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A comparative analysis of life style and health status among male and female teachers of Delhi University

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Abstract
There is a strong correlation and relationship between health and lifestyle. Many health problems such as obesity, cardiovascular disorders, cancer, drug addiction and sexually transmitted diseases are correlated with lifestyle modifications and changes. This study assesses the health status and life style of male and female teachersand provides them information for better health conditions.
The study was carried out in University of Delhi, on a random basis consisting of 100 teachers from different colleges. The age of the subjects was 25 years and above. It is observed that such as the other individuals of the public, educators (teachers) encounter health problems body composition variation, excessive weight and obesity health problems result from our daily immobile and unhealthy life styles. The purpose of this study was to assess the lifestyle and health status of Delhi University teachers. Most of the Teachers were not particular about their medical and dental check-ups and do not follow a very good healthy lifestyle to maintain their health.

Keywords: Lifestyle, health status, physical activity, BMI

1. Introduction
Studies have indicated that there is a strong correlation and relationship between health and lifestyle. Teachers follow a set routine to meet their professional demands. Many health problems such as obesity, cardiovascular disorders, cancer, drug addiction and sexually transmitted diseases are correlated with lifestyle modifications and changes. Controlling risk factors in lifestyle and healthy Physical activities and workouts are the most essential part of our life, which help every individual in their proper and accurate growth for survival. The present study was aimed to study the health status and lifestyle of university teachers.

2. Methodology
A total of 100 teachers from University of Delhi were randomly selected from different colleges. The age of the subjects was 25 years & above. Both male and female teachers were selected as subjects. For this study, a survey was conducted to assesse the health status and lifestyle of both male and female teachers. The survey had some questions on demographic profile of the respondents and rest regarding health status and life style. The selected subjects were asked to give information about various variables. To assess the life style, the subjects were asked to give information about the day today activities through various questions. Due to COVID-19, the researcher requested the subjects to send their data online via google forms after explaining them how to conduct the measurements for body composition assessment. The researcher explained the study to the subjects & asked for their support & sincere participation in the study.

2.1 Participant demographics

Table 1: Showing demographic details for teachers

Demographic Details (n=100)			
Gender	Male: 49% (n=49)		Female: 51% (n=51)
Age	Up to 30 yrs: 16%	31-50 yrs: 63%	Above 50 yrs: 21%

A total of 100 teachers participated in the survey out of which 51% were female and 49% were male. A majority of the respondents belonged to age group 31-50 years i.e., 63%. 21% respondents were above the age of 50 years and 16% of the total respondents were up to 30 years.

3. Data Analysis

The purpose of the study was to draw a comparative analysis of male and female teachers' on the basis of health status and life style. The responses received from subjects were tabulated and analysed. A descriptive approach for data analysis was considered. Analysis of the percentage response for various variables and questions were presented with the help of tables.

4. Results

4.1 Lifestyle: The table 2 shows the data on lifestyle shows that 49% (57% of the total male respondents and 41% of the total female respondents) respondents prefer going for a morning walk always or nearly always. And 31% of respondents (33% of the total male respondents and 29% of the total female respondents) avoid a walk after dinner. 56% respondents (57% of total male and 55% of total female respondents) never go to the gym and 50% of respondents (35% of the total male respondents and 65% of the total female respondents) perform yoga asana at home always or nearly always. 76% respondents (71% of total male and 80% of total female respondents) avoid cigarettes and other forms of tobacco and around 72% respondents (61%of total male and 82% of total female respondents) avoid alcoholic beverages. Around 77% respondents (71% of total male respondents and 82% of total female respondents) can workout emotional problems without turning to alcohol or other drugs and around 69%respondents (67% of total male and 71% of total female respondents) prefer to associate with people who have a positive attitude towards life. Approximately 54% of respondents (55% of total male and 53% of total male respondents) sleep for 7-8 hours at night always.

Table 2: Showing Percentage responses of teachers about question related to Lifestyle

Questions	Always	Nearly Always	Often	Seldom	Never
I go to the gym for at least 3 days a week.	15%	7%	13%	9%	56%
I perform some yoga asanas for at least 3 days a week.	35%	15%	12%	18%	20%
I avoid cigarettes and all other forms of tobacco.	76%	3%	7%	3%	11%
I avoid alcoholic beverages. If I drink, I do so in moderation and I do not combine alcohol with any other drug.	72%	7%	6%	2%	13%
I eat a balanced diet regularly (contain carbohydrate, protein, vitamin, and other minerals).	49%	31%	16%	3%	1%
I avoid street food which contains saturated fat.	32%	33%	22%	7%	6%
I avoid unhealthy food.	36%	38%	19%	3%	4%
I can work out emotional problems without turning to alcohol or other drugs.	77%	8%	6%	1%	8%
I associate with people who have a positive attitude towards life.	69%	22%	6%	1%	2%
I sleep for 7-8 hours per night.	54%	27%	12%	3%	4%

The above outcome shows that teacher community may be aware of health benefits of physical activity but only a little more than half of population involved in physical activity. But most of them are able to handle their emotional upheavals without indulging into smoking, drinking or drugs but still many of them indulge in unhealthy practices. Also, half of the respondents don't meet sleep requirements. Around 3/4th population avoid cigarettes, tobacco and alcoholic beverages. Around half of respondents eat a balanced diet (49%) containing carbohydrate, protein, vitamin, and other minerals. A small number of respondents avoid street and unhealthy food (32%). Many of them are associated with positive people around (69%).

