

Original Article

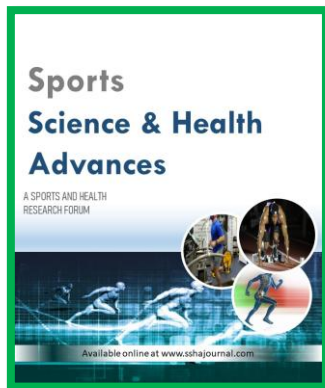
Comparative Study on Selected Fitness and Body Care Status of Punjab Policewomen Constables

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Abstract

Aim of study: The aim of this study was to assess the status of health and wellness sub-parameter fitness and body care among Punjab Police women constables. **Material and Methods:** A sample of thirty (N=30) women constables from Punjab Police has been selected randomly and further bifurcated into two classes i.e., N1: Junior Constables with experience up to 1 year and N2: the Constables with the job up to 10 years Senior Constables, for the in-depth analysis. These two groups were also chosen through random sampling. The tool used for data collection was a structured 'Wellness Questionnaire' which was constructed by Gordon Edlin and Eric Golanty in 2004. The mean, S.D. and 't-test' were calculated to find out the significance of difference between the groups. **Results:** mean and S.D. of Junior and Senior Punjab Police Women Constables for their Fitness and body care Variable is 26.93 ± 0.59 and 24.40 ± 1.40 respectively. The calculating 't'-value (1.718), which is less than the tabulated 't'-value (2.048), at 0.05 level. The calculated 't'-value (6.43), which is more than the tabulated 't'-value (2.048) at 0.05 level. **Conclusion:** So, it indicates that there is a significant difference between Junior and Senior Punjab Police Women Constables for their Fitness and body care Variable.

Keywords: Health, Wellness, Women Constables, Fitness and Body Care.

Introduction

Health and wellness are essentially about preserving animated health by acting pro-actively in maintaining your physical and spiritual being. It is around prevention and maintaining your immune system because this is our only line of defense against millions of pathogens. Sharma, A., & Verma, S. (2019). Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity. (According to World health organization). Health is an outcome of the interaction between various factors. — "There are various personality features, such as self-efficacy, expectancies, psychological hardiness, optimism and a sense of humor, are believed to have positive effects on our health" (Balog, 1981). Up to now, health education has focused mainly on physical wellness, whereas counselling has focused primarily on emotional, social, and occupational wellness (Chandler, Holden, & Kolander, 1999). The purpose of implementing wellness program in an organization is to

create an awareness of wellness issues, to facilitate personal change and health management and promote a healthy and supportive workplace (Andrew, 1999). The aim of this study was to assess the status of emotional health & environmental health status among Punjab Policewomen constables. Material and Methods: A sample of Thirty (N=30) women constables from Punjab Police has been selected randomly and further bifurcated into two classes i.e., N₁: Junior Constables with experience up to 1 year and N₂: the Constables with the job up to 10 years Senior Constables, for the in-depth analysis. The tool used for data collection was a structured 'Wellness Questionnaire' which was constructed by Gordon Edlin and Eric Golanty in 2004. The mean, S.D. and 't-test' were calculated to find out the significance of difference between the groups. Results: mean and S.D. of Junior and Senior Punjab Policewomen Constables for their emotional health status variable is 27.20 ± 1.61 and 26.00 ± 2.17 respectively and Environmental Health variable is 28.46 ± 1.55 and 29.20 ± 1.65 respectively. The calculating 't'-value (1.718), of emotional health status which is less than the tabulated 't'-value (2.048), at 0.05 level. So, it shows that there is an insignificant difference between Junior and Senior Punjab Policewomen Constables for their Emotional Health Variable. The calculated 't'-value (1.251), Environmental Health Variable which is more than the tabulated 't'-value (2.048) at 0.05 level. So, it indicates that there is a insignificant difference between Junior and Senior Punjab Police Women Constables for their Environmental Health Variable (Yadwinder K., B. Singh and A. Singh 2023). Wellness is the dynamic process of promoting and pursuing ideas, attitudes, and behaviors, and making choices towards a culture and a way of life that focuses on attaining balance, good health, and peace of mind. Wellness conditions are encouraged by incorporating lifestyle-enhancing processes, policies, environments, attitudes, activities, programmes and incentives into the methods according to which an organization does business (Andrew, 1999). Wellness is a dynamic procedure of becoming attentive and construct choices toward further successful life (Sumati Reddy, 2008). Policing is a complex occupation. Variances in work strategy and in the broader social framework within which police men work, enhances to the difficulty of policing. Due to the complication of policing, risks and revelations may differ within forces, between facilities and generally. Police officers play an essential role in the world. Officers' participation varieties from wide-ranging, daily, practical round actions to precise criminal activities such as narcotic investigations. Since there is such an inclusive series of activities elaborate in police work, there are several health and safety matters nearby policing as a work (Parsons J.R. 2004). Factors like, dangerous missions, overloaded shift hours, hierarchical and disciplined structure, etc., affect police psychology, physiology, and of course, his/her family relations (Gul & Delice, 2011a).

Objective of Study

The aim of the present study was to assess the status of health and wellness sub-parameter fitness and body care among Punjab Policewomen constables.

