



Original Article

Challenges and Problems Faced By Anganwadi Workers in Their Daily Life

Dr. Suchithra S. R.

Associate Professor, Department of Sociology,
Government First Grade Women's College Puttur

Manuscript ID: **Abstract**

JRD -2025-170110

ISSN: 2230-9578

Volume 17

Issue 1

Pp. 51-54

January 2025

Anganwadi workers play a pivotal role in promoting child health, nutrition, and early education under India's Integrated Child Development Services (ICDS) scheme. However, despite their critical contributions to community welfare, they face numerous challenges in their daily lives. This article explores the multifaceted problems encountered by Anganwadi workers, including inadequate remuneration, excessive workload, lack of proper infrastructure, and insufficient training. It also highlights the psychological stress arising from balancing professional responsibilities with personal obligations and the lack of societal recognition for their work. The article further examines systemic issues, such as delayed payments and limited career progression opportunities, which hinder their motivation and efficiency. By shedding light on these challenges, this study emphasizes the need for policy reforms and support mechanisms to empower Anganwadi workers, ensuring better service delivery and improved outcomes for the communities they serve.

Keywords- Anganwadi ,infrastructure ,Cultural heritage

Submitted: 02 Dec. 2024

Revised: 3 Jan. 2025

Accepted: 25 Jan. 2025

Published: 31 Jan. 2025

Introduction:

Anganwadi workers in Karnataka play a crucial role in implementing the Integrated Child Development Services (ICDS) program, providing essential services such as nutrition, health education, and early childhood care to underserved communities. Their work is pivotal in addressing issues like malnutrition, maternal and child health, and early childhood development, particularly in rural and marginalized areas.

Despite their vital contributions, Anganwadi workers in Karnataka face a multitude of challenges that hinder their ability to perform effectively. These include inadequate salaries, lack of proper facilities, and limited opportunities for professional growth. Additionally, they often work under intense pressure to meet administrative demands while balancing community expectations and personal responsibilities. This article explores the specific challenges faced by Anganwadi workers in Karnataka, shedding light on their struggles and the systemic barriers they encounter. By highlighting these issues, the article aims to advocate for reforms and support systems to empower these workers and enhance the impact of the ICDS program in the state.

Need And Significance Of The Study

This study is essential to understand the multifaceted challenges faced by Anganwadi workers in Karnataka, ranging from inadequate remuneration and lack of training to societal undervaluation of their roles. Examining these issues is not only important for improving the working conditions and efficiency of Anganwadi workers but also for ensuring the success of the ICDS program in achieving its goals.

The significance of this study lies in its potential to inform policymakers and stakeholders about the systemic barriers and practical difficulties faced by Anganwadi workers. By addressing these challenges, the study aims to contribute to the development of supportive policies, enhanced resources, and a more sustainable framework for empowering Anganwadi



Quick Response Code:



Website:

<https://jrdrvb.org/>

DOI: [10.5281/zenodo.14948722](https://doi.org/10.5281/zenodo.14948722)

This is an open access journal, and articles are distributed under the terms of the [Creative Commons Attribution 4.0 International](https://creativecommons.org/licenses/by/4.0/), The Creative Commons Attribution license allows re-distribution and re-use of a licensed work on the condition that the creator is appropriately credited

Address for correspondence:

Dr Suchithra S R, Associate Professor, Department Of Sociology Government First Grade Women's College Puttur

How to cite this article:

S. R., S. (2025). Challenges and Problems Faced By Anganwadi Workers in Their Daily Life. *Journal of Research and Development*, 17(1), 51–54. <https://doi.org/10.5281/zenodo.14948722>



Access this article online

Workers. Ultimately, this will lead to improved service delivery and better outcomes for the target populations, including children and women, thus reinforcing the larger goal of community welfare and development.

Analysis and Interpretation

The analysis of the challenges faced by Anganwadi workers in Karnataka reveals a complex interplay of systemic, operational, and personal factors that impact their efficiency and well-being. This section interprets the findings based on key themes such as working conditions, financial constraints, societal recognition, and the adequacy of support systems.

