



An Analysis of Health Status of People in Jalgaon City

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ABSTRACT

Health issues occurs when normal metabolism of the body failed or altered due to pollutant, pathogen or other means that cause health problems which cause diseases. Today we are facing with the host of health problem. The main purpose of this project is to study health issues of people in Jalgaon city which is held during the period of 19 March to 28 March 2022. In this survey we get the summary of the people facing health issues in Jalgaon city. The result shows that numbers of people are suffering from dust allergy; some are facing knee pain, eye problem, backbone problem, other allergies, neck pain, stress, blood pressure, blood sugar, muscle pain, posture problem. This is the challenge to the profession of health education.

Key word: Health issues, Stress, Dust, Postures. **INTRODUCTION**

A sound body has a sound mind, a person is said physically fit when he is physically and mentally fit. The people who make exercise as essentials part of their routine are more happy and efficient than others. Exercise do not mean to go to some club for daily activity, it only means to do some physical activity no matter how and where. The benefits of exercise not only improve physical health but also enhance environmental wellbeing. Environment is changing day by day and there are many changes occurring from past three years. Due to pandemic situation, people started working from home which increases their sitting time. Increasing the time of table work leads to many muscle problem, posture problem. Sitting duration is likely a risk of barometer of worsened work performance under uncertain working situation. Dr. Megan Teychenne, lecturer in physical activity and health at Deakin University The institute for physical activity and nutrition says "Spending long periods of the day sitting was linked to an increased risk of anxiety". Stress is a natural, physical and mental reaction to life experiences. Everyone expresses stress from time to time anything from everyday responsibilities like a work, and family to serious life events. Regular physical activity remains an essential behavior for endorsing help postponing or preventing predominant musculoskeletal disorders such as mechanical low back pain, neck and shoulder pain. Decreasing the risk of increasing coronary heart disease hypertension, diabetes, osteoporosis, obesity.

Increasing the amount of dust in the environment is the serious issue in Jalgaon city and many people are suffering from allergy. Increasing the numbers of pits on the roads leads to the increasing backbone problem in the people. Considering this problem the project held to analyze the health status of people in Jalgaon city.

LITERATURE REVIEW

With changing times, increasing health problem is important concern.

According to studies Long sitting times were associated with exhaustion during the working day, decreased job satisfaction, hypertension, and musculoskeletal disorder symptoms in the shoulders, lower back, thighs, and knees of office workers.[1] Muscular spasm is mostly secondary to a painful lesion in another muscle or joint. The pain of fibromyalgia is assumed to relate to a dysfunction of central nociceptive processing. Psychosocial factors also contribute to pain.[2]

The factors might put you at greater risk of developing back pain are age, lack of exercise, excess weight, diseases, improper lifting, psychological conditions, smoking. The analysis of the questionnaire data showed that, when compared with people without back pain, those who did experience back pain were more than twice as likely to experience one of five mental health conditions – anxiety, depression, psychosis, stress, and sleep deprivation. (Medical News Today, Dec 5, 2016).

Muscle pain is a major medical problem: in, the majority (60% to 85%) of the population has had (nonspecific) back pain of muscular origin at some time or other (lifetime prevalence). Pain evoked by myofascial trigger points has a point prevalence of approximately 30%.[18]

Postural control refers to building up posture against gravity and to ensuring that balance is maintained. It enables postural stabilization during voluntary movements and recovery of balance after disturbance[5] Self-reported postural awareness is associated with clinical symptoms in chronic pain patients; improvements in postural awareness are longitudinally associated with reduced pain in patients with spinal/shoulder pain.[6]

According to OWAS results, 83% of the analysed work postures require immediate corrective measures for worker safety. The most harmful posture was carrying a heavy load overhead. Carrying more than 120 kg increased the odds of low back and neck pain by 4.527 and 4.555, respectively.[7]

Postural instability, in many cases, leads to falls, which can result in emergency department visits. Understanding the causes and diagnosis of postural instability can help in optimizing the management of this debilitating condition.[8][9]

About two thirds of the population have neck pain at some time in their lives, and prevalence is highest in middle age. After back pain, neck pain is the most frequent musculoskeletal cause of consultation in primary care worldwide.

According to the "Glossary of Atmospheric Chemistry Terms", "Dust: Small, dry, solid particles projected into the air by natural forces, such as wind, volcanic eruption, and by mechanical or man-made processes such as crushing, grinding, milling, drilling, demolition, shovelling, conveying, screening, bagging, and sweeping. Dust particles are usually in the size range from about 1 to 100 μm in diameter, and they settle slowly under the influence of gravity." Wherever the particles are deposited, either in the head or in the lung, they have the potential to cause harm either locally or subsequently elsewhere in the body. Particles that remain for a long time have increased potential to cause disease.

