



THE EFFECT OF URBANIZATION ON STRUCTURE OF DIETS, PHYSICAL ACTIVITY PATTERN AND HEALTH

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ABSTRACT

Urbanization is a process where by population move from rural to urban area unabling cities and towns to grow. The present study deals with the effect of urbanization on structure of diets, physical activity pattern and health. In all twenty women from urban and rural families from Arvi town and nearby village respectively were chosen for date collection. The present study shows that there is a wide difference regarding family life style, dietary pattern and physical activities between the urban family and rural family. Moreover sanitation, garbage disposal, road accidents and pollution are some of the major problems faced by the rural people. On the other hand lack of timely medical aid and educational facility are some of the problems being faced by the people living in rural area.

Keywords: Urbanization, health, people, diets.

INTRODUCTION

(Oct. 2009) in 2008, the united Nations announced that 50 % of the world's population now lives in urban areas. By 2050 70% of the world's population will be living in town and cities. An increase in a population in cities and towns versus rural areas. Urbanization began during the industrial revolution, when workers moved towards manufacturing hubs in cities to obtain jobs in factories as agricultural jobs became less.

Accordingly, urbanization is very common in developing and developed world's as more and more people have the tendency of moving closer to towns and cities to acquire "privileged" social and economic advantages such as better education, health care, sanitation, housing, business opportunities and transportation.

Majority of people move to cities and towns because they view rural areas. As places with hardship and backward / primitive life style. Therefore, as population move to



more developed areas (towns and cities) the immediate outcome is urbanization. This normally contribution to the development of land for use in commercial properties, social and economic support institutions, transportation and residential, buildings. Eventually, these activities raise several urbanization issues.

Urbanization brings major changes in demand for agricultural products both from increases in urban population and from changes in their diets and demands.

It is worth considering likely changes, at two different ends of the spectrum in terms of nation economic success. It would be expected that in nations with successful economics and rapid urbanization there will be rising demands for meat, dairy products, vegetables oils and 'luxury foods' and this implies more energy intensive production.

Urbanization is also associated with dietary shifts towards more processed and pre-prepared food in part in response to

long working hours with reduced physical activity.

Urbanization can lead to structural changes in food consumption pattern for several reasons. First given different lifestyles. Calorie requirements of urban and rural residents different with sedentary urban lifestyles, requiring fewer calories to maintain a given body weight. The decrease in calorie consumption per person related to urbanization has been well illustrated by Clark, Huberman and Lindert (1995).

In modern times, urbanization appears to have a greater impact on composition rather than the overall.

According to the quotations the diet different were reflected in the general health of the population with data indicating the rural population to be consistently taller than the urban dwellers. In modern times, urbanization and the associated greater component of animal protein in diet of urban residents may actually lead to a taller urban population. However research indicates that the sedentary lifestyle and high consumption of fats and



sugar associated with modern urban society are damaging to human health (Grundy 1998).

Learning area

The presented learning sector is done in a remote villages, choosing ten families find ten families from Arvi town. In this way twenty families are chosen as a single unit.

Objectives of learning

- 1) Studying diet and eating habits of rural and urban people.
- 2) Studying physical activities of rural and urban people.
- 3) To understand the effects of diet on physical activities.

Hypothesis :-

- Rural and urban members are alert about their health.
- No interest in physical work particularly laborious work.
- Diet includes various nutritious dishes.

Research Method

Mentioned thesis is related with economic, health and educational matters of the natives of Arvi town. As mentioned in the introduction and on the basis of

general objectives of this study we can say that this study is descriptive, analysing type of Research. For this research the research person has adopted proper format of Research. Following format includes the mentioned subject matter.

Specimen selection

In this study we have chosen 20 families each from rural areas as well as from urban area of Arvi Tahsil in Wardha district. We have considered them as single unit.

Conclusion base

The information collected here is on the basis of received answers of the questions asked by us to them for this purpose.

