

## Common Health Hazards among Beedi Workers

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**ABSTRACT:** A study was conducted to identify the common health hazards among beedi workers in a selected rural community at Mangalore. Descriptive survey design was adopted and 30 samples were selected using simple random sampling method. Physical examination assessment proforma was used as instrument to collect data. Nearly 20( 66.7%) workers were having pain in the lower extremities due to prolonged sitting. Totally, half of the workers 15 (50%) were having common cold ,6(20%) were having asthma and menstrual irregularities , 4 (13.3%) were having continuous headache. Constipation was present among 8 (26.6%) workers. Anemia was present among 10(40%) workers. only 5 (16.7%) were consulted the physician for their health problems. The study findings concluded that there was a significant association between their health hazards with age ,educational status and number of hours work per days. Therefore, the study suggests that the beedi workers need to be educated about the prevention of health hazards of beedi rolling.

**Key words:** identify, health hazards, beedi workers

### I. INTRODUCTION

Health is a state of complete physical, mental and social well being and not merely the absence of disease or infirmity. According to government estimates nearly 4.5 million people of whom 65% are women and 15-25% were children involved in preparing beedies at home. Beedi rolling remains extremely popular in India especially among women and being identified as hazardous occupation ,because just inhalation of tobacco dust that causes health problems.

Beedi rolling causes serious occupational hazards to the workers and their families. Beedi rolling are constantly exposed to tobacco dust and hazardous chemical. The workers experience exacerbation of tuberculosis, asthma, anemia, giddiness, and eye problems. The food prepared will spoil quicker and family members experience nausea, headache, constipation, pregnancy problems menstrual irregularities including miscarriage due to storage of beedies in the house. Most of the workers were unaware of all the health hazards. Although the potential health hazards exist among beedi workers but only little information is available about the hazards of beedi workers and remained neglected since long time. The study was planned to identify the prevalence of health hazards among beedi workers and to motivate them to practice safety measures to prevent health hazards.

#### Statement Of The Problem

“A study to identify the common health hazards among beedi workers in a selected rural community at Mangalore.”

#### Objectives

1. To identify the common health hazards among beedi workers.
2. To find association between the health hazards with the selected demographic variables (age, sex, marital status, monthly income, duration of job, health problem and medication)
3. To prepare the health education package on prevention of health hazards related to beedi rolling based on identified needs.

### II. METHODOLOGY

Non experimental approach with descriptive survey design was used to identify the prevalence of health hazards among beedi workers. The population of the study was women involved in rolling beedies who are in age group of 20-60 years, willing to participate and residing in Kompadavu area of Mangalore. A sample size of 30 women were selected using simple random sampling method. Physical examination was done to find out the health problems of women.

#### Data Collection Tool

Data collection tool consist of two parts.

**Part I** -was demographic proforma including 8 items =age, sex, marital status, education, monthly income ,no of hours of working per day, health problem and medication.

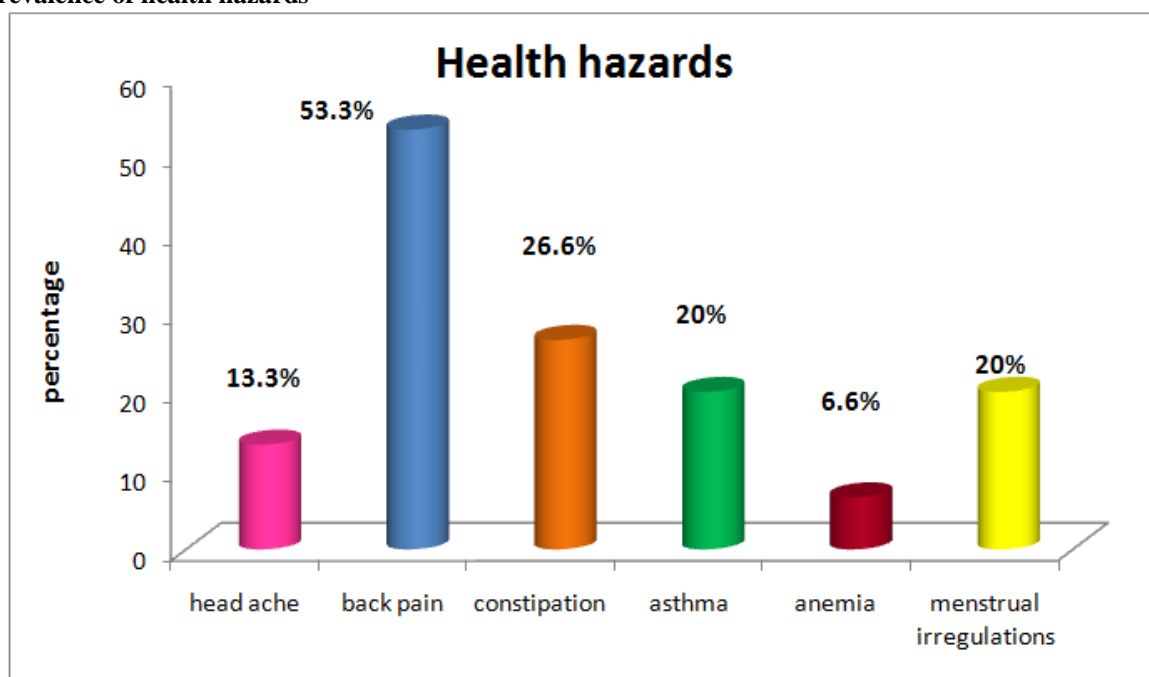
**Part II**- Head to toe physical assessment proforma consists of 17 items =general examination measurement & vitalsigns ,skin ,head and face, hair, nails, eyes, ear, nose and sinuses, mouth and pharynx, neck, chest, breast, back abdomen, extremities, genitals ,rectum.

### III. RESULTS AND DISCUSSION

#### Demographic proforma

- Results revealed majority of the samples 17(56.7%)were within age group of 31-41 years,
- (23.3%)were within age group above 41 years
- Only 6(20%) were within the age group of below 30 years .
- 29(96.75%) samples were married and 1(3.3%)was single.
- Majority of samples 25(83.4%) had primary education .
- Maximum numbers of women earning below Rs 3000 /month as their family income.
- Majority of the samples,17 (56.6 %) were working about 4-6 hrs per day, 13 (43.3%) were working 2-4 hours daily.
- More than half number of samples, 16(53.3%) had health problems and 5(16.7%) samples were taking medications for their health problems.
- Maximum of 20(80%) workers were having habits of chewing tobacco with beetal leaves.

#### Prevalence of health hazards



#### Based On Physical Examination

- Nearly 20 (66.7%) workers were having pain in the lower extremities due to prolonged sitting.
- Totally half of the workers 15 (50%) were having common cold.
- 6(20%) were having asthma & menstrual irregularities.
- 4 (13.3%) were having continuous headache.
- Constipation was present among 8 (26.6%) workers.
- Anemia was present among 10(33.3%) workers.
- Only 5 (16.7%) were consulted the physician for their health problems.
- The study findings concluded that there was a significant association between their health hazards with age, educational status, and no of hours work per days.
- Therefore, the study suggests that the beedi workers need to be educated about the prevention of health hazards of beedi rolling. The health education pamphlet on prevention of health hazards was distributed to the workers to adopt measures to prevent the common health hazards.

#### **IV. CONCLUSION**

Through the present study researcher found that beedi workers must pay attention towards prevention of the health hazards .There is a strong need for developing educational programme for beedi workers to prevent the health hazards . Hence, the community health nurses should conduct regular general awareness programme regarding prevention of health hazards among beedi workers.

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