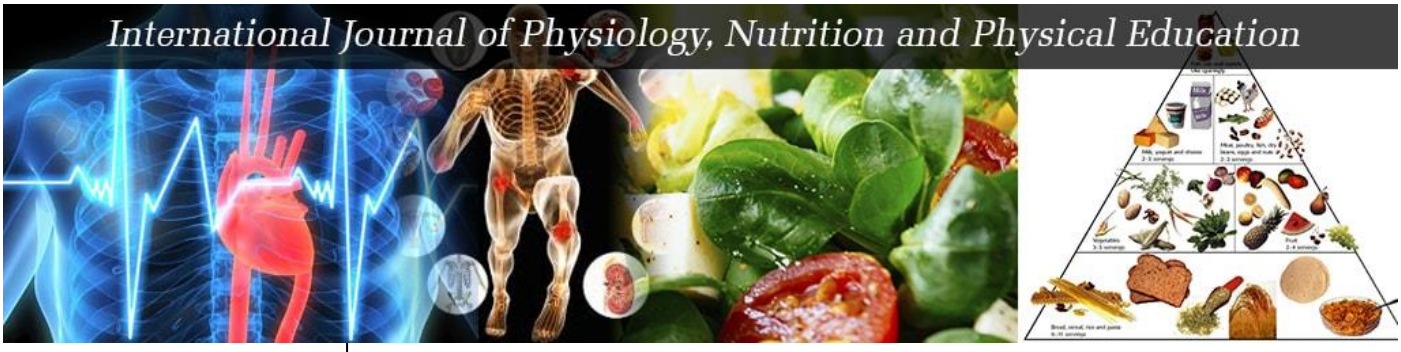

ISSN: 2456-0057
IJPNPE 2018; 3(2): 240-241

www.journalofsports.com
Received: 20-05-2018
Accepted: 21-06-2018

Harpal Kaur
Research Scholar, Department of Physical Education from Punjabi University, Patiala, Punjab, India

Dr. Amarpreet Singh
Professor Department of Physical Education from Punjabi University, Patiala, Punjab, India

Correspondence
Harpal Kaur
Research Scholar, Department of Physical Education from Punjabi University, Patiala, Punjab, India

Risk of cancer between male and female employees of Punjabi university, Patiala: An analytical study

Harpal Kaur and Dr. Amarpreet Singh

Abstract
This study aimed to find out the Risk of cancer between male and female employees of Punjabi university, of Patiala: An Analytical study. For this purpose the researcher selected 60 employees male and female, age ranges between 35 to 50 years. Samples were selected for the study thirty male and thirty female from Punjabi university, Patiala from Punjab State. Purposive sampling technique was applied to select the sample. Risk of cancer between male and female employees selected for this study from Punjabi university, Patiala. To find out the difference between male and female data of selected risk of cancer't' test was applied at 0.05 level of significance. The results showed that there is insignificant difference found risk of cancer between male and female employees of Punjabi university, Patiala.

Keywords: Cancer, male and female, employees

Introduction
Cancer is not a single disease, but a class of over 100 different diseases that can influence almost every body tissue. Cancer is caused by the uncontrolled growth and spread of abnormal cells. A group of cancer cells, called a tumor, be can either benign or malignant. Although benign tumors can interfere with normal bodily functions, they rarely cause death. As with cardiovascular disease, cancer is largely preventable. As much as 80 percentage of all human cancer is related to lifestyle or environmental factors (including diet, tobacco and use excessive use of alcohol, sexual and reproductive activity, and exposure to environmental hazards). Cancer can develop in almost any tissue. Skin cancer is the most common of all cancers. Other common sites for cancer include the mouth, lung, stomach, colon, kidney, liver, bone, prostate gland, and breast. Excluding skin cancer, the most common types of cancer are prostate cancer in men and breast cancer in women. Over 95% of all breast cancer is discovered by women themselves; a routine breast self- examination should be a monthly practice by all women. The cause of specific cancers is often unknown, but studies have revealed that a variety of carcinogens can damage a normal cell and start the cancer process. A number of factors play a role in determining your cancer risk. Heredity, race, radiation exposure, viruses, tobacco use, alcohol use, ultraviolet light, and diet are all considered cancer risk factors. According to the National Cancer Institute, people who lead a healthy lifestyle have only about one- third to one –half the rate of cancer deaths compared with the general population. Thus, with a change in lifestyle and avoidance of environmental factors that increase your risk, you can prevent many cancers. The first step in reducing your risk of cancer is to identify which cancer risk factors apply to you and then modify those aspects of your lifestyle that increase your change of developing cancer. The American cancer society has issued the following nutritional guidelines for lowering your risk of cancer Avoid obesity. Sensible eating habits and regular exercise will help you avoid excessive weight gain. Obesity increases your risk of colon, breast, gallbladder, and uterine cancers. Eat more high- fiber foods. Regular consumption of cereals, fresh fruits, and vegetables is recommended. Increasing your fiber intake may reduce your risk of colon cancer. Include foods rich in vitamins A, C and E in your daily diet. These vitamins are called antioxidants and may reduce your risk of cancer by removing free radicals. Include seedpod vegetables in your diet. Research has show that vegetables such as cabbages, cauliflower, ladyfinger, tomatoes, peas. Eat salt-cured, smoked, and nitrate-cured foods in moderation.

