

A Study to Assess the level of Knowledge, Attitude and Practice Regarding Healthy Lifestyle Among Gardens Workers

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Abstract

The analytical cross sectional survey research design was adopted for the study to assess the level of knowledge, attitude and practice regarding healthy lifestyle among garden workers, to find out the association between level of knowledge, attitude and practice on healthy lifestyle among garden workers with selected socio demographic variables. convenient sampling technique was adopted to select 52 employees working in the garden at selected tertiary health care centre, Puducherry. after obtaining informed consent data were collected, by using structured interview schedule questionnaire over a period of one week in March 2022. Among 52 samples of garden workers 2 (3.8%) has adequate knowledge, 27(51.9%) has moderately adequate knowledge and 23 (44.2%) has inadequate knowledge; 4 (7.7%) has favorable attitude, 43 (82.7%) has moderately favorable attitude and 5 (9.6%) has unfavorable attitude; 21 (40.4%) has good practice, 27 (51.9%) has average practice and 4 (7.7%) has poor practice regarding healthy lifestyle. Mean and standard deviation of knowledge is $12.96 \pm SD 3.199$ with p value .158, attitude is $45.98 \pm SD 6.755$ with p value .324 and practice is $10.79 \pm SD 2.136$ with p value .971 shows that there is no correlation between the level of knowledge, attitude and practice regarding healthy lifestyle among garden workers. The overall findings of the study revealed that promoting healthy lifestyle practices in work place is vital towards preventing chronic lifestyle related diseases.

Keywords: Garden Workers, Healthy Lifestyle, Knowledge, Attitude & Practice

INTRODUCTION

Health is a wealth. health is an essential factor for a happy contented life. according to the world health organization, health is defined as the state of the complete physical, mental and social wellbeing which is not merely the absence of any disease or infirmity. Health that is addresses as a concept related to all aspect of life of human good nutrition, daily exercise and adequate sleep are the foundation of healthy living. healthy lifestyle keeps a person fit, energetic and at reduced risk of disease.

STATEMENT OF THE STUDY:

A Study to Assess the level of Knowledge, Attitude and Practice Regarding Healthy Lifestyle Among Garden Workers At The Selected Tertiary Health Care Centre, Puducherry.

OBJECTIVES:

1. To assess the level of knowledge, attitude and practice regarding healthy lifestyle among garden workers
2. To find out the association between level of knowledge, attitude and practice on healthy lifestyle among garden workers with selected socio demographic variables
3. To find out the correlation between level of knowledge, attitude and practice regarding healthy lifestyle among garden workers.

METHODOLOGY:

The analytical cross sectional survey research design was adopted for the study. convenient sampling technique was used to select 52 employees working in the garden at selected tertiary health care centre, Puducherry. after obtaining informed consent data were collected, by using structured interview schedule questionnaire over a period of one week in March 2022. Around 10 - 15 participants were interviewed by researchers per day spending 15- 20 minutes for each participants. After data collection information booklet on healthy lifestyle was distributed and explained to the study participants.

RESULTS:

Data were analysed by using the descriptive and inferential statistics. Descriptive statistics like frequency, percentage, mean and standard deviation was used to describe the knowledge, attitude and practice regarding healthy lifestyle among garden workers. Inferential statistics like Fisher’s exact test was used to determine the association between the level of knowledge, attitude and practice regarding healthy lifestyle among garden workers with selected socio demographic variables.

PART-1: Distribution of garden workers according to the level of knowledge regarding healthy lifestyle n =52

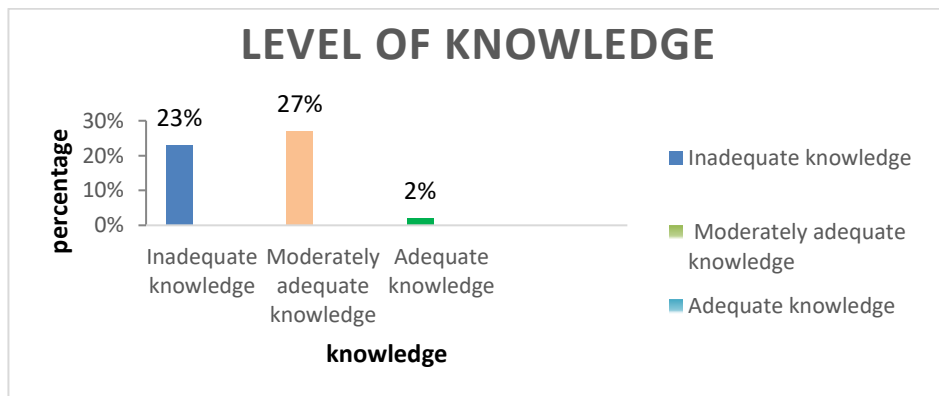


Figure 1: Distribution of garden workers according to the level of knowledge regarding healthy lifestyle

Reveals that 23 (44.2%) participants had inadequate knowledge, 27 (51.9%) had moderately inadequate knowledge and 2 (3.8%) had adequate knowledge on healthy lifestyle.

