



# A comparative study of health related life-style of teachers belonging to public and private sector of Uttar Pradesh

<sup>1</sup>Sravan Kr. Singh Yadav  
<sup>2</sup>Prof. Vishan Singh Rathore

<sup>1</sup>Research Scholar, Department of Physical Education, Guru Ghasidas Vishwavidyalaya, Bilaspur, C.G., India

<sup>2</sup>Professor & Head, Department of Physical Education, Guru Ghasidas Vishwavidyalaya, Bilaspur, C.G., India

**Abstract:** The aim of the present study was to compare health related life-style of teachers belonging to public and private sector of Uttar Pradesh. For the purpose of the present study 50(Fifty) male teachers of Uttar Pradesh (25 from public sector and 25 from private sector) were selected randomly as subject who falls between the age group of 30 to 45 years. Assessment of health related life style by using life style assessment inventory (LSAI) developed by David S. and Michael was applied to collect the data. Independent samples t-test was applied to calculate the collected data at 0.05 level of Significance. The all statistical analyzed was carried out using MS Excel and SPSS 20.0 version. The result of the study indicates that there was an insignificant difference of health related life-style between public and private sector school teachers of Uttar Pradesh.

**Keywords:** Health, Life style, teachers, public and private sector.

## 1. INTRODUCTION

Health is the ability of a biological system to acquire, convert, distribute, allocate and utilize energy with maximum efficiency. The world health organization (who) defined human health in a broader sense in its 1948 constitution as "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." This definition has been subject to controversy, in particular as lacking operational value, the ambiguity in developing cohesive health strategies and because of the problem created by use of the word "complete", which makes it practically impossible to achieve. Other definitions have been proposed, among which a recent

definition that correlates health and personal satisfaction.

WHO states that "there is no health without mental health? Mental health is the "psychological state of someone who is functioning at a satisfactory level of emotional and behavioral adjustment". Mental health may include an individual's ability to enjoy life, and create a balance between life activities and efforts to achieve psychological resilience. WHO States that the mental well-being of an individual is encompassed in the realization of their abilities, coping with normal stresses of life, productive work and contribution to their community? A person struggling with his / her behavioral health may face anxiety, stress, depression, relationship problems, addiction, or learning disabilities, mood disorders, or other psychological concerns an age behavioral. Physical activity / exercise are good for our mental health. Experts believe that exercise releases chemicals in your brain that make you feel good. Regular exercise can also boost our self-esteem and help us in concentrating, sleep, and look and feel better. Leading an active life can help raise your self-worth and improve our confidence. It can help us feel valued and value our self. Physical activity and Exercise can provide something worthwhile in our life. Something that we really enjoy, that gives us a goal to aim for and a sense of purpose. (WHO, 1948).

In the first decade of the 21st century, the conceptualization of health as an ability opened the door for self-assessments to become the main indicators to judge the performance of efforts aimed at improving human health. It also created the opportunity for every person to feel healthy, even in the presence of multiple chronic diseases,



or a terminal condition, and for the re-examination of determinants of health, away from the traditional approach that focuses on the reduction of the prevalence of diseases. Generally, the context in which an individual lives is of great importance for his / her health status and quality of their life. It is increasingly recognized that health is maintained and improved not only through the advancement and application of health science, but also through the efforts and intelligent lifestyle choices of the individual and society. According to the world health organization, the main determinants of health include the social and economic environment, the physical environment and the person's individual characteristics and behaviours. (WHO, 2006).

A healthy life style is a valuable resource for reducing the incidence and impact of health problems, for recovery, for coping with life stressors, and for improving quality of life. However, convincing Canadians that health is good investment, and providing guidance and incentives to create a culture that fosters health, are complex processes. How do we direct efforts to engage people in becoming and staying healthy? There is common belief that happy, possible people are healthier. Numerous research studies have established clear links between a positive state of mind and good physical health. There are many other studies that suggest deliberately cultivating a positive state of mind can help fight of illness. An individual's typical way of life: his attitudes and their expression in a self-consistent manner as developing from childhood. (Ansbaugh, D. S., Michael, H. H., et.al, 1994).

### 1.1 Objective of the Study:

The purpose of the study was to compare health related life-style of School teachers belonging to public and private sector of Uttar Pradesh.

## 2. METHODOLOGY

### 2.1 Selection of Subjects:

50(Fifty) male school teachers of Uttar Pradesh (25 from public sector and 25 from private sector) were selected randomly as subject who falls between the age group of 30 to 45 years.

### 2.2 Selection of Variables:

After reviewing through all the scientific literature, journals, magazine and keeping feasibility criteria in mind following contents related to health related life style assessment, was selected for the purpose of the present study.

