

A STUDY ON HEALTHY LIFE STYLE AMONG THE PROFESSORS OF SRI MALOLAN COLLEGE OF ARTS & SCIENCE, MADURANTAKAM, TAMIL NADU

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ABSTRACT

A research study, "A Study on Healthy Life Style Among the Professors of Sri Malolan College of Arts & Science, Madurantakam, Tamil Nadu", is the research topic of the researcher with the objective of investigating the frequency of getting stress and what factors can help to deal with stress. The researcher has adopted a methodology by adopting a descriptive design in the study. Here the researcher has developed a self-structured questionnaire based on the thematic presentation: personal lifestyle, personal health, interpersonal relationship, and stress management of the respondents. Based on this methodology, the analysis has been done by applying the SPSS package. Finally, the result from the analysis has shown that there is no significant difference in getting stressed with health issues. Health issues play a very important role in getting stressed. There is no significant difference between spending time with family and low stress. Quality time spent with family members helps in stress reduction. There is no significant difference in the size of the family and low stress. Respondents who live in a joint family show low stress whereas respondents who live in a nuclear family show high stress.

Keywords: Healthy Life Style, Madurantankam, Stress Management, SPSS Package.

Introduction

"Lifestyle" is a term often used to refer to the human's way of living and it is a reflection of our social ethics, attitudes, and events.[4] Lifestyle comprises various behavior like food habits, sleeping and resting, physical activity and exercising, weight controlling, smoking and alcohol consumption, immunization against disease, coping with stress, and the capability to use family and society supports. [5] In 2001, American Heart Association announced that lifestyle is an important cause of mortality in the U.S. and stated that approximately 70 percent of all physical and mental diseases are related to lifestyle.[6] Education and health are related to each other. A healthy educational environment requires a healthy lifestyle. The well-being of each and every teacher is extremely important for an effective education system. Health is to eliminate diseases along with the goal to gain the capacities to continue, protect and develop individual health. [7,8] It is the responsibility of every individual to improve their health by following a healthy life model as a part of their daily routine [9].

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Methodology

The researcher has applied census sampling method. Data was collected from 47 professors working in Sri Malolan College of Arts & Science, Madurantakam, Tamil Nadu by using a self-structured questionnaire on Healthy lifestyle. The reliability coefficient of the questionnaire is 0.698. Data collections tools were a two-part questionnaire consisting of demographic variables (age, gender, marital status, area, educational level and experience) and questions related to healthy lifestyle assessment included personal life style, personal health, interpersonal relationship, stress management.

Results & Discussion

Table 1: Gender Of the professors					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Female	20	42.6	42.6	42.6
	Male	27	57.4	57.4	100.0
	Total	47	100.0	100.0	

The above table illustrates that 42.6 per cent of the respondents are female and 57.4 per cent are male.

The inference is that since the college is situated in a semi-rural area, ladies are less prone to go for job.

Table 2: Health issues of the professors					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	5	10.6	10.6	10.6
	No	42	89.4	89.4	100.0
	Total	47	100.0	100.0	

The above table states that 10.6 per cent of the respondents have health issues whereas 89.4 per cent has no health issues.

The inference is that the life style maintained by the respondents are healthy.

Table 3: Get stressed					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Frequently	13	27.7	27.7	27.7
	Rarely	34	72.3	72.3	100.0
	Total	47	100.0	100.0	

The above table describes that 27.7 per cent of the respondents get stressed frequently while 72.3 per cent get stressed rarely.

The inference is that irrespective of age and gender every respondent get stressed.

Table 4: Family Size					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Joint	19	40.4	40.4	40.4
	Nuclear	28	59.6	59.6	100.0
	Total	47	100.0	100.0	

The above table shows that 59.6 per cent of the respondents live in nuclear family while 40.4 per cent of the respondents live in joint family.

The inference is that in our society, people prefer more to live in nuclear family rather in joint family.

Table 5: T- Test

		Paired Differences				t	df	Two-Sided p	
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower				Upper
Pair	Get stressed – Health issue	-.170	.601	.088	-.347	.006	-1.940	46	.058

H₀_Null Hypothesis: There is no significant difference in getting stressed with health issues.

H₁_Alternate Hypothesis: There is significant difference in getting stressed with health issues.

Test Applied was "t" test which shows that the calculated value is 0.058 against the table value of 0.05 (0.058>0.05). The result is that as the calculated value is greater than the table value, the Null Hypothesis is accepted and Research hypothesis is rejected.

Here the null hypothesis is accepted which shows that there is no significant difference in getting stressed with health issues. Health issues play a very important role in getting stressed.

Table 6: T- Test

		Paired Differences					t	df	Two-Sided p
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair	Get stressed – time spend with family	-.085	.952	.139	-.365	.194	-.613	46	.543

H₀_Null Hypothesis: There is no significant difference in spending time with family and low stress.

H₁_Alternate Hypothesis: There is significant difference in spending time with family and low stress.

Test Applied was "t" test which shows that the calculated value is 0.543 against the table value of 0.05 (0.543>0.05). The result is that as the calculated value is greater than the table value, the Null Hypothesis is accepted and Research hypothesis is rejected.

Here the null hypothesis is accepted which shows that there is no significant difference in spending time with family and low stress. Quality time spend with family member helps in stress reduction.

Table 7: T- Test

		Paired Differences					t	df	Two-Sided p
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair	Get stressed – Family size	.128	.647	.094	-.062	.318	1.353	46	.183

H₀_Null Hypothesis: There is no significant difference in size of the family and low stress.

H₁_Alternate Hypothesis: There is significant difference in size of the family and low stress.

Test Applied was "t" test which shows that the calculated value is 0.183 against the table value of 0.05 (0.183>0.05). The result is that as the calculated value is greater than the table value, the Null Hypothesis is accepted and Research hypothesis is rejected.

Here the null hypothesis is accepted which shows that there is no significant difference in size of the family and low stress. Respondents who live in joint family shows low stress whereas respondents live in nuclear family show high stress. In a joint family, one can share their responsibilities, problems and people are there for proving help and support both financially and morally which most of the time lacks in nuclear family.

Conclusion

The paper tried to bring out the importance of quality time spent with family to reduce our stress. Spending quality time reduces our stress level which in turn helps us to maintain a healthy life. The study shows that respondents who live in a joint family have less stress compared to a nuclear family.

So, we can conclude that to have good health one should have proper family support in terms of time spent, and moral support provided which in turn helps the respondents to work better in their workplace.

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