

Job Strain and Health Problems among Tailors

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Abstract: *The Present study aimed to assess the job strain and health problems among tailors. the study sample comprised 160 tailors in Lucknow District. Self made questionnaire assess of job strain and health related problems. The results shows that the majority of shop based tailors had high level of job strain in comparison to home based tailors. tailors feel high job strain. Health related problems equally majority of the home based and shop based tailors had vision related problem, respiratory problems and skin related problems. as they were exposed to high level of repetitive task and stitching. It was concluded that majority of the tailors reported high job strain. faced by them may be reduced through proper training programmes, well designed stitching equipment and electronic sewing machine.*

Keywords: job strain, health problem, tailors

1. Introduction

Occupational stress is a dynamic condition in which an individual is confronted with opportunities constraints and/or demands related to what the individual desires and from which the outcome is perceived to be uncertain and important in relation to its employment (Mezey G and Robbins I, 2001). Job stress can lead to poor health and even injury. Stressors at job that may lead to stress are workload, working condition, interpersonal relationships and environmental conditions (CDC, 1999).

Tailoring is a kind of occupation which comes under unorganized sector. A variety of factors contribute to workplace stress such as negative workload, isolation, extensive hours worked, toxic work environments, lack of autonomy, difficult relationships among co-workers and harassment and lack of opportunities or motivation to advancement in one's skill level. From the documented evidence, it is clear that as far as work life is concerned extreme stress

Job strain refers to the physical and psychological hardships that go along with a job when a worker has inadequate power to respond to the demands and expectations imposed upon her. Job strain takes many forms. Some workers get stressed because they have to wake up early every day to get to work on time or they face a difficult commute. Oftentimes, workers have troublesome relationships with their coworkers or owner. Occasionally workers experience job strain because their jobs are physically grueling. In every case, the common thread is a sense on the worker's part that he must repeatedly do something stressful to him and that he has no power to change it. Job strain differs from the concept of occupational hazards, which consist of objectively dangerous aspects of a job that may be stressful. The tailors are under pressure to keep up with the production demands, working long hour, at night and overtime. To achieve production targets, the tailors usually operate machinery continuously at one specified place. The tailors work as seamstresses operating sewing machines, scissors and ironers. The effects of long work- hour and monotonous,

stressful work can be deleterious to both mental and physical health.

With modern technology, many hazardous exposure at work have been reduced. The work load and the intensity of activity are the ergonomic factors that largely determine the effects of the work environment on health. Harmful effects at work may not necessarily occur simultaneously, but may consecutive or intermittent. Evaluation of the adverse health effects of long term exposure to low level harmful factors at work is currently the most pressing problem in occupational health. The adverse effects are defined by a WHO.

2. The Purpose of the Study

- 1) To assess the Perception of job strain among the respondent according to their type of work.
- 2) To study the Health problems among the respondents.

Hypothesis

H1: There is no significant difference in job strain among home based and shop based tailors.

H2: There is no significant difference in health problems among home based and shop based tailors.

Methodology

In order to assess the level of job strain, statistical techniques such as mean and standard deviation and chi square were used. Lucknow district was purposively selected for the study. The sample was selected using multistage random sampling technique totally to 160 tailors from various areas of study.

3. Research Findings

Table 1: Perception of job strain among the respondent according to their type of work

Level of job strain	Home based (N=80)	Shop based(N=80)
High (94-120)	4(5.0)	58 (72.5)
Medium (67-93)	72 (90)	19 (23.75)
Low (40-66)	04 (5.0)	03 (3.75)

(figures in parenthesis indicate percentage)

$\chi^2 = 34.82$ (p value=0.00)

The job strain among the respondents was assessed as according to the users perception. Highly significant differences was observed among the home based and shop based tailors with a χ^2 value of 34.82.

It can be noted that, majority (72.5%) of the shop based tailors perceived high job strain in comparison to only 5 percent of home based tailors. this may be due to the reason

that home based tailors work from home by adjusting their time and place according to their comfort, which may not be the case of shop based tailors, who work in odd circumstances. It may also be seen that ninety percent of home based tailors perceive moderate job strain in comparison to (23.75 %) of shop based tailors. The result clearly indicate tailoring job as a very strenuous activity and tailors undergo severe strain during work.

