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Analysis of life stress obesity and cardiovascular risks among professional of different sectors

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Abstract
The purpose of the study was to find out the analysis of life stress obesity and cardiovascular risks among professional of different sectors. To achieve this purpose of the study 150 different professional sectors from Chennai city were randomly selected as subjects. The age of the subjects were ranged from 25 -35 years. The subjects were further classified at random into participants were divided in five groups. The group I consist of thirty Teachers, the group II consist of thirty Drivers, the group III consist of thirty Medical, the group IV consist of thirty IT, and the group V consist of thirty Sports professional of Different Sectors. The selected criterion variables such as Life stress, Obesity and cardiovascular risk. All the participants were tested on the selected variables. The collected data were statistically analysed by using Analysis of Variance (ANOVA) was used to find out significant difference if any, between the groups on selected criterion variables separately.

Keywords: Life stress obesity, cardiovascular risk, professional sectors

Introduction
A profession is something a little more than a job; it is a career for someone that wants to be part of society, who becomes competent in their chosen sector through training; maintains their skills through continuing professional development (CPD); and commits to behaving ethically, to protect the interests of the public.
We all rely on professional at many points of our lives – from dentists to teachers, from pension managers to careers advisers, from town planners to paramedics. We rely on professional to be experts and to know what to do when we need them to. Back in the nineteenth century, the professions were defined as law, religion, and medicine. Nowadays, the number of professions is much wider and ever-increasing, as occupations become more specialized in nature and more 'professionalized' in terms of requiring certain standards of initial and ongoing education – so that anything from automotive technicians to web designers can be defined as professional. Any type of work that needs special training or a particular skill, often one that is respected because it involves a high level of education. A calling requiring specialized knowledge and often long and intensive academic preparation: a principal calling, vocation, or employment: the whole body of persons engaged in a calling.

Methodology
The purpose of the study was to find out the analysis of life stress obesity and cardiovascular risks among professional of different sectors. To achieve the purpose of this study, the investigator selected 150 Professional different sectors from Chennai city. The selected subject age groups were ranged from 25 - 35 years. The selected participants were divided in to five groups. The group I consist of thirty Teachers, the group II consist of thirty Drivers, the group III consist of thirty Medical, the group IV consist of thirty IT, and the group V consist of thirty Sports professional of Different Sectors. The following criterion variables were selected for the study Life stress, Obesity and cardiovascular risk. All the participants were tested on the selected variables. The analyzing design used for this study was statistics group comparison design supervision of the investigator.
The data were collected on selected criterion variables such as life stress, obesity and

cardiovascular risk among professional of different sectors were subjected to statistical analysis of Anova. Scheffes's post hoc test and Pearson product moment correlation method at 0.05 level of significance.

Table 1: Showing one way anova for life stress among teaching, driving, medical practitioner, information techonology and sports professional.

Variable	Professional Mean Values					Source of Variance	DF	SS	MS	F
	Teacher	Driver	Medical	IT	Sports					
Life Stress	329.03	312.83	294.83	297.5	273.66	Between	4	51649.23	12912.31	3.91*
						Within	145	478421.5	3299.45	

* Significant at 0.05 level of confidence.

(Table value required for significance at 0.05 level for "F" test with df (4,145) is 2.43).

From the table I the mean value obtained on Life Stress of the Teacher was 329.03, Driver was 312.83, Medical was 294.83, IT was 297.5 and Sports professional was 273.66. The analysis of variance (Anova) of the means proved that there was a significant difference in Life Stress among the professional of different Sectors as the obtained F values 3.91 was greater than required F value of 2.43 to be significant at 0.05 level of confidence.

Since there was a significant difference among teaching, driving, medical practitioner, information technology and sports professional life stress Scheffe's post hoc analysis was made and which is presented in table II.

Table 2: Scheffe's post hoc test for difference between means on life stress among teaching, driving, medical practitioner, information technology and sports professional.

Teacher	Driver	Medical	IT	Sports	MD	CI
329.03	312.83				16.20	46.24*
329.03		294.83			34.20	
329.03			297.5		31.53	
329.03				273.66	55.37*	
	312.83	294.83			18	
	312.83		297.5		15.33	
	312.83			273.66	39.16	
		294.83	297.5		2.66	
		294.83		273.66	21.16	
			297.5	273.66	23.83	

* Significant

The table II reveals that there was no significant difference in Life Stress between teaching and driving professional, teaching and medical practitioner professional, teaching and information technology professional, driving and medical practitioner professional, driving and information technology professional, driving and sports professional, medical practitioner and information technology professional, medical practitioner and sports professional, information technology and sports professional as the obtained mean difference was 16.2, 34.2, 31.53, 18, 15.33, 39.16, 2.66, 21.16 and 23.83 lesser than the CI value of 46.24 at 0.05 level of confidence.

