Bullying/Stress/Violence

CORRELATES OF WORKPLACE STRESS AMONG EMPLOYEES OF PUNJAB UNIVERSITY

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Introduction Workplace stress is an important occupational health problems relatively under explored. With growing stressful conditions and job insecurities, it is imperative to conduct such studies.

Methods The study included 606 professional workers of Panjab University by convenience sampling.

Result Study included 290 (47.9%) males and 316 (52.1%) females mostly married and 253 (41.7%) were contractual employees. There were 283 (46.7%) teaching staff and remaining 323 (53.3%) regular staff included in the survey. Only 418 (69.0%) respondents strongly felt able to concentrate in their work and only 326 (53.8%) of respondents felt capable of making decisions. Only 380 (62.7%) strongly felt happy and 364 (60.1%) strong felt that they were able to sleep well. Only 45 (7.4%) employees felt stressful work conditions and 109 (18.0%) felt they were not allowed freedom to take initiatives in their work. More than 32% respondents felt job insecurity and 40.4% felt worries about their career advancements. Health conditions were strongly reported to be good by 323 (53.3%) respondents. Only 165 (27.2%) respondents strongly disagreed that their job was too demanding and 288 (47.5%) disagreed that their working hours were excessive. About 9% of respondents often struggled with uncertainly about their respective role and responsibilities. There were 266 (43.9%) respondents strongly disagreed that changes were not accompanied by appropriate support and training.

Conclusions Working environment of University professionals had workplace conflicts with poor health conditions. Under reporting in stressful conditions requires further in-depth studies in different sub groups to explore the truth. There is an urgent need for encouraging employees to take initiatives and for better co-ordination at work. Efforts should be made to prevent stressful workplace conditions; reducing feelings of isolation and make them part of decision making process by the competent authority.

Carcinogens/Cancer

RISK FACTOR ASSESSMENT AND SCREENING FOR ORAL NEOPLASIA AMONG MANUAL LABOURERS RESIDING IN MUMBAI

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Introduction Around 94% of India’s working population is part of unorganized employment sector. This sector includes agricultural Labourers, domestic workers, barbers, vegetable/fruit vendors etc. Workload in this sector is sometimes burdensome and other times very light and minimal. Many consume tobacco and are at risk of oral cavity cancers.

Objectives To assess risk factor exposure, create awareness regarding harmful effects of tobacco and conduct screening for oral cavity cancers.
Methods This community based programme was conducted in BMC wards A and P-North. Eligible participants were enumerated by done to door survey and informed consent obtained. This was followed by sociodemographic and risk factor assessment and invitation for health education sessions. Screening for oral cavity cancers was conducted by trained primary health workers by Oral Visual Inspection. Screen positives were referred to Nodal Hospital.

Results 256 manual workers were enrolled amongst whom 158 (61.7%) were males and 98 (38.3%) were females. The mean age was 39.665 ± 14.028 years. 247 (96.5%) were tobacco users, 113 (44.1%) alcohol users and 247 both tobacco and alcohol users. 53 (14.1%) used smoking forms. Cigarette smoking was most common [36 (67.9%)] followed by Ganja (marijuana) [6 (11.3%)]. 215 (84.0%) consumed smokeless tobacco (SLT). Among 118 (54.9%) male SLT users 74 (62.7%) chewed tobacco followed by Gutka [63 (53.4%)], 97 (99.0%) enrolled women were tobacco users. 59 (60.8%) used masher and 35 (36.1%) chewed tobacco. Main reasons for initiation of tobacco were peer pressure and for time pass. All 256 participants were screened for oral cavity cancers, amongst whom 27 (10.5%) were screen positive and 23 (85.2%) oral pre-cancers were diagnosed. They are now availing treatment at nodal hospital.

Conclusions Prevalence of tobacco use is high among manual labourers. Health awareness, tobacco cessation and control programmes and oral cancer screening should be targeted for this population.

Musculoskeletal disorders

Introduction Present study was conducted on loco pilots of WAP 7 a high-speed locomotive, that pulls superfast trains of Indian Railway. Their job is highly attentive along with performing complex and repetitive tasks to drive the train. Loco pilots respond to control panels based on external signals. Arrangement of control panel in the existing WAP 7 locomotive led accessibility issues among the pilots causing Musculoskeletal disorder (MSD) from postural stress. This study is focused on the identification of the factors responsible for the development of MSD and how design intervention could be effective.

Methods Operation-subsystem-matrix analysis was performed among 39 loco pilots while driving WAP 7 locomotive for evaluating frequency and sequence of operation of existing control panel. A modified Nordic questionnaire was performed to evaluate body discomfort. Further, anthropometric