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Comparison of health related life style among different Indian professions in relation to stress control assessment

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Abstract
Much of his has to do with stress, the world now used to denote all land of pressures. But stress it self is not the ultimate culprit – it is how you cope with its matters. A certain amount of creative tension is a stimulus that can motivate and empower a person. Objective: - The purpose of this investigation was to Comparison of Health Related Life Style among Different Indian Professions in Relation to stress control Assessment. Method: - 800 males of MP were selected randomly as a subject of study. The age of the subjects were ranged from 30-40 years. Subjects were from different professions each group has 1 subjects. All the contents related to life style were assessed by using life style assessment inventory (LSAI). Results: - ANOVA was used to reveal the significance difference among Different Indian Professions in Relation to stress control Assessment. Level of significant was set at 0.05. A significant difference was found among Different Indian Professions in Relation to stress control Assessment. Conclusion: - It can be concluded that stress control Assessment significantly differs among Different Indian Professions.

Keywords: stress control, assessment

Introduction

Much of his has to do with stress, the world now used to denote all land of pressures. But stress it self is not the ultimate culprit – it is how you cope with its matters. A certain amount of creative tension is a stimulus that can motivate and empower a person. However, too much pressure can create constant anger or worry, which in turn, can lower your resistance to illness. (Dr. David Peter, 1988) [5].

A reconstruction of the concept of "healthy lifestyle" which takes the social context into account is similar to the reconceptualizing that occurred in the area of stress and coping. Recently, there has been a move away from viewing stress and coping as solely individualistic notions (how I alone deal with stress) to seeing them as social processes (how we deal with stress and how others influence stress appraisal and coping). A central theme of this change in thinking is interdependence and increasing evidence of the influence of interdependence on coping and on adopting healthy lifestyles. Interdependence is the connectedness of individuals with their social environment. A person's identity, choices, and lifestyle are defined to a very large degree by the nature of one's interdependence. If conceived on the basis of interdependence, a "healthy lifestyle" is understood less as acquiring strictly personal health skills, and more as acquiring competencies and an orientation to creating a mutually supportive environment for healthy living. (Renne Lyons and Lynn Langille April, 2000) [18].

There is common belief that happy, possible people are healthier. Numerous research studies have established clear links between a positive state of mind and good physical health. There are many other studies that suggest deliberately cultivating a positive state of mind can help fight off ill health Much of his has to do with stress, the world now used to denote all land of pressures. But stress it self is not the ultimate culprit – it is how you cope with its matters. A certain amount of creative tension is a stimulus that can motivate and empower a person. However, too much pressure can create constant anger or worry, which in turn, can lower your resistance to illness.Norms are necessary in order to interpret test scores. In physical education norms may be based upon various combinations of age, height and weight. In this situation average scores are usually given with other values to indicate the significance of variance from this point. However, convincing Canadian that health is a good investment, and providing guidance and incentives to create a culture that fosters health, are complex processes. How do we direct efforts to engage people in becoming and staying healthy, Renne Lyons and Lynn Langille, April, 2000 [18].

Material and Methodology

Selection of Subject

For the purpose of present study 800 males of MP were selected randomly as a subject of study. The age of the subjects were ranged from 30-40 years. Subjects were from different professions i.e. 100 subjects from Doctors, 100 from Engineers, 100 from School Teachers, 100 from College/University Teachers, 100 from Businessman, 100 from Beurocrates, 100 from lawyers and 100 from Police services.

Selection of variables

After gleaning through all the scientific literature, journals, magazines available in the library of Lakshmibai National Institute of Physical Education, (Deemed University), Gwalior, M.P. and keeping feasibility criteria in mind following contents related to life style assessment were selected for the purpose of present study:

Criterion measure

All the contents related to life style were assessed by using life style assessment inventory (LSA)

Procedure

The individual from various professions were consulted personally and their co-operation was solicited. Respondents were given a questionnaire with necessary instructions. Necessary instructions were passed on to the subjects before providing the questionnaire. The research scholar was motivated the student respondents by promising to send a separate abstract of the conclusions of his study to each of the subjects. Confidentially of responses were guaranteed so that the subject would not camouflage their real feelings. Research scholar was requested for filling the questionnaire as quickly as possible.

Statistical Procedure

Analysis of Variance (ANOVA) was used to see the difference among the different teams of volleyball players at the significant level of .05. For further analysis "Post Hoc Test" (LSD) was applied.

