CHAPTER - V

SUMMARY, FINDINGS, CONCLUSIONS AND RECOMMENDATIONS

SUMMARY

Health is a state of physical, mental, emotional, and social well being. Good health enables people to enjoy life and to have the opportunity to achieve the goals they have set for themselves. The real purpose of health is to develop and maintain vigour and vitality, to acquire interest and habits in ways of living that are wholesome and to meet the demands put upon an individual efficiently with energy and satisfaction. World Health Organization has defined “Health as ‘a state of complete physical, mental and social well being and not merely the absence of disease and infirmity’”.

Physical activity is a biological necessity, which denotes the accumulation and presentation of vigour and vitality, muscular development and its maintenance through exercise. Apart from the conditioning influence of heredity, favourable environment and nutrition, vigorous physical activity is the indispensable means for national health and strength. The term "Physical Activity" is considered to the entire spectrum of "bodily movements" that each person can undertake in daily life, ranging from normal active living conditions to "Intentional" moderate physical activities. The main objective in promoting physical activity is health. The movement for maintenance of health by regular physical activity becomes popular in the public for all age groups and with increased knowledge on the role of body fat in health. And for maintaining good health another important thing is the healthy diet and good eating behaviour. A healthy diet is one that helps maintain or improve health. It is important for the prevention of many diseases.

Findings

Findings on health and physical activity status of teachers from all the regions have shown their interest almost 50% moderate type of physical activity
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at the time of work. It has also been noted that only 5% teachers were interested in high level of activity at the time of work. It has been observed that the teachers of rural and urban areas were interested in moderate and high moderate level of physical activity at the time of work. It’s clear from the results that the few teachers were also interested in low level of physical activity at work. Through the results of the private and government school teachers those were interested in moderate level of physical activity at work. But, the teachers of private schools were more active than the teachers of government schools. The result further explained that the teachers of residential school were interested in moderate level of physical activity. But the teachers of non-residential school were doing less activity as compare to teachers of residential schools. This happen may be their nature of job. Results further explained that the teachers of arts, commerce and science streams were doing moderate level of physical activity at the time of work. But the teachers of arts and commerce were interested in high level of activity. Further results observed that the teachers of arts were doing more activity than the other stream teachers. Results explained that the male teachers were doing more activity than the female teachers at the time of work.

Teachers from Doaba region were doing moderate level of physical activity at the time of leisure. Further, explained that the teachers of Malwa region were doing less activity as compare to other regions of Punjab. It’s explained from the results that the teachers of rural area were less interested in high moderate level of activity at leisure time. It observed from the results that the majority of the teachers from private and government schools were interested in moderate level of physical activity at the time of leisure. Result explained that the teachers of non-residential schools were doing moderate level of physical activity at the time of leisure. It furthers explained that the teachers of residential school were interested in high moderate level of activity at the time of leisure. It’s clear from the results that the teachers of science stream were showing their more interest in moderate level of physical activity at the time of leisure. It’s observed from the results that the teachers of commerce stream were interested
in high level of physical activity at the time of leisure. Female teachers were reported 58.8% in moderate level of physical activity at the time of leisure. Further, explained that the male teachers were reported 45.8% in high moderate level of physical activity at the time of leisure.

Teachers of Malwa region were more interested in doing exercise as compare to their counterparts. It’s further observed that more than 70% teachers from all regions were interested in doing exercise. More than 80% teachers were interested in doing exercise regularly from rural and urban area teachers of Punjab. It is observed that the teachers of private school were doing more activity than the teachers of government schools. Teachers from residential schools have shown their more interest in exercise as compare to non-residential schools. More than 80% teachers from all streams were interested in exercise. But, the teachers of commerce stream were more interested as to their counterparts. Further results observed that the male teachers were doing more exercise than the female teachers. This may be due to the family pressure on the female.

