

ANALYSIS OF LIFE STYLE AND HEALTH STATUS OF WOMEN SCHOOL TEACHERS

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ABSTRACT

This investigation was done by the researcher to analyze the lifestyle pattern and health status of women school teachers in Karaikudi. The study was carried out on 50 Women school teachers (age 30-40 years) who were identified in various schools of Karaikudi by Convenience sampling method. The data was collected by interview method. The collected data were analyzed statistically using percentile. It was concluded from the findings that exercise was important for healthy life style of women school teachers.

INTRODUCTION

The status of women in India has been subjected to many great changes over the past few millennia. The greatest public health challenges today for adult women are increasing physical activity, reducing obesity, and obtaining immunizations. (Maiese 2002)

The Indian women today in addition to her traditional role as wife and mother, guardian of the household and keeper of cultural traditions she is now becoming a professional. Health is more than the absence of disease; it includes health promotion and health maintaining strategies by both the individual and society. (Weisman, CS. Changing, 1997).

Not only are women living longer, but they also have the possibility of enjoying a better quality of life throughout their span of

years. But to do this, it is essential that women take charge of their own bodies and comprehend how they can maximize their health and fitness. Life style exerts the strongest overall influence on health and longevity. Life style pattern includes diet, exercise, smoking, alcohol, and drug use. (Brown, 1999).

Exercise is one of the many lifestyle factors that can be controlled by an individual. Increased physical activity leads to improved physical fitness and to other psychological changes that lead to a better health. People who exercise regularly often adopt a healthier life style. (Grodder, 1996)

STATEMENT OF PROBLEM

The study was intended to analyze the life style and health status of women school teachers.

METHODOLOGY

In the present study an effort was made to analyze the life style and health status of women school teachers. They were working as teachers in various schools of karikudi. Fifty school teachers were selected by convenience sampling

method and their age ranged from thirty to forty years. All the subjects were personally interviewed to assess their life style and health status. The data was collected and analyzed statistically through percentile

RESULTS AND DISCUSSION

A. Exercise practice of the respondent:

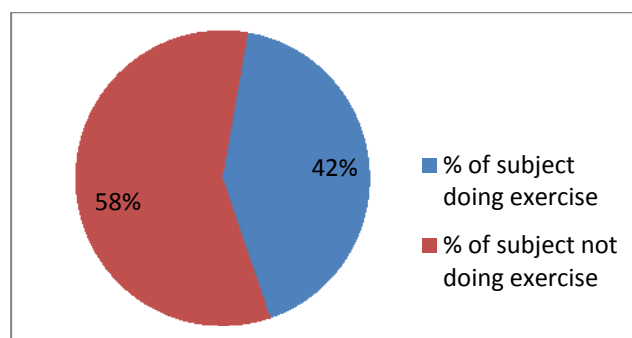
Table I shows the number of subjects who were doing and not doing exercise.

TABLE I
Exercise practice of the respondent

S.No	Exercise	No of respondents doing exercise	Percentage
1	Yes	21	42
2	No	29	58

Among the fifty respondents twenty nine of exercise which was about 42%.Figure I shows them were not doing exercise which was about Exercise practice of the respondents. 58% and twenty one respondents were doing

FIGURE I
Exercise practice of the respondent



B.Exercise pattern based on type of exercise

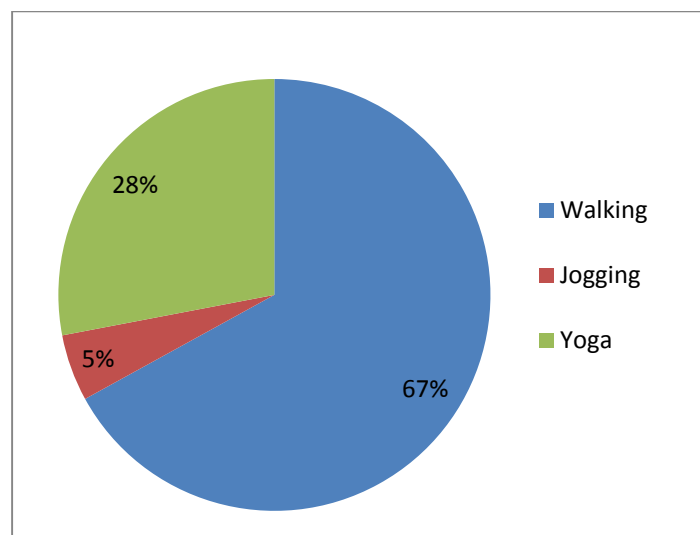
Table II shows the Exercise pattern based on type of exercise.

TABLE II
Exercise pattern based on type of exercise

Type of exercise	No of respondents	Percentage
Walking	14	67
Jogging	1	5
Yoga	6	28

Among the twenty one respondents who were doing exercise fourteen of them were going for walking which was about 67 %. One respondent was doing jogging which was about 5%. Six respondents were doing yoga regularly which was about 28 %. Figure II shows exercise pattern based on type of exercise.

