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AN EXPLORATORY STUDY ON HEALTH ISSUES FACED BY FACULTY MEMBERS IN MANGALORE REGION

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Abstract

Recognizing the importance of teachers' health and taking proactive measures to address their well-being will not only benefit the faculty members themselves but also have a positive impact on the quality of education and the overall learning environment for students. The focus of this study is to evaluate health issues faced by Mangalore region faculty members. The technique used in this study is text mining technique using qualitative tool NVIVO 12. The findings of the study indicate Backache, Headache, Eye strain, Mental health, Musculoskeletal, Techno stress, Visual discomfort, Obesity, Anxiety, Spondylosis and Sleep disturbances are the health issues faced by Mangalore region faculty members.

1. Introduction

Teachers are important figures because they serve as role models for pupils and powerful community members who may have an impact on how children grow generally. These days, a teacher's job is more varied than just instructing in a classroom. Additionally, they must plan lessons, administer tests to students, handle administrative tasks, do non-teaching clergy responsibilities, get ready for out-of-class reviews, take part in professional development, comply with management requirements,



etc. As a result of a range of job activities and overwork, instructors may suffer from mental and physical health issues. In addition to the stress of their occupations, teachers experience physical health issues as a result of or as a result of their previous and current work. The voice issues, muscular and skeletal illnesses, and other conditions were the three primary categories of teacher health issues that were examined. owing to their severe workloads and, in certain cases, over time owing to the nature of their jobs, teachers are more susceptible to voice difficulties. In order to overcome poor hearing circumstances, they are constantly required to talk and offer oral instructions over background noise, projecting their voice far away, and raising and dropping their voice. Teachers frequently have muscle pain, particularly in the shoulders, neck, and back. When marking homework on a student table at a primary school and making lengthy comments on the upper section of the board, teachers' shoulders and backs might become sore from their incorrect working position. Prolonged standing can also cause problems with the lower leg and leg. Education professionals frequently come into contact with dermatitis. Due to its widespread usage in chalk, nickel seems to be one of the substances causing contact dermatitis the most frequently in the workplace. (Reddy, 2021).

One of the most crucial areas on which we must concentrate is and has always been health. Beyond only having a healthy physical, being in good mental and emotional health is as important. Muscle soreness in teachers is common, especially in the shoulders, neck, and back. Primary school teachers' shoulders and backs may hurt from their inappropriate working position when grading assignments on a student table and writing lengthy remarks on the top area of the board. Long periods of standing might potentially harm the lower leg and leg. Professionals in the field of education routinely deal with dermatitis. Nickel appears to be one of the chemicals causing contact dermatitis most commonly in the workplace due to its extensive use in chalk. A person who is mentally healthy displays balanced behaviour and bravely confronts life's reality (Galgotra, 2013). According to Singh (1992), A teacher with poor mental health not only has a tendency to become unable to accomplish his many responsibilities in the school, but also creates difficulties and problems for his students. Male teachers have greater mental health than female teachers, according to Purunima (2012). Anand (1989) discovered that social values had a positive effect on teachers' mental health, that male teachers had better mental health than female teachers, and that the working environment had minimal consequence on mental health. Male teachers were regarded as having greater emotional



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well-being, less anxiety, the capacity to create healthy relationships, and the ability to manage daily demands and stresses than their female counterparts, according to Srivastava and Khan (2008), Bhagi and Sharma (1992), Singh and Walia (2004), and Kaur (2007). The purpose of the current study is to evaluate the extent of health problems among the professors in the Mangalore region.