There was a significant difference in life stress between teaching and sports professional as the obtained mean deference was 55.37 greater than the CI value of 46.24 at 0.05 level of confidence. The life stress of sports professional was better than the driving, teaching, medical practitioner and information technology professional. The obtained mean value in life stress among driving, teaching, medical practitioner, information technology and sports professional were presented through bar diagram for better understanding of the results.

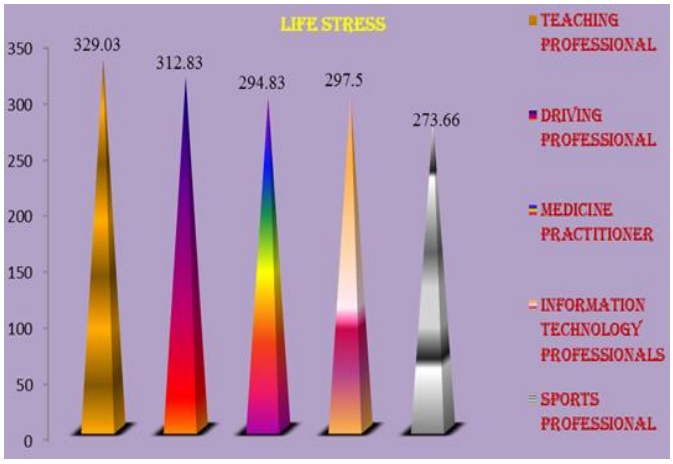

Fig 1: Bar diagram showing means on life stress among teaching, driving, medical practitioner, information technology and sports professional

Table 3: Showing one way anova for obesity among teaching, driving, medical practitioner, information techonology and sports professional.

Variable	Professional Mean Values					Source of Variance	DF	SS	MS	F
	Teacher	Driver	Medical	IT	Sports					
Obesity	26.65	25.99	24.26	28.24	22.49	Between	4	589.82	147.45	10.08*
						Within	145	2118.76	14.61	

* Significant

(Table value required for significance at 0.05 level for "F" test with df (4,145) is 2.43)

From the table IV the mean value obtained on Obesity of the Teacher were 26.69, Driver was 26.04, Medical was 24.31, IT was 28.29 and Sports Professional was 22.53. The analysis of variance (Anova) of the means proved that there was a significant difference in Obesity among the Professional of Different Sectors as the obtained F values 10.086 was greater than required F value of 2.43 to be significant at 0.05 level of confidence.

Since there was a significant differences among teaching, driving, medical practitioner, information technology and sports professional obesity Scheffe's post hoc analysis was made and which is presented in table III.

Table 4: Scheffe's post hoc test for difference between means on obesity among teaching, driving, medical practitioner, information techonology and sports professional

Teacher	Driver	Medical	IT	Sports	MD	CI
26.65	25.99				0.65	3.08*
26.65		24.26			2.39	
26.65			28.24		1.59	
26.65				22.49	4.16*	
	25.99	24.26			1.73	
	25.99		28.24		2.24	
	25.99			22.49	3.5*	
		24.26	28.24		3.98*	
		24.26		22.49	1.76	
			28.24	22.49	5.74*	

* Significant

The table VI reveals that there was no significant difference in Life Stress between teaching and driving professional, teaching and medical practitioner professional, teaching and information technology professional, driving and medical professional, driving and information professional, medical practitioner professional and sports professional as the obtained mean difference was 0.65, 2.39, 1.59, 1.73, 2.24 and 1.76 lesser than the CI value of 3.08 at 0.05 level of confidence. There was a significant difference in life stress between teaching and sports professional, driving and sports professional, information technology and sports professional as the obtained mean deference was 4.16, 3.5, 3.98 and 5.74 greater than the CI value of 3.08 at 0.05 level of confidence. The obesity of sports professional was better than the driving, teaching, medical practitioner and information technology professional. The obtained mean value in life stress among driving, teaching, medical practitioner, information technology and sports professional were presented through bar diagram for better understanding of the results.

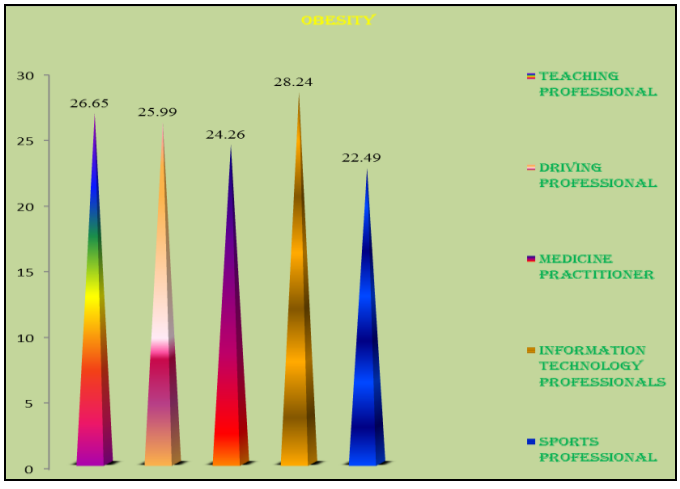

Fig 2: Bar diagram showing means on obesity among teaching, driving, medical practitioner, information technology and sports professional

Table 5: Showing one way anova for cardiovascular risk among teaching, driving, medical practitioner, information techonology and sports professional.