Material and Methods

A sample of thirty (N=30) women constables from Punjab Police has been selected randomly and further bifurcated into two classes i.e., N₁: Junior Constables with experience up to 1 year and N₂: the Constables with the job up to 10 years Senior Constables, for the in-depth analysis. These two groups were also chosen through random sampling. The tool used for data collection was a structured 'Wellness Questionnaire' which was constructed by Gordon Edlin and Eric Golanty in 2004. The mean, S.D. and 't-test' were calculated to find out the significance of difference between the groups. The level of significance was set at 0.05.

Procedure

All the participants were informed in detail about research protocol and the basic characteristics of the study. No special motivation technique was used to motivate the subjects before data collection. The subjects were requested by the researcher to cooperate

and to answer the questionnaire with utmost sincerity. Every question was translated in Punjabi, so that the subjects could answer clearly without getting confused.

Statistical Technique

Descriptive statistics, that is, mean, standard deviation was calculated and 't-test' was applied to find out the difference between the groups. All tests were employed with the help of SPSS software version 23. The level of significance was set at 0.05.

Results

The results about the sub-variables of health and wellness between junior and senior women constables from Punjab Police have been presented below in table -1.

Table 1 Shows the Mean, S.D. and 't'-value of Junior and Senior Women Constables of Punjab Police for their Fitness and Body Care Variable

Group Name	Mean	S.D.	t – Value
Junior Constables	26.93	0.59	6.43
Senior Constables	24.40	1.40	

*t*0.05=2.048, Df=28

Table & figure 1: revealed that mean, and S.D. of Junior and Senior Punjab Policewomen Constables for their Fitness and body care Variable is 26.93 ± 0.59 and 24.40 ± 1.40 respectively. The calculated 't'-value (6.43), which is more than the tabulated 't'-value (2.048) at 0.05 level. So, it indicates that there is a significant difference between Junior and Senior Punjab Policewomen Constables for their Fitness and body care Variable.

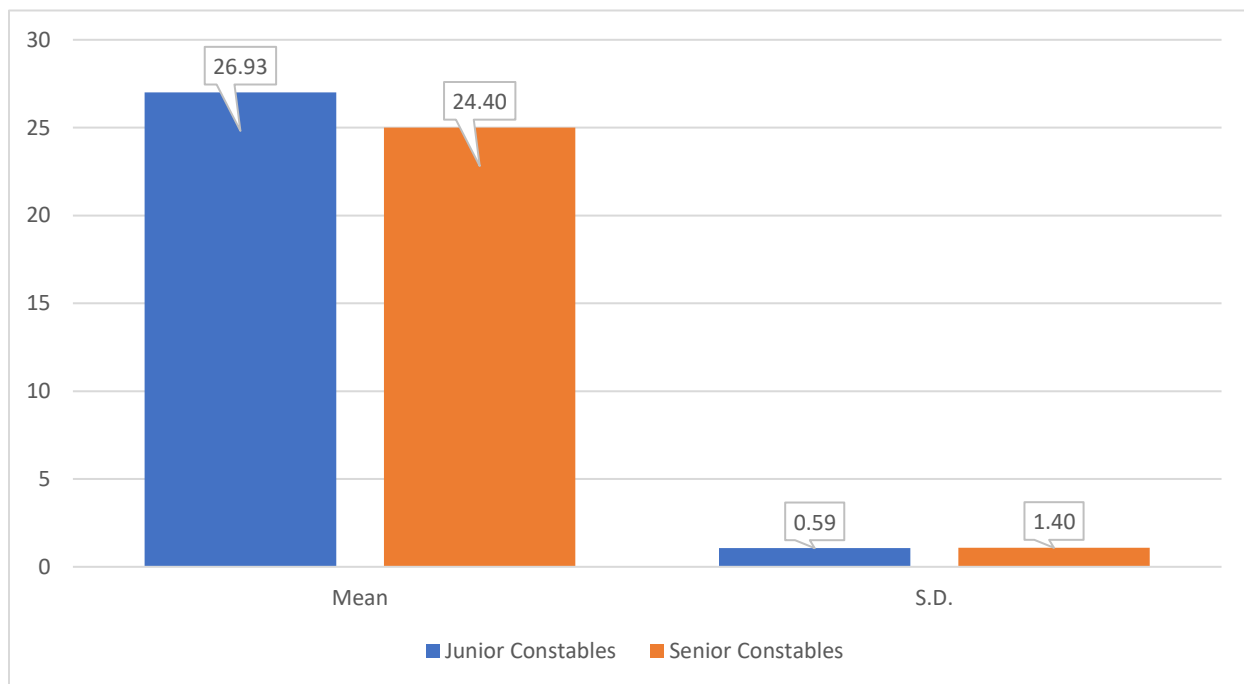


Fig 1: illustrated the Mean and S.D. of Junior and Senior Women Constables for their Fitness and Body Care Variable.

Discussion

Fitness and body care status: - In the present study, the assumption was selected that there would be significant difference between Junior women constables and senior women constables of Punjab police for their fitness and body care component. The result reveal that there was significant difference in fitness and body care status. The result of this finding is supported by the study conducted by Singh, G., & Singh, A. where they found that there was a significant difference between male teaching and non-teaching employees.

Conclusions

In conclusion, it is evident that the results of 't-test' between two groups with regard to the sub-parameter fitness and body care health and wellness status were found to be statistically significant between junior and senior women constables.

Conflict of Interest: No Conflict of Interest Declared among authors

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