



THE KNOWLEDGE AND ATTITUDE REGARDING PROMOTION OF PHYSICAL HEALTH AND SAFETY MEASURES AMONG WOMEN WORKING IN A SELECTED GARMENT INDUSTRY

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KEYWORDS :

Health is the precious possession of all human beings. Healthy individual can carryout daily activities and life enriching goals. "HEALTH FOR ALL" is the global goal to be achieved at the end of the 20th Century. Health and safety are important aspects of an organization's smooth and effective functioning. Good health and safety performance ensures an accident-free industrial environment. Occupational health and safety management system (OHSMS) promotes a safe and health working environment. The main aims of occupational health services are, the Promotion and maintenance of the highest degree of physical, mental and social well-being of workers in all occupations, prevention among workers of departures from health caused by their working conditions and protection of workers in their employment.

NEED FOR THE STUDY

Occupational health was considered as industrial health and was concerned with the health of workers working in factories and mines during 19th century in England, the writers of various novels described the social effect of various occupational diseases. An industrial worker is exposed to the risk of occupational diseases and accidents which creates a feeling of physical, economic and social insecurity. Estimate 20 million workers are involved in the textile industry which is a dye dominant industry in India. In non-governmental organization, byssinosis was first recorded in India history of 150 years textile industry out of 273 chest examines 54 (30%) of the 179 individual are working in dusty section of a textile mill had byssinosis. In developing countries, development of pneumoconiosis continue being a problem. By evaluating occupational health problem examined total 5000 cases in which 59.8% of them were examined with respect to pneumoconiosis and it is informed that for 48.3% of those care definite pneumoconiosis cases were evaluated at the committee and pneumoconiosis diagnosis on about 1,200 of them was decided. India has a large textile industry employing nearly 35% of the factory workers. In Bangalore alone there are 5 lakhs workers in the garment Industry in 1,200 factories spread across the city. 80% of garment workers are women between the age of 21 – 25 years. Around 71% of garment workers are suffering from different types of diseases like (respiratory and musculoskeletal)

STATEMENT OF PROBLEM

A STUDY TO ASSESS THE KNOWLEDGE AND ATTITUDE REGARDING PROMOTION OF PHYSICAL HEALTH AND SAFETY MEASURES AMONG WOMEN WORKING IN A SELECTED GARMENT INDUSTRY, BANGALORE.

OBJECTIVES OF STUDY

1. To assess the knowledge regarding promotion of physical health and safety measures among women working in a selected Garment industry, Bangalore.
2. To find out the attitude regarding promotion of physical health and safety measures among women working in a selected garment industry, Bangalore.
3. To compare the knowledge and attitude regarding promotion of physical health and safety measures among women working in a selected garment industry, Bangalore.

4. To find out association between the knowledge and selected demographic variables (Age, Education, Income, type of diet, area of residence)
5. To find out association between the attitude and selected demographic variables (Age, Education, Income, type of diet, area of residence).

OPERATIONAL DEFINITION

Assess: Statistical measurement of correct response to the known items stated in the tool regarding promotion of physical health and safety measures among garment workers.

Knowledge : It refers to awareness regarding physical health and safety measures gained by the experience.

Attitude : It refers to the indication and feelings, prejudice or bias, preconceived notions, ideas, threat, convictions about promotion of physical health and safety measures.

Promotion of Physical Health: It is the process of enabling people to improve health through a variety of approaches such as environmental modifications, nutritional interventions, life style and behavioural changes.

Safety measures : Measures to be taken for personal protection like use of protective devices such as masks, apron, gloves and follows hygienic measures such as hand washing, pairing the nails, body cleanliness and cleanliness of cloth.

Garment Industry : It refers to a branch of manufacturing articles, dresses or under clothing.

ASSUMPTIONS

The workers will improve their knowledge regarding promotion of physical health and safety measures. They will develop positive attitude towards using the protective devices to prevent occupational health hazards.

RESEARCH DESIGN AND APPROACH

Descriptive research design

VARIABLES

The variables of the study include study variables and demographic variables.

STUDY VARIABLES : Knowledge and attitude regarding promotion of physical health and safety measures among the garment workers.

