

## **Correlates of Stress and Indicators of Nutritional Status of Women in an Electronic Industry**

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**KEY WORDS** Working Women. Stress. Body Mass Index. Waist Hip Ratio.

**ABSTRACT** The present investigation explores the correlation of daily house-hold, occupational and marital stress to nutritional indicators of women employed in a mega electronic industry. A group of 553 women employed in Bharat Electronics (BEL) located at Jalahalli of Bangalore urban district working in all the 12 divisions of both I and II shift were randomly selected. Results of the study revealed normal body size in Ex-I and overweight and obesity in Nex-II women. Occupational stress was higher in Ex-I women and the reverse pattern of comparatively higher stress in house-hold activity and marital life in Nex-II women. Stress scores were classified as high and low quartiles and correlated to mean BMI and WHR of these women. It was interesting to note that while BMI increased significantly with high occupational stress and an increasing trend of BMI with high stress of house-hold and marital life in Ex-I women. While in case of Nex-II women, a trend of increase in BMI was associated with high stress due to house-hold and occupation and it remained unchanged in marital stress. Significantly decreased WHR of lower body obesity was found to be associated with high stress due to house-hold activity in Ex-I women and a trend of decreasing WHR was found to be associated with high stress related to both occupation and house-hold chores in Nex-II women. Findings revealed that stress may be associated with increased BMI and decreased WHR of over nutrition.

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