Numerous studies have reported a high incidence of cancer in people who consume large quantities of these foods. Keep alcohol consumption moderate. High consumption of alcohol increases the risk of cancers of the mouth, larynx, throat, esophagus, and liver. Reduce your fat intake. Reduce the intake of total dietary fat to less than 30% of total calories consumed, and reduce the intake of saturated fat to less than 10% of total calories. A high fat diet increases your risk of breast, colon, and prostate cancer. Cardiovascular disease refers to any disease that affects the heart or blood vessels. Major risk factors (also called primary risk factors). (Scott K. Power, Stephen L Dodd, 1997) [1].

Material and Methods

The purpose of the study was to find out the Risk of cancer between male and female employees of Punjabi university, Patiala. Total 60 male and female employees were selected; age ranges between 35-50 years. The data was obtained from Punjabi university, Patiala District.

Variables

Cancer

Statistical Consideration

For interpretation of the data statistical techniques of 't' test was applied to find out mean differences.

Results

Different types of descriptive statistic such as mean and standard deviation was computed to describe each variable statistically. The level of significance was set at 0.05. Its results have been depicted in the following table.

Cancer

Table 1: Shows The Responses Of Male And Female Employees Of Punjabi University, Patiala For Their Risk Of Cancer

Variable	Subjects	Mean of Responses		S.D of Responses		t-value	
		Yes	No	Yes	No	Yes	No
Cancer	Male Employee	24.44	5.56	2.30	2.30	0.75	1.45
	Female Employee	23.22	7.67	4.27	3.71		

t.05 (58) = 2.00

Table no. 1 shows the Mean, SD and t – values of responses of male and female employees for their risk of cancer. The table statistically reveals that the calculated t-value 0.75 of response in 'Yes' by male and female employees is less than tabulated 't-value' 2.00 On the other hand the calculated t-value 1.45of response 'No' by male and female employees is less than tabulated 't-value' 2.00. Therefore, the values of table no. 1 show that, there was no significant difference between the responses of male and female employees in category of risk of cancer.

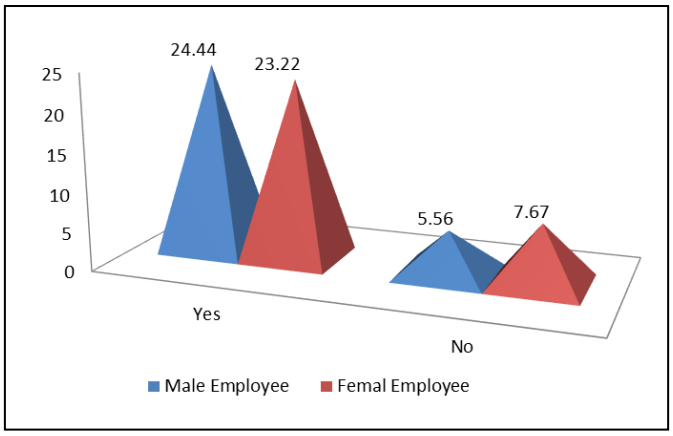

Fig 1: Shows The Responses Of Male And Female Employees Of Punjabi University, Patiala For Their Risk Of Cancer

Finding and Discussion

Based on the statistical analysis of data following findings were drawn by the researcher:

Cancer

The result of the study verified with the help of prescribed questionnaire key, there was no significant difference between the responses of male and female employees for the variable of risk of cancer. The biggest factor in fighting cancer and cardiovascular disease today is health education. People held to the influenced about the risk factors for cancer and cardiovascular disease the guidelines for early detection. The most effective way to protect cancer and cardiovascular disease is to change negative lifestyle habits and behaviors. The sample taken in the study is the employees of Punjabi University, Patiala. Which is an educational institute for higher education. In this institutes lot of seminars, conferences and workshops are held for the population to work then aware about the healthier lifestyles. One of the major reasons for the outcome of the results are the positive and healthier lifestyles literary among the sample for population. Another reason could be the environmental conditions which are healthier where they work.

Conclusions

Based on the results of the study the following conclusions were drawn by the researcher:

1. It is strongly confirmed that male and female employees of Punjabi University, Patiala have no risk of Cancer according to the results.

References

1. Powers SK, Dodd S. The Essentials of Total Fitness Exercise, Nutrition, and Wellness. Publisher by library of congress cataloging- in – publication data. 1997, 178-190. I.S.B.N. 0-205-17902-9.