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Work-Health Imbalance among Female Rice Mill Workers in Southeast Nigeria

Innocent A. Nwosu¹, Vivian C. Njemanze², Kennedy Ololo³, Ethelbert Okoronkwo⁴,
Bukola Popoola⁵ and Patricia Nwazonobi⁶

^{1,2,3,4,5}*Department of Sociology, Alex Ekwueme Federal University, Ndufu-Alike Ikwo,
P.M.B. 1010 Abakaliki Ebonyi State, Nigeria, Postal Code – 48021*

⁶*Department of Philosophy and Religion, Ebonyi State University, Abakaliki, P.M.B. 053,
Abakaliki Ebonyi State, Nigeria, Postal Code – 48021*

Phone: ¹<(+234)8067653411>, ²<(+234)8035809527>, ³<(+234)8036439596>,
⁴<(+234)8060059487>, ⁵<(+234)8132906276>, ⁶<(+234)8037760765>

E-mail: ¹<innoglo22000@yahoo.com>, ²<chizon55@gmail.com>, ³<kenololo@yahoo.com>,
⁴<Ethelbert.okoronkwo@gmail.com>, ⁵<popoolatabitha@gmail.com>,
⁶<patricianwazonobi@gmail.com>

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ABSTRACT Rice mills are full of health risk and women are the most vulnerable. Rice production process is hazardous. Abundant dust exposes women to health problems. Therefore, the focus is to identify health hazards facing women working at rice mills and their level of awareness of such hazards. A cross-sectional survey was carried out with 400 women selected from Abakaliki rice mills through stratified random sampling. Data collection was through self-structured questionnaire. Descriptive statistics was used for the analysis. The result revealed that these women actually face various health challenges. However, most of them were unaware that their health challenges result from their job. Generally, occupational morbidity is high among women working at rice mills because of long exposure to the hazards and their lack of awareness. Therefore, awareness generation, promotion of the use of protective devices and provision of work-related medical checkup are necessary to achieve the right outcome.