DEMOGRAPHIC VARIABLES: With respects of garment workers age, Religion, Residence, Marital status, Types of family, education, family income, dietary pattern and health status among workers.

SETTING OF THE STUDY: Setting is the general location and condition in which data collection takes place in the study. The present study was conducted in industry of awesome apparels garments at Bangalore.

TARGET POPULATION

Population is defined as the entire aggregations of cases that

meet designed set of criteria.

The target population of the present study includes the garment workers who are all working in awesome apparels garment at Bangalore.

SAMPLE AND SAMPLING TECHNIQUE

SAMPLE AND SAMPLING

Sample consists of subset of a population selected to participate in a research study.

Sampling refers to the process of selecting a portion of the represent from the entire population.

SAMPLE SIZE

The samples used for this study were 100 garment workers who met the inclusion criteria were selected.

SAMPLING TECHNIQUE

Purposive sampling technique .

DEVELOPMENT OF THE TOOL

The investigator prepared the structured questionnaire to identify the knowledge and attitude of garment workers about promotion of physical health and safety measures.

DESCRIPTION OF THE TOOL

The tool was organized into three sections:

Part - A

Socio demographic Variables of the garment workers.

Part - B

It consists of 30 objective type of multiple choice knowledge questions regarding promotion of physical health and safety measures. All the questions had only one correct answer, correct response was awarded single. Score according to the predated. Mined keys and zero was awarded to wrong responses and omission. Total possible maximum scores for all the items were 30.

DESCRIPTION OF THE TOOL

S. No.	Assessment of variables knowledge related to	Number of Questions	Minimum Score	Maximum Score
1	Physical problem	8	0	8
2	Psychological problem	5	0	5
3	Social Problem	5	0	5
4	Nutritional Problem	3	0	3
5	Health Modification	3	0	3
6	Safety Measures of health	6	0	6
Total		30	0	30

SCORING KEY FOR THE LEVEL OF KNOWLEDGE

SCORE	LEVEL OF KNOWLEDGE
Below 50%	Inadequate Knowledge
51-75%	Moderately adequate Knowledge
Above 75%	Adequate Knowledge

Part - C

It consists of 10 items an attitude regarding physical health, and safety measures. It was measured with the help of modified 5 points Likert scale. Each item had 5 alternatives like strongly agree, agree uncertain, strongly disagree and disagree. Positive statements are awarded the score of 5,4,3,2,1 for strongly agree, agree,uncertain, disagree and strongly disagree respectively.

(Question no: 1,3,4,6,9 are positive question). The negative statements are the score of 1,2,3,4,5 respectively (Question No: 2,5,7,8,10 are negative statements).

Scoring key for the level of attitude

Score	Level of attitude
Below 50%	Unfavourable attitude
51-75%	Natural attitude
Above – 75%	Favourable attitude

DATA COLLECTION PROCEDURE :

Data collection was started from 1-11-2010 to 30-11-2010. The investigator established good rapport with garment workers who were working in Awesome apparels garments and took consent from each workers to participate in data and identified their knowledge and attitude regarding promotion of physical health and safety measures.

DISTRIBUTION OF DEMOGRAPHIC VARIABLES OF WORKERS WITH PROMOTION OF PHYSICAL HEALTH AND SAFETY MEASURES.

Sl. No	Demographic Variables	No	%
1	Age (in Years)		
	a. 18 - 25 years	43	43
	b. 26 - 25 years	29	29
	c. 36 - 45 years	17	17
2	Religion		
	a. Hindu	33	33
	b. Muslim	38	38
	c. Christian	29	29
3	Residence		
	a. Urban	21	21
	b. Sub urban	37	37
	c. Rural	42	42
4	Marital Status		
	a. Single	39	39
	b. Married	38	38
	c. Widow	10	10
5	Types of family		
	a. Nuclear	56	56
	b. Joint	44	44
	6	Education	
a. Illiterate		7	7
b. Primary education		40	40
c. Secondary education		30	30
3	Residence		
	a. Urban	21	21
	b. Sub urban	37	37
	c. Rural	42	42
4	Marital Status		
	a. Single	39	39
	b. Married	38	38
	c. Widow	10	10
5	Types of family		
	a. Nuclear	56	56
	b. Joint	44	44
	6	Education	
a. Illiterate		7	7
b. Primary education		40	40
c. Secondary education		30	30

Frequency and percentage distribution of knowledge on promotion of physical health and safety measures among female garment workers.