Exercise has been shown to improve your mood and decrease feelings of depression, anxiety, and stress. Walking and yoga yielded similar improvements in overall acute mood symptoms, and walking improved feelings of vigor. These effects should be further investigated in long term exercise-training studies.[10]

It produces changes in the parts of the brain that regulate stress and anxiety. It can also increase brain sensitivity to the hormones serotonin and norepinephrine, which relieve feelings of depression. Additionally, exercise can increase the production of endorphins, which are known to help produce positive feelings and reduce the perception of pain. Interestingly, it doesn't matter how intense your workout is. It seems that exercise can benefit your mood no matter the intensity of the physical activity.[11]

METHODOLOGY

A Google survey form was generated and circulated among peoples through socialmedia. Responses of participants were collected.

Survey includes following questions such as

1. Age
2. Do you wake up early in the morning?
3. Do you sleep late at night?
4. Do you use mobile?
5. What kind of health issues you have?

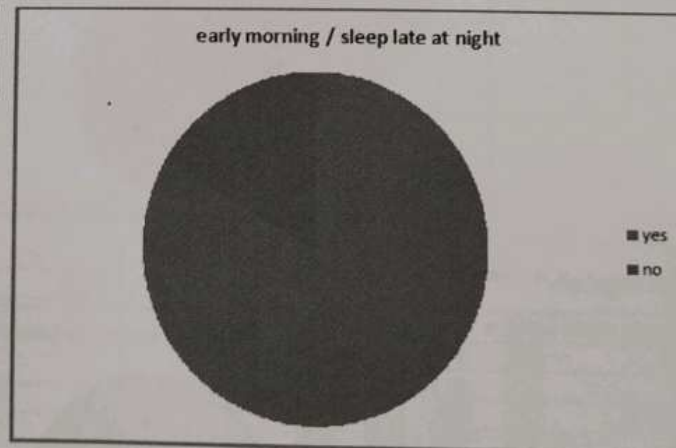
Allergy, Backbone problem, Blood pressure, Diabetes, Knee pain, Posture problem, Dust allergy, Stress, Neck pain, Muscle pain, Thyroid, Eye problem.

6. Do you sleep well?
7. Do you exercise regularly?
8. Which exercise do you do?
Yoga and meditation, Zumba, Cycling, Running, Ground exercise Walking, Gym
9. Do you use vehicle in daily life?
10. Do you face any physical problem during or after?
11. What kind of work you do?
Table work Field work Farmer, Business Students.

OBSERVATION TABLE

2. Do you wake up early in the morning? 3. Do you sleep late at night?

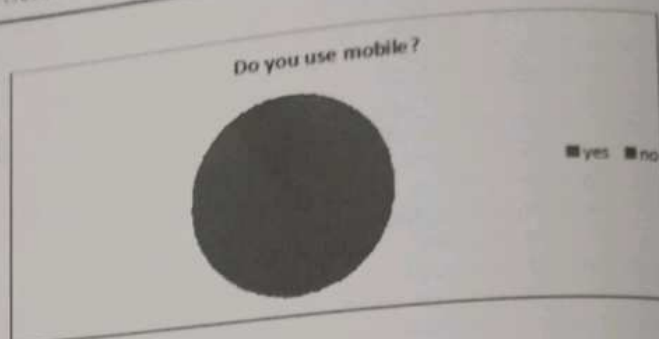
Response	%
yes	83.1
no	16.9





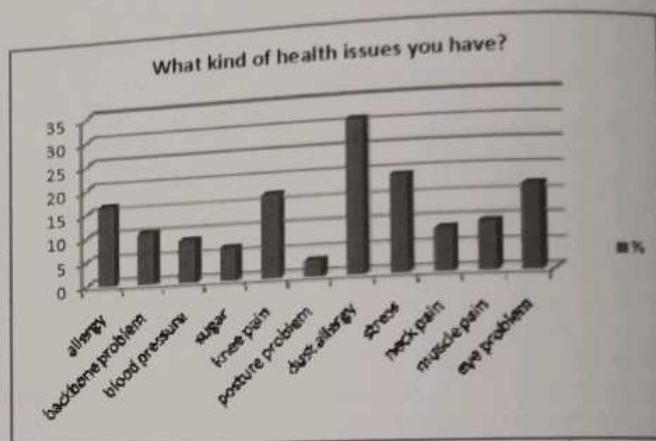
4. Do you use mobile?

