

Original Research Article

A Study on Laundry Worker Health Related Information and Its Impact on Laundry Work

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ABSTRACT

Laundry work always demands a lot of energy and for doing this type of tedious work, one need to maintain good health. Health directly or indirectly depends on our food habits. In this study main focus was to know various information regarding daily routine and its impact on health and in their work. Around 120 laundry workers were selected for study purpose. Purposive and random sampling was used for it. Out of thirteen districts, two district Udham Singh Nagar and Nainital were chosen. Interview and medical history were used for collecting information. Result revealed unhealthy and irregular food habit, less sleep, consumption of alcohol; tobacco etc. had negative impact on their health. As a solution, some awareness created by pamphlet and health, diet related counseling.

Keywords

Tedious, Purposive sampling, Food habits etc.

Introduction

According village 1998, Laundry is a group of clothes or linens that are being washed and a place where clothing and other fabrics are washed or cleaned. Laundry is both household as well as commercial activity. Laundry, work is not that easy. On one side, it requires a lot of physical effort and on the other hand it involves a lot of risk at chemical, biological, occupational and psychological level which can negatively affect human health. According to the statistics of census of India 2011 approx four lakh people are engaged in laundry activities and out of this nearly fifty six percentage people are working in urban and forty four percentage people are currently working in rural areas. Laundry work requires extreme bending, excessive force, repetition of movements, contact stress and because of this

abnormality related to body posture, contraction of muscles, bones, ligaments and tendons takes place which ultimately leads pain in shoulders, lower back, knee, neck, hand and wrist. This bending, static and frequently used posture demands a lot of energy and good health. Good health not only includes full plate diet but it includes healthy diet, healthy habit, sound sleep, mental rest etc. So that a person can do his /her work with full potential. This study was conducted to analysis the current health related information and its impact on their work.

Materials and Methods

Around 120 laundry workers were selected for study purpose. Purposive and random sampling were used for it. Out of thirteen districts, two district Udham Singh Nagar and

Nainital were chosen. Interview and medical history were used for collecting related information. Subjective scale was also used to get information regarding fatigue severity.

Results and Discussions

According to these results given below various aspects were covered under the study objective. To investigate information related to health checklist was obtained from the respondents. BMI and physical fitness level was also checked (Fig. 1–4).

Health related habits of the respondents

“Jesa anna, vesa man” this very famous saying had written in Ayurveda. Even in today world, it has proved it’s authenticity and because of this reason, a checklist was made for laundry workers. In this checklist various questions were asked to them, related to their food habits, sleep, exercise etc. This checklist revealed that 33.33 percent of population consuming alcohol, followed by smoking and tobacco consumption which were 20.83 percent and 27.5 percent respectively. If we saw the physical and psychological aspect it was shown that 17.5 percent sample of the population were doing exercise, nearly 70 percent were taking sleep of 6 to 8 hour and 63.33 percent were facing pressure from job. Food habits, it was demonstrated here around 70 percent

consuming junk food and 65.83 percent were taking fruits.

Body mass index of laundry workers

A healthy body is very important for doing any work especially when it demands great physical effort. There are n numbers of ways by which we can evaluate that a particular person has sound body or not. One of the easy way by measuring individual person’s BMI. BMI is a ratio between height and weight. In table 1 it was shown that more than half 65 percent were falling in normal category (20.5-25.0) of BMI, 20 percent were obsess grade I (25.0-30.0), 11.67 laundry workers having BMI around 18.5 -20.5, which was low weight normal and few percent of sample population 3.33 were having 17.0-18.5 BMI that was grade I (mild).

Physical fitness level by Vo₂ max (ml/kg/min)

To calculate physical fitness, most accurate and most prominent used method was vo₂ max. Table 2 indicated that more than half of the population 66.67 percent physically fit and had good physical fitness level. Population of around 19.17 had high average physical fitness level and 14.17 percent of laundry workers fell into the low average category of physical fitness.

