

THE HEALTH INVENTORY AND LIFE STYLE OF SCHOOL TEACHERS: ANALYTICAL STUDY

Dr. Kavita Verma, Asst. Director
University Sports Board,
Banaras Hindu University, B.H.U.
Varanasi (U.P.) India.



ABSTRACT

The purpose of the study was to analyse the Health Inventory and Life Style of School Teachers of Jabalpur District, (M.P.) By using purposive sampling 300 teachers of high and senior secondary schools of Jabalpur district, (M.P.) were involved. After follow up through verbal persuasions 200 responses were received in total out of which 46 were of male and 164 were of female teachers. The data/responses collected through questionnaire were analyzed by using descriptive statistics where percentage was worked out for interpretation. The level of significance was set at 0.05. The results of the study show that no male teachers were currently smoking tobacco products. Results further indicate that some male teachers were drinking alcoholic beverages liquor and wine. A large number of studies have shown that heavier alcohol consumption cause an increase in blood pressure. Almost all teachers both male and female were drinking caffeinated beverages such as tea, coffee and coca cola which may be attributed to the present trends in the society. Nearly all male and female teachers were eating butter, eggs, whole milk, deep fried food, hard cheese, ice cream fat and protein diet everyday. It was concluded that most of teachers drinking alcoholic beverages and caffeinated beverages as well as eating non balance food (only fat and protein) which all have adverse effect on their health.

Keywords: Health, Health Inventory and Life Style

INTRODUCTION

Health is important to us and to our family, and making small changes to our lifestyle can make a big difference to our health. Health is not a static phenomenon; it fluctuates within a range varying from optimum function to various levels of dysfunction (Dugdill L., 1995). It is a multi dimensional phenomenon such as physical, mental, social and each is influenced by numerous factors, medical and non-medical. In addition to these factors, the health of the workers is also influenced by the conditions prevailing at their work place. Health is concerned with the safeguard and welfare of people in various professions. Health is very important for the development of one's own self, society and the nation at large. Physical health and fitness is a positive quality that is related to the prevention and most of disease. Physical fitness places an emphasis on having vigour and energy to perform physical work and exercise. Beside this regular appropriate physical activity can bring economic benefits in terms reduced health care cost, increased productivity, healthier physical and social environments, better performance in offices and work sites, stronger participation in sports, recreation and greater sports achievements. According to W.H.O. (2000) reports the cost of medical care is drastically growing due to physical inactivity throughout the world. Increasingly sedentary life combined with the growing use of passive technological practices in daily life is causing higher levels of physical inactivity among persons of all ages, both in developed and developing countries. Despite the recognized available evidence of the benefits of physical activity to health, to economy and to society it is estimated that more than 60% of the world population is inactive or insufficiently active to gain health benefits. In general, the level of inactivity is higher among women.

Schools are ideal settings for enabling students and teachers to develop life-long healthy behaviors to achieve their individual potential and contribute to a healthy society. School physical education classes can assist young people to "Move for Health" by providing them with opportunities and time to safely access physical activity facilities in an environment that is supported by teachers, parents and friends.

Teachers are the role model for not only their students but also for the society. Their physical activity profile represents their health status and their awareness towards health. And it will definitely effect to their students and society. That's why research scholar conducted this study to analyse the Health Inventory and Life Style of School Teachers of Jabalpur District, (Madhya Pradesh).

MATERIAL AND METHODS

By using purposive sampling 300 teachers of high and senior secondary schools of Jabalpur district, (M.P.) were involved for obtaining responses questionnaire. After follow up through verbal persuasions 200 responses were received in total out of which 46 were of male and 164 were of female teachers.

The data/responses collected through questionnaire were analyzed by using descriptive statistics where percentage was worked out for interpretation. The level of significance was set at 0.05.



RESULTS AND DISCUSSION

Information regarding health inventory and life style of the respondents has been given in table – 1.

TABLE -1
HEALTH INVENTORY AND LIFE STYLE INFORMATION

Variables	Response	Male (%)	Female (%)
Height / Weight	Known	100	94.80
	Not known	Nil	5.19
Good Weight	Known	80.43	84.41
	Not known	19.56	15.58
On Prescribed Diet	Yes	13.04	6.49
	No	86.95	93.50
Currently Smoke Tobacco Product	Yes	Nil	Nil
	No	100	Nil

This table indicated that almost all male teachers were aware about height and weight. Whereas 5.19% female teachers were not aware of their height and weight 80.43% and 84.41% of male and female teachers were aware of their good / ideal weight. Only 13.04% male teachers and 6.49% female teachers reported to be on a diet prescribed by the doctor or registered dietitian. Results further indicate that no teacher have been reported having habit of smoking or consumption tobacco products. Quantity and variety of alcoholic beverages, and drinking habits of teachers are given in table – 2.