use of mobile	%
yes	89.6
no	10.4



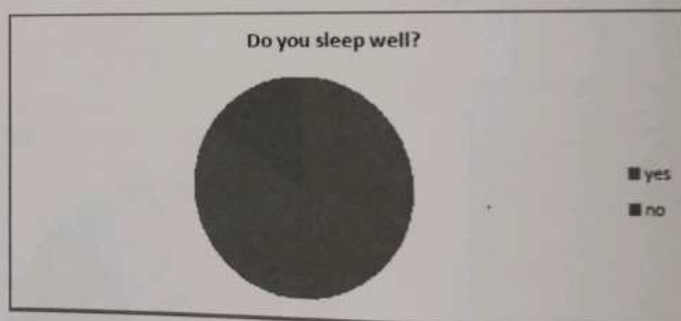
5. What kind of health issues you have?

health issues	%
allergy	16.2
backbone problem	10.4
blood pressure	8.4
sugar	6.5
knee pain	16.9
posture problem	3.2
dust allergy	31.2
stress	19.5
neck pain	8.4
muscle pain	9.7
eye problem	16.9



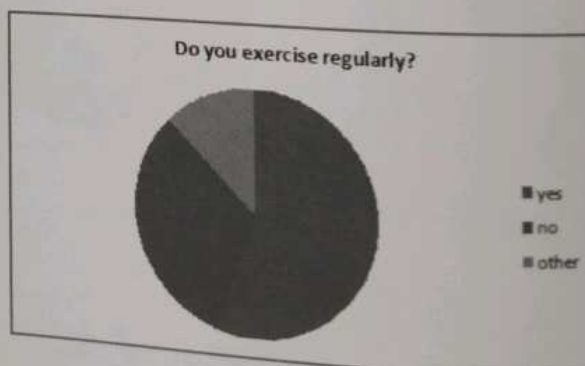
6. Do you sleep well?

sleep well	%
yes	84.4
no	15.6



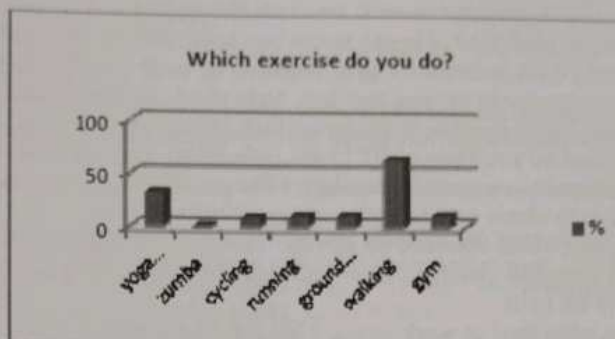
7. Do you exercise regularly?

exercise regularly	%
yes	55.2
no	32.5
other	12.3



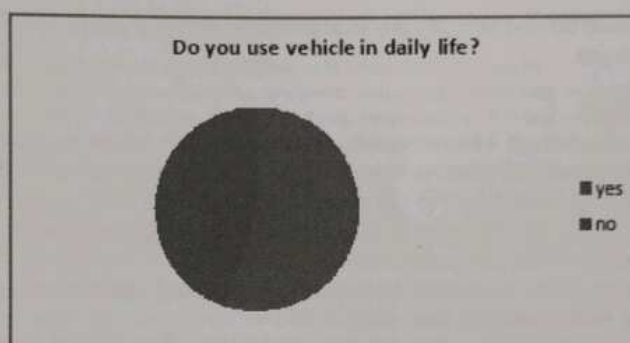
8. Which exercise do you do?

exercise	%
yoga and meditation	31.8
zumba	0
cycling	8.4
running	9.7
ground exercise	10.4
walking	63
gym	11



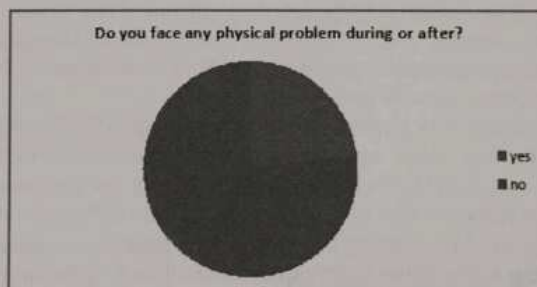
9. Do you use vehicle in daily life?

vehicle use	%
yes	55.2
no	44.8



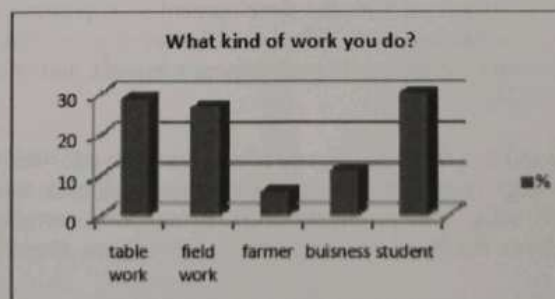
10. Do you face any physical problem during or after?

problem during driving	%
yes	23
no	77



11. What kind of work you do? work type %

work type	%
table work	28.6
field work	26.6
farmer	5.8
buisness	11
student	30



RESULT

Today we are facing with the host of health problem. In this survey we get 154 responses. In the question do you wake up early in the morning? 83.1% individuals gave response to yes. In the question do you sleep late at night? 16.9% individuals



gave response to yes.