2. Review Of Literature

Abirami, M.J, & Raja Kala, A. (2018). The shaping of children's destiny makes teaching a wonderful vocation. However, studies have proven that this field of employment is among the most difficult occupations in the world. It includes a wide range of challenges that a person may encounter during their life, such as organisational, physical, cognitive, and mental challenges. Numerous risk factors have been linked to teaching jobs, and studies have shown that these risk factors will eventually lead to a variety of health issues, including CVD, obesity, hypertension, hyperlipidemia, glucose intolerance, IR, as well as pain and organ malfunction. Musculoskeletal disorders, hypertension, and voice issues are a few of the diseases that are discovered once a person enters the teaching profession in schools. These generalised health issues are brought on by environmental factors prevalent in the school. This review article provides a simplified summary of the study on this subject conducted over the past 20 years, both in India and internationally. To categorise the illness pattern according to the workload of school instructors, more study is needed. The information in this review paper will open researchers' eyes to new possibilities and present uniform recommendations for classroom instructors to follow.

Dr. Basawaraj Bappan (2018). The objective of the current study was to evaluate the mental health of college lecturers. The sample included 100 people from the Kalaburgi area of North Karnataka state, of which 50 were from government and 50 were from private aided colleges. The Mental Health Inventory was used to gather the data. For data analysis, the Independent Sample T-Test and One-Way ANOVA were used. The findings revealed a sizable disparity in the mental health of government- and privately-aided college professors. Additionally, it discovered that professors at Government Private Aided Colleges' mental health is significantly influenced by educational streams including Arts, Commerce, and Science. It is well known that professors in private aided institutions exhibit worse mental health than teachers in government colleges. It was also discovered that those



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with scientific backgrounds had great mental health, meaning they were happy with their jobs and were working in a healthy setting.

Khalatbari, J.et qal. (2013). The major objective of this study is to determine the relationships between job satisfaction, burnout, and stress among Imam Sajad employees in the city of Ramsar in 2010. The case study in the essay involves 160 hospital employees who were selected at random from a pool of 269 applicants. This essay is a piece of solidarity. Pearson correlation coefficient and step-by-step regression analysis have both been used to evaluate the research's hypotheses. The essay's findings showed that while burnout and job stress have a strong and significant association, motivation for the job does not. Stress has a significant relationship with the pressure on the job, job satisfaction, and job motivation.

Kondam, K. R. (2021). The purpose of this study is to examine and assess the working circumstances for teachers in the Indian state of Telangana in relation to subjective health concerns. Objectives: to look at the working circumstances for teachers. to evaluate teachers' subjective health complaints and concerns with their physical and mental wellbeing. To investigate and assess the relationship between teachers' subjective health complaints and their working environments (physical elements, psychological factors, workload, work-life balance). Between the subscales, 99.8 and 99.4% of teacher respondents experienced at least one form of health issue. This study examined the prevalence of serious health issues among teachers in the Indian state of Telangana by using questionnaires, as well as the working circumstances, stressors, and subjective health complaints (SHC) of teachers.

Mohammed, S. et al. (2020). The study's goal is to look into the behaviours and effects of lecturer burnout in both public and private higher education settings in Iraq's Kurdistan region. Between 2014 and 2016, public sector employees in the area experienced sporadic wage payments, sometimes going as long as 15 months without receiving any money. The purpose of the current article was to investigate the effects of these issues on the lecturers. A survey questionnaire was created and sent across the two colleges in order to do this. 170 questions in total were suitable for further analysis. Depersonalization is the next stage of emotional weariness; it is described as a conclusion. Depersonalization is also a deeper psychological issue that follows emotional tiredness, it might be argued.



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Prin. Shitole, L.K. (2018). In order to lessen their stress, the teachers should set aside time to spend with the family. As a result, several institutions have started offering yoga lessons so that the instructors can relieve stress and recover from physical ailments. Teachers' mental health is a crucial occupational health concern since work stress is a significant risk factor for anxiety and depression. This study has addressed the reasons why there are conflicts between instructors and students and has also offered some advice on how to resolve those conflicts. The instructors' mental health is of highest significance if they are to offer high-quality instruction. The author comes to the conclusion that it is also necessary to provide the college teaching staff with enough training on the numerous measures that might minimise stress amongst themselves as well as the students. A friendly relationship between these two would undoubtedly benefit the situation.

