

# Identification of Occupational Health Problems among Workers Working in Various Departments of Baru Sahib

Sameeksha, Pretty Debbarma, Jyoti, Meenakshi, Jasandeep Kaur

Akal College of Nursing, Eternal University, Baru Sahib, Distt, Sirmour H.P. Pin: 173101

Corresponding Author: Sameeksha

## ABSTRACT

Occupational health should aim at the promotion and maintenance of the highest degree of physical, mental and social well-being of workers in all occupations; the prevention among work workers of departures from health caused by their working conditions; the protection of workers in their employment from risks resulting from factors adverse to health; the placing and maintenance of the worker in an occupational environment adopted to his physiological and psychological equipment, and, to summarize the adaptation of work to man and of each man to his job.

A descriptive design was used to assess the health problems related to occupation. Multistage sampling technique was used to select the sample 75 samples from the different occupation. Workers who were able to speak and understand Hindi language and willing to participate in the study were included in the inclusion criteria.

Sociodemographic sheet and checklist based on "WHO occupational health a manual for primary health workers" was used as a tool. Descriptive statistics was used. Only frequency and percentages were calculated. The study revealed that majority of the participants are in the age group of 16-20 years (22.7%), 88.0% are of male gender and majority has senior secondary education (32.0%). 40.0% of them are labourers and 60.0% stay alone. Highest identification of obesity among tailors (50%), smoking is laundry workers (33.3%), use of alcohol is shop and canteen workers (28.57%), fatigue is 100% present among tailors while highest anxiety is present among housekeeping workers (20%) and aggression is 100% present among tailors.

**Key words:** Occupation, Workers, health problems

## INTRODUCTION

Occupational health is essentially preventive medicine, the joint ILO/WHO committee on Occupational health, in course of its first session, held in 1950, gave the following definition:

"Occupational health should aim at the promotion and maintenance of the highest degree of physical, mental and social well-being of workers in all occupations; the prevention among work workers of departures from health caused by their working conditions; the protection of workers in their employment from risks resulting from factors adverse to health; the placing and maintenance of the worker in an occupational environment adopted to his physiological and psychological equipment, and, to summarize the adaptation of work to man and of each man to his job.

Occupational health deals with aspects of health and safety at workplace and has a strong focus on prevention of hazards. Health of workers has several determinants, including risk factors at workplace leading to accidents, musculoskeletal diseases, respiratory diseases, hearing loss, circulatory diseases, stress related disorders, communicable diseases, cancer and other conditions.<sup>2</sup>

The major occupational diseases/morbidity of concern in India are silicosis, musculo-skeletal injuries, coal workers

pneumoconiosis, chronic obstructive lung diseases, asbestosis, byssinosis, pesticide poisoning and noise induced hearing loss.<sup>2</sup>

Need of the study:

A study was conducted on the hotel employees, according to that study 526 (45%) of the employees have musculoskeletal pain/ discomfort that include backache in 27% of the employees, leg pain in 17%, joint pain in 13% and neck pain in 7% of the employees.<sup>3</sup>

After interacting with the families of the workers working at Baru Sahib, researchers found that there is the need to find out the health problems faced by the workers because they are working at every area of Baru sahib. So researchers had taken this as their mini project.

### Statement of the Study

A study to identify the occupational health problems among workers working at Baru Sahib, District Sirmour, Himachal Pradesh.

### Objectives of the Study

1. To identify the occupational health problems of workers at Baru Sahib.
2. To distinguish the health problems according to their occupation.

### Operational Definitions

1. **Occupational Health Problem:** Occupational health problem is defined as the health problem faced by the workers that can be assessed by using structured interview schedule.
2. **Workers:** It refers to workers working at Baru Sahib in various departments i.e. Mess, Canteen, ARY, Tailoring section, Laundry, Housekeeping and Construction.

### Assumptions

1. The workers of Baru Sahib may have some health problems.

### Limitations of the study

1. The study is limited to the workers working in various departments i.e. Mess, Canteen, ARY (shop), Tailoring

section, Laundry, Housekeeping and Construction at Baru Sahib.

## MATERIAL AND METHOD

### Research Approach

Quantitative research approach was adopted for the conduction of the study.

### Research Design

Descriptive Cross sectional research design was used for the present study. This designed was selected because the study researchers were interested in finding out the health problems of workers at Baru Sahib District Sirmour, H.P.

### Research Setting

Baru Sahib District Sirmour, H.P. was selected for the research study because here they heir workers for different types of works and Baru Sahib is the hub of laborers.

### Population

Target population: Worker working at Baru Sahib under different categories.

Accessible population: Worker at Baru Sahib.

**Study Population:** Worker present at Baru Sahib District Sirmour during the period of data collection.

**Sampling Technique:** Multistage sampling that includes stratified random sampling and proportionate sampling. First of all, all the workers were divided into different categories and then from those categories ¼ samples were taken.

**Sample Size:** 75

**Study Time:** March 2019

### Sample Selection Criteria

#### Inclusion Criteria

1. Workers able to speak and understand Hindi language.
2. Workers who were willing to participate in the study.

#### Exclusion criteria

1. Workers who were not available at the time of data collection.

### Data collection instruments

The tool is divided into 2 sections:-

- **Section A:** Socio demographic sheet to assess the socio-demographic profile. It include questions related to age, gender, educational status, occupational status, total no. of family members, years of working, years of working at Baru sahib.
- **Section B:** Checklist based on “WHO occupational health a manual for primary health workers”.

### Statistical Methods

- The data analysis was done according to the objectives of the study. Descriptive statistics was used. Only frequency and percentages were calculated.

