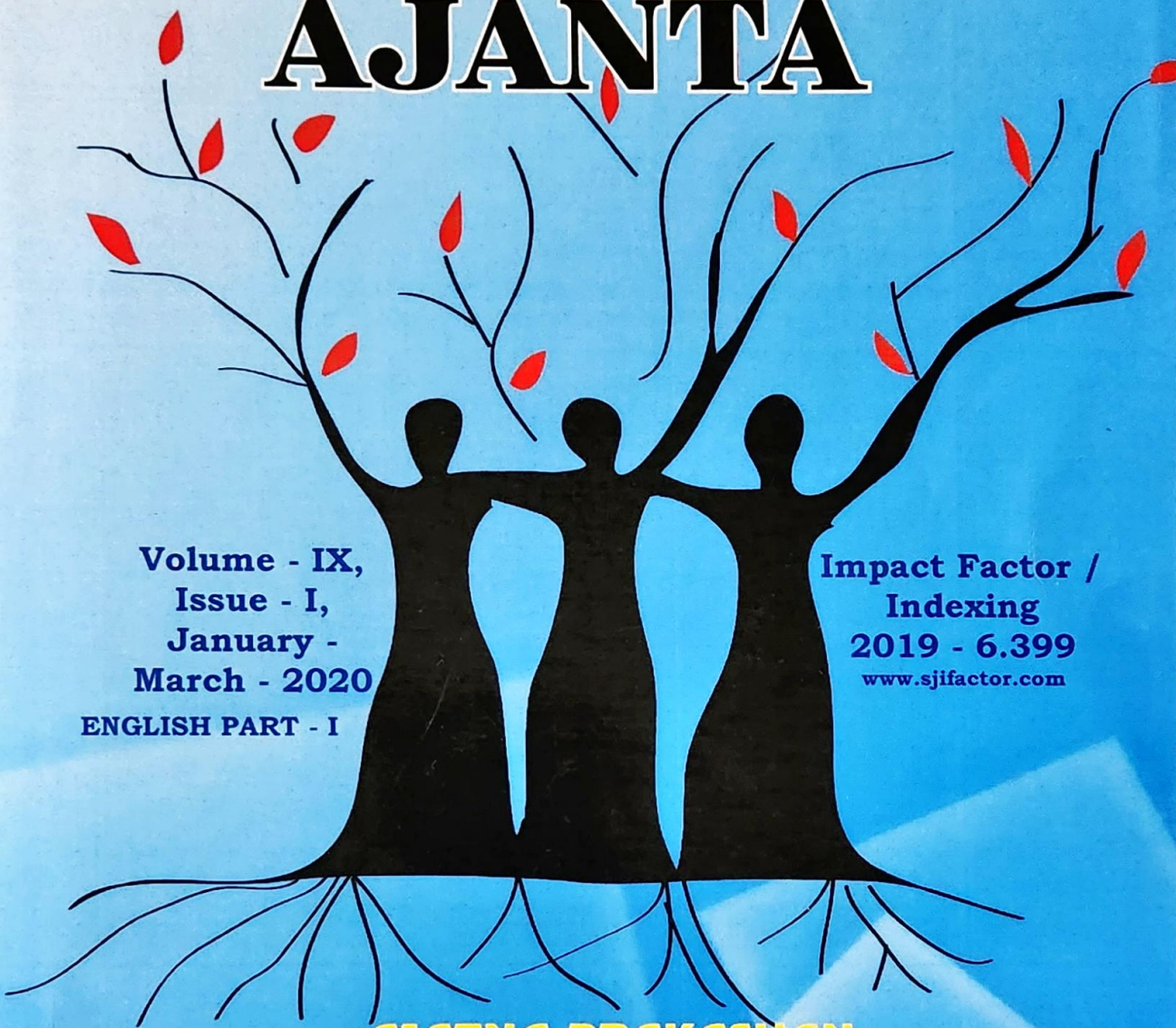
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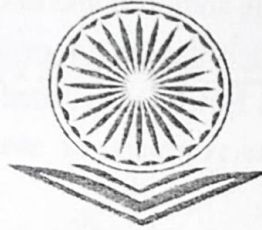
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13. A Study on Awareness Regarding Work Simplification in Home Makers

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Abstract

A home maker may wish to free work time for other activities or simply to fight work time available to required work. She may on the other hand have a liberal supply of time, but need to conserve her energy. A home maker that is knowledgeable and skill full can save more time and effort in doing the task.