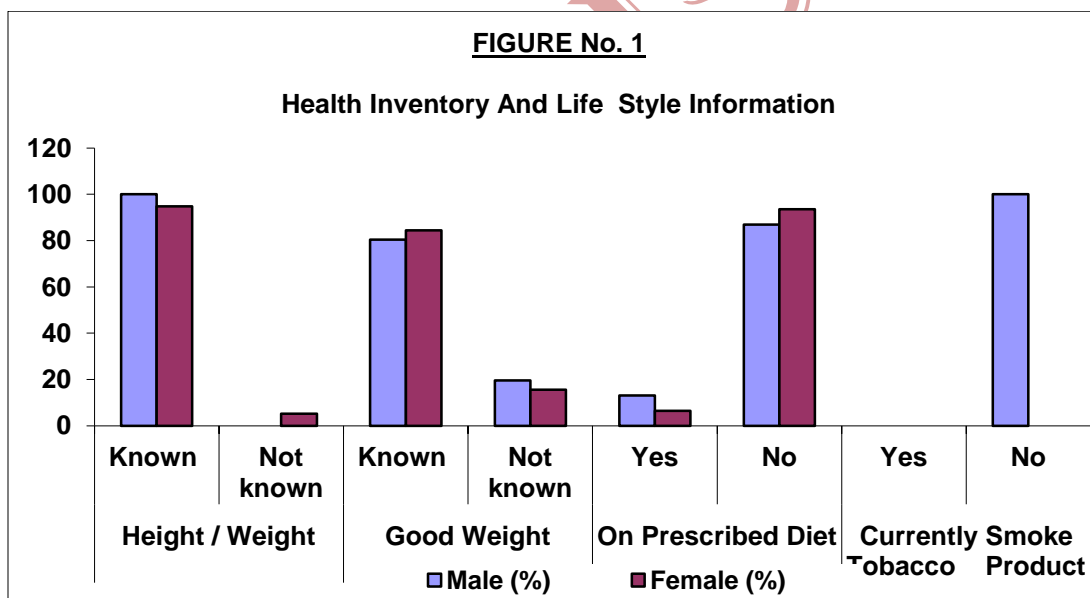
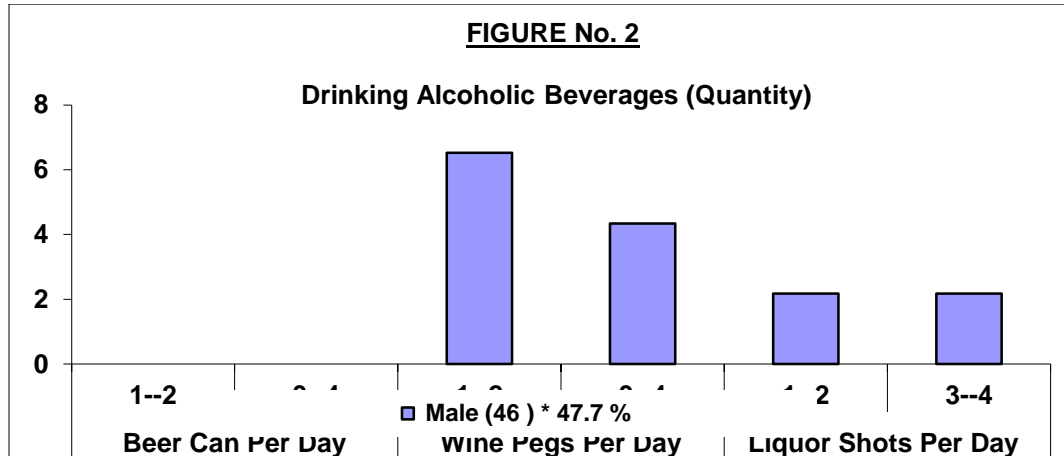


TABLE -2
DRINKING ALCOHOLIC BEVERAGES (QUANTITY)

Alcoholic Beverages	Quantity	Male (46) * 47.7 %
Beer Can Per Day	1-2	Nil
	3-4	Nil
Wine Pegs Per Day	1-2	6.52
	3-4	4.34
Liquor Shots Per Day	1-2	2.17
	3-4	2.17



Table 2 showed that no male teacher interested in consumed beer. Regarding drinking alcoholic beverages 6.52% male teachers were taking 1 to 2 pegs and 4.34% male teachers were taking 3 to 4 pegs of wine per day. 2.17% were taking the liquor 1 to 2 pegs and 3 to 4 in same ratio.