Level of knowledge of worker

Aspects of Knowledge	Inadequate (<50%)		Moderate (50-75%)		Adequate (>75%)	
	No	%	No	%	No	%
Physical Problem	9	9	83	83	8	8

Psychological Problems	13	13	84	84	3	3
Social Problem	12	12	82	82	6	6
Nutritional Problem	14	14	83	83	3	3
Health Modification	11	11	83	83	6	6
Safety measures	14	14	78	78	8	8
Overall	12	12	81	81	7	7

Aspect wise knowledge on promotion of physical health and safety measures among female garment workers.

Aspects of Knowledge	Max. score	Range	Respondents Knowledge		
			Mean	SD	Mean %
Physical Problem	8	2--5	3.9	2.12	48.75
Psychological Problems	5	2--4	2.94	1.92	58.8
Social Problem	5	2--4	3.12	1.81	62.4
Nutritional Problem	3	1--3	1.78	1.32	59.33
Health Modification	3	1--2	1.98	1.03	66
Safety measures	6	3--5	3.8	1.87	63.33
Overall	30	10--25	17.52	2.89	58.4

Level of attitude of workers

Level of Attitude	Level of Respondents	
	No	%
Unfavorable (<50%)	30	30
Natural (50- 75%)	67	67
Favourable (>75%)	3	3

ASPECTS WISE MEAN ATTITUDE SCORE ON PROMOTION OF PHYSICAL HEALTH AND SAFETY MEASURES AMONG FEMALE GARMENT WORKERS

Domain	Max. score	Range	Respondents Knowledge		
			Mean	SD	Mean %
Attitude	50	19--39	26.83	4.23	53.66

Correlation on knowledge and attitude regarding promotion of physical health and safety Measures among women working in a selected Garment industry

Domain	Max. score	Range	Respondents Knowledge			Correlation
			Mean	SD	Mean %	
Knowledge	30	10--25	17.52	2.89	58.4	0.33**S
Attitude	50	19--39	26.83	4.23	53.66	

NURSING IMPLICATIONS

The investigator has drawn the following implications from the study which is of vital function in the field of nursing service, nursing education, nursing administration and nursing research.

NURSING SERVICE

1. The nurse needs to take up the responsibility to create awareness among the workers regarding promotion of physical health and safety measures.
2. Nurse should use wide variety of intervention to prevent further complication of occupational diseases and it is important for practicing nursing to evaluate this intervention.
3. Nurse plays an important role in curative aspects of occupational diseases nurse should assess the knowledge and attitude regarding promotion of physical health and safety measures among garment workers to create awareness in order to prevent the further complication.

NURSING EDUCATION

1. Nursing curriculum should provide an opportunity to the workers for assessing the knowledge and attitude of promotion of physical health and safety measures in various industrial settings.
2. This study emphasizes the need for developing assessment skills among the garment workers.

NURSING RESEARCH

1. Research finding provides as evidence based practice.
2. The study helps the nurse researchers to develop insight into assessing techniques and material for garment workers.

RECOMMENDATION

Based on the study it is recommended that:

A similar study can be undertaken on a large sample. A true experimental study can be conducted.

A study with STP/ Video teaching on promotion of physical health and safety measures among the garment workers.

A comparative study on knowledge and practice of garment workers regarding promotion of physical health and safety measures.

A similar study can be conducted with only the male population.

NURSING ADMINISTRATION

- The nurse administrator should take active and develop information, guidance regarding promotion of physical health and safety measures in both hospital and community.
- The administrator should organize continuing education programme for the nursing personal regarding promotion of physical health and safety measures among factory workers.

LIMITATIONS

- The study is done only 100 subjects hence generalized possible only for the selected participants.
- Setting of the study was chosen due to the research feasibility and not by random. Due to this logical limitations the finding can be generalized only to be related sample to aware to their physical health and safety measures.

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