PART-II: Distribution of garden workers according to the level of attitude regarding healthy lifestyle

n =52

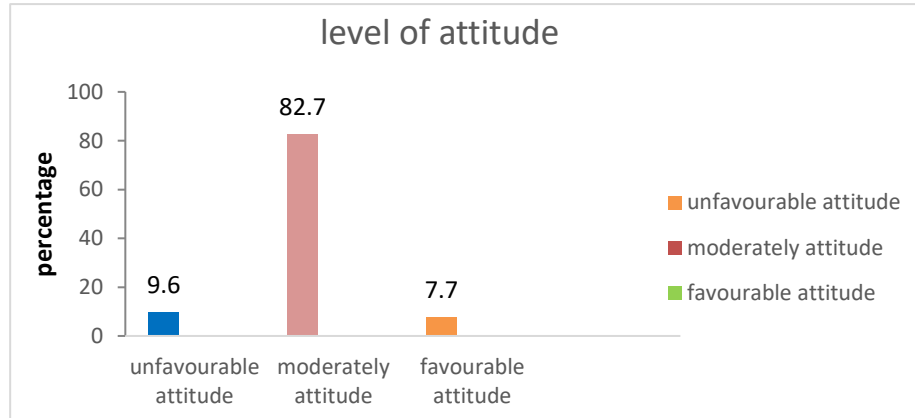


Figure 2: Distribution of garden workers according to the level of attitude regarding healthy lifestyle

Reveals that 5 (9.6%) participants had unfavourable attitude, 43 (82.7%) had moderately favourable attitude and 4 (7.7%) had favourable attitude

PART-III: Distribution of garden workers according to the level of practice regarding healthy lifestyle

n =52

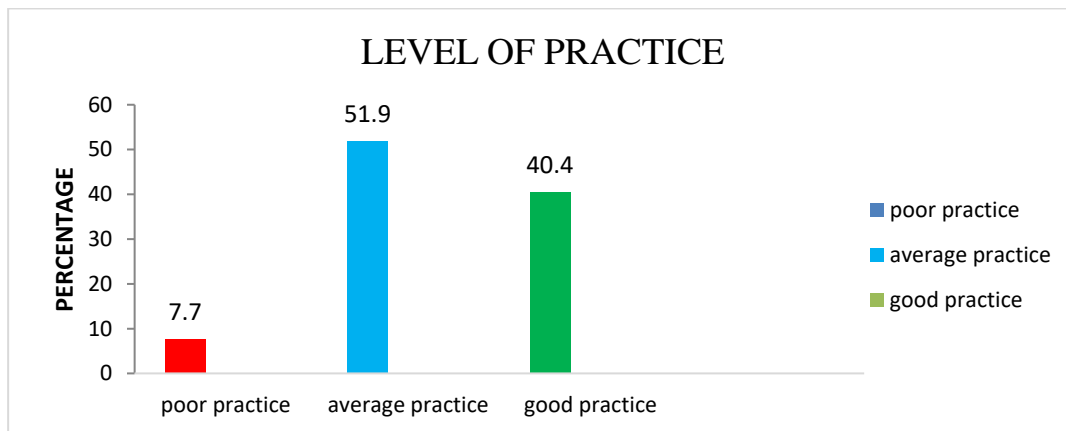


Figure 3: Distribution of garden workers according to the level of practice regarding healthy lifestyle :It Reveals that 4 (7.7%) participants had poor practice, 27 (51.9%) had average practice and 21 (40.4%) had good practice on Healthy Lifestyle.

Among 52 samples of garden workers 2 (3.8%) has adequate knowledge, 27(51.9%) has moderately adequate knowledge and 23 (44.2%) has inadequate knowledge; 4 (7.7%) has favorable attitude, 43 (82.7%) has moderately favorable attitude and 5 (9.6)% has unfavorable attitude; 21 (40.4%) has good practice, 27 (51.9%) has average practice and 4 (7.7%) has poor practice regarding healthy lifestyle. Analysis of demographic variables like age, gender, type of family, monthly income, educational status shows that there is no association between the level of knowledge, attitude and practice regarding healthy lifestyle among garden workers. Mean and standard deviation of knowledge is $12.96 \pm SD 3.199$ with p value .158, attitude is $45.98 \pm SD 6.755$ with p value .324 and practice is $10.79 \pm SD 2.136$ with p value .971 shows that there is no correlation between the level of knowledge, attitude and practice regarding healthy lifestyle among garden workers.

CONCLUSION:

The overall findings of the study revealed that promoting healthy lifestyle practices in work place is vital towards preventing chronic lifestyle related diseases. This study teaches that practicing of healthy lifestyle activities such as diet, personal hygiene, physical exercises, sleep hygiene, stress management are important to practice these healthy lifestyles in early adulthood, so that these practices all together can be maintained throughout the life. The findings of the study shows that there is a need for proper education to the garden workers which may contribute to change lifestyle and behaviour of the workers.

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