Table 2: Perception of the job strain among the respondent according to their type of work

Testing of hypothesis-

HO: There is no significant difference in job strain among home based and shop based tailors.

Job strain	Home based		Shop based		t value	P value
	Mean	SD	Mean	SD		
Enjoy the work I am doing.	1.20	0.403	1.79	0.896	5.3**	0.00
Do tailoring as it is my livelihood.	2.40	0.851	1.71	0.944	4.8**	0.00
This work enhanced my social status.	2.18	0.911	1.59	0.867	4.1**	0.00
Get ample opportunity to develop my aptitude and proficiency properly.	2.25	0.893	1.56	0.824	5.0	0.00
Working conditions are satisfactory here from the point of our health condition.	2.11	0.871	1.90	0.866	1.5	0.12
Get tired working for long hour.	2.44	0.691	2.63	0.603	1.8	0.06
Tailoring is a very strenuous work.	2.26	0.725	2.50	0.746	2.0	0.04
Feel acute pain in my lower limbs due to my work.	2.14	0.670	2.31	0.756	1.5	0.12
My backs ache due to lack of support.	2.00	0.811	2.10	0.836	0.76	0.44
Become very difficult sitting on a hard a hard surface stool.	1.74	0.868	1.89	0.886	1.0	0.28
My work place is very conjusted.	1.69	0.880	1.68	0.868	0.09	0.92
There is no proper lighting at my work place.	1.68	0.897	1.58	0.854	0.72	0.47
Don't get proper rest due to my work.	1.89	0.795	2.06	0.891	1.3	0.19
Get hurt while I cut the clothes.	1.21	0.495	1.20	0.537	0.15	0.87
Am not satisfied with the work I am doing.	1.46	0.711	1.60	0.836	1.1	0.26
I get very busy during festival,season.	2.63	0.644	2.73	0.616	1.0	0.31
My owner do not let me proper rest.	1.54	0.728	1.58	0.808	0.30	0.75
Modern dress styling makes me confused.	2.14	0.807	2.04	0.834	0.77	0.44
Multi lingual customer's instruction is difficult to understand.	2.03	0.763	1.99	0.803	0.30	0.76
Feel embarrassed when not complete task on time.	2.06	0.623	2.29	0.732	2.0*	0.03
Improper management of staff makes work burden.	1.83	0.725	2.15	0.873	2.5*	0.01
Sudden disorders of equipment extend delivery date of task.	2.51	0.636	2.53	0.729	0.11	0.90
Get disappointed when owner doesn't pay my expectation.	1.56	0.744	1.68	0.883	0.87	0.38
Get depressed and frustrated due cross instruction of both customer&owner.	2.05	0.673	2.13	0.718	0.68	0.49
Get very busy during festival so unable take food properly.	2.35	0.658	2.29	0.750	0.56	0.57
Owing to excessive work load I have to manage with insufficient number of employees and resources.	2.09	0.732	2.30	0.719	1.8	0.06
Feel embarrassed and depressed when customer complained.	1.95	0.727	2.06	0.847	0.90	0.36
Do my work under tense circumstances.	1.74	0.791	1.94	0.919	1.47	0.14
My works are of monotonous nature.	2.28	0.729	2.33	0.854	0.39	0.69
Some of my customer and coworkers try to defame and malign me as unsuccessful.	1.64	0.767	1.44	0.70	1.7	0.08
Feel depressed due to my work.	1.76	0.846	2.1	0.80	2.5**	0.01
Am unable to carry out my satisfaction on account of excessive load of work and lack of time.	2.35	0.731	2.6	0.64	2.4**	0.01
Feel anxious about the final custume.	1.46	.745	1.41	0.70	0.43	0.66
I feel irritation and redness in the eyes during working condition.	2.09	0.83	2.40	0.80	2.4**	0.01
Summer season is not comfortable to work.	2.63	0.66	2.81	0.53	1.9*	0.05
Skin and nails remain hard and unsmooth during work period.	2.13	0.87	2.19	0.90	0.44	0.65
I am not able to sleep well after work.	1.78	0.85	1.88	0.91	0.71	0.47
I have to dispose of my work hurriedly owing to excessive to work load.	2.25	0.72	2.38	0.78	1.0	0.29
Being too busy with stitching work I am not able to devote sufficient time to my domestic and personal problem.	1.75	0.72	1.78	0.87	0.19	0.84
Some of my work quite risky and complicated.	2.36	0.75	2.53	0.69	1.4	0.15

