Effect of work status on healthy life style among staffs of Kufa University

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Abstract

This study aims to determine the effect of the work status on the healthy lifestyle among staffs of Kufa university, An correlation descriptive design is carried out through the present study in order to achieve the early stated objectives. The period of study is from 1 Feb. 2016 to 20 April 2016, A non-probability (convenience sample) of (100) employee in university of Kufa. Result: the result of study shows the majority result for age 30-39 years with (41%), regarding the gender (67%) for female, level of education more than half sample study university level with (51%), and for work status the majority result for part-time with (64%), the body mass index table that most of the study sample were to have over weight (52%), The results of the stress table show for the first item of the majority was no (66%), item two was majority Yes (63%), item three the majority result for no (85%), item fourth majority result for no (88%), item five the majority for no(95%),item six the majority result no (80%),item seven no(65%),item eight the majority for no (58%), item nine the majority for no (52%).The study concluded that the work status affects the employee life style and this effect present through the studied life style domains and the study findings reveal that there is a deficit in the employee compliance with life style measures. And it's recommended further studies should be conducted to involve a large sample in a national level to make the results more generalizable. And a mass media should be used to increase the employee knowledge about the importance of improving the life style and quality of life through health promotion, health protection, and disease prevention strategies.

Keywords: Life style; staff; work status.

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1. Introduction

After pioneer behavioral medicine research demonstrated how behavior can influence health and how modifying behavior can affect health outcomes (Schwartz, Brotman & Jilinskaia, 2001) an increasing body of evidence links the initiation and progression of several medical disorders to lifestyle and behavior (Djousse, Driver & Gaziano, 2009; Vink, Willemsen, Stubbe, Middeldorp, Ligthart, Baas, Dirkzwager, de Geus & Boomsma, 2004).

Diet and lifestyle are major factors thought to influence susceptibility to many diseases. Drug abuse, tobacco smoking, and alcohol drinking, as well as a lack of exercise may also increase the risk of developing certain diseases, especially later in life (Vaillant & Mukamal, 2001).

It should be noted, however, that lifestyle diseases have their onset later in an individual's life and need a longer lifespan in order to become the cause of death (Olshansky, Carnes & Bruce, 2002).

All of these risk factors are potentially modifiable by lifestyle changes consequently, there is growing awareness that contemporary medicine needs to focus on lifestyle changes for primary prevention, for secondary intervention, and to empower patients' self-management of their own health behaviours (Walsh, 2011).

According to the World Health Organization (2005), 80% of premature deaths from heart disease, stroke, and diabetes can be prevented with behavioral and pharmaceutical interventions. The INTERHEART Study identified 9 risk factors as relevant in the etiology and prognosis of CHD, accounting for 90% of CHD risk in men and 94% in women (Alavinia, 2008).

2. Aim of the study

1. To assess health lifestyle among university of Kufa staff.

2. To determine the effect of work status part time and full time on staff health lifestyle.

3. Design of the Study

An correlation descriptive design is carried out through the present study in order to achieve the early stated objectives.

3.1. Setting of the study

The study is conducted in university of Kufa faculties.

3.2. The Sample of the study

A non-probability (convenience sample) of (100) employee in university of Kufa

3.3. The Study instrument

An assessment tool is adopted and developed by the researchers to assess the effect of the employees work (part time or full time) on their life style.

3.4. The final copy consists of the following parts

A. The First Part: - demographic data form

B. The Second Part: life style data form

4. Data Collection

The data has been collected through the utilization of the developed questionnaire, and by mean of self – reported technique with the subjects by using the Arabic version of the questionnaire.

4.1. Data Analysis

Two types of statistical analysis used in this project that are:

1. Descriptive statistical analysis.

2. Inferential statistical analysis.

5. Results

Table 1. Distribution of the Study Sample by their Demographic Data

Variables	Rating	Frequency	Percent
Age / years	20-29	35	35
	30-39	41	41
	40-49	21	21
	50 and more	3	3
Gender	Male	33	33
	Female	67	67
Levels of education	Institution	7	7
	University	51	51
	master	23	23
	doctorate	19	19
Work status	Full time	36	36
	Part-time	64	64

These table show the majority result for age 30-39 years with (41%), regarding the gender (67%) for female, level of education more than half sample study university level with (51%), and for work status the majority result for part -time with (64%).

Table 2. Distribution of the Study Sample by their body mass index

Variables	Rating	Frequency	Percent
Body mass index	Underweight	1	1
	Normal	42	42
	Overweight	52	52
	Obese	5	5

Results of the study have shown that the body mass index table that most of the study sample were to have over weight (52%).

