A RESEARCH SURVEY ON THE EFFECT OF WORKING ENVIRONMENT AND PRESENT LIFE STYLE ON WOMEN’S HEALTH

Geetha Viswanathan1, Anita Raghavendra2, G Asha2, Jaya Garg2, Supraja V2, Yasmin Sayed2 and Guruprasad*3

1Research Guide, Durga Femto Technologies and Research (DFTR), Bangalore.
2Research Scholar, Durga Femto Technologies and Research (DFTR), Bangalore.
3Scientific Director, Durga Femto Technologies and Research (DFTR), Bangalore.

ABSTRACT
The incredible urbanization has brought about many changes in various spheres of urban life especially in female life married or unmarried, working or non-working; like physical, social, emotional and cultural aspects. This study investigates to identify work and lifestyle factors associated with excess metabolic levels at work among men and women, which includes family background, education, nutrition & addiction, urbanization, exposure to electronic gadgets, physical health status & maintenance, sexual & fertility related issue, clothing, and emotional health. As a result of conducting study on lifestyle of women in present society, who is exposed to all kinds of electronic gadgets; this review concludes that it creates many disadvantages to their health-both mentally and physically.

KEYWORDS: Electronic gadgets, Urbanization, Sexual & Fertility issue.

INTRODUCTION
Today’s women is expected to outperform their male counterparts at every stages of their lives, be it in early childhood, pre-school, primary school, high school college or university along with keeping pace with social and family life. They are expected to learn and exhibit all sorts of talents at all ages at a greater degree. It is known and established factor that physical and hormonal development of female is faster than male counterparts and so is the...
ability to learn a new discipline or a talent or a subject. In spite of that she is stressed out and not emotionally happy at most time.\textsuperscript{[2]}

At the same time modern or city or urban life has definitely impacted our behaviour and values and how do we conduct ourselves in different environment. This tremendous fast urbanization has brought about many changes in various spheres of urban life- especially in female life- married or unmarried\textsuperscript{[3]}, working or non-working; like physical, social, emotional and cultural aspects. Research survey we have undertaken to study the current working life on the health of a female.

**Family Background**

Family is a biggest support system an individual can have. It’s like an imaginary axis around which all family members revolves. If no axis to revolve member becomes disoriented and do not have set pattern in life and seldom finds a purpose in life. The changing status and the role of women in the present times have also brought about changes in the family structure. With the industrial development, her role is not only confined to the four walls of the house, but also she has to go out and work.\textsuperscript{[4]} This change has brought about changes in the relationship between husband and wife—they are now more of companion, friends and competitors at the same time.

**Education**

In a developed society education is the basic right of an individual and more so of a female\textsuperscript{5}. Any nation can prosper and gets developed only with the united efforts of men and women. With the development of mankind it is widely understood that if we educate a male – only one individual is educated but if we educate a female whole family is educated. In ancient time female education was neglected. People thought that educating female can take a back seat since their primary job and qualification is giving birth to next generation; look after them and their household and entertainment. For such works education is not necessary, merely practicing that job will perfect them. Societies have found out that educating female has improved economic & health conditions of their entire communities. Despite progress in recent years, girls continue to suffer severe disadvantage and exclusion in education systems throughout their lives. Furthermore, many countries will still not have reached gender parity. Girls’ education is both an intrinsic right and a critical lever to reaching other development objectives.\textsuperscript{[6]} Providing girls with an education helps break the cycle of poverty: educated women are less likely to marry early and against their will; less
likely to die in childbirth; more likely to have healthy babies; and are more likely to send their children to school. When all children have access to a quality education rooted in human rights and gender equality, it creates a ripple effect of opportunity that influences generations to come. It was our endeavour to record the education of participant’s as an indicative of their economic liberation as well as impact on their health.

Activities
In urban centres, everything is governed by time and no one can dare defy its dictates. The life of the city is totally dependent on time as it is very fast, so much so that no one has time to spare for their own health so what say about friendship or association and service towards society. Thus, every person in the urban area leads a mechanical way of life. Since our survey revolves mainly around health of the female fraternity, we have tried to find out and record how many women are health’s conscious in however small time they have it for themselves at the same time it can focus light! A morning 10 mins, evening 10 mins and in between some time for physical well-being in terms of exercise and allied activities could tremendously help. Our survey is going to throw a considerable amount of light on how much aware is our female fraternity.