Teachers from Doaba region were doing exercise for 5-6 days in a week. Teachers from Majha region were doing exercise more than six days in a week. It’s to be observed that the most of the teachers were doing exercise for 5-6 days in a week. Teachers from urban area were interested in doing exercise more than six days in a week. But the teachers of rural area were showing their exposure in 5-6 times in a week. Results show that more than 25% teachers of private schools were doing exercise for more than six times in a week. Residential school teachers were also doing exercise more than six times in a week. Whereas, the teachers of non-residential schools have shown less exercise exposure as compare to residential schools. 25% teachers of commerce and science streams were doing exercise more than six times in a week. Teachers of arts stream were doing exercise 5-6 times in a week. Female teachers were doing 29.0% exercise more than six days in a week. But, the 50.5% male teachers were interested to do exercise only 5-6 times in a week.
46.8 teachers in Doaba region were doing exercise for 30-45 minutes. But the 50.5% teachers of Malwa region were reported exercise time for 15-30 minutes. Further, observed that less than 4% teachers from all the regions were doing exercise more than 45 minutes in a day. Almost 40% teachers from rural area were reported exercise time for 15-30 minutes. It is observed that the teachers of urban area were doing exercise 30-45 minutes which is good time for the benefit of exercise for body recommended by W.H.O. Only 3% teachers from private schools were interested to do exercise for more than 45 minutes. Teachers of government schools were doing exercise 15-30 minutes. It is observed that the teachers of residential schools were doing exercise 30-45 minutes in a week. Non-residential school teachers were doing only for 15-30 minutes which is not sufficient time for getting the benefits of exercise. It is indicated that the teachers of science stream were doing exercise 30-45 minutes. Teachers of Arts and commerce stream were shown their exposure in 30-45 minutes. The male teachers were shown their exposure for 30-45 minutes. Whereas, their counterpart has shown their interest in 15-30 minutes exercise time.

Bio-medical profile of teachers from all regions were less awareness on health related variables such as blood cholesterol level, H.D.L cholesterol, dizziness fainting, epilepsy, shortness of breath and body fat percentage, varicose veins, date of surgery and types of surgery. Urban area teachers were more aware than the teachers of rural area. Teachers from private schools were more aware as compare to their counterparts. Further, explained that the teachers of residential and non-residential schools were less aware in health related variables like blood cholesterol level, H.D.L cholesterol and body fat percentage. Teachers from Science stream were more aware than the other streams. Male teachers were less aware to their medical variables than female teachers. It is to be noticed that both male and female teachers were less aware towards their biomedical health variables such as dizziness/fainting, shortness of breath, extra heart beat, heart murmur, rheumatic fever, varicose veins etc.
Teachers from Majha region were having siblings who were having alcohol or drug addiction, blood pressure, heart attack, diabetes, stroke and obesity. Further, explained that the teachers from urban area were siblings those having problems such as alcoholism or drug addiction, heart attack before age 60, diabetes, high blood pressure, stroke and obesity. Teachers from government schools have fewer siblings those having problems like alcoholism or drug addiction, heart attack, heart attack before age 60 etc. Non-Residential school teachers were reported less siblings those having few problems as compare to residential school teachers of Punjab. Teachers of science stream were having siblings those were reported more problems as compare to other stream teachers. It is to be noticed from the male teachers were having more relatives those having more problems as compare to female teachers of Punjab.

It has been observed that the teachers had shown significant differences in height and weight from all the regions of Punjab. Whereas the teachers of majha region has more tendencies of height and weight as compare to other stream teachers. Teachers of rural area were having significant differences. It further explained that the teachers from urban area were less height and weight as compare to rural area teachers. The private school teachers were having significant differences. Furthermore, explained that the teachers from non-residential schools were having more weight and height as compare to residential school teachers. Arts stream were having good height and weight as compare to other stream teachers. The male teachers were having good height and weight as compare to female teachers. It is observed that the teachers of majha region were having more awareness about their considered good weight than the other teachers of the regions. But the teachers of Malwa region were taking diet prescribed by the doctor. Teachers of urban area were more aware regarding their good weight and having diet prescribed by the doctor. Teachers of private schools were more aware for their good weight and reporting prescribed diet by doctor. This is to be noticed from the result that the teachers from residential schools were aware towards their good weight but not taking prescribed diet by doctor. Commerce stream teachers were aware for their good
weight and teachers of science stream were taking prescribed diet from doctor. It is to be noticed that the male teachers were more aware for their good weight and female teachers were taking diet prescribed by doctor.

