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Status of health and wellness among Chandigarh police male constables

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Abstract

The purpose of study was to assess the status of emotional health among the Chandigarh Police Male constables. A sample of hundred (N=100) constables from Chandigarh Police has been selected randomly and further bifurcated between two classes newly recruited constables with experience up to 1 year (n=50) and the constables with job up to 15 years(n=50). Health and Wellness Questionnaire developed by Barker Ray, University of South California, and 2001 was used to collect the data. The Mean, SD, SEDM and 't'-value were calculated to find out the significance of difference between the groups. The level of significance was set at 0.05. The result revealed significant differences between both the groups on the sub-variables; emotional health, fitness and body care, stress, nutrition and medical self-responsibility as well as total health and wellness. However, insignificant differences were observed between both the groups on the sub-variable; environment health.

Keywords: Health and wellness, Chandigarh police constables

Introduction

The 'context' individual health is not new and has its roots in the universe, Hippocratic tradition of medicine (Macintyre and Ellaway, 2003; Meade and Earickson, 2002) [3]. Lancet (2009) stated that health is not a "state of complete physical, mental, and social well-being". Neither is it merely the absence of disease or infirmity". He explained that, the definitions of W.H.O. about health will not do in an era marked by new understandings of disease at molecular, individual, and societal levels.

Purpose of the study

The purpose of the study was to assess the status of emotional health among the Chandigarh Police Male constables.

Method and material

A sample of hundred (N=100) male constables from Chandigarh Police has been selected randomly and further bifurcated between two classes i.e. first; newly recruited constables with experience up to 1 year (n=50) and secondly the constables with job up to 15 years(n=50). Health and Wellness Questionnaire developed by Barker Ray, University of South California, and 2001 was used to collect the data. The Mean, SD, SEDM and 't'-value were calculated to find out the significance of difference between the groups. The level of significance was set at 0.05.

Results

The results with regard to the sub-variables of health and wellness between male newly recruited constables with experience up to 1 year and the constables with job up to 15 years from Chandigarh Police have been presented below in table-1.

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Table 1: Significance of Difference between male newly recruited constables with experience up to 1 year and the constables with job up to 15 years from Chandigarh Police

S. No.	Sub-Variables	Newly Constables		Old Constables		MD	SEDM	't' value	Sig.
		Mean	SD	Mean	SD				
1.	Emotional health	23.48	2.410	21.04	2.657	2.440	.507	4.810	.000
2.	Fitness and body care	25.44	1.960	20.84	2.909	4.600	.496	9.272	.000
3.	Environment health	25.56	2.801	25.00	2.928	.560	.573	.977	.331
4.	Stress	22.52	2.557	21.28	2.365	1.240	.493	2.517	.013
5.	Nutrition	25.92	2.230	21.52	1.669	4.400	.394	11.170	.000
6.	Medical self-responsibility	25.16	2.074	21.64	2.248	3.520	.432	8.139	.000
7.	Total health and wellness	148.08	7.108	131.32	8.684	16.760	1.587	10.561	.000

*Significant at 0.05 level, Degree of freedom=98

Table-1 presents significant differences on the sub-variables of health and wellness i.e. emotional health, fitness and body care, stress, nutrition and medical self-responsibility as well as total health and wellness. However, insignificant differences were observed between both the groups on the sub-variable; environment health. The male newly recruited constables with experience up to 1 year had Mean and SD values with regard to emotional health, fitness and body care, environment health, stress, nutrition, medical self-responsibility and total health and wellness as 23.48 and 2.410, 25.44 and 1.960, 25.56 and 2.801 and 22.52 and 2.557, 25.92 and 2.230, 25.16 and 2.074, 148.08 and 7.108 respectively whereas male constables with job up to 15 years had Mean and SD values with regard to emotional health, fitness and body care, environment health, stress, nutrition, medical self-responsibility and total health and wellness as 21.04 and 2.657, 20.84 and 2.909, 25.00 and 2.928, 21.28 and

2.365, 21.52 and 1.669, 21.64 and 2.248, 131.32 and 8.684 respectively. The 't'-values 4.810, 9.272, 2.517, 11.170, 8.139 and 10.561 with regard to the sub-variables emotional health, fitness and body care, environment health, stress, nutrition, medical self-responsibility and total health and wellness between male newly recruited constables with experience up to 1 year and the constables with job up to 15 years from Chandigarh Police statistically significant as the P-value (sig.) .000, .000, .013, .000, .000 and 0.000 was found lower than the 0.05 level of significance (DF=98). However, 't'-value .977 as shown in the table above with regard to the sub-variable environment health was found statistically insignificant as the P-value (sig.) .331 was found higher than 0.05 level of significance with (DF=98). The comparison of mean scores of both the groups has been presented graphically in figure-1.