Work well done is satisfine and rewarding but work inefficiently done without skill and under pressure, give rise to frustration and unhappiness.

To know awareness regarding a work simplification among home makers a sample of hundred home makers from Gondia district of Maharashtra state were selected. The information was elicited from the home makers by questionnaire technique. The results revealed that majority of home makers had use work simplification techniques. So the study concluded that the home makers of Gondia district are aware about work simplification.

Keyword: Work simplification, home maker, awareness.

Introduction

Work simplification is the systematic development and use of easier, quicker and more economical ways to do Jobs. Wherever human energy is used work simplification has a place.

Work simplification is defined as a managerial tool for improving and individual performance and is an organized use of common sense to eliminate waste of different resources.

Home making is an important and full time job for many home makers. Many women who also hold jobs outside home face many demands on their time. Home making involves a special sort of labour known as house work and it is essential to run the home.

The characteristics of house hold work show that –

1. It is tedious, monotonous and time consuming.
2. It needs lot of patience and various types of skills.

In view of this points it becomes more necessary to know how to simplify the work by acquiring knowledge of work simplification technics applicable to different house hold tasks. Today thinks are different we can thank technological advancement for much of the improvement in house hold equipment.

Work well-done is satisfying and rewarding. But work in inefficient done, without and under pressure, gives rise to frustration and unhappiness. A well managed home is necessary to happy family life. "Scientific management" means application of science to management problems. It includes the handling of machines, materials and people and it recognizes that these three, people are the most important as they do the actual job. The use of scientific management is helpful so the in order to conserve the human element, we must find out what the one best way to do each job.

A home maker has to perform many types of jobs to be one at home. She is often interrupted in her work, or she her self must interrupt in order to get to another job. In order to get everything done she may have to neglect her on social life or personal talents and hobby. lack of time. She may suffer from physical fatigue, anxiety and tension due to have demand time and energy due to house chores.

The research study have shown that by using work simplification one can reduce given to one job it can reduce the number of motions and improve type of motions on a specific task. It can reduce boredom of routine habits of work. It may further reduce frustration due to lack of effectiveness on a job.

Hence, the piece of research work was planned and designed to access the home maker in Gondia district eliminate unnecessary work, she use both hand, she simplify she motion of hands and body that are used in doing necessary work, arrange convenient work area and locations of materials', working 'smart, work well done and skill full, use advance house hold equipments.

Objective

1. To find out knowledge about work simplification among home makers.
2. To know the awareness regarding work simplification among home maker.

Research Method

The study was conducted in Gondia district. Random sampling technique was used for collection of data. Total 100 home makers were selected through random sampling technique.

S. No.	Specific information	Yes		No		Statistical significance χ^2 , value at Df = 1
		Frq	%	Frq	%	
1	Make work plan	79	79	21	21	$\chi^2 = 33.65$ P<0.01
2	Take help of others	68	68	32	32	$\chi^2 = 12.96$ P<0.01
3	Get leisure time	71	71	29	29	$\chi^2 = 17.64$ P<0.01
4	Save time & energy	95	95	5	5	$\chi^2 = 81$ P<0.01
5	Remove physical & mental stress	69	69	31	31	$\chi^2 = 14.44$ P<0.01
6	Fill less stress & fatigue	67	67	33	33	$\chi^2 = 11.56$ P<0.01
7	Motivated to do maximum work	86	86	14	14	$\chi^2 = 51.84$ P<0.01
8	Ready to change your habits	90	90	10	10	$\chi^2 = 64$ P<0.01
9	Simple work method	83	83	17	17	$\chi^2 = 43.5$ P<0.01