Teachers from Doaba region were showing their more interest in smoking and drinking alcoholic beverages as compare to other teachers of Punjab. It is further explained that the few teachers of rural area were doing currently smoking and having alcoholic beverages. Teachers from government schools were doing more smoking and using alcoholic beverages as compare to private school teachers. The teachers from residential schools were reported less interest in smoking and alcoholic beverages as compare to non-residential school teachers of Punjab. Teacher from Commerce stream were doing currently smoking and taking more alcoholic beverages as compare to other stream teachers. Male teachers were doing smoking and taking alcoholic beverages but no female teacher has reported either smoking or alcoholic beverages this may be due to our Indian culture.

Explained that the teachers from Majha region were reported more number of smoking products and having duration of smoking than the other regions of Punjab. It is further explained that the rural area teachers reported less number of smoking and less duration of smoking tobacco products. Government school teachers were reported less number of smoking and duration of smoking products. Teachers from non-residential schools were showing less exposure of smoking and number of smoking products. Commerce stream teachers were having less number of tobacco products and having less duration of smoking products as compare to other stream teachers. Male teachers were using more number of tobacco products and no female teacher has reported anything related with smoking.

It is further explained that the teachers of Doaba region were reported more number of alcoholic beverages than the teachers of other regions. Teachers from rural area were having more exposure of alcoholic beverages than the teachers of urban area. Government school teachers were reported more number
of alcoholic beverages as compared to private school teachers. It is further explained that the teachers of residential schools were using more number of alcoholic beverages than the teachers from non-residential schools. Further, explained that the science teachers were having more exposure towards alcoholic beverages as compared to other school teachers. Male teachers were reported alcoholic beverages. But none of the female teachers were reported their interest towards the alcoholic beverages.

It explained that the teachers of Majha region were consuming beverages like 92.3% tea, 9.4% coffee and 13.9% cola. The Majha region was taking more beverages as compared to other region teachers. Teachers from urban areas were taking more tea, cola, and coffee as compared to rural area teachers. Private schools teachers were taking more coffee, tea and cola cans as compare to government school teachers of Punjab. Further, explained that the teachers of residential schools were having more exposure towards tea, coffee and cola. Science teachers were taking more tea, cola and coffee as compared to other stream teachers. The female teachers were having more exposure of cola, coffee and tea as compared to male teachers of Punjab.

Further, explained that the teachers of Majha region were having milk, fast food, chocolate, eggs, cake, ice cream, hard cheese, chips, and deep fried foods more than the other regions. It is to be noted that none of the teacher from Majha region has reported about sausage. Teachers of urban areas relishing more food as compared to teachers of rural area of Punjab. Further, explained that the teachers of private schools were taking more food than the teachers of government schools. It is explained that the teachers of residential schools were taking more food than the non-residential school teachers. It is noted that the teachers of commerce stream were relishing more food as compared to other stream teachers. Male teachers have shown more exposure of taking food as compared to female teachers.

It is explained that the teachers of Majha and Malwa having more stress level as compared to the Doaba region teachers. Teachers of rural area were
having more stress level than the average person. But few teachers have shown their stress level same as compare to average person and less than the average person. Further, explained that the teachers of private schools having more stress level as compare to government school teachers. This may be happens due to less security of job in private schools and work load. The teachers of residential schools were having more stress may be due to the nature of the job. But the teachers of non-residential schools were showing stress same as average person and less than the average person. Teachers of commerce and science stream were showing more stress level as compare to arts stream. Male teachers were shown more stress level as compare to female teachers. Female teachers have shown their stress level less than the average person. This may be happens due to the security of life.