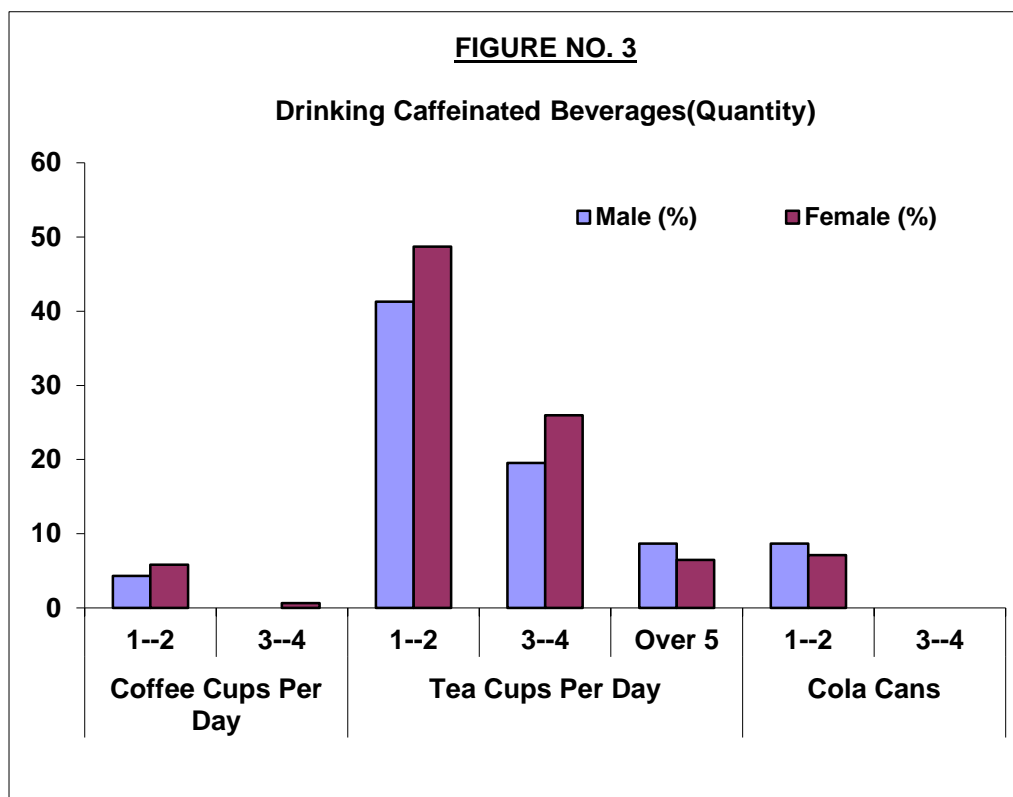


Information regarding the consumption of caffeinated beverages has been given in table - 3

TABLE-3
DRINKING CAFFEINATED BEVERAGE (QUANTITY)

Variables	Quantity	Male (%)	Female (%)
Coffee Cups Per Day	1-2	4.34	5.84
	3-4	Nil	0.64
Tea Cups Per Day	1-2	41.30	48.70
	3-4	19.56	25.97
	Over 5	8.69	6.49
Cola Cans	1-2	8.69	7.14
	3-4	Nil	Nil

It has been observed from table – 3 that all teachers both male, female were drinking either coffee, tea or cola. As compare to coffee and cola majority of the teachers were taking varied cups of tea per day. 4.34% male teachers and 5.84% female teachers were taking 1 – 2 coffee cups per day. 41.30% male teachers and 48.70% female teachers were habitual of taking 1 –2 cups of tea per day. Where as 8.69% male teachers and 6.49% female teachers were taking over 5 cups of tea per day. As compared to female teachers, male teachers take more cola can per day.



Special food habits have been given in table –4 which indicate the choice of particular food items, favorite of teachers which they like to eat at least once a day.

