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## The health status of employees in sgba university Amravati

**Dr. Jayanti K. Chauhan, Dr. Rahul Thakur**

### Abstract

The objective of this study was to measure the health awareness among employees working in Sant Gadge Baba Amravati University, Amravati. Sample comprised of 100 male employees, which were selected through purposive sampling method for the study. Questionnaire which had two parts viz part – A for bio data and medical profile, and part –B for question regarding their health awareness, was prepared by the investigator himself, and used as a tool for data collection. Mean, S. D. and T- Test was used to analyse the data. Followings were the main findings of the study: - 1) most of the employees working in Sant Gadge Baba Amravati university, were grieved by many musculoskeletal and other diseases. 2) Employees working in Sant Gadge Baba Amravati University showed the negative expression about their health and life style. 3) The employees working in Sant Gadge Baba Amravati University were not aware in regard to their health.

**Keywords:** health status, university employees, health problems

### Introduction

#### Prologue:

Health is fundamental to national progress. When considered in terms of resources for economic development, nothing can be considered to be of greater importance than the health of people. It is a measure of their energy and capacity as well as potential man-hours for productive work in relation to the number of persons maintained by the nation. Mechanical age has reduced the capacity of man to do the work. Man has become very comfort loving. The idleness of the man has created many problems. The problems are increasing to the extents that the life of man on earth is becoming more and more difficult

Health is man's greatest wealth; he who has health must cherish it with care lest he should lose it. To this end he must have adequate knowledge of how to live healthy. Health is not merely absence of disease, it is positive quality of living body which fitness for one's work and happiness are distinguishing marks.

According to W.H.O., "Occupational health should aim at the promotion and maintenance of the highest degree of physical, mental and social well-being of workers in all occupations. The prevention among workers of departments from health caused by their working conditions; the protection of workers in their employment from risk resulting from factors adverse to health; the placing and maintenance of the workers in an occupational environment adopted to his physiological and physiological equipment, and to summarize, the adoption of work to man and of each man to his job."

Man has to face many problems in modern age. Modern man has become the victim of many complex problems. He has to face difficulties at every step and these difficulties have adverse effect on the personality of a man. These problems may be physical, emotional, social, political or any other type; but they affect the man and he becomes the victim of physical and emotional disturbances.

It is fact that a sizeable portion of employees in the universities suffers from health problems that are mostly work generated. In Indian Universities employees flooded with over stress trying to attain strength from their cups of coffee and puffs of cigarettes. Many employees report for work on time and work for unlimited hours. That the University stands to earn more if employees put in additional work hours is only a myth.

Poor eye sight, spondylitis, discomfort, fatigue tension, depression, irritability, low back pain, asthma, diabetes, high blood pressure, low blood pressure, unhealthy sleep and obesity are only a few of problems. Lack of care can lead to long term ailments, wherein not only the employee concerned, but his entire family has to suffer and as a result of that suffers the functioning of whole university.

Another problem that has a direct implication on the employee's Psyche is lack of feeling of belonging to his university. "There is much more an employee expects from his organisation, beyond a work-salary relationship. A sense of attachment to his/her university is very important", opine employees by and large.

Agreeing to this Prof. B. M. Hedge, Vice Chancellor, Manipal Academy of Higher Education stated, "Japan has the lowest rate of heart attack in the world. One of the reason is the absence of difference between the boss and workers. So a sense of belonging helps".

Studies by various US and UK-based Medical Research Institute have shown that 80-90 percent of people of any age, gender, physical fitness and profession who use a computer regularly are like to suffer from vision and health problems.

Another study conducted by Department of Human factors Engineering, University of Occupational and Environmental health, Japan, showed that visual strain occurred after 60 minutes of video display terminal (VCD) task.

A glance at various organisational website and annual reports reveal that the lack of comprehensive health plan for the employees has resulted in indirect, recurring losses for

organisations.

The level of health of employees in Indian Universities has been low largely due to unhealthy and diseased conditions. An employee's health is his own responsibility. Wise and timely attention to health offers a good reward, whereas negligence brings its punishment

**Objectives**

**The following were the main objectives of the study:**

- 1) To study the health status of the employees working in Sant Gadge Baba Amravati university
- 2) To find out the diseases related with the various system of the human body.
- 3) To find out the health life style of the employees.
- 4) To find out the health awareness among the employees regarding their health.

**Material and Methodology**

Sample comprised of 100 male employees working in Sant Gadge Baba Amravati University, which were selected through purposive sampling method for the study.