The teachers of doaba region were managing their stress mainly through yoga, music and watching television. It is to be explained that the teachers of malwa and majha were also managing their stress through watching television, music walking and yoga. But few teachers of all the regions were reported their stress relieve through reading books and sleeping. Teachers from urban area were managing their stress mainly through television, music, walking and yoga. These were the main modes of stress relieving even rural area teachers also. Teachers both from private and government were shown almost same kind of stress relieving. The teachers of residential and non-residential schools were using same mode of stress relieving. Teachers from arts stream were using yoga and television for stress relieving. But fewer teachers of commerce stream were reading books as their stress relieving. Teachers of science stream were using television music and yoga as their stress reliever. Good number of female teachers was reported sleeping as their stress reliever. Therefore, male teachers were reported reading books for their management of stress.

It is explained that the teachers of Malwa region have shown their more interest in aerobics, nutrition, weight control, walking, lifestyle management, and many more other activities. But very few teachers from all the regions were
shown their interest in smoking cessation. Urban area teachers were more interested to take part in these activities as compare to rural area teachers. It is discussed further that the teachers from private schools were more interested in take part in these activities as compare to government school teachers of Punjab. Residential school teachers were keener to take part in these activities as compare to Non-residential school teachers. Teachers from Commerce and Science streams were more interested in taking part of activities as compare to arts teachers. Female teachers were more interested in taking part in activities as compare to male teachers. But male teachers were more interested in activities like cycling, football, tennis, volleyball/badminton and female teachers were keener to take part in other activities which is not given in the list.

CONCLUSIONS

1. Almost male and female teachers were interested in moderate level of physical activity both at the time of work and at the time of leisure.
2. Majority of the teachers both male and female were doing exercise regularly and good numbers of teachers were doing 30-45 minutes every day.
3. Almost 80% teachers were doing exercise regularly.
4. The teachers of Malwa region were doing more exercise regularly as compare to teachers of Majha and Doaba regions.
5. Teachers of rural area have shown more interest in doing exercise regularly as compare to teachers of urban area.
6. Teachers from private schools were more interested in doing exercise regularly as compare to teachers of government schools.
7. Residential school teachers have shown more interest in regularity of exercise as compare to teachers of non-residential schools.
8. Teachers of commerce stream were doing more exercise regularly as compare to teachers of science and arts streams.
9. Male teachers have shown more interest in doing exercise regularly as compare to female teachers.
10. The teachers of Malwa and Majha regions were more aware about their physician’s name, last medical examination, resting blood pressure and resting heart rate. Therefore the teachers of Doaba region were more aware about their blood cholesterol level, HDL cholesterol and body fat percentage than Majha and Malwa regions.

11. Teachers of urban area were more aware about their biomedical profile as compare to teachers of rural area.

12. Teachers of private schools were more conscious about their physician’s name, last medical examination and resting heart rate. But the teachers of government schools were more aware about their resting blood pressure, blood cholesterol level, and HDL and body fat percentage as compare to their counterpart.

13. Residential school teachers were more conscious about their bio-medical profile as compare to non-residential school teachers.

14. Teachers of science stream were well known about their bio-medical profile as compare to teachers of arts and commerce streams.

15. Female teachers were more conscious about their bio-medical profile as compare to male teachers.

16. Many teachers both male and female have/had non-communicable diseases such as arthritis, asthma, back pain, diabetes, high blood pressure and bone pain etc.

17. Many teachers belong to Majha region were having more relatives who have/had alcoholic or drug addiction and high blood pressure beside diabetes, stroke and obesity as compare to other regions.

18. Teachers from urban area were having more relatives who have/had alcoholic or drug addiction, heart attack, heart attack before 60, high blood pressure, stroke and obesity as compare to rural area.

19. Teachers from private schools were having more relatives who have/had alcoholic or drug addiction, heart attack, heart attack before 60, high blood pressure and obesity as compare to relatives of government school teachers.
20. Many teachers from residential schools were having more relatives who have/had alcoholic or drug addiction, heart attack before 60, diabetes, stroke and obesity as compare to relatives of non-residential school teachers.

21. Teachers of commerce stream were having more relatives who have/had heart attack, heart attack before 60, high blood pressure, stroke and obesity as compare to relatives of other streams.