1. Inadequate Remuneration

Anganwadi workers receive low wages, which do not align with the critical nature of their responsibilities. Many workers struggle to meet their basic needs, leading to financial insecurity and dissatisfaction. The analysis highlights the necessity of revising their remuneration to reflect their contributions adequately.

2. Overburdened Workload

Workers often juggle multiple roles, including child nutrition management, health monitoring, record-keeping, and community outreach. This excessive workload, coupled with limited resources, hampers their ability to deliver quality services. The findings stress the need for reducing their burden through better resource allocation and task delegation.

3. Lack of Training and Infrastructure

Insufficient training programs and poorly maintained Anganwadi centers hinder the effective implementation of the ICDS program. Many workers feel ill-equipped to handle complex tasks, such as counseling and health assessments. Addressing this gap requires investments in capacity-building initiatives and infrastructure development.

4. Social and Psychological Challenges

Anganwadi workers face societal undervaluation of their efforts and often encounter disrespect or lack of cooperation from the communities they serve. Additionally, balancing professional duties with personal responsibilities contributes to emotional stress. The findings emphasize the importance of recognizing their work and providing psychological support.

5. Administrative and Systemic Barriers

Delayed payments, lack of career progression opportunities, and bureaucratic hurdles further demotivate workers. Streamlining administrative processes and introducing clear pathways for professional growth are critical steps to enhance their morale and productivity.

Interpretation

The analysis underscores that while Anganwadi workers are instrumental in advancing public health and education, their potential is constrained by systemic inefficiencies and a lack of support mechanisms. Improving their working conditions, addressing financial disparities, and providing consistent training and recognition are essential to empower these workers. Such measures will not only enhance their effectiveness but also strengthen the ICDS program's outcomes in Karnataka.

This interpretation calls for targeted policy interventions and community engagement to create a conducive environment where Anganwadi workers can thrive and contribute meaningfully to societal development.

Challenges Faced by Anganwadi Workers

Anganwadi workers are vital to the success of the Integrated Child Development Services (ICDS) program, yet they face numerous challenges that impact their ability to deliver services effectively. These challenges can be categorized into financial, operational, infrastructural, societal, and psychological issues.

1. Financial Challenges

- **Low Wages:** Anganwadi workers receive modest honorariums, which are often insufficient to meet their basic needs.
- **Delayed Payments:** Payments are frequently delayed, causing financial instability.
- **Lack of Benefits:** They are not entitled to benefits like pensions, medical insurance, or maternity leave.

2. Overburdened Workload

- **Multiple Roles:** Workers perform a range of duties, including nutrition delivery, health monitoring, preschool education, and record-keeping.
- **Administrative Burden:** Excessive paperwork and reporting requirements divert their focus from primary responsibilities.

3. Infrastructural Challenges

- **Poor Facilities:** Many Anganwadi centers lack proper buildings, drinking water, toilets, and basic equipment.
- **Limited Resources:** Shortages of nutritional supplements, teaching materials, and medical supplies hinder service delivery.

4. Lack of Training and Capacity Building

- **Inadequate Training:** Workers often lack comprehensive training in health, nutrition, and education practices.
- **Skill Gaps:** Limited technical knowledge prevents them from addressing complex health and development issues effectively.

5. Social and Psychological Challenges

- **Lack of Recognition:** Their contributions are undervalued, leading to low morale and motivation.
- **Community Resistance:** Workers sometimes face a lack of cooperation or disrespect from the communities they serve.
- **Emotional Stress:** Balancing professional responsibilities with personal and family obligations creates psychological strain.

6. Systemic and Administrative Barriers

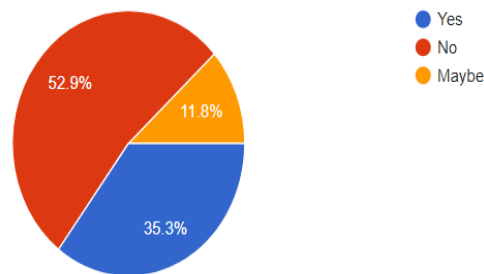
- **Delayed Supplies:** Essential materials, such as nutrition supplements, are often delayed.
- **Limited Career Progression:** Workers have few opportunities for promotion or career advancement.
- **Bureaucratic Hurdles:** Navigating complex administrative processes adds to their challenges.