Nutrition & Addiction
Good nutrition is an important ingredient for of leading a healthy lifestyle, coupled with physical activity could be in the form of exercise or very active life style involving the usage of all joints & body parts. Our diet can helps us to reach and maintain a healthy weight, reduce risk of chronic diseases (like heart disease and cancer) and promote overall health. These days food is not considered as luxury of life and eating timely and nutritious meal is ignored badly. The food we eat provides energy to our body needs to function, stay healthy, active, and strong. More so for woman since she can teach children how to eat healthy at a young age and this will help them stay healthy throughout their life. Along with the eating habits, we have included some of the common drugs/ smoke/ alcohol etc addictions too[7], for reflecting the life style of the female – which could be tremendously disastrous towards their health, not just physical health but emotional health too….

Addiction pattern are indicative of their mental and stress level balance. In our opinion Alcoholism is a chronic illness, which manifests itself as a disorder or behaviour. If a lady uses alcohol to deal with her life’s problems it affects her physical well-being as well.[8] These days there are certain professions in which consumption of alcohol and cigarettes is
demand or a social do, but a habit which starts with some kind of show off eventually grabs the person to an addiction.\[9\]

**Urbanization**

Our research survey is for the urban women. Human relationship in urban areas is governed mostly by self-interest could be mainly formal and guided by a particular purpose. As soon as that purpose is fulfilled the relationship ends. These outlook changes are particularly attributed to technological developments and economic factors make a person look at things from a different angle.\[10\] In urban areas, the educational background, social background, profession or occupation, conditions of living etc. play an important role in developing an attitude towards life. Main features of urban outlook also include individualism, dynamism, liberalism, tolerance adaptation and co-existence. In urban areas, an individual leads an independent life according to his/her likes and dislikes. He/she looks at things from individualistic angle; neither the family nor the society controls his/her outlook. At the same time they adapt to change at a quick speed and often more flexible and generous in their outlook. Moreover, people from different areas migrate and settle down in cities. This naturally provides them a chance to gel with people from different regions with different cultures at a greater ease. Along with advantage comes along the trouble! Because of not having the same background often people feels lost and lonely and crave to get back to their roots and many time it becomes a disorder and takes atoll on their health.\[11\] We have tried to depict the ill effects of urbanisation in terms of sleep, energy and vitality as well as understanding of a subject and remembering.

**Exposure to electronic gadgets**

In our day to day lives we cannot think of living without our electrical or electronic gadgets. These instruments are designed to make our lives easier but are very harmful to our bodies. The modern day electronic gadget include laptops, mobile phones, Smart phones, hand held computer games, Television, Tablet computers, Kindle etc. Almost all modern gadgets produce electromagnetic fields or EMFs, because they are powered by electric, electronic or battery sources. According to scientists, EMR (electromagnetic radiation) from EMFs can be disruptive to the human body's own natural energy fields. Like x-rays. These waves could not be blocked or weakened by objects in their way. They pass into our bodies upsetting normal cellular function and biological processes. EMR can cause headaches, tiredness or immune system disorders. Research has proved that appliances such as electric hair dryers,
shavers and bedside digital alarms are even more dangerous due to their proximity to the human head. According to the World Health Organization, ‘electronic smog’, created by electricity is ‘one of the most common and fastest growing environmental influences’. Various other studies cites that this ‘electro pollution’ is the cause of rise in cancer, birth defects, fibromyalgia, Alzheimer's disease, Chronic Fatigue Syndrome, depression, learning disabilities and even Sudden Infant Death Syndrome, stress at home, at work. These Hi-tech gadgets are made to reduce stress but ends up in the opposite. Jarring ring tones, high-decibel tunes on iPods and headsets, as well as blaring music from the television’s pricey sound systems account for noise pollution, which in turn cause headaches and hearing loss as well as continuous checking on phone or mails actually leads to productivity and concentration loss. Like the ear, the eye too gets hit badly by modern gadgets. Hours of computer work or computer play such as games have created a boom time for optometrists and eye ware stores. Watching TV for long hours causes dry eyes or tired eyes because we do not blink our eyes. Working on laptop & computer and these days more on smart phones requires more optical focus and causes eye sight related problems such as visual fatigue. Continuous use of computer keyboards or phone keys for text messaging has brought about its own share of orthopedic problems. All these problems result in bodies beginning to function less and less efficiently, in the process causing more stress. As most are electrical or electronic, there are chances of electricity leaking causing minor shocks, burns and even electrocution. Further leads to lifestyle disorders such as obesity, diabetes, heart ailments, and hypertension and infertility problems to name a few.

