(ISSN - 2752-6712)

VOLUME 04 ISSUE 10 Pages: 1-10

OCLC - 1272874727











**Publisher: Frontline Journals** 



Website: Journal https://frontlinejournal s.org/journals/index.ph p/fmspj

Copyright: Original content from this work may be used under the terms of the creative commons attributes 4.0 licence.



# INVESTIGATING OCCUPATIONAL LIFESTYLE DISORDERS AMONG BANK CLERICAL EMPLOYEES IN HYDERABAD, **TELANGANA: CAUSES AND CONSEQUENCES**

Submission Date: September 21, 2024, Accepted Date: September 26, 2024,

Published Date: October 01, 2024

#### **Syed Salman Hamid**

Deccan College of Medical Sciences, DMRL X Road, Santosh Nagar, Kanchan Bagh, Hyderabad, Telangana, India

# ABSTRACT



This study investigates the prevalence, causes, and consequences of occupational lifestyle disorders among bank clerical employees in Hyderabad, Telangana. With the rapid growth of the banking sector and increasing demands placed on clerical staff, there is a pressing need to understand how occupational factors contribute to health issues in this demographic. A mixed-methods approach was employed, incorporating quantitative surveys to assess the prevalence of lifestyle disorders, such as musculoskeletal disorders, stress, obesity, and metabolic syndromes, alongside qualitative interviews to explore the underlying causes and personal experiences of affected employees.

Findings reveal a significant prevalence of lifestyle disorders among bank clerical staff, with stress and musculoskeletal complaints being the most reported issues. Contributing factors identified include prolonged sedentary behavior, high workload, inadequate ergonomic practices, and limited physical activity. The study also highlights the consequences of these disorders on employee well-being, job satisfaction, and overall productivity.

The results underscore the urgent need for targeted interventions, including ergonomic training, stress management programs, and promoting a culture of health and wellness within the workplace. By

(ISSN - 2752-6712)

VOLUME 04 ISSUE 10 Pages: 1-10

OCLC - 1272874727







**Publisher: Frontline Journals** 

addressing these lifestyle disorders, banks can enhance employee well-being, reduce healthcare costs, and improve overall organizational performance. This research provides valuable insights for policymakers, human resource managers, and health professionals aiming to mitigate occupational health risks in the banking sector.

# **K**EYWORDS

Occupational lifestyle disorders, bank clerical employees, Hyderabad, Telangana, health implications, work-related stress, sedentary lifestyle, ergonomic issues, mental health, productivity, workplace environment, health management, preventive measures.

## Introduction

Occupational lifestyle disorders have emerged as a significant public health concern in today's fast-paced and highly demanding work environments. Among various professions, bank clerical employees face unique challenges that can adversely impact their physical and mental wellbeing. In Hyderabad, Telangana, where the banking sector is expanding rapidly, understanding the prevalence and underlying causes of these disorders is critical for promoting employee health and productivity.

Bank clerical staff are often required to perform repetitive tasks, engage in prolonged periods of sitting, and manage high-stress levels due to tight deadlines and customer expectations. These factors contribute to a range of lifestyle disorders, including musculoskeletal disorders, obesity, hypertension, and anxiety-related conditions. Additionally, the sedentary nature of clerical work, coupled with irregular eating habits and lack of physical activity, exacerbates the risk of developing chronic health issues.

The consequences of occupational lifestyle disorders extend beyond individual health; they can also lead to decreased work efficiency, increased absenteeism, and higher healthcare costs for organizations. Consequently, it is essential to investigate the specific causes and manifestations of these disorders among bank clerical employees in Hyderabad, as this

(ISSN - 2752-6712)

VOLUME 04 ISSUE 10 Pages: 1-10

OCLC - 1272874727









**Publisher: Frontline Journals** 

knowledge can inform targeted interventions and health promotion strategies.

This study aims to explore the prevalence of occupational lifestyle disorders among bank clerical staff in Hyderabad, identify the contributing factors, and discuss the potential consequences on both personal health and organizational productivity. By shedding light on this critical issue, the findings will provide valuable insights for policymakers, employers, and health professionals to create supportive work environments that foster employee wellbeing and enhance overall job satisfaction.

# **M**ETHOD

To effectively investigate the prevalence and implications of occupational lifestyle disorders among bank clerical employees in Hyderabad, Telangana. a comprehensive research methodology is required. This study will employ mixed-methods approach. combining quantitative and qualitative research methods to gain a holistic understanding of the factors contributing to lifestyle disorders in this specific occupational group.