7. Health and Safety Concerns

- **Exposure to Risks:** Workers are exposed to health risks, especially during pandemics or outbreaks.
- **Lack of Safety Measures:** Absence of adequate safety protocols and protective gear further endangers their health.

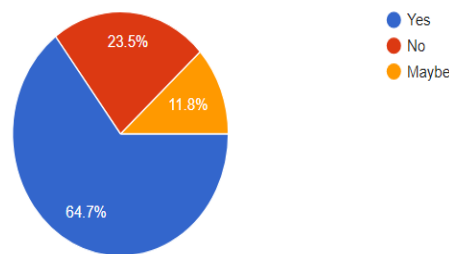
Statistical Interpretations Based On A Survey

1) Availability of basic facilities in the Anganwadi



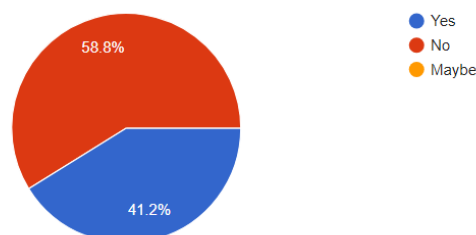
More than half of the people claim that the basic facilities are provided in their anganwadis.

2) Availability of sanitation and hygiene practices

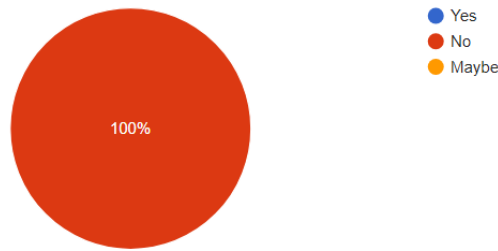


The responses are good, considering a positive response in the case of sanitation facilities. There is always room for improvement in this field, because some people also said that there are no proper hygiene conditions.

3) If they are asked to do other services other than school duties (election duties etc)

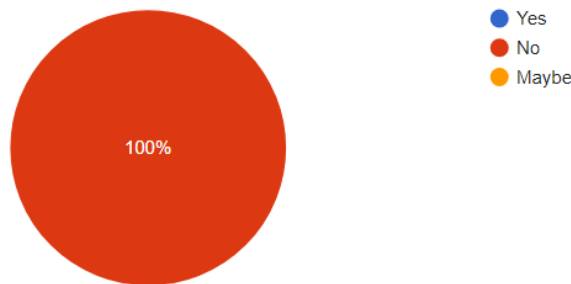


4) If they are satisfied with the salary they receive



The response is sad to see, as all the responses say no. this really highlights the problems and challenges faced by them.

5) If the payments are made on time



Again, the payments are never made on time for the workers. The government should take right measures to see that they always get their pay on time.

Conclusion:

The findings underscore the urgent need for systemic reforms and support mechanisms to empower Anganwadi workers. By addressing their challenges, we can strengthen the ICDS program and achieve better public health and education outcomes, particularly in rural and underserved communities.

Addressing these challenges is vital for improving the effectiveness of the ICDS program and ensuring better outcomes in child and maternal health, nutrition, and education. Key measures such as increasing honorariums, reducing administrative burdens, upgrading infrastructure, providing continuous training, and fostering societal recognition are essential to empower Anganwadi workers.

By implementing these reforms, policymakers can enhance the working conditions of Anganwadi workers, thereby enabling them to deliver high-quality services. This will have a ripple effect on community development, leading to healthier, more educated, and empowered populations. The success of the ICDS program ultimately depends on the acknowledgment, support, and empowerment of these grassroots workers who serve as the backbone of public welfare initiatives.

References:

- 1) UNICEF India. (2019). *Role of Anganwadi Workers in Addressing Malnutrition and Promoting Child Health*. Retrieved from www.unicef.org.
- 2) Times of India. (2022). "Challenges and Contributions of Anganwadi Workers in Karnataka." Retrieved from www.timesofindia.com.
- 3) "The Indian Economy: Performance and Policies" by Uma Kapila