Table 3. Distribution of the Study Sample by their smoking exhibiting

Variables	Rating	Frequency	Percent
Smoking	Yes	4	4
	No	96	96

The result of smoking table has shown that most of the study sample were no smokers (96%).

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Table 4. Distribution of the Study Sample by their stress

Items	Rating	Frequency	Percent
Moved to a new residence	Yes	34	34
	No	66	66
Married, divorced or separated.	Yes	63	63
	No	37	37
Lost a loved one.	Yes	15	15
	No	85	85
Changed or lost a job.	Yes	12	12
	No	88	88
Had an emotional illness.	Yes	5	5
	No	95	95
Care giver for a dependent person.	Yes	20	20
	No	80	80
Financial stress or loss of income.	Yes	35	35
	No	65	65
Stressful family member in the home.	Yes	42	42
	No	58	58
Excessive work deadlines/overtime.	Yes	48	48
	No	52	52

The results of the stress table show for the first item of the majority was no (66%), item two was majority Yes (63%), item three the majority result for no (85%), item fourth majority result for no (88%), item five the majority for no(95%),item six the majority result no (80%),item seven no(65%),item eight the majority for no (58%), item nine the majority for no (52%).

Table 5. Distribution of the Study Sample by their health conditions

Variables	Rating	Frequency	Percent
Insomnia/restless sleep	Always	15	15
	Sometimes	71	71
	Never	14	14
Nervous stomach	Always	9	9
	Sometimes	58	58
	Never	33	33
Difficulty breathing	Always	6	6
	Sometimes	56	56
	Never	38	38
Muscle tension in neck/shoulder/jaw	Always	21	21
	Sometimes	62	62
	Never	17	17
Lower back pain	Always	28	28
	Sometimes	53	53
	Never	19	19
Feel depressed/sad	Always	15	15
	Sometimes	67	67
	Never	18	18
Tension/migraine	Always	14	14
	Sometimes	59	59
	Never	27	27

These table show the result regarding the health condition the item one insomnia the majority result for some time (71%), the item two nervous stomach more than half study sample for some time (58%),item three difficult breathing majority result for some time (56%),item four muscle tension the majority result for some time (62%), item five lower back pain Most of the results of the study sample was some time (53%),item six feel depressed Most of the results of the study sample was some time (67%), and item seven tension and migraine the majority result for some time (59%).

Table 6. Distribution of the Study Sample by their nutrition

Variables	Rating	Frequency	Percent
How many servings of protein do you eat daily	0	2	2
	1	38	38
	2	39	39
	3	16	16
	4	2	2
	5	2	2
	6	1	1
How many servings of vegetables do you eat daily	0	3	3
	1	26	26
	2	41	41
	3	23	23
	4	3	3
	5	2	2
	6	2	2
How many servings of fruit do you eat daily	0	5	5
	1	40	40
	2	20	20
	3	21	21
	4	9	9
	5	3	3
	6	2	2
How many servings of grain and grain products do you eat daily	0	13	13
	1	61	61
	2	15	15
	3	7	7
	4	1	1
	5	2	2
	6	1	1
Are you able to digest milk and milk products without any problem	0	1	1
	1	86	86
	2	11	11
	4	1	1
	5	1	1
How many servings of milk and milk products (whole or low fat) do you eat and drink daily	0	15	15
	1	58	58
	2	15	15
	3	8	8
	4	3	3
	5	1	1
Do you take dietary supplements that contain calcium	0	1	1
	1	41	41
	2	56	56
	3	1	1
	5	1	1
How many servings of foods containing fat and cholesterol do you eat daily	0	8	8
	1	43	43
	2	34	34
	3	10	10
	4	4	4
	5	1	1

These table show the result regarding the nutrition the item one How many servings of protein do you eat daily the majority result for rating 2 with (39%), the item two How many servings of vegetables do you eat daily more than half study sample for rating 2 (41%),item three How many servings of fruit do you eat daily majority result for rating 1 (40%),item four How many servings of grain and grain products do you eat daily the majority result for rating1 (61%), item five Are you able to digest milk and milk products without any problem Most of the results of the study sample was rating 1(86%),item six How many servings of milk and milk products (whole or low fat) do you eat and drink daily Most of the results of the study sample was rating 1(58%), and item seven Do you take dietary supplements that contain calcium the majority result for rating 2(56%),and item eight How many servings of foods containing fat and cholesterol do you eat daily the majority for rating 1(43).

