Critical Analysis on Health Issues of IT Sector Employees and Its Preventive Management

Dr. Prachi Prabhukhanolkar

M. S (Prasuti Tantra Evam Stree Roga), Ph. D Scholar and Assistant Professor, Prasuti tantra Stri Roga Department
R. A. Podar Hospital, Worli, Mumbai – 18, Maharashtra, India

Abstract: *Stress is high in software profession because of their nature of work, target, achievements, night shift, over work load. Information Technology (IT) industry in India has got a tremendous boost due to globalization of Indian economy and favorable government policies. IT and IT related professionals are at a constant pressure to deliver services efficiently and have to be cost effective. "Job stress can be defined as the harmful physical and emotional responses that occur when the requirements of the job do not match the capabilities, resources or needs of the worker. Job stress can lead to poor health and beauty injury. Employees working in IT industry are prone to develop a lot of health and beauty problems due to continuous physical and mental stress of their work. Diseases are either induced, sustained or exacerbated by stress. The common health problem due to stress are acid peptic disease, alcoholism, asthma, diabetes, fatigue, tension headache, hypertension, insomnia, irritable bowel syndrome, psychoneurosis, sexual dysfunction and skin diseases such as psoriasis, lichen planus, urticaria, pruritus, neurodermatitis etc. Health is wealth in our ayurvedic ancient science and beauty of IT sector employees is also gets disturbed due to stressful life and heavy workloads. Common beauty issue found are dark circles under eyes, wrinkles on face, oily skin and lack of lustre of the skin.*

Keywords: Information technology, Stress, Ayurveda, Yoga
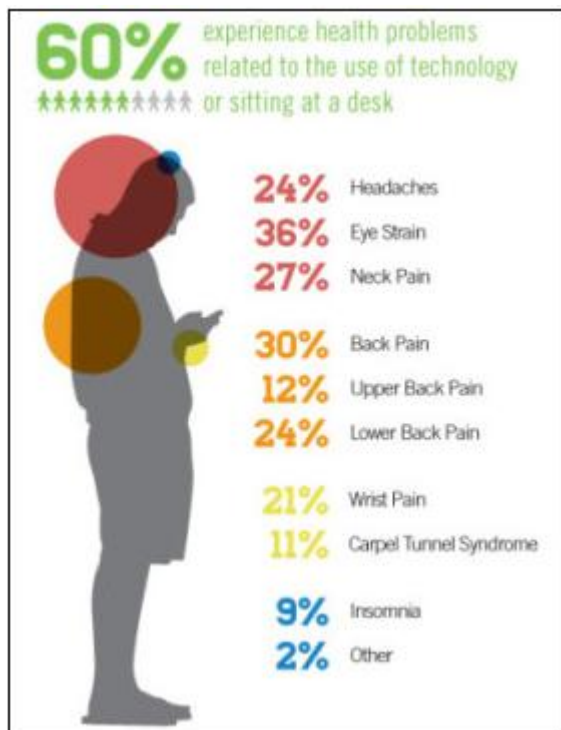
1. Introduction

- Globalization and privatization have brought new work relationships, job insecurity, insecurity regarding future working conditions and rapid obsolescence of skills are causes of stress.
- IT industry has become one of the fastest growing industries in India. Strong demand over the past few years has placed India among the fastest growing IT markets in Asia - Pacific region.
- The reason for choosing particularly IT and ITES employees is that the level of stress these employees face is comparatively higher than other employees. Any kind of a job has targets, and an employee becomes stressed when he or she is allotted with unachievable targets and are unable to manage a given situation. Thus, the main aim of this article is to bring to limelight the level of stress with IT.

"Ayurveda" is the ancient medical science from India which covers all aspects of life including beauty. In India beauty is considered a blessing from God and it is our duty to keep our bodies and mind healthy and beautiful. Ayurveda believes that beauty is not just skin deep but comes from within too.

Pathophysiology
- The biological mechanisms remain unclear. The pathophysiological mechanisms involve direct neuroendocrine effects and indirect effects mediated by adverse health behaviors.
- The metabolic syndrome is a cluster of risk factors that increases the risk of heart disease and type 2 diabetes. Characteristics of the metabolic syndrome are abdominal obesity, atherogenic dyslipidemia (raised triglycerides, small low - density lipoprotein particles, and low concentrations of high - density lipoprotein cholesterol), high blood pressure (BP), insulin resistance (with or without glucose intolerance), and prothrombotic and pro - inflammatory states.
- On personal beauty it has deleterious effects due to excessive stress and anxiety during work hours and it leads to insomnia, depression, dark circles under eyes, wrinkles on face, loose facial skin. Hence health and beauty of IT sector employees gets suffered due to excessive stress and anxiety.