FIGURE II
Exercise pattern based on type of exercise



C.Health status of the respondents:

Table III shows Health status of the respondents

TABLE III**Health status of the respondents**

Major prevalent diseases	No of respondents doing exercise(Total no of subjects 21)	Percentage of diseases prevalent in respondents doing exercise	No of respondents not doing exercise(Total no of subjects 29)	Percentage of diseases prevalent in respondents not doing exercise
Diabetes	7	33.3	14	48.2
Hypertension	10	47.6	19	65.5
Thyroid disorder	3	14.2	5	17.2
Obesity	6	28.5	18	62

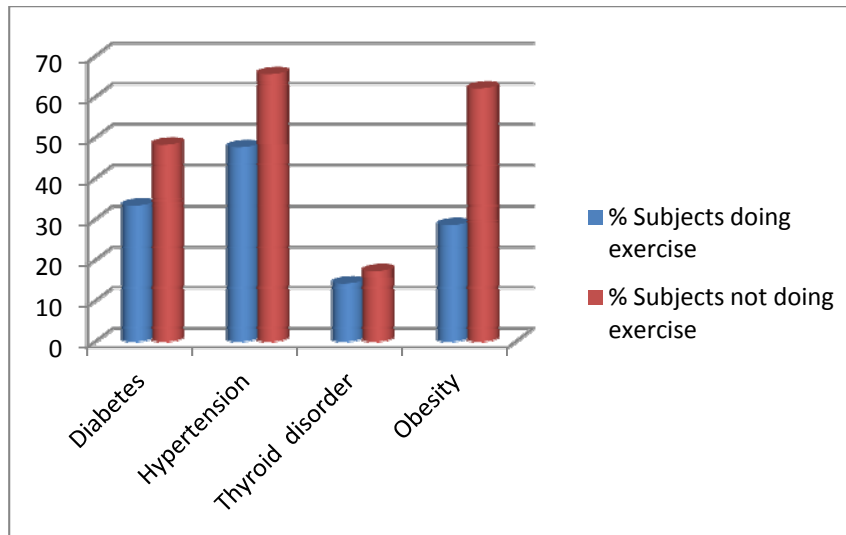
Table III shows that among twenty one total subjects who were doing exercise seven of them were diabetic, which was about 33%. Among twenty nine total subjects who were not doing exercise fourteen of them were diabetic, which was about 48%.

Ten subjects were having hypertension among total twenty one subjects who were doing exercise, which was about 47% and among total twenty nine subjects who were not doing exercise nineteen of them had hypertension which was about 65%.

Among twenty one total subjects who were doing exercise 3 of them had thyroid disorder which was about 14% and among twenty nine total subjects who were not doing exercise five of them had thyroid disorder, which was about 17%.

Six of them were obese among twenty one total respondents who were doing exercise which was about 28% and among twenty nine subjects who were not doing exercise eighteen of them were obese which was about 62%. Figure III shows Health status of the respondents.

FIGURE III
Health status of the respondents



DISCUSSIONS ON FINDINGS

1. Among the fifty respondents 58 % were not doing any exercise and 42 % were doing exercise. This shows that majority of the respondents who were selected for the study were not doing exercise
 2. Among the respondents who were doing exercise, 66.6% were going for walking followed by 28.5% of the respondents doing yoga and 4.7 % were going for jogging. This shows that majority of the respondents were doing exercise by walking.
 3. Among the respondents who were doing exercise 33.3% of them were diabetic and 48.2% of them were diabetic among the respondents who were not doing exercise. This shows that diabetes was more prevalent among the respondents who were not doing exercise.
 4. Among the respondents who were doing exercise 47.6% of them were hypertensive and 65.5% of the respondents was hypertensive
- Among the respondents who were not doing exercise. This shows that Hypertension was more prevalent among the respondents who were not doing exercise.
6. Among the respondents who were doing exercise 28.5 % of them were obese. 62 % of them were obese among respondents who were not doing exercise. This shows that obesity was more prevalent among the respondents who were not doing exercise.
 7. Among the respondents who were doing exercise 14.2% of them were having thyroid disorder and 17.2% of them were having thyroid disorder among the respondents who

were not doing exercise. This shows that obesity, hypertension was more prevalent among female school teachers. Thyroid disorder was more prevalent among the respondents who were not doing exercise.

c. The major diseases mentioned above were more prevalent among subjects who were doing exercise when compared to subjects who were not doing exercise

CONCLUSION

- a. From the study it was concluded that majority of the respondents were not doing exercise
- b. Among the major prevalent diseases such as diabetes, hypertension, thyroid disorder, and

RECOMMENDATIONS

Regular exercise was recommended for healthy life style.

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