Table No. 3 – Changes in hand & body motions (n=100)

S. No.	Classes of changes - Changes in hand & body motions	Yes		No		Statistical significance χ^2 , value at Df = 1
		Frq	%	Frq	%	
1	Use of motions in working	83	83	27	17	$\chi^2 = 43.56$ P<0.01
2	Use of both hand	87	87	13	13	$\chi^2 = 54.70$ P<0.01
3	Help of gravitational force	32	32	68	68	$\chi^2 = 12.96$ P<0.01
4	Elimination of unnecessary steps	67	67	33	33	$\chi^2 = 11.56$ P<0.01
5	Effective sequence of work	65	65	35	35	$\chi^2 = 9$ P<0.01
6	Rhythm in work	92	92	8	8	$\chi^2 = 70.56$ P<0.01

Table no 2 shows importance of work simplification for home maker, it was observed that 79% home maker make work plan and for simplify work 68% home maker take other's help while doing work. We should have to improve our method of working to get more and better work done in less time. It was observed by the table no 2 that 71% home makers get leisure time and very high percent that is 95% home maker save time and energy. Heavy work is one of cause of physical and mental stress, it was observed that because of work simplification 69% home maker remove their physical and mental stress.

Research at Purdue university in energy requirements for work shows the average stress for framework to be moderate. Most work may be done with an energy expenditure 3 to 3.5 times the resting rate. Peak stresses, however may be as high as 8 or 10 times that of resting. The peak stresses are most likely to trouble the cardiac patient. They are associated with such activities as lifting or currying heavy loads, climbing, running, or pushing heavy carts, doors or machinery in hitching or positioning. In present study it was seen that 67% home makers fill less stress and fatigue. It was observed that 86% home makers motivated to do maximum work because of simple work method.

All of us do many things from habit. Some of the things that we do are not necessary. We therefore ask first whether we can eliminate or leave out some of the things that we are now doing. It was seen that 90% home Maker's are ready to change their habits and 83% home makers work method is simple.

In present study significant difference was found in Importance of work simplification.

Table 4- Changes in Work, Storage space & Equipment (n=100)

S. No.	Changes in Work , storage space & equipment	Yes		No		Statistical significance χ^2 value at Df =1
		Frq	%	Frq	%	
1	Use of advance equipment	67	67	33	33	$\chi^2 = 11.56$ P<0.01
2	Convenient work area & location of material	89	89	11	11	$\chi^2 = 60.84$ P<0.01
3	Arrangement of things	72	72	26	26	$\chi^2 = 19.36$ P<0.01
4	Height & Width of work area	86	86	14	14	$\chi^2 = 51.84$ P<0.01
5	Use of tray	73	73	27	27	$\chi^2 = 21.16$ P<0.01
6	Sufficient light & ventilation	95	95	5	5	$\chi^2 = 81$ P<0.01

for doing work easier and faster data shows only 32% home makers take help of gravitational force. Unnecessary steps loss more energy so we should have to eliminate unnecessary steps for consume more energy and avoid stress and fatigue. It was observed by table that 67% home makers eliminate unnecessary steps. Rhythm in work and effective sequence of work make work more comfortable and it save time and energy it was observed that 65% home makers make effective sequence of work and 92 % use rhythm in work.

Table no 4 shows changes in work, storage space and equipment It was observed by table no 4 that 67% home makers use advance equipment for saving time and energy and simplify work.89% home makers have convenient work aria and location of material in their home.72% home makers arrange all the things properly, 86% have proper height and width of work area. If we use tray it will help keep so many things one time and remove unnecessary movements it was seen that 73% home makers use tray. Proper light and ventilation facility helpful for doing work. It is shown in table that 95% home maker have sufficient light and ventilation facility.

Data present in table shows high significant difference in use of classes of changes that is changes in hand and body motion, change in work, storage space and equipment.

Conclusion

It has been concluded that the home makers of Gondia district had knowledge of work simplification and they were aware about work simplification. It is also concluded that if a home maker is knowledgeable and skillful she knows how to simplify her work in best possible manner.

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