Stages of work stress
According to Pestonjee (1992) work stress progresses through a series of five stages.

a) The honeymoon stage:
Euphoric feeling if excitement, enthusiasm, challenges and pride on getting a new job. Dysfunctional processes include the depletion of energy reserves in coping and adapting to the new environment.

b) The full throttle stage:
Going full swing leads to a depletion of resources. Other symptoms include dissatisfaction, sleep disturbances, overeating, drinking or smoking.

c) The chronic symptom stage:
Development of chronic symptoms like physical illness, anger and depression.

d) The crisis stage:
Persistence of symptoms leads to disease, chronic backache, headache, high BP, insomnia, etc., would develop.

e) Hitting the wall stage:
No person can continue under strain for too long and one may reach the end of one's professional career. Burnout stress syndrome takes over.

f) The opposite stage:
Rust our stress syndrome occurs under extreme hypo stress. This is likely to occur when the gap between one' capabilities and environmental demands becomes too wide.

Common health issues and its prevention

1) Lower back pain
It is most common problem suffered by IT professional in day to day work. Almost 80% IT professionals who work for more than 8 hours continuously in front of computer develop such a symptom commonly. This is due to excessive stress on bony joints and cartilages which leads to lower back pain. This problem occurs due to wrong posture of sitting and not taking breaks in between the work hours.

Prevention
- Maintains of right posture - back should be straight and take back support during work.
- Maintains good position of sitting arrangements.
- After every 20 - 30 minutes, take break of 10 - 20 seconds.
- Deep breathing exercises with anuloma and viloma.
- At night, massage backbones with warm oil every day.

2) Carpel tunnel syndrome
It is the condition in which median nerve which passes through wrist, gets compressed due to constant and restricted handy movements of wrist joints. It occurs due to repetitive work for hours such as continuous typing on keyboard. Symptoms seen as numbness and tingling sensation of thumb, index and middle finger and painful nights which leads to weakness of hand.

Work pattern of IT sector employees
- Techno - stress is the word used to explain the phenomenon of stress arising due to the usage of computers. It is a modern disease of adaptation caused by the inability to cope with new computer technologies in a healthy manner.
- Transduction is the translation of emotional distress to physiological change and then to a physical symptom. Complex autoimmune, humeral and neuromuscular mechanisms mediate this reaction, and may itself affect the environment by a social response that may yield a positive or a negative response.
- Effects of stress on beauty and body are due to increased sympathetic nervous system activity and increased secretion of adrenaline, cortisol and other stress hormones. Job stress occurs in response to both workplace and employee factors, but the characteristics of the workplace likely play the primary role. Job stress can be defined as the harmful physical and emotional responses that occur when the requirements of the job do not match the capabilities, resources or needs of the worker. Job stress can lead to impair health and beauty injury.

Prevention
- Frequent stretching of wrist joints.
- Bending of wrist joints.
- Adjust the level of keyboard that it will be comfortable for typing work.
- Take intermediate breaks from work for relaxation.

3) Heart disease
It consists of bunch of disease which includes elevated blood sugar levels, increased blood pressure, excessive body fat around waist and thies and elevated blood cholesterol levels. It increases the risk of obesity and cardiovascular disease which could be fatal.

Prevention
- Avoid sitting for long duration.
- After sitting for 2 - 3 hours, get up once for relaxation.
- Avoid use of lifts, make use of stairs for work.
- Take a short walk around office in between break.
- After finishing work, try to have physical mobilization.

4) Insomnia
It is known as difficulty in sleeping at night. It is most common problem suffered by most of IT professional's day to day. It commonly occurs in night or shift duty workers as their normal sleep rhythm gets disturbed and day time sleep is inadequate. Staring at bright light of laptop or mobile at night leads to develop chronic insomnia at very early life.

Prevention
- Get at - least 6 to 8 hours undisturbed sleep at night
- Switch off laptop or mobile phone, once get back to sleep
- Use dim light for work if necessary at night
- Drink 1 cup of milk mixed with 2 teaspoon of sugar at night
- Apply oil massage to head and upper body parts frequently.

5) Anxiety and stressful personal relationships
Targets and deadlines at workplace which often leads to stressful environment to IT professionals. Heavy workloads make the most of professional to work for 18 to 20 hours a day. IT professionals who are addicted to internet develop chronic depression and anxiety. Depression affect quality of life and also it is a negative impact on personal relationships with family and friends.