- From the statement no.1 of the above table 1, we come to the conclusion that, from urban areas 60% ladies are housewives and 40 % are working women int comparison to rural areas the ratio of working women is 80 % (working women) and 20 % housewives.
- Conclusion of statement no. 2 is :- Women from urban areas are involved in intellectual type of



work whereas rural women population is involved in labour work for earning.

- From the 3rd statement we came to the conclusion that 70 % women from urban areas take help of servants for household chores whereas in urban areas all the housewives perform their daily chores on their own.
- On the basis of statement no. 4 we concluded that 50 % of the urban population is non-vegetarian and in rural areas 70 % population is vegetarian and 30 % prefers non-veg occasionally.
- According to statement no. 5 in urban areas 90 % people live in concrete houses only 10 % of the population live in Kaccha dwellings. In rural areas 100 % people live in clay houses.
- Conclusion of statement no. 6 :- In urban areas 80 % of the houses are well equipped with all type of modern facilities only 20 % houses are deprived of such facilities and in rural areas 90 % houses are without such modern facilities only 10 % houses have

such facilities though not in full measure.

- According to statement no. 8 :- 100 % people feel that medical facilities are available for them in urban areas whereas the people living in rural areas feel that no medical facility is available for them on local level hence they are depend on cities for this.
- Statement no. 9's conclusion is :- All type of food facilities are available to them in urban areas but the rural natives feel that they don't have availability of every type of food. They have to go to market of cities for their daily needs.

CONCLUSION

- 1) In urban areas women are involved in services and perform intellectual work whereas in rural areas women do labour work for earning.
- 2) In urban areas housewives take help of maids for the daily chores whereas in urban areas women perform their household works on their own though they are indulged in labour work.



- 3) Urban environment then to discourage physical activity and promote unhealthy food consumption. In rural families the food contains less percentage of proteins in consumption to urban families.
- 4) Houses in urban areas are concrete and modern whereas houses in rural areas are made up of what is available in their locality.
- 5) In urban areas people take help of modern machineries for daily works therefore they do less physical excursion and in rural areas due to lack of such facilities people are more prone to labour work.
- 6) In urban areas because of less physical activities people suffer from various diseases such as diabetes and digestion problems but such percentage is low in rural areas because of their routine.
- 7) Cities are well equipped with medical facilities whereas in rural areas medical facilities are not available.
- 8) Rural workers were found to consume more calories and proteins from grains dairy products and vitamins from green vegetables, while urban residents consumed more tea, coffee, sugar and treacle (syrup).
Dietary research, in fact indicates that people tend to demand more food than they actually require particularly in urban areas.

RECOMMENDATIONS

- 1) It is necessary for the government to create employment avenues in rural areas to stop migration of villagers to cities.
- 2) It is must to increase the number of hospitals in rural areas for medical facilities.
- 3) It is also necessary to increase transport facilities in rural areas.
- 4) Government should also provide good educational institutions in rural areas to stop migration.
- 5) It is also necessary to make available the daily needs, food and vegetables in rural areas.

There are advantages of urbanization as well as we see disadvantages also

**Table 1: Analysis of Conclusion**

Sr. No.	Questions	Urban family				Rural family			
		yes	%	No	%	yes	%	No	%
1.	Women's are housewife	12	60 %	8	40 %	4	20 %	16	80 %
2.	The working women do laborious work	2	25%	6	75 %	16	100 %	00	0 %
3.	They perform all household chores	6	30 %	14	70 %	20	100 %	00	0 %
4.	Families are vegetarian	10	50 %	10	50 %	6	30 %	14	70 %
5.	Houses are modern	18	90 %	2	10 %	00	0 %	20	100 %
6.	Houses are well equipped with modern facilities	16	80 %	4	20 %	2	10 %	18	90 %
7.	Suffering from health problems?	14	70 %	6	30 %	4	20 %	16	80 %
8.	Get medical facilities on local level	20	100 %	00	0 %	00	0 %	20	100 %
9.	All type of foods available	18	90 %	2	10 %	00	0 %	20	100 %

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