

Study on Occupational Health Problems and Evaluate the Effectiveness of Planned Teaching Program on Prevention and Management of Occupational Health Problems in Terms of Knowledge and Practice

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Abstract: Occupational health is concerned with health in its relation to work and working environment. Occupational health includes health protection, health promotion, emergency care, wide range of preventive, curative services, a concept which includes everything that can apply to promote the health and working capacity of worker. Industrial workers are mainly exposed to five types of hazards they are physical hazards like heat, cold, light, noise, vibration, ultraviolet radiation. Chemical hazards like inhalation of dust, gases etc. Biological hazards like leptospirosis, anthrax, fungal infection etc. psychological hazards like anxiety, depression, alcoholism, drug abuse, absenteeism etc. Mechanical hazards like injuries and accidents.

Materials and Methods: Descriptive survey & Pre -experimental, one group pre-test post- test design was used to evaluate the effectiveness of planned teaching programme on prevention and management of occupational health problems in terms of knowledge and practice. The study conducted on 100 samples. Data was collected using structured questionnaire on demographic data, symptom assessment rating scale, structured knowledge questionnaire, expressed practice rating scale.

Results: In this study the assessment of various occupational health problem, biophysical parameters and random blood glucose. The mean post-test knowledge score of the mining workers on prevention and management of occupational health problem is higher (15.65) than the mean of pre-test knowledge score (9.05). It shows the effectiveness of the planned teaching program. The data further shows that the median for the pre-test was 9 and whereas for the post-test was 16, which both are closer to the pre-test mean 9.05 and post-test mean 15.65 respectively. The calculated "t" value (20.14) is higher than the table (1.98) for the df 99 and it was found statistically significant at 0.05 level of significant. The shows that the planned teaching programme was effective in enhancing the knowledge of mining workers regarding prevention and management of occupational health problems. The mean post-test practice score of the mining workers on prevention and management of occupational health problem is higher (50.40) than the mean of pre-test practice score (20.65). This shows that effectiveness of the planned teaching program in improving the practice of mining workers. The calculated "t" value (16.55) is higher than the table "t" value (1.98) for df 99 and it was found statistically significant at 0.05 level of significance. The shows that the planned teaching program was effective in enhancing the practice of mining workers regarding prevention and management of occupational health problems.

Conclusion: Maximum mining workers were having the respiratory problem like asthma and hearing problem, vision impairment and heat stroke. During physical health assessment workers were found overweight, underweight and abnormal random blood glucose. System wise assessment revealed that the workers were having problems like runny nose, sore throat, nausea and dry cracked skin. Mining workers were deficit in terms of knowledge and practice regarding the prevention and management of occupational health problems. The planned teaching programme was effective in improving knowledge and practice of mining workers regarding prevention and management of occupational health problem.

There was a positive correlation between post-test knowledge score and post-test practice score of mining workers regarding prevention and management occupational health problem, which shows that as the knowledge scores increases, the practice also gets increased. The knowledge score and practice score of mining worker is associated with monthly income.

Keywords: Occupational health problems, planned teaching program, prevention and management of occupational health problems.

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