Table.1 Health related habits of the respondents

Health related habits*	Yes	No
Alcohol consumption	40(33.33)	80(66.67)
Smoking consumption	25 (20.83)	95(79.16)
Tobacco consumption	33 (27.5)	87(72.5)
Frequent exercise	21 (17.5)	99 (82.5)
Daily hours sleep(6-8hr)	83 (69.16)	37 (30.83)
Pressure from job	76 (63.33)	44 (36.66)
Junk Food	83 (69.16)	37 (30.83)
Fruits	79 (65.83)	41 (34.16)

* Multiple responses

Table.2 Fatigue severity scale

Task	Weight mean score	Rank	Fatigue severity
I)Pretreatments			
• Collection of laundry	3.75	IV	Moderate
• Sorting of clothes	1.83	VI	Mild
II)Washing			
• Brushing	3.85	III	Moderate
• Rinsing	4.27	I	Severe
• Squeezing	3.49	V	Moderate
III)Ironing and folding			
• Ironing	4.12	II	Severe
• Folding	1.55	VIII	Mild
IV)Distribution	2.60	VII	Moderate

Figure.1 Health related habits of the respondents

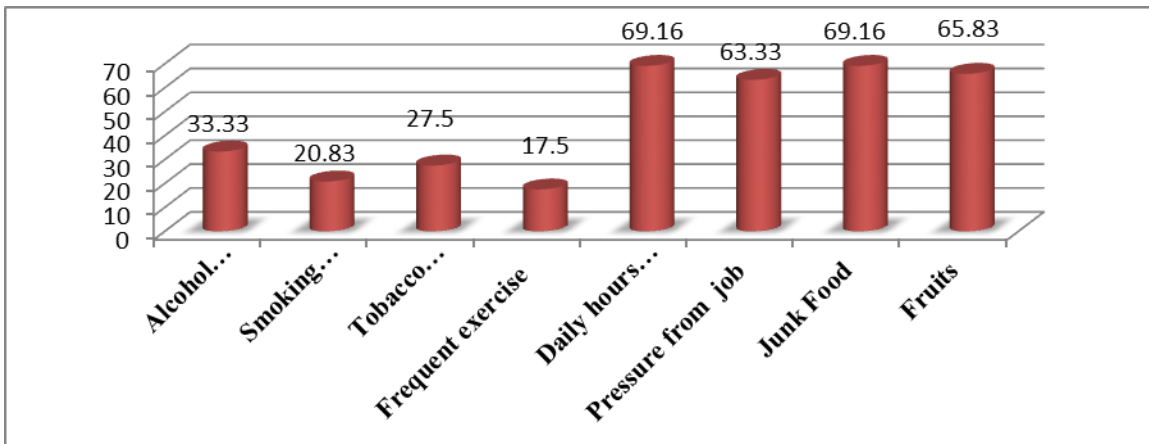


Figure.2 Body mass index of laundry workers

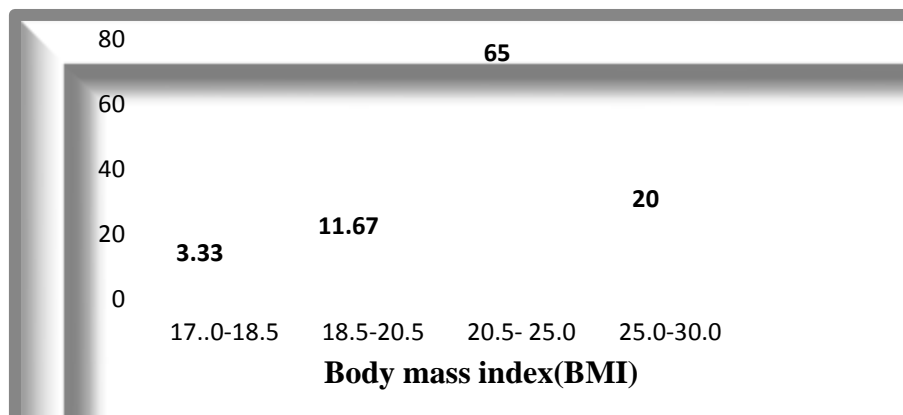


Figure.3 Physical fitness level by Vo₂ max (ml/kg/min)

