

Physical health status of Primary School Teachers

Tanuja S. Raut

Assistant Professor PGTD (Physical Education) SGB Amravati University, India

Abstract

The new concept of good health is called wellness. In the broad sense, the term wellness means “healthy living”. India has world’s largest number of professionally qualified women, particularly in primary school teaching sector comparatively men, women are more in this profession. To see their health status researcher conducted a study “Physical health status of Primary School Teachers”. To estimate physical & mental health four parameter was taken (1) BMI (2) VO_2max (3) Waist to hip ratio (4) Stress test. The study was conducted on 20 primary school teachers from Amravati town. Result shown that only 25% Subject’s BMI was satisfactory, In VO_2max there was no one subject in good category, waist to hip ratio of majority of subjects was moderately high risk category. Mental stress of subject was nearly 50% subject in high stress.

Women ignore their own health as most of time they only think about the health of their family. If she want to be a healthy then she must do exercise every day.

KEYWORDS:- Health status, Obesity, VO_2max , BMI, Mental stress.

Introduction:-

Good health is often defined as the absence of disease. In the 1970s and 1980s many exercise scientists and health educators become unsatisfied with this limited definition of good health. This futuristic thinker believed that health was not only an absence of disease but included physical fitness and emotional and spiritual health as well. This new concept of good health is called wellness. In the broad sense, the term wellness means “healthy living”

Every one knows the meaning of health wellness but in the real life how many are healthy? Particularly when talking about health status of Indian women worker. India has world’s largest number of professionally qualified women. India has more no of doctors, surgeons scientists, professors than the untied states India has largest population of working women in the world. But what about their health status. The average female life expectancy in India is low compared to many countries, in many families’ especially rural ones the girls and women face nutrition discrimination within the family and are anemic and malnourished.

The materiality in India is the second highest in the world only 42% of births in the country are supervised by health professionals. According human development report 88% of pregnant women were found to be suffering from anemia 300 women die every day due to childbirth and pregnancy related causes. The average nutritional intake of women is 1400 calories daily. The necessary requirement is approximately 2200 calories.

Working condition of women employees:

Generally the health conditions of women workers in India are dismal. Due to unfavorable working conditions and workplace environment they suffer from

various illnesses. In order to understand the occupational aspects of health. It is necessary to have a detailed examination of women’s work and its effects in terms of physical and mental health. To see the health status of women employees’ researcher had under taken a study “Health Status of women teacher employee”.

Material and methods:-

The present study was carried at out on the 20 women teacher employees from Amravati town. All teachers from primary school were aged from 35 to 40 years, to Estimate their physical health status researcher had examined BMI, VO₂max waist hip ratio and Mental Stress.

BMI :- Body mass index was calculated by the ratio of body weight to the height in (Mt) square.

VO₂max:- Was calculated by vargese et.al. (1996) formula which is given below.

$$VO_2max (l/min) = 0.023 \times \text{body wt}(kg) - 0.034 \times \text{age}(\text{hrs}) + 1.652$$

$$VO_2max (ml/kg/min) = \frac{VO_2max (\frac{lit}{min})}{Body\ weight\ (kg)} \times 1000$$

Waist to Hip ratio :- = Perform the waist circumference measurement by placing the tape at the level of the umbilicus. Measure Hip conference and waist circumference is divided by hip circumference. To see the mental health status of women teacher. Stress index questionnaire was used.

Stress Index :- the purpose of this stress index questionnaire is to increase awareness of tress in ones life. There are 20 question in the questionnaire stress was categories in to three category.

- (1) High stress (2) Average stress (3) low stress.

Stafistical analysis of physical and mental health status are shown in following tables.

Statistical Analysis :-

Physicla Health status of the subjects

BMI

Categories	Under wt.	Desirable	Obesity Grade I	Obesity Grade II	Obesity Grade III
No. of sub.	03	05	08	03	01
Percentage	15%	25%	40%	15%	5%

Above table shows that only 25% of women teacher were in the desirable category of BMI but 75% teachers were not in a proper health status by means of BMI.

