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A study of joints disease in working women of 45 to 60 years age group

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Abstract

Chronic and degenerative diseases are common among working women and may limit the ability to perform physically demanding work. Joint disease is very common and can affect almost all joints i.e. knee, shoulder, ankle, feet, back, spinal stenosis etc. increasing the age factor joint become increasingly more common. A degenerative disease is one that is characterized by a progressive deterioration of a tissues resulting in reduced function ability.

Keywords: joints disease, working women, 45 to 60 years age group

Introduction

Joints are the parts of your body where your bones meet. Joints allow the bone of your Skelton to move. Joints include shoulder, hips, elbow, knees etc. Back pain is a very common problem in women worldwide. Back pain is most frequent cause of disability in people under the age of 45 to 60 years. The various kinds of bones are connected together at different parts of the skeleton by joint. The main structures which unite to from the joint are bone cartilage, synovial membrane and ligaments etc.

Types of joint

The human body has three main types of joints. They are categorized by the movement they allow.

- Synarthroses (immovable)
- Amphiarthroses (slightly movable)
- Diarthroses (freely movable)

Types of freely movable joints

- Ball and socket joint
- Hinge joint
- Condylloid joint
- Pivot joint
- Gliding joint
- Saddle joint

All injuries and illnesses can be categorized according to the length of time they take to develop. These are two most common time related classes of injuries.

- Acute occurring suddenly
- Chronic Developing or lasting over a long period

Objective of the study

- To high light the joint disease in working women in different jobs.
- To find out the joint problem of age 45 to 60 years of working women in different job categorized.

Sample: The Researcher was selected the 120 female working women of different working sections through random sampling method in Abohar city. Age of sample ranged from 45 to 60 years.

Methodology

To conduct the study survey method was adopted as methodology. The source of data were working women of Abohar city in different types jobs e.g. govt. and private school teachers, govt. and private college teachers, bank employee's, Aagan badi worker, nurseries, cosmetologist,

Dietitians and nutritionists. The data was collected from working women through the self-developed questionnaire.

Analysis of Data

Showing the percentage of disease and status of joints in working women.

Table 1: Age group of 45-60 years

| Total working women =120 | | | | | | | |
|--------------------------|---------------|--------------------------|-------------------|-----------------|----------|------------|----------------------|
| S. No. | Category | Number of suffered women | Number of disease | Status of joint | | | |
| | | | | Normal | Pain | Acute Pain | Immoveable condition |
| 1 | Working women | 45 (37.5%) | 30 | 4 (13.33%) | 21 (70%) | 5 (16.66%) | |

Conclusion

According to Table No. 1, 37.5% working women are suffered with joint disease. On the basis of above table, after disease present status of joints in working women is as follows.4% is in state of normal,21% are in painful condition, 5% are still in acute pain. On the basis of above table, it can be concluded that the percentage of painful status of joints in working women are more than the other status conditions.

Recommendations

Some physical exercises and yogic practice (asana) to help reduce the joint pain. Physical exercise improve our flexibility level. Similar study may also be conducted for senior citizens either male or female.

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