

**Challenges in Performing Kitchen Activities by Females with Paraplegia using Wheelchair in their own Home Environment**

**By**

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## ABSTRACT

**Title:** Challenges in Performing Kitchen activities by Females with Paraplegia using Wheelchair in their own home environment.

**Aim:** To investigate challenges in performing kitchen activities faced by females with paraplegia and the strategies they follow to manage activities within their home environment.

**Objectives:**

- To identify if there are challenges in performing kitchen activities faced by female with paraplegia in their own home environment.
- To identify the strategies which women follow to manage their kitchen activities within their home environment.

**Method:** In this study researcher wanted to explore the challenges women with paraplegic face performing kitchen activities and what strategy they have followed to manage this activities in their own community. Researcher conducted this study using Qualitative method with grounded theory, using convenient and purposive sampling. The populations of the study were females with paraplegia who use wheelchair. Semi-structured questionnaires used to collect data and content analysis used to analyze the data.

**Setting:** The Researcher conducted the research in Savar, Manikgong and Tangail.

**Material used for data collection:** A set of semi – structured questionnaire, Tape recorder (Panasonic RN-202), Written document (Dairy, Pen), Stamp- Pad, Consent form.

**Key word:** Kitchen Activity, Spinal Cord Injury, Paraplegia, Wheelchair.

**Results:** In brief, the findings are that the female with paraplegia in rural area face various challenges in the kitchen activities specially spicing paste, chopping in floor level, bring water from water source and bring wood for firing furnace. The common strategies that they follow to overcome these challenges are modified kitchen environment and tools, using alternate task patterns, getting help from members. Moreover the family members are satisfied with their performance in cooking meal.

**Conclusion:** Female with paraplegia face many challenges during managing kitchen activity in rural area and they use various strategies to overcome challenges of kitchen activity.