Questionnaire which had two parts viz part –A for biodata and medical profile, and part–B for question regarding their health awareness, was prepared by the investigator himself, which was used as a tool for data collection

The data collected by above mentioned tool was analysed and the results were interpreted as under:-

**Table 1:** Table showing the system wise health problems of the employees working in S.G.B. Amravati University, Amravati.

Review of systems	Nature	Respond-ents	Yes	No	% (Percentage)
Cardiovascular System	Heart attack	100	05	95	05%
	High blood pressure	100	15	85	15%
	stroke	100	02	98	02%
	Angina	100	01	99	01%
Respiratory system	Asthma	100	04	96	04%
	Shorten of breath	100	00	100	0 0%
	Allergy reactions	100	25	75	25%
	Tuberculosis	100	00	100	0 0%
Musculoskeletal system	Muscle pain	100	20	80	20%
	Pain in joint	100	54	46	54%
	Low back pain	100	45	55	45%
	Bone injuries	100	04	96	04%
Nervous system	Dizziness/fainting	100	00	100	00%
	Epilepsy	100	00	100	00%
	Trouble smelling order	100	00	100	00%

From the above table no.-1 it is revealed that the 05% of the employees/respondents were suffered from heart attack, 15% employees suffered from high blood pressure diseases, while 02% employees are suffered from stroke. While 01% employees suffered from angina; 04% of the employees/respondents suffered from asthma, 15% employees suffered from allergic reactions, no employee suffered from shorten of breath, and tuberculosis. 20% suffer from muscle

pain, 54% employees suffer from pain in joint, 45% suffer from low back pain, 04% employees suffer from bone injuries. Hence from the above table it is concluded that the sizable portion suffered seriously from various musculoskeletal system diseases. Table also shows that not even a single employee suffer from nervous system related problems.

**Table 2:** Table showing the other health problems of employees working in S.G.B. Amravati University Amravati.

conditions	Respondents	Yes	No	% (Percentage)
Diseases/injury/medical problem	100	09	91	09%
Difficulty in exercise due to medical problems	100	05	95	05%

From the above table no.-2 it is revealed that the 09% employees have reported Diseases/injury/medical problems other than the problems indicated in table no.-1. Table also

shows that 05% reported Difficulty in exercise due to medical problems which prevents them to exercise.

**Table 3:** Table showing the health and life style information of employees working in S.G.B. Amravati University, Amravati.

Variable	Respondents	Yes	No	% (Percentage)
Physician / Family Doctor	100	06	94	06%
On Prescribed Diet By The Direction	100	02	98	02%
Chewing tobacco	100	35	65	35%
Smoking	100	14	86	14%
Alcohol	100	06	94	06%
Tea habits	100	85	15	85%
Coffee	100	6	94	06%
Stress due to work	100	52	48	52%

From the above table no.-3 it is revealed that the 06% employees reported that they had permanent physician/family doctor, 02% reported on prescribed diet by the registered doctor, 35% employees reported that they chew tobacco, 14% reported employees were currently smoking, 06% employees reported that they drink alcohol, 85% employees had the tea habits, while 06% employees reported the coffee habits. Table also shows that 52% employees have stress due to office work. It is much clear from the above table that large number of employees viz.85% are tea addicted and the smallest % percentage of employees viz.2% follow the doctors in respect to their diet which is not a good sign for good health.

**Table 4:** Table showing the health awareness among employees working in S.G.B. Amravati University, Amravati.

Variable	Reponses	Respondents or employees	% (Percentage)
Aware	46	100	46%
Not aware	54	100	54%

From the above table no.-4 it is revealed that the 46% employees were only aware about their health and while 54% employees were not aware about their health status. Hence the null hypothesis is accepted.

Thus it is concluded that most of the employees working in Sant Gadge Baba Amravati University were not aware of their health status.

### Findings of the Study

#### These following were the main findings of the study:

- 1) Most of the employees working in Sant Gadge Baba Amravati University, were suffering from musculoskeletal.
- 2) The ratio of Respiratory, cardiovascular and other health problems were found very low among the employees.
- 3) Most of the employees working in Sant Gadge Baba Amravati University had the stress due to office work.
- 4) Majority of employees working in Sant Gadge Baba Amravati University showed the negative expression about their health and life style.
- 5) Large number of employees working in Sant Gadge Baba Amravati University were not aware about their health awareness.

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