4.2 Health Status: The Table 3 showed that comparison BMI of the male and female teachers. Almost equal percentage of male and female respondents falls in the different categories of BMI. Around 51% females and 47% males occurred in the acceptable category of BMI. Around 4% male respondents were at a very high disease risk which comes under obesity II category. 6% female and 4% male respondents had a high disease risk which comes under obesity I category. Thus, BMI calculation of male and female teachers clearly showed the increasing risk of diseases according to their body composition.

Table 3: Showing BMI and its classification (classification according to Werner W.K. Hoeger and Sharon A. Hoeger, 2011)

BMI	Male (%)	Female (%)	Total (%)	Disease Risk	Classification
<18.5	2.04	0	1	Increased	Underweight
18.6-21.99	14.29	15.69	15	Low	Acceptable
22.0-24.99	32.66	35.29	34	Very Low	Acceptable
25.0-29.99	42.85	43.14	43	Increased	Overweight
30.00-34.99	4.08	5.88	5	High	Obesity I
35.0-39.99	4.08	0	2	Very High	Obesity II

The table 4showed that around 22% of female and 14% of total male respondents always get a regular medical examination according to age recommendations. It indicated that around 24% of male and 20% of female respondents never got a medical examination done according to their age recommendations. It also showed that around 53% of female and 45% of total male respondents were aware of warning signs of heart attack, cancer and stroke. While a very low percentage of male and female respondents were unaware of these signs.

Table 4: Showing Percentage responses of teachers about question related to health

	Always		Nearly Always		Often		Seldom		Never	
	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male
Percentage response about regular medical examinations	21.57	14.29	21.57	22.45	25.49	18.37	11.76	20.41	19.61	24.49
Percentage response of awareness about warning signs of heart attack, stroke and cancer	52.94	44.90	17.65	12.24	9.80	18.37	7.84	16.33	11.77	8.16

Table 5 showed that 10% of male and 10% of total female respondents suffered from elevated blood pressure disease, and 4% male and 4% of female respondents suffered from diabetes, while 2% of female respondents suffered from coronary heart disease and 6% of female respondents suffered from arthritis. No male respondents suffered from coronary heart disease and arthritis.

Table 5: Showing Percentage responses of teachers suffering from different diseases

Diseases	Male (%)		Female (%)		Total (%)	
	Yes	No	Yes	No	Yes	No
Coronary Heart Disease	0	100	1.96	98.04	1	99
Elevated Blood Pressure	10.2	89.80	9.8	90.20	10	90
Diabetes	4.08	95.92	3.92	96.08	4	96
Arthritis	0	100	5.88	94.12	3	97

Discussion and Conclusion

All the responses of Delhi University teachers belonging to different colleges, collected through Google form, were analysed through percentage method. The total response of the subjects indicates that there is a difference in responses of male and female respondents on the selected variables of the study.

The comparison of the Body Mass Index (BMI) of male and female respondents showed that almost equal numbers of male and female respondents fall in the increased disease risk category (overweight). 51% females and 47% males have a normal Body Mass Index (BMI). 4% male respondents are at a very high disease risk which comes under obesity II category. 6% female and 4% male respondents have a high disease risk. Females are at high risk of diseases as compared to males according to their waist to hip ratio. 84% of males and only 24% females fall in the low disease risk category. 51% female respondents fall under the high-risk category. Only 10% male respondents have high disease risk according to their waist to hip ratio.

Thus, the analysis indicates that majority of the Delhi University Teachers come under the overweight category, which is an alarming situation as far as their health is concerned. The analysis of body composition through WHR, like BMI, also indicates that a very small population of Delhi University teachers falls in normal category of disease risk. A large number of female teachers compared to male teachers, are in high risk category which indicates that female teachers are not able to maintain their health may be due to many reasons like less time available for taking care of their health, work pressure due to multi-tasking etc.

The data on health status shows that only few respondents reported to have diseases like coronary heart problems, elevated blood pressure, diabetes and arthritis. 10% respondents have elevated blood pressure problems out of them around 7% female and 2% male fall in the age group 51-60. And only 4% have diabetes. Around 61% respondents (55% of total male and 67% of total female respondents) are not seeing any specialists (doctors who specialize in a particular field of medicine, such as a cardiologist). Some respondents suffer from diseases like thyroid, uric acid, hypothyroidism, and asthma.

The above outcome shows that teacher community may be aware of health benefits of physical activity but only a little more than half of population involved in physical activity. But most of them are able to handle their emotional upheavals without indulging into smoking, drinking or drugs but still many of them indulge in unhealthy practices. Also, half of the respondents don't meet sleep requirements. Most of them are not particular about their health check-ups & dental health care. It seems to be good news that although the analysis of the data of majority of the teachers does not indicate a healthy body composition & lifestyle, most respondents are not suffering from hypokinetic or other diseases. The reason for this outcome may be due to under reporting of diseases by the respondents due to one or the reason. Also, most of the respondents were less than 50 years of age so they might not have shown symptoms of diseases but they may be falling in high-risk category as per their body composition.

From the above-mentioned points, we can conclude that teachers are not aware much about their health status and do not follow a good healthy lifestyle to maintain their health.

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