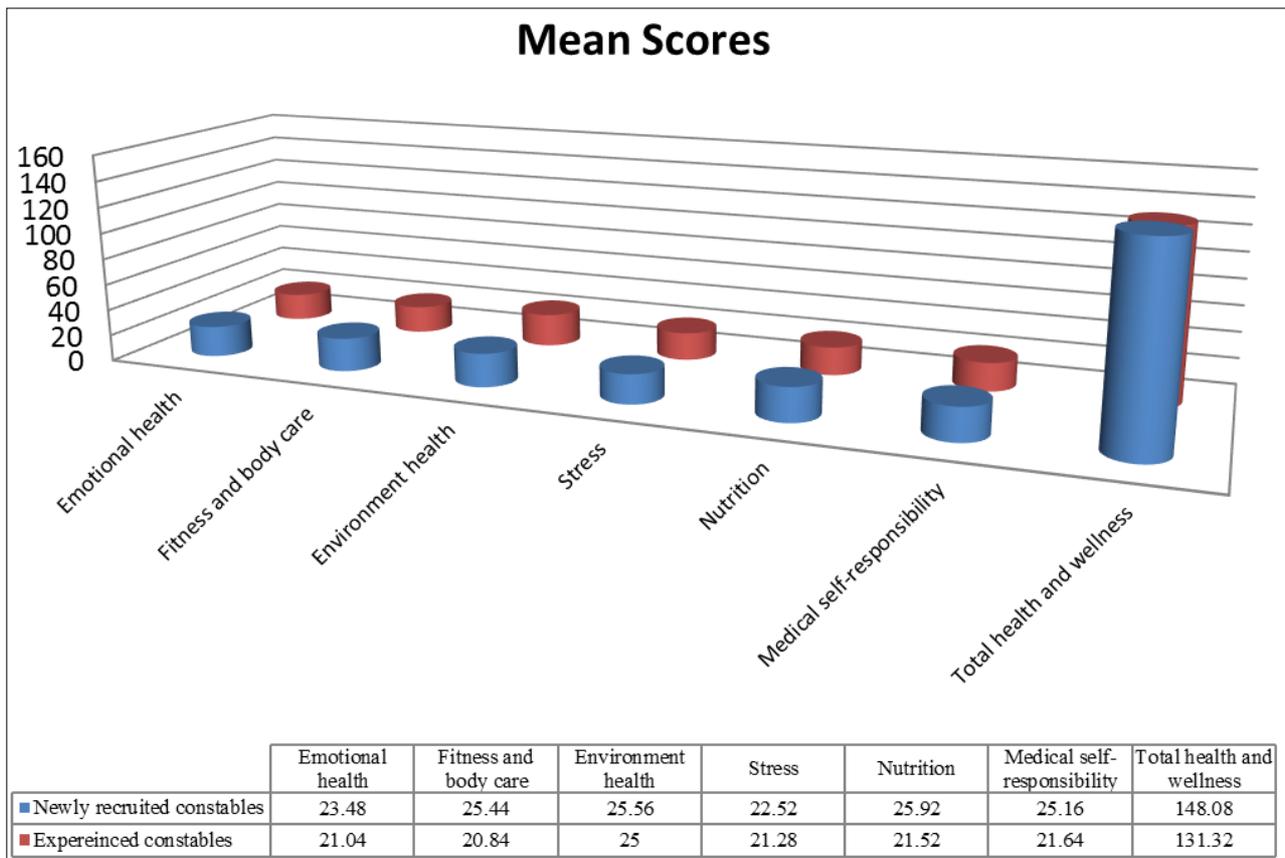


Fig 1: Graphical representation of mean scores of male newly recruited constables with experience up to 1 year and the constables with job up to 15 years from Chandigarh Police

Discussion

It is evident from the table: 1 that significant differences have been found between male newly recruited constables with

experience up to 1 year and the constables with job up to 15 years from Chandigarh Police the sub-variables emotional health, fitness and body care, environment health, stress,

nutrition, medical self-responsibility and total health and wellness as the obtained P-value (sig.) .000, .000, .013, .000, .000 and 0.000 was found lower than the 0.05 level of significance. Whereas, insignificant difference was observed with regard to the sub-variable environment health as the obtained P-value (sig.) .331 was found higher than 0.05 level of significance.

Conclusion

It is concluded from the above findings that significant differences were noticed with regard to the emotional health, fitness and body care, stress, nutrition and medical self-responsibility as well as total health and wellness. However, insignificant differences were observed between both the groups on the sub-variable; environment health.

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