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विद्येविना मति गेली, मतीविना नीति गेली
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A comparative study of health status, life style, adjustment and anxiety among migrant and non-migrant worker

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Abstract

The present study aim of the research was find out Health status, life style, adjustment and anxiety among migrant and non-migrant workers. The main research instruments employed for the present study were Health status Scale standardized by Navid JS., Rathus S.A. Rubenstein, Life style scale developed by S.K. Bawa and Sumanpreet Kaur, Bells Adjustment Inventory- This scale is Indian adaptation developed by Dr.(Mrs) Lalita Sharma. and Anxity test standardized by Dr.R.L Bharadwaj, Dr. H. Sharma and Dr. M. Bhargava. Descriptive research design was adopted. The sample consisted of 60 migrant and non-migrant workers selected randomly from all MIDC in Aurangabad District of Maharashtra. The sample was further equally categorized between migant and non- migrant worker. Results revealed that 1. There is significant difference between Migrant and Non-migrant workers on Health status. Anxiety of non-migrant workers are better than migrants workers. 2.There is significant difference between Migrant and Non-migrant workers on life style. Life style of non-migrant workers are better than migrants workers. 3. There is significant difference between Migrant and Non-migrant workers on Adjustment. Adjustment of non-migrant workers

are better than migrants workers. 4. There is significant difference between Migrant and Non-migrant workers on Anxiety. Anxiety of non-migrant workers are better than migrants workers.

Key word: Health status, Life style, Adjustment and Anxiety, Migrant and Non-migrant worker.

Introduction

The development of any country, development or developing depends upon industrial development. The workers are key factors in these industries. The present research is humble try to studied behavior of workers. In industrial sectors there are skilled and non-skilled workers and also migrant and non-migrant workers. There are many problems come with migrant worker. Worker are key elements in industry but they faces many problems in their life.

The problems of workers are the physical and mental health, wages of their work, hours of work, shifts of work, the places of industry, the relation between industrialist- workers, distribution of work, like these many thing create many problems in workers. The this research the worker, his adjustment, works stress, anxiety, his life style, his physical and mental health status, these are so many problem depicted in this study which is very important for them.

The migrant worker and non-migrants worker face so many problems but their different, because migrant workers worried about his employment, his accommodation, his payment or salary, financial problems, etc. The these factors give him poor life-style. Migrant worker have not sufficient wage in comparison with his work hours. How can he manage his life-style and how can he complete the family responsibility. That's why he become worried, anxiety. This research study help to solve the worker problems in psychological view. Because of anxiety, low life –style, worker can't afford any entertainment ways. Same time he become addict of alcohol, cigar, drinking, these bad habits and then he affected many health issues. And the level of anxiety is become raise day by day. The whole scene can depicted the chain of problems of worker which are inter-linked. Workers life imbalance between wages or salary and because of financial problems he become search shot-way to earn money and then he move in criminal way.

Review of Literature

Jasleen Kaur (2010) entitle of "Distress and self-esteem among migrant women domestic workers" The study sample 120 migrant women domestic workers. Major result show that health problems were significant different between migrant and domestic workers. Migrant workers physical and psychological problems higher than domestic workers just like depression, anxiety and anger were migrant workers more than domestic workers.

P. Sengupta & A.I. Benjamin (2004) Explored that 25.6 percent of the migrant employees revealed addictive habits compared to 15.1 percent of the non-migrants (p-0.0000). Cardio-vascular or musculoskeletal conditions were the most frequently cited stress conditions by migrant (3.6%) and non-migrant (3.5%) employees respectively. In short result show that migrant workers were live in tress more than non-migrant.

Abdulbari Bener (2017) find out the 1. Significant different between semi-urban and and urban migrant workers in education, occupation, income, working, timing and accommodation, delay in receiving salary, the right to medical insurance and sick day entitlement, cigarettes and shisha smoking, amenities, having on site safety measure, and sleeping hours.

Lekshmanan biju (2002) the study indicates that there are push as well as pull factors for migration and work of children. Poverty, adult migration, inadequate measures of social security, and family conflicts are the push factors. Comparatively higher income

differentials, high income opportunities and attraction of city life are the pull factors responsible for migration

		Residence of worker		Total
		Migrant	Non-Migrant	
		30	30	
Total		30	30	

Dr. Sunil Kumar P. & Dr. Pramod S. K. (2016) major result show that significant different between migrant laborers and domestic laborers . major Issue were insecure of job, fear of lost the job, low laborers payment, mental and physical problems, anxiety, stress more than domestic laborers .