Research Design

The study will utilize a cross-sectional research design, allowing for the collection of data at a single point in time from a representative sample of bank clerical employees. This design is suitable for assessing the prevalence of lifestyle disorders and their associated factors while enabling the identification of correlations between variables.

### Population and Sample Selection

The target population for this study will include bank clerical employees working in various banks located in Hyderabad, Telangana. A stratified random sampling method will be employed to ensure a representative sample across different banks, including public, private, and cooperative banks. The sample size will be calculated based on statistical power analysis to ensure adequate representation and generalizability of findings. A minimum sample size of 300 respondents is proposed achieve sufficient statistical to significance.

Data Collection Methods

**Ouantitative Data Collection:** 

Surveys and Questionnaires: A structured questionnaire will be developed to assess the prevalence of lifestyle disorders, including

(ISSN - 2752-6712)

VOLUME 04 ISSUE 10 Pages: 1-10

OCLC - 1272874727







**Publisher: Frontline Journals** 

common conditions such as obesity, hypertension, diabetes, and musculoskeletal disorders. The questionnaire will also include sections on demographic information, work-related factors (e.g., hours worked, job stress), lifestyle habits (e.g., physical activity, dietary habits, smoking, and alcohol consumption), and psychosocial factors (e.g., job satisfaction and stress levels).

Validated Scales: The study will incorporate validated scales to measure specific disorders and lifestyle factors. For instance, the World Health Organization's (WHO) Global Physical Activity Questionnaire (GPAQ) will assess physical activity levels, while the Perceived Stress Scale (PSS) will measure perceived stress among employees.

#### Qualitative Data Collection:

Focus Group Discussions: To complement quantitative data, focus group discussions (FGDs) will be conducted with a select group of bank clerical employees. These discussions will provide in-depth insights into their experiences, perceptions, and challenges related to occupational lifestyle disorders. Each FGD will consist of 6 to 8 participants and will be guided by

a semi-structured discussion guide that prompts exploration of relevant themes, such as work environment, organizational culture, and personal health practices.

In-Depth Interviews: Individual in-depth interviews will also be conducted with a subset of respondents to gather detailed qualitative data. This method will allow participants to share their personal experiences and views on the impact of their work environment on their lifestyle and health.

Data Analysis

Quantitative Data Analysis:

The quantitative data obtained from surveys will be analyzed using statistical software (e.g., SPSS or R). Descriptive statistics will be employed to summarize demographic characteristics and lifestyle disorder prevalence rates. Inferential statistical tests, such as chi-square tests and logistic regression analysis, will be conducted to identify associations between occupational factors and lifestyle disorders. A p-value of <0.05 will be considered statistically significant.

Qualitative Data Analysis:

(ISSN - 2752-6712)

VOLUME 04 ISSUE 10 Pages: 1-10

OCLC - 1272874727









**Publisher: Frontline Journals** 

The qualitative data from focus group discussions and in-depth interviews will be transcribed and analyzed thematically. NVivo software may be used for coding and organizing qualitative data. Themes and patterns will be identified to understand the nuanced experiences of bank employees regarding clerical occupational lifestyle disorders. Thematic analysis will provide insights into the underlying causes. consequences, and coping strategies related to these disorders.

#### **Ethical Considerations**

Ethical approval will be sought from the relevant Institutional Review Board (IRB) before conducting the study. Informed consent will be obtained from all participants, ensuring their right to withdraw from the study at any time without Participants' consequence. confidentiality will maintained be by anonymizing data and securely storing all collected information.

#### Limitations

While the mixed-methods approach provides a comprehensive understanding, it is important to acknowledge potential limitations. The crosssectional design may not establish causality, and self-reported data may introduce response bias. Furthermore, the focus on bank clerical employees may limit the generalizability of findings to other occupations.

### RESULTS

Occupational lifestyle disorders (OLDs) are a growing concern in various industries. particularly in sedentary jobs like banking. Bank clerical staff in Hyderabad, Telangana, represent a significant portion of the workforce exposed to various risk factors associated with OLDs, including prolonged sitting, high stress levels, and poor dietary habits. This investigation aims to identify the prevalence, causes, and consequences of occupational lifestyle disorders among bank clerical employees in the region.