To say the least e gadgets are Hazards to the Ecosystem too.

Physical health status & maintenance

Physical health means our body performs actually the same it is designed to do. In order to perform in alignment of design we have to take care of it. Primarily good physical health can be achieved by proper food intake for nutrition, regular exercise, giving up of any addiction and sufficient rest. In assessing health of an urban female we have considered two parameters; Self-assessment and Routine health checkup with health practitioner and expert in respective field of medicine. Broadly factors affecting physical health of a person could be ranging between Life style, Genetic influence, Environment & Healthcare facilities availability. No matter how good we take care of ourselves we will still experience illness and injury. During these times we must take the necessary steps to heal. We have to treat our
illnesses. The biggest part of healing is natural. With our help our bodies can heal from illness and injury.

**Sexual & fertility**

The inability to conceive children is experienced as a big stressful situation by mostly by females and couples all around the world. This situation is mostly caused by individuals themselves because of being in the rat race of professional success, periodic abstinence from having sex, not staying together for work or stress at work & life. The consequences of infertility are manifold. This includes societal repercussions as well as personal suffering. Assisted reproductive technologies such as In-Vitro fertilization (IVF), has offered hope to many couples but the barriers exists in terms of medical coverage and affordability. The medicalization of infertility has led to a disregard for the emotional responses that couples experience, which include distress, loss of control, stigmatization, and a disruption in the developmental trajectory of adulthood. Studies are proving relationship between stress of fertility treatment and patient drop-out and pregnancy rates. Embracing pregnancy at older age also causes loss of pregnancy and infertility. Though counseling sessions - especially stress management and coping-skills training, have been shown to have beneficial effects for infertility patients. Further research is needed to understand the association between distress and fertility outcome, as well as effective psychosocial interventions.

**Clothing**

cloths we wear show our personality and culture. These days both are not reflected by our clothing. These days dressing is dictated by the fashion trends, most often which are not in sync with our body. Some of the current fashion perils are tight fitting clothes, synthetic fiber clothes, fabric which doesn’t breathe, synthetic dye, wired, padded garments, too much use of elastic, dark coloured clothing, wearing garments which are not suitable for that particular weather, for e.g wearing heavy silk in summers or wearing chiffon in winter.

**Emotional health**

Generally speaking emotional health is a state of well-being. It includes the way one feels about oneself, relationships and ability to manage one’s feelings and deal with the difficulties. Good mental and emotional health isn’t just the absence of mental health problems but also the presence of positive characteristics. Similarly, not feeling bad is not the same as feeling good. While some people may not have negative feelings, they still need to do things that make them feel positive in order to achieve mental and emotional health.
Looking after one’s emotional health is just as important as caring for one’s physical health. People who are emotionally healthy are in control of their emotions and behavior.\textsuperscript{[14]} They are able to handle life's inevitable challenges, build strong relationships and lead productive, fulfilling lives. They bounce back when bad things happen and can manage stress without falling apart. If you’re emotional health isn't as solid as you'd like it to be, there are many things you can do to boost your mood, build resilience, and get more enjoyment out of life. Your health plan should be strictly yours only. When you improve your physical health, you will automatically experience greater mental and emotional well-being. Modern working women is challenged with stress caused due to competition and pressure of work, work and various addiction have become the norm or tools to fight the internal conflict for women in these urban areas. Stress is the ‘wear and tear’ a body experiences as it adjusts continually to the changing environment. It has physical and emotional effects on the people and can create positive or negative feelings. As a positive influence, stress helps compel a person to act; it also results in a new awareness and an exciting new perspective. As a negative influence, it results in feelings of distrust, rejection, anger and depression, which in turn leads to health problems such as headaches, upset stomach, rashes, insomnia, acidity, ulcers, high blood pressure, heart disease and stroke.