VO₂ max

Categories	Poor	Below Average	Average	Above Average	Good
No. of sub.	08	06	40	02	00
	40%	30%	20%	10%	0%

Above table indicates the aerobic capacity of the subjects. There is no one in the good category 70% subjects were in below Average in VO₂max.

Waist – to- hip circumference Ratio

Categories	Low risk of disease	Moderately high risk	High risk
No. of sub.	06	10	04
Percentage	30%	50%	20%

Above table indicates that only 30% of the subject were in low risk of disease but 70% of women teachers are in moderately high risk of disease.

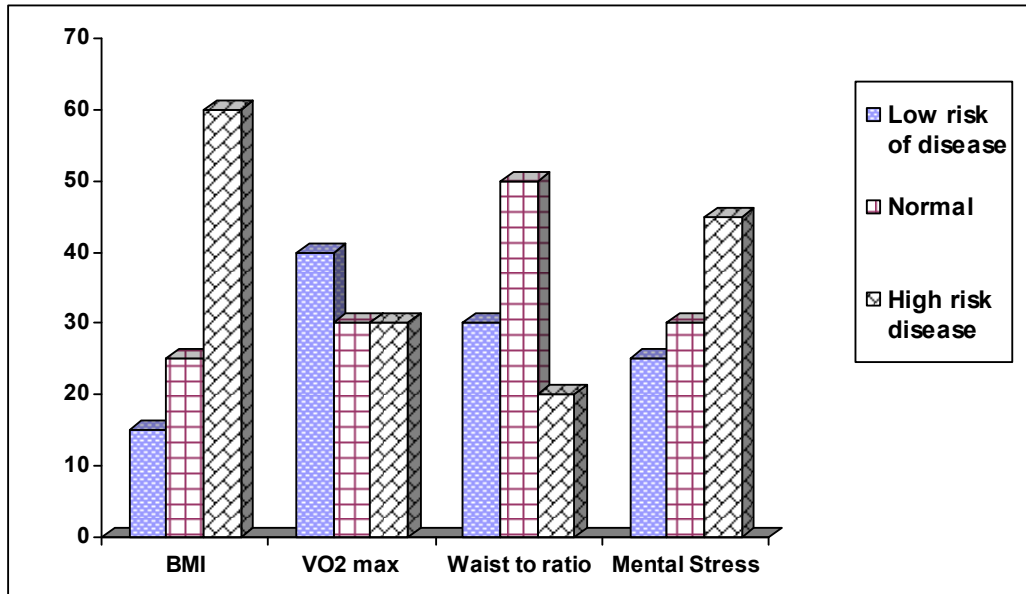
Mental health status

Mental stress

Categories	Low risk of disease	Moderately high risk	High risk
No. of sub.	05	06	09
20	25%	30%	45%

Above table shows that mental health status of 45% women teachers were in the categories of high stress. All the health parameters shown in the following graph.

Health status of women teacher employees graph.



To maintain health status in all aspects physical, mental suggestion social and emotional that means wellness in the sense of healthy life style following conclusion are made.

Conclusion :

Today’s women have to do house management as well office management and this requires proper and regular health care after women ignore their own health as most

of the time they only think about the health of their family. It's very important that we take proper care of our health to accomplish our responsibilities, build up our relationships, and achieve our personal and professional goals, getting regular checkups, preventive screening tests and immunizations are among the most significant things we must do for the betterment of our health.

If a miracle drug could help you lose weight, build muscles, avoid disease, stave off bone loss, and improve your mental health, would you take it. Before you answer, know that you need to take the drug three to five times a week, and each dose takes 30 to 45 minute to administer.

Still interested? With benefits like that, who could refuse?

The 'drug' of course, is **exercise**. So why do not more women "take it" when you are physically fit active and healthy you become self confident, you can even better cope with mental illness such as stress anxiety, and depression, each day you must make time for routine activities and exercise.

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