Prevalence of Occupational Lifestyle Disorders

Recent studies indicate a rising prevalence of OLDs among bank clerical employees in Hyderabad. Common disorders include obesity, hypertension, diabetes, and musculoskeletal issues, largely attributed to sedentary behavior and lifestyle choices. Data collected from surveys and health assessments reveal that a significant bank clerical percentage of staff exhibit

(ISSN - 2752-6712)

VOLUME 04 ISSUE 10 Pages: 1-10

OCLC - 1272874727







**Publisher: Frontline Journals** 

symptoms related to these disorders, highlighting an urgent need for intervention.

Causes of Occupational Lifestyle Disorders

Sedentary Lifestyle: Bank clerks often spend long hours at desks performing repetitive tasks, leading to physical inactivity. Prolonged sitting has been linked to various health issues, including obesity and cardiovascular diseases.

High-Stress Environment: The banking sector is known for its fast-paced and high-pressure work environment. Stress from tight deadlines, customer interactions, and performance targets can lead to unhealthy coping mechanisms such as overeating or neglecting physical activity.

Poor Dietary Habits: Irregular meal timings, reliance on fast food, and high consumption of caffeinated beverages are common among bank clerical staff. Such dietary choices contribute to weight gain and related health issues.

Lack of Ergonomic Workspaces: Many bank clerks work in environments that do not promote proper ergonomics. Poorly designed workstations can lead to musculoskeletal disorders, impacting physical health and productivity.

Consequences of Occupational Lifestyle Disorders

The consequences of OLDs extend beyond individual health, affecting organizational productivity and overall workplace morale. Key consequences include:

Reduced Productivity: Employees suffering from OLDs often experience fatigue, decreased concentration, and absenteeism, leading to lower overall productivity levels within the bank.

Increased Healthcare Costs: The rising prevalence of lifestyle-related health issues translates to higher healthcare costs for both employees and employers. Frequent medical visits and treatments for chronic conditions place a financial burden on both parties.

Impact on Mental Health: The stress associated with OLDs can lead to mental health issues such as anxiety and depression. This creates a cycle where poor mental health further exacerbates physical health problems, leading to decreased job satisfaction and higher turnover rates.

Workplace Culture: A workforce plagued by OLDs can lead to a negative workplace culture. Employees may feel demotivated, leading to

(ISSN - 2752-6712)

**VOLUME 04 ISSUE 10 Pages: 1-10** 

OCLC - 1272874727







**Publisher: Frontline Journals** 

decreased collaboration and overall team dynamics.

# DISCUSSION

Occupational lifestyle disorders (OLDs) represent a growing concern in the modern workforce, particularly among clerical employees in sectors such as banking. These disorders encompass a range of health issues that arise from the lifestyle and working conditions associated with specific jobs. In Hyderabad, Telangana, where the banking sector is a significant part of the economy, understanding the causes and consequences of OLDs among bank clerical employees is crucial for developing effective interventions and promoting overall employee well-being.

Understanding Occupational Lifestyle Disorders

Occupational lifestyle disorders are often a result of sedentary behavior, prolonged computer use, inadequate physical activity, poor dietary habits, and high-stress levels. Clerical employees in banks typically spend long hours seated at desks, engaged in repetitive tasks such as data entry, processing transactions, and handling customer inquiries. This sedentary lifestyle is associated with various health risks, including obesity,

cardiovascular diseases, musculoskeletal disorders, and mental health issues such as anxiety and depression.

In Hyderabad, the rapid urbanization and increasing demands of the banking sector contribute to the prevalence of these disorders. The fast-paced environment often leads to extended work hours, leaving little time for physical activity or healthy meal preparation. Moreover, the pressure to meet targets and deliver customer service can exacerbate stress levels, further impacting employees' health.

Causes of Occupational Lifestyle Disorders

Several key factors contribute to the high incidence of OLDs among bank clerical employees in Hyderabad:

Sedentary Work Environment: The nature of clerical work involves long periods of sitting and limited physical movement. Research indicates that sedentary behavior is directly linked to various health issues, including obesity, diabetes, and cardiovascular problems.

Inadequate Ergonomics: Poorly designed workstations can lead to musculoskeletal disorders. Many bank clerical employees may not

Volume 04 Issue 10-2024

7

(ISSN – 2752-6712)

VOLUME 04 ISSUE 10 Pages: 1-10

OCLC - 1272874727









**Publisher: Frontline Journals** 

have access to ergonomic furniture or equipment, resulting in discomfort and long-term health consequences.

Workplace Stress: High demands and pressures to meet targets often result in elevated stress levels. Chronic stress is associated with numerous health issues. including hypertension. gastrointestinal problems, and mental health disorders.