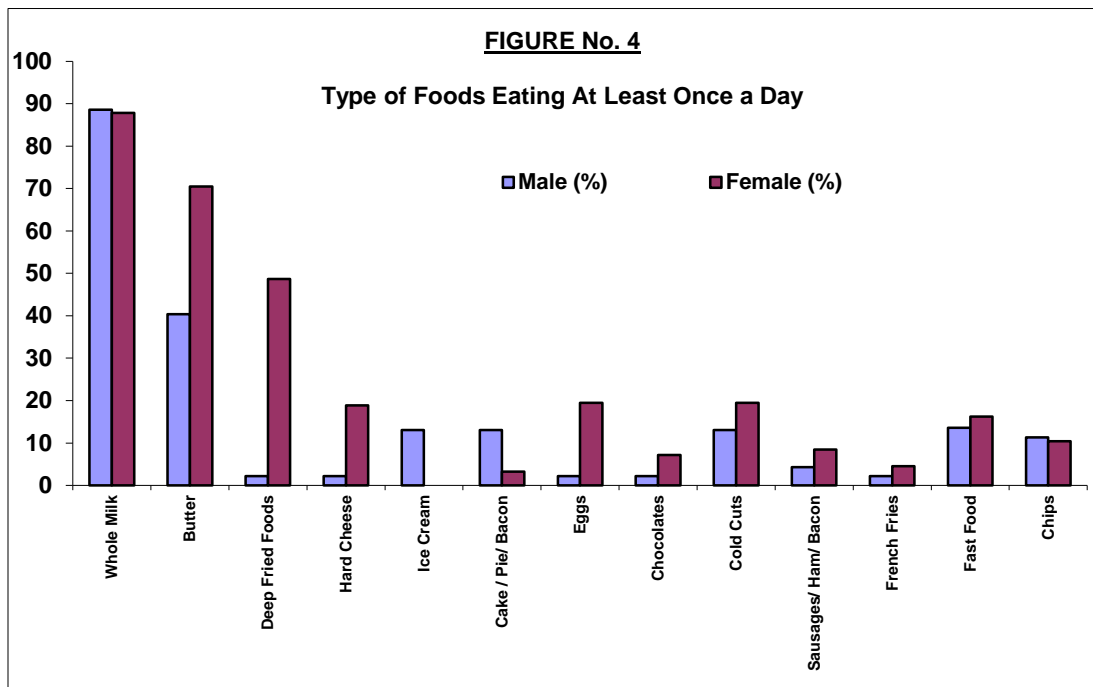
TABLE 4
TYPES OF FOOD EATING AT LEAST ONCE A DAY

Foods	Male (%)	Female (%)
Whole Milk	88.6	87.8
Butter	40.34	70.46
Deep Fried Foods	2.17	48.70
Hard Cheese	2.17	18.83
Ice Cream	13.04	Nil
Cake / Pie/ Bacon	13.04	3.24
Eggs	2.17	19.48
Chocolates	2.17	7.14
Cold Cuts	13.04	19.48
Sausages/ Ham/ Bacon	4.34	8.44
French Fries	2.17	4.54
Fast Food	13.6	16.23
Chips	11.3	10.38

Table – 4 indicate that 88.6% of male and 87.8% of female teachers like to have whole milk at least once a day .40.34% male and 70.46% female teachers relished having butter. Deep fried food fascinated 2.17% male and 48.70% of female teachers. 2.17% male and 18.83% female teachers like to have hard cheese at least once a day. 13.04% male teachers like ice cream at least once a day whereas no female teacher showed any liking towards the same. Cake/pie/bacon were admired by 13.04% of male and 3.24% of female teachers. 2.17% male and 19.48% female teachers like to have eggs at least once in a day. Chocolate fascinated 2.17% male and 7.14% female teachers. Cold cuts were consuming at least once in a day by 13.04% male and 19.48% female teachers. 4.34% male and 8.44% female teachers had sausages / ham / bacon. 2.17% and 4.54% of



male and female teachers like to have French fries. Fast food attracted at least 13.6% male and 16.23% female teachers and finally consuming chips per day (once) 11.3% male and 10.38% female teachers.



DISCUSSION

The results of the study show that no male teachers were currently smoking tobacco products. Results further indicate that some male teachers were drinking alcoholic beverages liquor and wine. A large number of studies have shown that heavier alcohol consumption cause an increase in blood pressure. Almost all teachers both male and female were drinking caffeinated beverages such as tea, coffee and coca cola which may be attributed to the present trends in the society. Nearly all male and female teachers were eating butter, eggs, whole milk, deep fried food, hard cheese, ice cream fat and protein diet every day.

CONCLUSION

It was concluded that most of teachers drinking alcoholic beverages and caffeinated beverages as well as eating non balance food (only fat and protein) which all have adverse effect on their health.

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