Tamilselvam, T. N. (2021). By using a cross-sectional study methodology, the study sought to understand the link between occupational stress and its contributing variables among IPTS instructors. For the purpose of gathering 380 IPTS lecturers across Malaysia, a practical sampling was adopted. A collection of questionnaires was employed, including the sociodemographic profile, the job satisfaction questionnaire (JSQ), the occupational stress index (OSI), psychological stress, and musculoskeletal discomfort. According to the results, 87.7% of academicians reported moderate to high levels of occupational stress and psychological stress, respectively, whereas 99.7% reported moderate levels of job satisfaction. 96.3% of academicians reported low to moderate levels of musculoskeletal discomfort. Both occupational stress and psychological stress, as well as occupational stress and work satisfaction, had a substantial association. In conclusion, it is thought that a number of underlying variables have been able to adequately explain the medium to high levels of occupational stress experienced by IPTS academicians. But if the underlying causes of occupational stress are severe, it cannot be linked, necessitating more investigation.

3. Objective of the Study:

To understand the health issues faced by faculty members of Mangalore region.

4. Research Methodology

The current research is exploratory and of a qualitative character. The current study has an inductive methodology. 40 faculty members participated in an online interview utilising non-random convenience sampling methods (As per Creswell,2014, the minimum required to conducted a



qualitative analysis is 30 respondents). NVIVO 12 was the study's primary research instrument, while text mining was the analytic method.

5. Data Analysis and Interpretation

Table No: 1 Summary of Health Issues

Word	Length	Count	Weighted Percentage (%)
Backache	8	35	11.90
Headache	8	33	11.22
Eye strain	9	30	10.20
Mental health	12	29	9.86
Musculoskeletal	15	28	9.52
Techno stress	12	26	8.84
Visual discomfort	16	25	8.50
Obesity	7	24	8.16
Anxiety	7	23	7.82
Spondylosis	11	21	7.14
Sleep disturbances	17	20	6.80

As per above summary table it is seen that health issues faced by faculty of manglore region are backache with 35 count and 11.90 weighted percent , headache with 33 count and 11.22 weighted percent , eye strain with 30 count and 10.20 weighted percent , mental health with 29 count and 9.86 weighted percent , musculoskeletal 28 count and 9.52% , techno stress with 26 count 8.84 weighted percent , visual discomfort with 25 count and 8.50 weighted percent, obesity with 24 count an 8.16 weighted percent , anxiety with 23 count and 7.82 weighted percent , spondylosis with 21 count and 7.14 weighted percent and sleep disorder with 20 count and 6.80 weighted percent.



Figure 1: Word Cloud

6. CONCLUSION

The study conducted in the Mangalore region highlights several significant health issues faced by faculty members, including backache, headache, eye strain, mental health issues, musculoskeletal problems, techno stress, visual discomfort, obesity, anxiety, spondylosis, and sleep disturbances. Given the demanding nature of their profession, it is essential for teachers to prioritize their physical and mental health. They should be encouraged to engage in regular physical exercise, practice stress management techniques, and seek proper medical care when needed. Adequate breaks, both short and long, should be provided to allow teachers to recharge and rejuvenate. It is important for school management and authorities to support and facilitate these breaks, ensuring that teachers have a healthy work-life balance. Continuous professional development is also crucial for teachers to stay up-to-date with the latest knowledge and teaching methods. Providing opportunities for teachers to

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enhance their skills through workshops, seminars, and training programs can help reduce the stress of repetitive teaching methods. Additionally, incorporating modern technology and teaching tools can alleviate the burden on teachers and make their work more efficient. Schools and educational institutions should promote open communication, encourage collaboration among staff members, and provide resources for mental health support, such as counselling services or employee assistance programs

7. Authors Contribution

The writers affirm that they have no connections to, or engagement with, any group or body that provides financial or non-financial assistance for the topics or resources covered in this manuscript.

8. Conflict Of Interest

The authors declared no potential conflicts of interest with respect to the research, authorship, and/or publication of this article.

9. Plagiarism Policy

All authors declare that any kind of violation of plagiarism, copyright and ethical matters will taken care by all authors. Journal and editors are not liable for aforesaid matters.

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