Variable	Professional Mean Values					Source of Variance	DF	SS	MS	F
	Teacher	Driver	Medical	IT	Sports					
Cardiovascular Risk	39.5	41.2	39.8	47.06	32.26	Between	4	3344	836	13.76*
						Within	145	8806.83	60.73	
						Within	145	8806.83	60.73	

* Significant

(Table value required for significance at 0.05 level for "F" test with df (4,145) is 2.43)

From the table V the mean value obtained on cardiovascular risk of the Teacher were 39.5, Driver was 41.2, Medical was 39.8, IT was 47.06 and Sports Professional was 32.26. The analysis of variance (Anova) of the means proved that there was no significant difference in cardiovascular risk among the Professional of Different Sectors as the obtained F values 13.76 was greater than required F value of 2.43 to be significant at 0.05 level of confidence. Since there was a significant difference among teaching, driving, medical practitioner, information technology and sports professional cardiovascular risk Scheffe's post hoc analysis was made and which is presented in table V.

Table 6: Scheffe's post hoc test for difference between means on cardiovascular risks among teaching, driving, medical practitioner, information techonology and sports professional.

Teacher	Driver	Medical	IT	Sports	MD	CI
39.50	41.2				1.70	6.27*
39.50		39.8			0.30	
39.50			47.06		7.57*	
39.50				32.26	7.23*	
	41.2	39.8			1.4	
	41.2		47.06		5.86	
	41.2			32.26	8.93*	
		39.8	47.06		7.26*	
		39.8		32.26	7.53*	
			47.06	32.26	14.8*	

* Significant

The table VIII reveals that there was no significant difference in cardiovascular risk between teaching and driving, teaching and medical practitioner, driving and medical practitioner professional, driving and information technology professional as the obtained mean difference was 1.70, 0.30, 1.4 and 5.86 lesser than the CI value of 6.27 at 0.05 level of confidence. There was a significant difference in obesity between teaching and information technology professional, driving and sports professional, medical practitioner and information technology professional, teaching and sports professional, medical practitioner and sports professional as the obtained mean deference was 7.57, 8.93, 7.26, 7.23, 7.53 and 14.8 greater than the CI value of 46.24 at 0.05 level of confidence. The cardiovascular risk of sports professional was better than the driving, teaching, medical practitioner and information technology professional. The obtained mean value in cardiovascular risk among driving, teaching, medical practitioner, information technology and sports professional were presented through bar diagram for better understanding of the results.

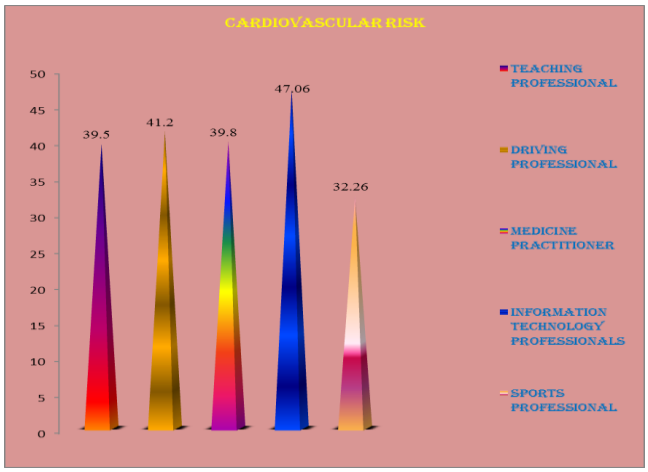

Fig 3: Bar diagram showing means on cardiovascular risk among teaching, driving, medical practitioner, information technology and sports professional.

Conclusions

1. It was concluded that there was a significant differences among teaching, driving, medical practitioner, information technology and sports professionals in life stress. Further the results of the study proved that sports professional were better in life stress level than other professionals. Hence the research hypothesis was accepted and null hypothesis rejected.
2. It was concluded that there was a significant differences among teaching, driving, medical practitioner, information technology and sports professionals in obesity. Further the results of the study proved that sports professional were better in maintain BMI (Body Mass Index) level than other professionals. Hence the research hypothesis was accepted and null hypothesis rejected.
3. It was concluded that there was no significant differences among teaching, driving, medical practitioner, information technology and sports professionals in cardiovascular risks. Further the results of the study proved that sports professional were found to be low in cardiovascular risks than other professionals. Hence the research hypothesis was accepted and null hypothesis rejected.
4. It was concluded that there was no significant relationship between life stress and obesity among professionals. Hence the research hypothesis was rejected and null hypothesis accepted.
5. It was concluded that there was a significant relationship between obesity and cardiovascular risks among professionals. Hence the research hypothesis was rejected and null hypothesis accepted.
6. It was concluded that there was a significant relationship between life stress and cardiovascular among professionals. Hence the research hypothesis was accepted and null hypothesis rejected.

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