22. Female teachers were having fewer relatives who have/had alcoholic or drug addiction, heart attack, diabetes, stroke and obesity.

23. Teachers of Malwa region were more conscious about their good weight and diet prescribed by the doctor as compare to teachers of Majha and Doaba regions.

24. Teachers of urban area were more aware about their good weight and diet prescribed by the doctor as compare to teachers of rural area.

25. Approximately 50% teachers from private and government schools were aware about their ideal weight.

26. Residential school teachers were more conscious about their good weight as compare to non-residential school teachers.

27. Teachers of the commerce stream were more aware about their ideal weight as compare to teachers of arts and science stream.

28. Approximately 54% male and female teachers were conscious about their ideal weight.

29. Teachers of doaba region were more consuming tobacco products and many consuming alcoholic beverages, as compare to teachers of Malwa and majha regions, however their consumption quantity varied.

30. Teachers of rural area were more consuming tobacco products and many consuming alcoholic beverages, as compare to teachers of urban area, however their consumption quantity varied.

31. Teachers of government schools were more consuming tobacco products and many consuming alcoholic beverages, as compare to teachers of private schools, however their consumption quantity varied.
32. Non-Residential school teachers were more consuming tobacco products and many consuming alcoholic beverages, as compare to teachers of residential schools, however their consumption quantity varied.

33. Teachers of science stream were more consuming tobacco products and many consuming alcoholic beverages, as compare to teachers of arts and commerce stream.

34. Male teachers were consuming tobacco products and many consuming alcoholic beverages, none of the teachers from female side were reported their interest in smoking and drinking alcoholic beverages.

35. Majority of the teachers were taking tea every day, some teachers were taking coffee and cola also. (Consumption quantity varied from one to over five cups per day.)

36. Teachers from Majha region were eating more fat and protein containing foods every day such as whole milk, butter, deep fried food, chips, eggs, and fast food as compare to teachers of Doaba and Malwa regions.

37. Teachers of urban area were eating more fat and protein containing foods every day such as milk, butter, deep fried food, sausage, chips, hard cheese, and fast food as compare to teachers of rural area.

38. Private school teachers were eating more fat and protein containing foods as compare to teachers of government schools.

39. Teachers from non-residential schools were eating less fat and protein containing foods every day such as milk, butter, fried food, cake, eggs, and fast food as compare to teachers of residential schools.

40. Teachers from science streams were eating less fat and protein containing foods every day such as milk, butter, fried food, sausage, chips, cake, eggs, and fast food as compare to teachers of arts and commerce streams.

41. Female teachers were eating more foods every day such as deep fried foods sausage, chips, ice cream, chocolate and fast food as compare to male teachers.
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42. Majority of the teachers had stress level more than average person and majority were managing stress by watching television, yoga, walking, reading books and sleeping.

43. Teachers of Malwa region were more interested to participate in activities and programme on aerobics, nutrition, weight training, lifestyle management, basketball, volleyball and other activities as compared to majha and doaba regions.

44. Teachers of urban area were more interested to participate in activities and programme on aerobics, weight control, weight training, and smoking cessation, lifestyle management, caring for elders, basketball and other activities as compared to teachers of rural area.

45. Government school teachers were less interested to participate in activities and programme as compared to teachers of private schools.

46. Residential school teachers were more interested in aerobics, lifestyle management, basketball, and volleyball as compared to teachers from non-residential schools.

47. Teachers of arts stream were more interested to participate in activities and programme on weight-control, weight training, walking, and caring for elders, football, and other activities as compared to commerce and science streams.

48. Female teacher were less interested to participate in activities and programme on cycling, weight training, football, tennis and volleyball as compared to male teachers.
SUGGESTIONS FOR FUTURE RESEARCH

The following suggestions are made for further research.

1. The scope of the present study should be extended to the national level schools teachers.

2. This study may be re-conducted on large samples for more valid results.

3. Similar studies should be conducted on general population.

4. Policy makers can take right action to create a programme for good health and physical and social environment which encourages all teachers to adopt and maintain a physically active life.