From the data it is evident that significant differences are seen among home based and shop based tailors with mean values of shop based tailors more in comparison to home based tailors indicating tailoring as livelihood ($\mu=40$) and they enjoy doing the same ($\mu=1.79$) the home based tailors

felt that the work has enhanced their social status. The shop based ($\mu=2.18$ & 1.59). the shop based tailors feel more committed and embarrassed, when they are not able to complete task on time and due to improper management of staff, the burden of the work will be more the due to work

feel depressed and unable to easy out up to the satisfaction an account of excessive load of work and lack of time. Home based tailors feel irritation and redness in eyes and they do not feel comfortable to work during summer season.

The above table explains the job strain of tailors who work in different places. The above table depicts significant differences in job strain of tailors according to their work place because of their working pattern and working condition. Job strain encountered by tailors was assessed and presented in the table above. It can be deduced from the data ($\mu=1.20$) home based tailors enjoy their work in comparison to ($\mu=1.79$) shop based tailors, it may be seen from the data ($\mu=2.40$) that home based tailors had tailoring as it is livelihood in comparison to ($\mu=1.71$) shop based tailors.

It may also be noted that home based tailor ($\mu=2.44$) get tired working for long hour in comparison to shop based tailors($\mu=2.63$). it may also be noted that home based tailors($\mu=2.26$) feel tailoring very strenuous work in comparison to shop based tailors($\mu=2.50$). it may also be seen that home based tailors($\mu=2.14$) feel acute pain in lower limb due to work in comparison to shop based tailors($\mu=2.31$).

It may be seen that home based tailors ($\mu=2.0$) back ache and lack of support in comparison to shop based tailors ($\mu=2.10$). it may also be noted that home based tailors($\mu=1.74$) become very difficult sitting on a hard surface stool in comparison to shop based tailors($\mu=1.89$). All most equal number home based and shop based tailors had work place which is very conjusted. It may also be noted that home based tailors ($\mu=1.68$) have no proper lighting at work place in comparison to shop based tailors($\mu=1.58$). it may be depicted that home based tailors($\mu=1.89$) don't get proper rest due to work in comparison to shop based tailors($\mu=2.06$).

It may be seen that all most equal value that and home based($\mu=1.21$) and shop based tailors($\mu=1.20$) get hurt while cut the clothes. It may also be noted that home based tailor

($\mu=1.46$) not satisfied with the work in comparison to shop based tailors($\mu=1.60$). it may be seen that home based tailor($\mu=2.63$) get very busy during festival in comparison to shop based tailors($\mu=2.73$).

It may also be noted that home based tailor ($\mu=1.54$) had owner do not let take proper rest in comparison to shop based tailors($\mu=1.58$). It may be seen that home based tailors ($\mu=2.14$) confused in making modern dress patterns is and also due to multi lingual customer instruction in comparison to shop based tailors ($\mu=2.04$).

It may be seen that of home based tailors ($\mu=1.56$) get disappointed when owner doesn't pay to their expectations in comparison to shop based tailors ($\mu=1.68$). It may also be seen that home based tailors($\mu=2.05$) get depressed and frustrated due to cross instruction of both customer and owner in comparison to shop based tailors($\mu=2.13$).

It may also be noted that home based tailor ($\mu=2.35$) get very busy so unable take food properly in comparison to shop based tailors($\mu=2.29$). It may also be noted that home based tailor ($\mu=2.09$) owing excessive work load to manage with insufficient number of employees and resources in comparison to shop based tailors($\mu=2.30$).

It may also be seen that home based taiors ($\mu=2.25$) to dispose of my work hurriedly owing to excessive to work load in comparison to shop based tailors($\mu=.720$). It may also be seen that ($\mu=1.75$) home based tailors too busy with stitching work I am not able to devote sufficient time my domestic and personal problem in comparison to (.720). It may also be seen that ($\mu=2.36$) home based tailors some of my work are quite risky and complicated in comparison to ($\mu=.629$) shop based tailors.