Table 7. Distribution of the Study Sample by their physical activity

Variables	Rating	Frequency	Percent
How many days per week do you do flexibility exercises such as bending, stretching, and twisting, for 10 minutes or more	0	48	48
	1	24	24
	2	9	9
	3	8	8
	4	5	5
	5	3	3
	6	1	1
	7	2	2
How many days per week do you do muscle strength and endurance exercises such as calisthenics, free weights or heavy lifting	0	68	68
	1	11	11
	2	5	5
	3	4	4
	4	9	9
	5	1	1
	6	1	1
	7	1	1
How many days per week do you walk (or equivalent activity) for at least 20 minutes at a time	0	12	12
	1	21	21
	2	16	16
	3	9	9
	4	9	9
	5	15	15
	6	5	5
	7	13	13
How many days per week do you walk (or equivalent activity) for at least 20 minutes at a time	0	63	63
	1	14	14
	2	12	12
	3	1	1
	4	4	4
	5	3	3
	6	1	1
	7	2	2

The table show the result of study sample about physical activity the item one the majority for rating 0 (48%), item two the majority for rating 0 (68%), item three majority result for rating 1(21%), and item four the majority result for rating 0 (63%).

Table 8.Distribution of the Study Sample by their back care

Variables	Rating	Frequency	Percent
Have you experienced discomfort/pain in your back that lasted a day or more	1	15	15
	2	52	52
	3	33	33
During the course of your typical week, how often do you sit for extended periods or lift heavy objects?	1	40	40
	2	35	35
	3	25	25
Regular exercise Exercises for the back Good body mechanics/posture while lifting or sitting None of the above	1	4	4
	2	14	14
	3	30	30
	4	52	52

The table show the result of study sample about back care the item one the majority result for rating 2 (52%), item two majority result for rating 1(40%), and item three the majority result for rating 3 (30%).

Table 9. Distribution of the Study Sample by their laboratory investigation

Variables	Rating	Frequency	Percent
Liver function test	Yes	7	7
	No	93	93
Cardiac function test	Yes	10	10
	No	90	90
Renal function test	Yes	21	21
	No	79	79
Vital sign	Yes	33	33
	No	67	67
Other test	Yes	25	25
	No	75	75

The table show result of study sample about laboratory investigation, item one liver function tests the most of study sample was no with (93%), item two cardiac function test the majority result for no with (90%), item three renal function test the majority result for no with (79%), item four vital sign the majority result for no with (67%), and item five other test the majority result for no with (75%).

Table 10. Association between the types of work and the lifestyle (health conditions and investigations)

Main Domains	Chi-Square Value	D.f.	P-Value
Investigation	1.21	4	0.001
Health Conditions	16.59	2	0.001

This table shows that there is a high significant association between the types of work and the staff applied investigations and health conditions.

6. Discussion

Results of the study have shown that the majority of respondents ages confined between 30-33 years of age and most of the study samples of the women and that most of the study population was academic achievement collectors were the results of the study for the mass of the body most have had an increase in body mass (over weight).

There is increasing evidence that obesity and overweight may be related, in part, to adverse work conditions. In particular, the risk of obesity may increase in high-demand, low-control work environments, and for those who work long hours. The result of study support by Habibi, Dehghan, Safari, Mahaki & Hassanzadeh (2014) the mean BMI for the study population was 26.2 ± 3.6, and 48.0 % were overweight and 13.1% were obese. The more than half the population of the study are not a smoker. Item of stress was most of the study sample.

For item factors as a result of stress that most of the workers in the field of education are suffering from fatigue working hours, which include insomnia and digestive disorders and mood disorder and lower back pain. These studies support the research fining by Escoto, Laska, Larson, Neumark-Sztainer & Hannan (2012). According to the results, mean stress score among refinery worker was high and one factor that affect work ability was high stress, and safe working environment in order to decrees stress, enhance the work ability of workers.

As for the item of food intake was the outcome of working in an educational institution was focused on their food proteins, vegetables and fruits was the proportion of intake were few and legumes were too few, these research finding support the study result by World Health Organization (2002) work hours were not associated with fast food intake; however, females working 20–39 hours per week were more likely to report consuming 5 or more daily servings of fruit and vegetables.

7. Conclusion

The study concludes that the work status affects the employee life style and this effect present through the studied life style domains and the study findings reveal that there is a deficit in the employee compliance with life style measures   .

7.1. Recommendations

- Further studies should be conducted to involve a large sample in a national level to make the results more generalizable.

- A mass media should be used to increase the employee knowledge about the importance of improving the life style and quality of life through health promotion, health protection, and disease prevention strategies.

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