### Health related life-style:

- Physical Assessments.
- Alcohol & Drug Assessments.
- Nutritional Assessments.
- Social Wellness Assessments.
- Spiritual Wellness Assessments.
- Emotional Wellness Assessments.
- Stress Control Assessments.
- Intellectual wellness assessments.

### 2.3 Criterion measures:

Assessment of health related life style by using life style assessment inventory (LSAI) of David S., Michael and Others.

### 2.4 Administration of questionnaire & collection of data:

I was consulted personally to Public and private sector male school teacher and their co-operation was solicited. Respondents were given a questionnaire and measurement with necessary instructions. Necessary instructions will be passed on to the subjects before providing the questionnaire.

### 2.5 Statistical analysis of data:

Percentage was used to compare health related life-style of teachers belonging to public and private sector. Independent samples t-test was employed to compare the health related life-style of teachers belonging to public and private sector of Uttar Pradesh.

## 3. RESULT AND DISCUSSION OF THE STUDY

**Table:** Mean and S.D. of health related life-style and Comparison of teachers belonging to public and private sector of Uttar Pradesh.

Groups	N	Mean	S.D.	SED	T value
Public School	25	77.82	6.07	1.72	1.99
Private School	25	74.39	6.11		

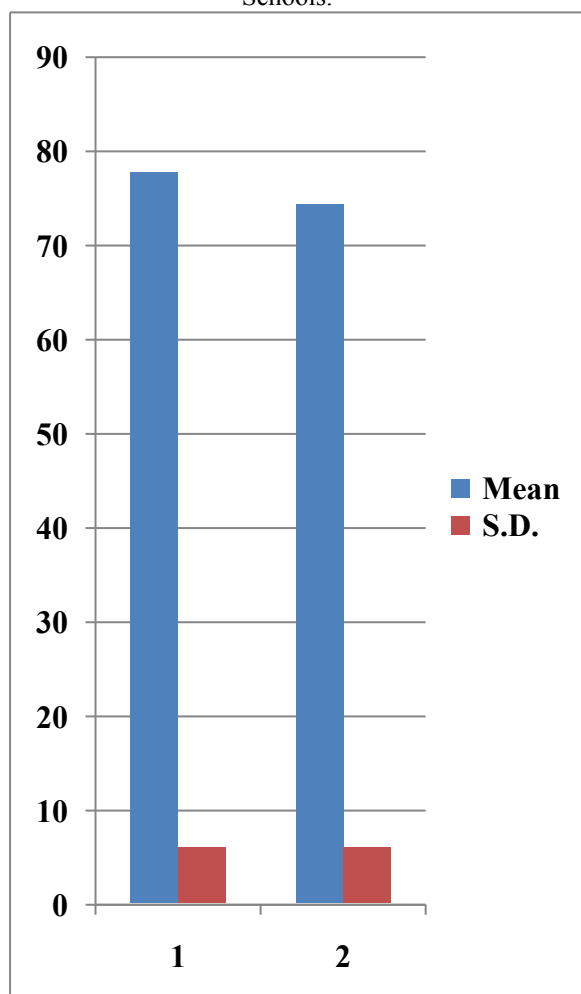
Significant level at 0.05 level

**Table** Gives information regarding health related life-style of public and private sector School teachers. Table shows that there was an insignificant difference in health related life-style of public and private sector School male teachers. The Mean of health related life-style of public and private sector School teachers were 77.82 and 74.39. The S.D. of health related life-style of public



and private sector School teachers were 6.07 and 6.11 respectively. 't' test was applied and t-value (1.99) appeared an insignificant difference. Graphical representation (Fig.) also indicates similar trend of this study.

**Figure:** Graphical Representation of Mean and Standard Deviation of Over All Health Related Life Style Assessment of Public and Private Sector Schools.



#### 4. CONCLUSION AND FINDING:

It is concluded from the result that calculated 't' value (1.99) was lower than tabulated 't' (2.02) which indicated that an insignificant difference between public and private sector School teachers in relation to health related life-style at 0.05 level of significance.

#### REFERENCES

- [1]. Ansbaugh, D. S., Michael, H. H., et al, (1994). *Wellness- Concepts and Applications*. Mosby: Von Halfmon Press, Inc., A1-A5.
- [2]. Kundra, S. (2013). *A textbook of Physical Education*. Evergreen Publications (India) Limited, ND 200, Tanda Road, Jalandhar City, 11/A.
- [3]. Lyons, R., & Langille, L. (2000). *Healthy life style: Strengthening the effectiveness of life style Approaches to improve Health*. Unpublished Research work, the Canadian consortium of health promotion research centre.
- [4]. Verma, J. P., & Ghufan, M. (2012). *Statistics for Psychology*. Tata McGraw Hill Education Private Limited, New Delhi.
- [5]. World health report 2006 reducing risk, promoting healthy life style, Geneva, world health organization, 2006.