In the question do you use mobile? 89.6% individuals gave response to yes. 10.4% individuals gave response to No.

In the question what kind of health issues you have? 31.25% individuals gave response to dust allergy and 19.5% gave response to stress. 10.4% individuals gave response to back bone problems and 8.4% gave response to neck pain. 3.2% individuals gave response to posture problem. Individuals facing Muscle pain are 9.7%, knee pain 16.9%. 6.5% diabetes. Individuals facing, blood pressure 8.4%. Individuals facing allergy are 16.2%, eye problem 16.9%.

In the question do you sleep well? 15.6% individuals gave response to No. 84.4% individuals gave response to yes.

In the question do you exercise regularly? We get 55.2% positive response and 32.5% individuals selected no for this question. 12.3% individuals selected other option.

In the question which exercises do you do? There are 63% individuals selected walking options and 31.8% individuals gave response to yoga and meditation. 8.4% responses are for cycling and 9.7% for running. 10.4% responses are for ground exercise and 11% for gym.

In question what kind of work you do? We get 28.6% response for table work and 26.6% responses from individuals which do Field work. 5.8% individuals are farmers. 11% individuals do business and 30% individuals are students.

In the question do you use vehicle in daily life? 55.2% individuals gave response to yes. 44.8% individuals gave response to No.

In the question do you face any physical problem during or after? 77% individuals gave response to No. 23% individuals gave response to yes.

DISCUSSION

In this survey we get 154 responses. Many dusts may affect the skin directly, causing various types of dermatoses, which are a widespread and often serious problem, or even skin cancer. 31.25% individuals gave response to dust allergy in Jalgaon city. Body posture refers to the position of a person's body in space, the alignment of body parts in relationship to one another and to the environment at one point in time, and is influenced by each of the body's joints [3][4]. Long sitting times were associated with exhaustion during the working day, decreased job satisfaction, hypertension, and musculoskeletal disorder symptoms in the shoulders, lower back, thighs, and knees of office workers. [1] 3.2% individuals gave response to posture problem in Jalgaon city. knee pain 16.9%

19.5% gave response to stress. Adequate quantity and quality of sleep is important for cognitive functioning, mood, mental health and cardiovascular, cerebrovascular and metabolic health. [19] 15.6% individuals gave response that they sleep well. Stress relief is one of the most common mental benefits of exercise. [21] 55.2% responses are from the individuals who do exercise regularly. Regular exercise can help to manage physical and mental stress [21]. Back pain often develops without a cause that your doctor can identify with a test or an imaging study. Conditions commonly linked to back pain includes Muscle or ligament strain, Bulging or ruptured disks, Arthritis, Osteoporosis. 10.4% individuals gave response to back bone problems and 8.4% gave response to neck pain.

89.6% individuals in Jalgaon city gave response that they use Mobile phone. Six ocular symptoms experienced during use of mobile phones like blurring vision, redness of the eyes, vision disturbance, secretion of the eyes, inflammation in the eyes and lacrimation of the eyes. [20] 16.9% individuals are facing eye problem in Jalgaon city.

55.2% individuals gave response that they drive vehicle. And 23% individuals give response that they are facing health problems during or after driving. Maintaining healthy driving posture, relaxation period between continuous driving hours, and seat adjustment according to the driver's physique, all shall be helpful in preventing neck pain. [22]

Happiness was positively associated with physical activity either directly or indirectly. [23] Diabetes and stress appear to be linked in several important ways. Namely, stress can both contribute to and be a consequence of diabetes. Researchers from the University of Amsterdam in the Netherlands have suggested possible explanations for how different types of stress can give rise to diabetes. These include lifestyle factors, effects on hormone levels, exaggerated blood pressure (BP) reactivity is associated with the development of hypertension and cardiovascular disease. Stress, and, to a lesser extent, emotions are suggested to be linked to BP reactivity, but this theorizing lacks robust evidence beyond small laboratory or field studies with narrow participant demographics, and effects on the immune system. Medically reviewed by Maria Preliceanu 2019 [24].

CONCLUSION

This study have found that there are several health issues to consider when it comes to table work dust and pits, your posture problem, dust allergy, backbone problem, knee pain, neck pain, muscle pain, and when we doesn't exercises daily, stress, blood pressure, diabetes, eye problem occurs. It may also contribute as a certain medical issues. The analysis of the questionnaire data shows that the dust allergy and eye problems, stress level is high as compared to other health issues.

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