Objective of research

1. To Study the Health status among the migrant and non-migrant worker.

2. To Study the Life Style among the migrant and non-migrant worker.

3. To Study the Adjustment among the migrant and non-migrant worker.

4. To Study the Anxiety among the migrant and non-migrant worker.

Hypotheses of research

1. There will be significant difference between migrant and non-migrant worker on Health status.

2. There will be significant difference between migrant and non-migrant worker on Life style.

3. There will be significant difference between migrant and non-migrant worker on Adjustment.

4. There will be significant difference between migrant and non-migrant worker on Anxiety.

Methodology

Sample

With the help of a randomized sampling technique 60 worker were selected from Aurangabad MIDC (30 Migrant worker + 30 Non-Migranat). Out of this 30 Migrant worker out of Aurnagabad District. There is not consider gender, income, education and skill, age group of 20-50

Sample distribution

Variables

Independent variables

A) Residence of Worker

1.Migrant   2. Non-Migrant

Dependent variables

1. Health Status

2. Life Style

3. Adjustment

4. Anxiety

Operational definition

1. Health status - The score on Health Status scale indicates Health status.

2. Life Style - The score on Life Style scale indicates Life Style.

3. Adjustment - The score on Adjustment scale indicates Adjustment.

4. Anxiety - The score on Anxiety scale indicates Anxiety.

5. Migrant workers - Who workers come from other districts.

6. Non-Migrant workers - Who workers come from own districts.

Research tools

Health Status test- This scale is developed by Navid JS., Rathus S.A. Rubenstein. This inventory has 80 items and five alternative answers. This inventory has test re-test Reliability and Validity.

Life style Scale- This scale is developed by S.K. Bawa and Sumanpreet Kaur This inventory has 60 items and 5 alternative answers. This inventory has test Reliability test re-test was found 0.96 . The reliability index 0.98.

Bells Adjustment Inventory- This scale is Indian adaptation developed by Dr.(Mrs) Lalita Sharma. This inventory has 80 items and two alternative answers. Yes and no. Right answer give to one marks. This inventory has test validity co-efficient was found .834 .

Comprehensive Anxiety test - This scale is developed by Dr.R.L Bharadwaj, Dr. H. Sharma

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and Dr. M. Bhargava. This inventory has 90 items and two alternative answers. Yes and no. Right answer give to one marks. This inventory has test reliability co-efficient was found .83.

Statistical analysis, Result and Discussion

A brief account0 of the result obtained in this work the employed statistical technique is presented in this section. The group wise descriptive statistical for the four variables Health status, life style, adjustment and anxiety are presented in following tables reference to this table has been made while presenting the results divert from inferential statistic and evaluating the hypothesis.

Hypothesis - There will be significant difference between migrant and non-migrant worker on Health status.

	Mean	S.D.	N	Df	't'	Sign
Migrant worker	152.8333	12.04	30	58	7.7081	Sign.
Non-Migrant worker	123.2333	17.24	30			

The result of present study table no.1. show that the mean score of Health status for migrant and Non-migrant workers Mean are 152.83 and 123.23 respectively, the significant different between these two groups. The 't' value 7.70 at 0.05 level significant. Thus result supported the hypothesis. Health status of non-migrant workers are better than migrants workers.

Hypothesis - There will be significant difference between migrant and non-migrant worker on Life style.

	Mean	S.D.	N	Df	't'	Sign
Migrant worker	125.7667	14.8781	30	58	3.5495	Sign
Non-Migrant worker	139.2333	14.5073	30			

The result of present study table no.2. show that the mean score of life style for migrant and Non-migrant workers Mean are 125.76 and 139.23 respectively, the significant different between these two groups. The 't' value 3.54 at 0.05 level significant. Thus result supported the hypothesis. Life style of non-migrant workers are better than migrants workers.

Hypothesis - There will be significant difference between migrant and non-migrant worker on Adjustment.

	Mean	S.D.	N	Df	't'	Sign
Migrant worker	52.9333	7.6381	30	58	4.2826	Sign
Non-Migrant worker	43.8667	8.7247	30			

The result of present study table no.3. show that the mean score of adjustment for migrant and Non-migrant workers Mean are 52.93 and 43.86 respectively, the significant different between these two groups. The 't' value 4.28 at 0.05 level significant. Thus result supported the hypothesis. adjustment of non-migrant workers are better than migrants workers.

Hypothesis - There will be significant difference between migrant and non-migrant worker on Anxiety.

	Mean	S.D.	N	Df	't'	Sign
Migrant worker	64.03	8.3603	30	58	4.8433	Sing
Non-Migrant worker	53.00	9.2625	30			

The result of present study table no.4. show that the mean score of anxiety for migrant and Non-migrant workers Mean are 52.93 and 43.86 respectively, the significant different between these two groups. The 't' value 4.28 at 0.05 level significant. Thus result supported the hypothesis. Anxiety of non-migrant workers are better than migrants workers.

Conclusion:-

1.There is significant difference between Migrant and Non-migrant workers on Health status. Anxiety of non-migrant workers are better than migrants workers.

2.There is significant difference between Migrant and Non-migrant workers on life style. Life style of non-migrant workers are better than migrants workers.

3. There is significant difference between Migrant and Non-migrant workers on Adjustment. Adjustment of non-migrant workers are better than migrants workers.

4. There is significant difference between Migrant and Non-migrant workers on Anxiety. Anxiety of non-migrant workers are better than migrants workers.

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