**Locale of the Study:** The locale of the present study is Delhi NCR, Gurgaon, Pune, Mumbai, Chennai and Bangalore city, synonymous with the IT revolution in India, Bangalore or Bengaluru is the capital city of the state of Karnataka in India with a population of approximately of 10 million. Bangalore is India’s third largest city. With its large population and highest exposure to technology we find women exposed to E gadget in large number. All these cities are metros and big cities on the verge of becoming metros and have lot of working population of females, with lot of exposure to electronic gadgets both at home and work place.

**Sample for the Survey part of Research**

The present study is survey type in nature. To begin with survey method is considered appropriate. The present study aimed at effect of E exposure on primarily working women sample of Bangalore city. Samples of working women from various sectors were selected at random. The sample was of 500 individuals. Keeping the nature of problem in view the main tool for collecting data was the questionnaire. The investigators prepared questionnaire for collecting the data.
Variables selected for the Study

Independent variables are Age, age of marriage, educational qualification, working status, salary, and dependent variables are stress, anxiety, depression, sleeplessness, abortion, ectopic pregnancy, hypertension, arthritis, gastric problems, cancer, thyroid, PCOD, diabetes, menstrual discomforts, menarche age

Tools used for the Study

The tools for the data collection were selected after making in depth study of available tools to measure E exposure. These tools were selected keeping in view of the characteristics of the requirements of the present study. Questionnaires were given and data was collected are shown in table 1.

Table 1: Information of data collected

<table>
<thead>
<tr>
<th></th>
<th>Non-Vegetarian</th>
<th>Vegetarian</th>
</tr>
</thead>
<tbody>
<tr>
<td>Average menstrual age</td>
<td>9.25 years</td>
<td>14.75 years</td>
</tr>
<tr>
<td>Menstrual Problem</td>
<td>100 %</td>
<td>100 %</td>
</tr>
<tr>
<td></td>
<td>100 %</td>
<td>100 %</td>
</tr>
<tr>
<td>Pregnancy (Normal/Abnormal)</td>
<td>Normal- nil</td>
<td>100%</td>
</tr>
<tr>
<td>Abortions</td>
<td>51.72 %</td>
<td>10.52 %</td>
</tr>
<tr>
<td>Emotional State (Balanced /Disturbed)</td>
<td>Balanced - Nil</td>
<td>Disturbed</td>
</tr>
<tr>
<td>Energy (Good/low)</td>
<td>Good - nil</td>
<td>Low</td>
</tr>
<tr>
<td></td>
<td>100 %</td>
<td>100 %</td>
</tr>
<tr>
<td>Sleep (Normal/ Disturbed)</td>
<td>Normal</td>
<td>36.95 %</td>
</tr>
<tr>
<td>Memory (Normal/ Affected)</td>
<td>Normal</td>
<td>28.26 %</td>
</tr>
</tbody>
</table>

CONCLUSION

By conducting study on lifestyle of women in present society, who is exposed to all kinds of E-gadgets we can conclude that it creates many disadvantages to their health-both mentally and physically. Technology has become an integral part of our daily life. People around the world rely on gadgets for things like communication, organization, employment and for entertainment. While technology is impressive, there are various drawbacks in areas like health, public safety and education. Anxiety, Depression, Blood pressure, Menstrual problems etc., are commonly seen in women today at a very younger age. The effect also varies according to food habit of women i.e., either vegetarians or non-vegetarians. This study is tabulated in the table shown above. The EMR (electromagnetic radiation) from the E-gadgets can be disruptive to human body's own natural energy fields. These radiations pass
into our bodies upsetting normal cellular function and biological processes. EMR causes immune system disorders and mainly effect women's reproductive system and mental health. Looking at all the disadvantages caused by E-gadgets it’s better to limit their usage to required extent in our daily life. By controlling our interaction with EMR we can reduce the ill-effects causing on the human body and lead a better life with better health. Women belonging to all categories i.e. working / non-working, literate/ illiterate should be given education and information about how to take precautions while using E-gadgets and help them to know more about their ill effects. Technology is both a BOON and BANE to human society. People should think wisely before blindly using them as leading a healthier life is more necessary.

ACKNOWLEDGEMENT
First of all we would like to thank our guide Dr Geeta Vishwanathan who was facing these questions from ladies from all walks of life and finally thought to throw some light by the way of a research survey. We earnestly thank our participants, who took out their time for filling up this lengthy questionnaire and sharing their personal life with us. We thank the publisher for publishing it on priority basis and making the results available for the entire world to see.

REFERENCE