Prevention
- Limit the work at office, do not bring office work at home.
- Limit the use of internet continuously.
- Daily exercise in free time successfully wave off all depression eg. swimming, running, cycling
- Development of any hobbies leads to relaxation of mind and body eg. painting, drawing, writing.

6) Dark circles and wrinkles -
IT sector employees works in shift duties of morning, evening and night. Because of those continual shifts and stressful life - style it has its deleterious effects on their health and beauty of body. Excessive work liabilities and stressful situations cause dark circles under eyes, wrinkles on the skin, loose facial skin and brightness of skin is lost more commonly.

Prevention
- Drink adequate amounts of water of deep tissue hydration about 6to 8 litre every day.
- Drink turmeric and Luke warm milk for skin lightening.
- Apply oil massage to facial muscles for strength and tightness to muscle.
- Avoid eating of spicy, oily and fried foods for skin.
- Sleep adequate for 6 to 8 hours daily without disturbances at night.

Role of yoga and meditation on health and beauty of IT professional

- Pranayam and deep breathing exercises have been very effective to cure stress and anxiety of mind.
- It gives deep indeed relaxation to every single cell of tissue.
- It helps to rejuvenate body metabolism through oxygen supply to deep penetration in cells.
- It gives effective nutrition and deep penetration to every cell of body and gives glowing skin.
- Omkar chanting for 20 minute daily in morning have excellent effect on relaxation.
- Oxygenation to deep tissue prevents beauty issues of IT sector employees.
- Pranayam and Omkar chanting is effective remedy for aging of facial skin and wrinkles on the skin.
- It helps to rejuvenate tissue and gives natural brightness to skin.
- Oil massage to skin with kumkumadi taila, improve blood circulation in facial skin and help in reducing dark circles under eyes effectively.
- Health and beauty come with hand in hand hence healthy lifestyle modifications ensures beauty of IT sector employees.

Role of Ayurveda for health and beauty of IT sector employees

- Being healthy, feeling and looking beautiful, in Ayurveda, is based on freeing your body from "Ama" or toxins.
- Getting rid of this toxin means that your digestive fire (Agni) is strong. A strong Agni helps to restore nutrition at a cellular level thereby aiding good health and natural beauty from within.
- Ayurveda is the ancient medical science from India which covers all aspects of life including beauty. In India, beauty is considered a blessing from God and it is our duty to keep our bodies and mind healthy and beautiful.
- Ayurveda believes that beauty is not just skin deep but comes from within too. For a long time Ayurvedic remedies have been used in India to brighten eyes, clear the skin and strengthen hair. Anti - aging Ayurvedic treatments are very popular and are aimed at looking and feeling younger and leading long and rejuvenated life.

Healthy dietary habits

Do's	Don't
Green leafy vegetables	Bakery products (bread, toast, khari, biscuit)
Cow ghee daily 4 tablespoon	Fried food (vada, samosa)
Cow milk with sugar and turmeric	Fermented food (idli, dosa)
All seasonal fruits (bananas, apples, papaya, guava, kiwi)	Baked food (cakes, pastry, buns)
Dry fruits (cashews, pistachios, almonds)	Fast food (burger, pasta, pizza)
Beetroot, carrots and cucumber	Sour food (curd, tamarind)
Jaggery, flaxseeds, peanuts	Spicy food (Chinese, schezwan)
Butter milk daily	Cold beverage (ice cream, cold drinks)
Eggs, chicken soup	Packed food (lays, chips)

2. Conclusion

Most of the health and beauty problems suffered by IT sector employees are due to excessive workload and stressful lifestyle adaptations. One thing that comes out clearly is the fact that the nature of the jobs that employees do in front of their computers exposes them to various occupational health hazards which sometime, maybe taken for granted, but do have long time effects including but not limited to physical impairments, obesity, cardiovascular related problems, depression and mental problems.

It is therefore imperative to take the initiative both as an individual and as department or employers to embrace practices that encourage wellbeing and mitigate the occupational health and beauty problems that the IT workers and employees are exposed to at work. In general, even some small exercises and yoga - meditation can help a lot against a rising health and beauty problems. Even going to a

gym regularly can make muscle relax and keep you healthy. It is advisable to take help our ancient science of yoga and meditation for cure and prevention of any clinical morbidity. Ayurveda is an ancient science of life helps to rejuvenate health and beauty of IT professionals at its best preventive management.

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