## RESULTS

**Data analysis and interpretation:** In current study data analysis is described under following sections:

**Section A:** Socio demographic profile of workers.

**Section B:** Identification of occupational health problems of workers.

### Section A: Socio Demographic Variables of Workers at Baru Sahib

Study shows that out of 75 selected individuals most of the workers were between the age group of 16 to 20 years i.e. 22.7%, followed by 21-25 years (14.7%) and 4% of the workers were above 55 years of age. Majority of the workers were male i.e. 88% and only 12% were females. 32% of the workers were having senior secondary education followed by education upto 8<sup>th</sup> class (middle) i.e. 29.3%, where as 4% of the workers were graduates and above. Based on the occupation most of the workers were laborers i.e.40%, 20% were housekeepers, 16% were security guards, 9.3% were working in the shop and canteen where as 8% were working in the mess, followed by laundry and tailoring section i.e.4% and 2.7%. Majority of the workers were living alone i.e. 60%, where as 8% were living with their 1-2 family members. 72% of the workers reported that their total monthly income is between Rs.5001 to

10000. 72% of the workers reported that they were working from the last 4 years, whereas 8% of the workers were very newly employed and working from the last one year.

### Results of occupational health problems

Almost all of the workers were having normal body weight, very few were in the category of the obesity i.e. only 2 laborer, 1 swabber and one tailor was categorized under the obesity category. Only 1 (3.3%) Labourer and 1 (33.3%) Laundry worker had the habit of smoking 4 (13.3%) Labourer, 3 (20%) Laundry worker and 2(28.57%) and canteen worker had the habit of taking alcohol. 8.33% of the security guard reported about the fatigue issues in their daily life, whereas most of them denied about the same i.e. 93.3%. Highest headache is identified among labourers and housekeeping workers (33.3%), backache is highest among laundry workers (66.7%), muscle cramps is 100% among tailors, sleep disturbance is highest among shop and canteen workers (52.85), gastritis is highest among tailors (50%), hypertension is highest among security guards (25%), chronic cough is highest among shop and canteen workers (14.28), sputum production is highest among housekeeping (13.3%), shortness of breath is highest among tailors (50%), shoulder and neck pain is identified most common in house-keeping workers (53.3%), laceration is highly identified among laundry workers (66.7%) and contusion is identified among labourers (16.7%). Eye injury and sprain is identified among labourers (3.3%) and burn is also identified among labourers (6.7%). Heat stain is identified among canteen workers (14.28%) and cold strain is not identified among any workers. Other problems identified are diabetes mellitus, irregular menstrual bleeding and hyperthyroidism. The most common health problem identified is backache and fatigue (38.7%) followed by muscle cramps (26.7%) and sleep disturbance and aggression (25.3%).

**Table 1:** Frequency and Percentage Distribution of Workers according to Socio-Demographic Variables

Sr. No.	Variable	Frequency	Percentage (%)
<b>1.</b>	<b>Age in years</b>		
	16-20 Years	17	22.7
	21-25 Years	11	14.7
	26-30 Years	10	13.3
	31-35 Years	10	13.3
	36-40 Years	9	12
	41-45 Years	4	5.3
	46-50 Years	4	5.3
	51-55 Years	7	9.3
	> 55 Years	3	4
<b>2.</b>	<b>Gender</b>		
	Male	66	88
	Female	09	12
<b>3.</b>	<b>Educational status</b>		
	No Formal Education	11	14.7
	Primary Education	15	20
	Middle Education	22	29.3
	Seniors econdary education	24	32
	Graduate and above	3	4
<b>4.</b>	<b>Occupation</b>		
	Laborer	30	40
	Security	12	16
	Housekeeping	15	20
	Shop and canteen	7	9.3
	Mess	6	8
	Laundry	3	4
	Tailor	2	2.7
<b>5.</b>	<b>Total family members</b>		
	Alone	45	60
	1-2	6	8
	2-3	10	13.3
	More than 3	14	18.7
<b>6.</b>	<b>Total monthly income(Rs)</b>		
	1000-5000	6	8
	5001-10000	54	72
	10001-15000	11	14.7
	More than15000	4	5.3
<b>7.</b>	<b>Total years of working</b>		
	< 1year	6	8
	1-2 years	10	13.3
	3-4 years	5	6.7
	> 4 years	54	72
<b>8.</b>	<b>Years of working at Baru Sahib</b>		
	< 1year	14	18.7
	1-2 years	9	12
	3-4 years	8	10.7
	> years	44	58.7

## DISCUSSION

The study revealed that majority of the participants are in the age group of 16-20 years (22.7%), 88.0% are of male gender and majority has senior secondary education (32.0%). 40.0% of them are labourers and 60.0% stay alone. 72.0% has their monthly income in between Rs. 5000 to Rs. 10000 and has work experience of more than four years and 58.7% are working at Baru Sahib for more than four years. The most common health problem identified is backache and fatigue (38.7%) followed by muscle cramps

(26.7%) and sleep disturbance and aggression (25.3%). A similar study done by Mir Mohammad Sarwar and Hamid Ruksana at Kashmir among construction workers shows the presence of musculoskeletal problems which is similar with the findings of this study. Another study conducted by Bisht Rahul et.al at Dehradun, Uttarkhand identified backache as common problem among factory workers which is similar with the present study.

## CONCLUSION

Present study concludes that all the workers are prone to various health problems. Hence it is necessary to do the regular physical health assessment of the workers. Further studies can be done to promote the health of the workers, so that the further disabilities can be reduced in the workers.

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