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Research on the Health Conditions of Secondary School Instructors

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Abstract
A sizable portion of the labor force is made up of teachers. Their abilities, but more generally, their well-being and drive are essential components of any effective educational system. Furthermore, it has been demonstrated that teacher wellbeing improves student wellbeing and lowers psychological difficulties through better relationships with students in the classroom and lower teacher absenteeism regarding general health. Studies have also suggested that, generally speaking, teachers' health is good compared to other professions, although contexts and methods vary. Teachers' occupational exposures are directly linked to different health problems that can influence their functional health in the general population, such as mental health issues and organ deficiencies. In order to prevent infections, it is necessary to determine the teachers' current state of health.

Keywords: Mental health, Secondary school teachers, Rural-Urban, Married Unmarried.

Introduction

Apart from the high frequency of infectious diseases, developing countries are witnessing a concerning rise in the incidence of non-communicable diseases. It has been determined that these nations' NCD rates are generally rising quickly. South Asia's fast industrialization, economic growth, and lifestyle shifts have contributed to the region's rising prevalence of hypertension. The economic and social upheaval occurring in these nations, as well as the resulting changes in lifestyle, provide one explanation for the rise. Diabetes mellitus is a global pandemic that is affecting both developing and developed nations. According to predictions, South East Asia will have the greatest concentration of diabetic individuals worldwide by 2025. Furthermore, throughout the past 15 years, a number of researchers have approximated Sri Lanka's prevalence of diabetes mellitus. Additionally, hypertension affects almost one billion individuals worldwide and is a significant contributor to the burden of non-communicable diseases. According to the findings, hypertension affects one in four Sri Lankans over the age of 20, with prevalence rates of 27.8% in rural and 30.7% in urban regions, the latter of which is equivalent to the prevalence of hypertension in affluent nations. A sizable portion of the labor force is made up of teachers. Their abilities, but more generally, their well-being and drive are essential components of any effective educational system. Furthermore, research has demonstrated that improved relationships with students in the classroom and decreased teacher absenteeism due to general health issues all contribute to improved student wellbeing and a reduction in psychological difficulties. Although research methods and contexts varied, findings generally suggested that teachers' health was good in comparison to other professions. In terms of functional health, teachers' occupational exposures are closely linked to the risk of ENT disorders like dysphonia, which is an alteration of the acoustic qualities of the voice, in addition to a variety of health issues that can affect it in the general population (organ deficiencies, mental health issues, etc.). Teachers rely heavily on their voices, and diseases related to the upper respiratory tract (ENT) might not only negatively impact their everyday activities but also negatively impact their professional practice. (13, 14) Given the primary categories of physical disease diagnoses (musculoskeletal, respiratory, cardiovascular, neurological, and hormonal problems), it is imperative to assess the health state of educators in order to prevent illness.

Objectives

Finding out the teachers' health status at Piliyandala Central College was the study's goal.

Methodology

A descriptive cross-sectional community-based study involving secondary school teachers was conducted. Every study sample has undergone screening tests, including blood pressure, body mass index, random blood sugar, and urine trace identification for non-communicable diseases. The study's sample size was 80. There was a 100% response rate. The results, which included descriptive statistics like mean, standard deviation, and frequency, were computed using SPSS 16 version.

Results

Eighty people in all took part in the screening procedure. Participants in the research ranged in age from 41 to 59, with a mean age of 42.94 + 8.46 years. 42.5% of the sample's participants were in the age range of 41 to 50. The 51 to 60 year age group made up 16.25% of the sample.

Discussion

This study demonstrated that 68.75% of the sample, or more than half of the respondents, suffered from non-communicable diseases. Data on Sri Lanka's diabetes prevalence indicate a clear growing trend. Based on statistics from newly released studies, Sri Lanka has one of the highest prevalence rates of diabetes worldwide. An estimated 2.8 million adults in Sri Lanka are estimated to have diabetes mellitus, and a sizable fraction of this number may still be undiagnosed. The island's current medical facilities would be inundated if we were to offer these subjects even the most basic care. It is a major step forward because the WHO estimates have been revised using local data that is now available, rather than relying on extrapolations from other populations. IDF projections, however, remain far lower than what could be expected based on the local data that is now available and the data from South India, which is a neighbor. The estimations provided by the WHO and IDF differ significantly. Due to practical issues, the majority of reported research have not examined the issue among young individuals and the elderly.

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