4. Assessment of Health problems among the Respondents

Table 3: Assessment of Health problems encountered by the tailors of their place of work

Health problems	Home Based		Shop Based	
	M	F	M	F
(a)Respiratory	(N=40)	(N=40)	(N=40)	(N=40)
Wheezing	9(22.5)	2(5.0)	4(10.0)	3(7.5)
Wheezing and breathlessness	5(12.5)	14(35.0)	10(25.0)	15(37.5)
Tightness in chest	15(37.5)	12(30.0)	11(27.5)	13(32.5)
Asthma	11(27.5)	12(30.0)	15(37.5)	9(22.5)
(b)Head related problem	(N=40)	(N=40)	(N=40)	(N=40)
Headache	5(12.5)	3(7.5)	7(17.5)	8(20.0)
Migraine	7(17.5)	5(12.5)	4(10.0)	6(15.0)
Tension	28(70.0)	32(80.0)	29(72.5)	26(65.0)
(c)vision related problems	(N=40)	(N=40)	(N=40)	(N=40)
Problem in Concentrating	10(25.0)	6(15.0)	3(7.5)	4(10.0)
Problem seeing nearer objects.	3(7.5)	7(17.5)	6(15.0)	3(7.5)
Problem Seeing for objects.	18(45.0)	12(30.0)	12(30.0)	13(32.5)
Blurred vision	5(12.5)	10(25.0)	13(32.5)	11(27.5)
Running eyes	1(2.5)	2(5.0)	-	2(5.0)
Irritation in eyes	3(7.5)	3(7.5)	6(15.0)	7(17.5)
(d)Skin related problems	(N=40)	(N=40)	(N=40)	(N=40)
Rashes	24(60.0)	25(62.5)	20(50.0)	28(70.0)
Lesions	4(10.0)	-	3(7.5)	3(7.5)

Infection	12(30.0)	14(35.0)	11(27.5)	9(22.5)
Scalp	-	1(2.5)	6(15.0)	-
(e)Other related health problems	(N=40)	(N=40)	(N=40)	(N=40)
Nausea and vomiting	1(2.5)	1(2.5)	3(7.5)	1(2.5)
Stomach ache/ulcers	24(60.0)	16(40.0)	12(30.0)	10(25.0)
Pain in joints	15(37.5)	20(50.0)	25(62.5)	24(8.0)
Anemia	-	3 (7.5)	-	5(12.5)

(Figures in parenthesis indicated percentage)

Health related encountered by tailors was assessed and presented in the table above It can be deduced from the data that (22.5%) home based tailors had wheezing problem in comparison to only (10%) shop based tailors. Equal percentage of female home based tailors and shop based tailor has problem of wheezing and breathlessness. Majority (37.5%) of the male home based tailors had tension equivalent to shop based male tailors (27.5%).

It may also be noted that majority of(45.0%) male home based tailors has problem seeing for the object in comparison to (25%) home based tailors has problem in concentrating and running eyes.

It may be seen that majority (60%and 62.5%) of home based tailors male and female tailor problem of rashes.(70%) of shop based female tailors has problem of rashes in comparison to (50%) male home based tailors. Stomach ache/ulcer the reported by (60%) of male home based tailors in comparison to (30%) shop based tailors whereas (40%) female home based tailors were the problem of stomach ache in comparison to only (50%) of female home based tailors has reported in pain in joint in comparison only (30%) home based tailors. All most equal (55% and 57.5%) equal male and female shop based tailors reported pain in joints. Only few home based female tailors (7.5%) and shop based female tailors reported (12.5%) anemia.

5. Conclusion

Job strain of the respondent is different from individual to individual. Majority of shop based tailors had a high level job strain. It can be noted that, majority of the shop based tailors (72.5%) perceived high job strain in comparison to only of home based tailors(5%). this may be due to the reason that home based tailors work from home by adjusting their time and place according to their comfort, which may not be the case of shop based tailors who work in odd circumstances. The result clearly indicate tailoring job as a very strenuous activity and tailors undergo severe strain during work.

Tailors work in poor working environment, overwork, job insecurity, lack of opportunities. Tailors face many health related problems like Headache, vision related problems, pain in joint, wheezing problems, tension, stomach ache/ulcer, and anemia. Majority of the tailors face health problems because they work continuously and take minimum breaks during work. Tailoring involves monotonous, highly repetitive task which are performed in a sitting working posture and need due concentration, obviously puts continuous strain and stress on selected muscles and bones of the tailors. exercise to relieve their fatigue maybe taught to the tailors through training

programmes. The stress work be overcome through proper work rest schedules.

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