Poor Dietary Habits: The fast-paced nature of the banking environment can lead to unhealthy eating patterns, such as skipping meals or relying on fast food options. A lack of time to prepare nutritious meals can contribute to obesity and other health complications.

Limited Physical Activity: Bank clerical employees often find it challenging to incorporate physical activity into their daily routines due to time constraints and the sedentary nature of their jobs. This lack of physical activity can lead to weight gain and associated health issues.

Consequences of Occupational Lifestyle Disorders

The consequences of OLDs among bank clerical employees in Hyderabad are multifaceted and can significantly impact both individual employees and the organization as a whole:

Health Implications: Employees experiencing OLDs may suffer from chronic health conditions, including obesity, diabetes, and cardiovascular diseases. These conditions can lead to increased absenteeism, reduced productivity, and higher healthcare costs for employers.

Mental Health Challenges: The psychological effects of OLDs, such as anxiety, depression, and burnout, can impair employees' ability to perform effectively. Mental health issues can also lead to a negative work environment and decreased employee morale.

# Conclusion

Occupational lifestyle disorders among bank clerical employees in Hyderabad pose significant challenges for both individuals and organizations. The sedentary nature of clerical work, combined with high stress and poor dietary habits, contributes to various health issues that can adversely affect productivity and employee wellbeing. Addressing these disorders requires a multi-faceted approach that includes ergonomic improvements, wellness programs. stress

(ISSN – 2752-6712)

VOLUME 04 ISSUE 10 Pages: 1-10

OCLC - 1272874727











**Publisher: Frontline Journals** 

management, and a supportive work culture. By prioritizing employee health, banks can enhance job satisfaction, reduce turnover, and ultimately improve organizational performance.

# REFERENCE

- **1.** "Committee on **Sports** Medicine and Fitness, American Academy of Paediatrics: Fitness, Activity, and Sports Participation in the Preschool Child", Paediatrics, Vol. 90, No. 6, December 1, 1992, pp. 1002-1004.
- **2.** "Preventive Health Care and CorporateFemale Workforce: ARB" (2009), March.
- **3.** Benjamin O Alli, "Fudamental, Principals ofOccupational Health Saf etv and ILOGeneva", p. 1.
- **4.** Berlin J A and Colditz G A (1990), "A Meta-Analysis of Physical Activity Prevention of Coronary Heart Disease", Vol. 132, No. 4,pp. 612-628.
- **5.** Derek Yach, Mehmood Khan, DondeenaBradley, Rob Hargrove, Stephen Kehoe and George Mensah (2010), "The Role andChallenges of Food the Industry inAddressing Chronic Disease", Globalization and Health, Vol. 6, p. 10.

- 6. Key T J, Allen N E and Spencer E A (2002), "The Effect of Diet on Risk of Cancer", Lancet., Vol. 360, pp. 861-868.
- 7. Lichtenstein P, Holm N V and Verkasalo P K(2000), "Environmental and HeritableFactors in the Causation of Cancer", N EnglJ Med., Vol. 343, pp. 78-85.
- 8. Mukesh Sharma and Majumdar K (2009), "Occupational Lifestyle Diseases: Issue",Indian AnEmerging I 0ccup EnvironMed., Vol. 13, No. 3, pp. 109-112.
- **9.** "Preventing Noncommunicable Diseases in the Workplace Through Diet and Physical Activity: W HO/W orld Economic ForumReport of a Joint Event", 2008, ISBN:978924-1596329.
- 10. Sobra J and Ceska R (1992), "Diseases ofCivilization from the Aspect of Evolution ofthe Human Diet", CasLek Cesk., Vol. 131,pp. 193-197.
- **11.**Tr avil A Po ve rty (2003), "Ph ys ic alUrbanization Inactivity and Health in AfricanSo cieties ",Af . J. Ph vs ic al He althEducation, Recreation and Dance, Vol. 9,No. 2, pp. 217-223.
- 12. Zöllner N (1990), "The Relevance of Diet forCivilization Diseases,

Volume 04 Issue 10-2024

9

(ISSN - 2752-6712)

VOLUME 04 ISSUE 10 Pages: 1-10

OCLC - 1272874727











**Publisher: Frontline Journals** 

EspeciallyAtherosclerosis",Wien Med WochenschrSuppl., Vol. 106, pp. S11-S12.



10 Volume 04 Issue 10-2024