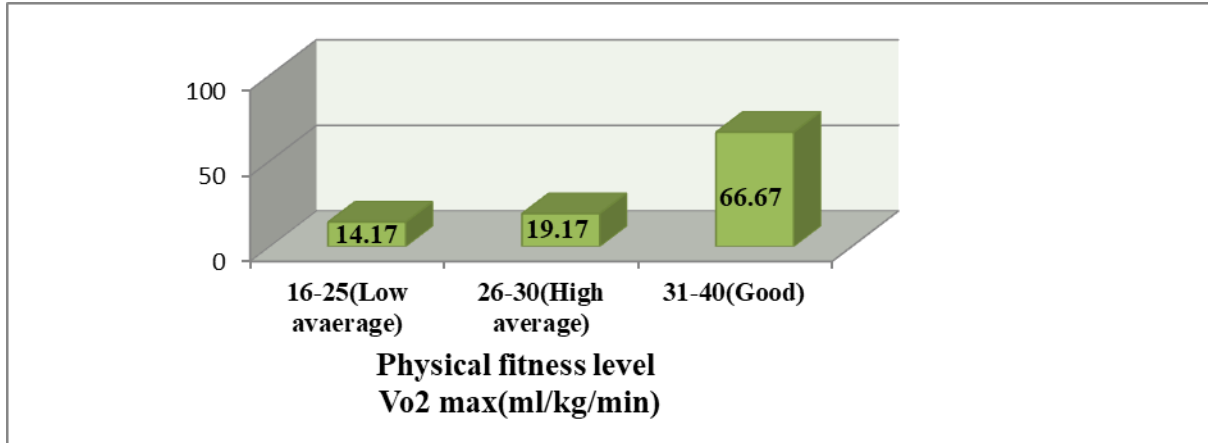
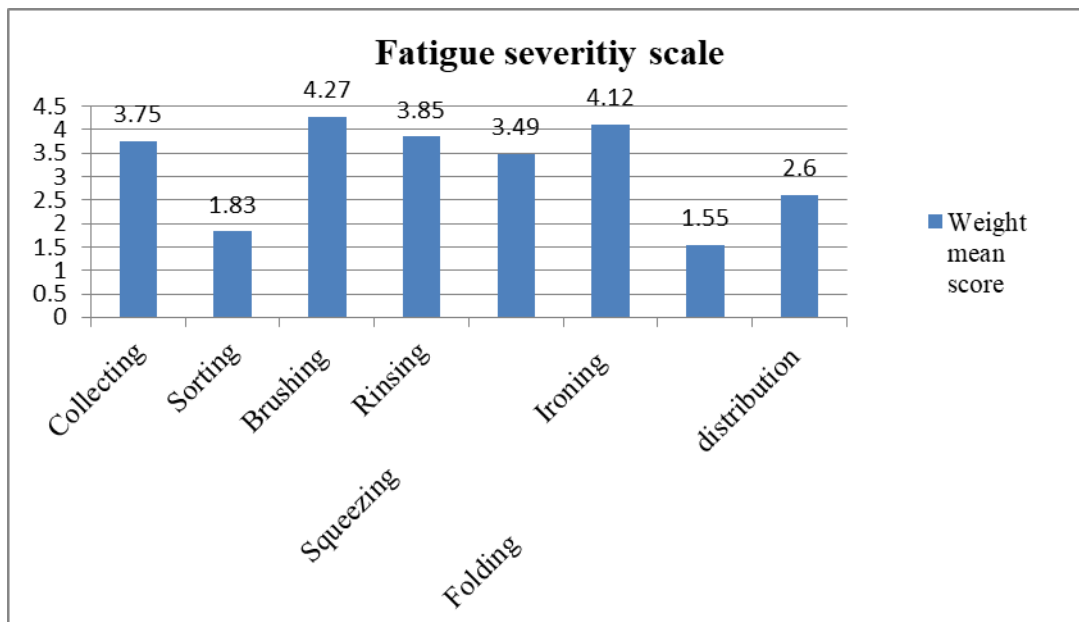


Figure.4 Fatigue severity scale



Fatigue severity scale, gave an idea about how much a particular activity caused fatigue to laundry workers. This section also ranged from 1.55 to 4.27 with mild to severe fatigue. Mild fatigue were noticed due to folding (1.55) and sorting (1.83) activities. Three activities such as collection (3.75), squeezing (3.49), brushing and distribution (2.60) taken under activities which caused moderate fatigue in laundry workers. rinsing (4.27) and ironing (4.12) were severe fatigue caused activity.

From above discussion it was concluded that laundry workers were facing problems related to fatigue, less sleep, more job pressure etc. Currently this type of problems making their working conditions more worst. Although they have good BMI and physical fitness but this will not last if they work along with these problems. After a time their productivity also reduced and they may fall ill. So to prevent this situation some preventive measures in the form of counseling and awareness campaign were

created for respondents.

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