Result

The questionnaire comprised of 42 questions covering various aspects of mental toughness of universities volleyball (men) players. The findings of the present study are presented in the following tables:-

Table 1: Descriptive statistics of different professions (Doctors, Engineers, SchoolTeachers, College/ University Teachers, Businessmen, Beaurocrates, Lawyers and Police Services) in relation to Stress Control Assessment

Groups	*Count*	*Sum*	*Average*	*Variance*
Doctors	100	5802	58.02	30.04
Engineers	100	3857	38.57	27.84354
School Teachers	100	7801	78.01	17.66657
College/ University Teachers	100	5918	59.18	28.29051
Businessmen	100	2484	24.84	5.044848
Beaurocrates	100	5842	58.42	27.27636
Lawyers	100	3810	38.1	29.10101
Police Services	100	5758	57.58	31.25616

The average and variance of Doctors 58.02± 30.04 Engineers 38.57± 27.84354 School Teachers 78.01± 17.66657 College/ University Teachers 59.18± 28.29051 Businessmen 24.84± 5.044848 Beaurocrates 58.42± 27.27636 Lawyers 38.1± 29.10101 Police Services 57.58± 31.25616 in relation to Stress Control Assessment

Table 2: Analysis of Variance of Stress Control Assessment among Different individuals belonging to different professions on their selected Life Style Assessment Contents

Source of Variation	df	SS	MSS	F-ratio
Between Groups	7	194656.1	27808.02	1132.024*
With in Groups	792	19455.38	24.56487	

* Significant at 0.05 level of confidence

F 0.05 (7, 792) = 2.02

Table – II revealed that there was significant difference the individuals belonging to different professions on Stress Control Assessment, as obtained F-ratio was 1132.024, which was higher value than the value 2.02, required for F-ratio to be significant at 0.05 level with (7,792) degree of freedom.

Since the one way analysis of variance was found significant in relation to Stress Control Assessment, the least significant difference (LSD) test was applied to find out which of the differences of the means amongst the different professions were statistically significant.

Table 3: Least Significant Difference Post-Hoc Test for Means of All Professions in relation to Stress Control Assessment

Doctos	Enginees	School Teachers	College/ UniversityTeachers	Business-men	Beauro-crates	Law-yers	Policeservices	M.D.	C.D.
58.02	38.57							19.45*	1.3573
58.02		78.01						19.99*	
58.02			59.18					1.16	
58.02				24.84				33.018*	
58.02					58.42			0.4	
58.02						38.1		19.52*	
58.02							57.58	0.44	
	38.57	78.01						39.44*	
	38.57		59.18					20.61*	
	38.57			24.84				13.73*	
	38.57				58.42			19.85*	
	38.57					38.1		0.47	
	38.57						57.58	19.01*	
		78.01	59.18					18.83*	
		78.01		24.84				53.17*	
		78.01			58.42			19.59*	

		78.01				38.1		39.91*	
		78.01					57.58	20.43*	
			59.18	24.84				34.54*	
			59.18		58.42			0.76	
			59.18			38.1		21.08*	
			59.18				57.58	16*	
				24.84	58.42			33.58*	
				24.84		38.1		13.26*	
				24.84			57.58	32.74*	
					58.42	38.1		20.32*	
					58.42		57.58	0.84	
						38.1	57.58	19.48*	

*Significant at .05 level.

It is evident from table --15.1 that mean differences of different profession in relation to Stress Control Assessment was found to be significant between Doctors and Engineers, Doctors and School Teachers, Teachers, Doctors and Businessman, Doctors and Lawyers, Engineers and School Teachers, Engineers and College/University Teachers, Engineers and Businessman, Engineers and Beaurocrates, Engineers and Police services, School Teachers and College/University Teachers, School Teachers and Businessman, School Teachers and Beaurocrates, School Teachers and Lawyers, School Teachers and Police services, College/University Teachers and Businessman, College/University Teachers and Lawyers, College/University Teachers and Police services, Businessman and Beaurocrates, Businessman and Lawyers, Businessman and Police services, Beaurocrates and Lawyers, Lawyers and Police services at .05 level of confidence. Mean differences of different profession in relation to Stress Control Assessment was found to be insignificant between Doctors and College/University, Doctors and Beaurocrates, Doctors and Police services, Engineers and and Lawyers, College/University Teachers and Beaurocrates, Beaurocrates and Police services at .05 level of confidence.

To observe the difference among the individuals belonging to different professions on their selected Life Style Assessment Contents, the analysis of variance was adopted and data pertaining to these have been presented in table II and III.

Discussion

he analysis of data reveals that there were significant difference in Stress control assessment among the different profession individual as calculated F (1132.024) were greater than the tabulated F (2.02) respectively. After applying post hoc test as shown in table III it was found that there was significant difference among different professions individuals. As school teacher has the highest mean value (78.01). The significant differences in stress control assessment in various Professions individuals were probably due to the different nature of mental training and prerequisites components for the individual. Such results may also be due to change in climatic conditions, nature of job and may be due to the work pressure.

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