

Impact of employment on Health indicators among students in Mysuru: A Cross Sectional Study

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ABSTRACT

Introduction

India is a developing country with a rising need to recruit a good workforce. With the current education system in India, there is still doubt regarding the employability of students as well as the pass outs. Major factor influencing this is that the present education system doesn't expose students to a professional job outside, and hence, once they pass out, they have less skills and experience to begin with.

Methodology

It is a cross sectional study for a duration of 3 months. It is a self-structured, questionnaire which was circulated. A sample size of 163, from students of all branches, was reached. The data was collected, and analysed with SPSS. Frequencies and chi-square was done.

Results

Most of the participants were studying medical (87.1%). There was significant association between employment and feeling tensed, between branch and comfort in making decisions for myself and between branch and leading balanced life.

Conclusion

We would like to say that an open employment programme for students >18 years, is the need of the hour. It will help in realising and tapping into the new ideas and desires with the zest of youthful energy. It will help the overall economy of the community, as most of the students will be employed first time and will be a part of the new economy which will take shape in the future.

Keywords students, employment, economy, stress, confidence

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INTRODUCTION

India is a developing country with a rising need to recruit a good workforce. In the upcoming years, the demand for skilled and qualified labor in India is expected to soar, both domestically and globally. To meet this demand, it is crucial to have a workforce that possesses the necessary expertise and qualifications¹. The number of graduates with further qualifications in the workforce increased from 23.6 million in 2001 to 50.5 million in 2010; the majority of whom are employed in the organized sector. Although with the increase in school and college enrolment rates, the proportion of educated youth in the labor force has been declining, their high proportions in the labor force indicate that the problem of youth unemployment and underemployment will remain a serious policy issue for many more years to come in India². With the current education system in India, there is still doubt regarding the employability of students as well as the pass outs. Apart from the social factors, there are various other factors contributing to low employment among students, mainly due to the limited opportunities given to them during their course period. Another major factor influencing this is that the present education system doesn't expose students to a professional job outside, and hence, once they pass out, they have less skills and experience to begin with.³ This is also the result of the traditional methodology of the Indian community towards occupation, where they want their children to get employed only with the white collar jobs like doctors, engineers and lawyers. This excessive strain by the community towards these occupations also makes the children focus more on the academia and less inclined to take risks². There's also significant stress associated with it, which hinders the employability of students. Academic factors are one of the most important stressors. Academic sources of the stress normally include competition among peers, requirement of high marks, approaching examinations among other things. The methods that can be employed to tackle these problems are to first train students to improve their skills, which would allow companies to employ them. Also, importance has to be given to training students to handle stress through the introduction of stress management education into the curriculum⁴⁻⁵.

Methodology

Study design: Cross-sectional study.

Study duration: 3 months: October- December 2023

Sample Size: According to a study by Asif S et al, with a confidence interval of 95% and a prevalence of 84%, and absolute precision of 5% our sample size comes to 163⁸

Sampling technique: Convenient sampling. The rationale behind this being the low response rate of the students. Hence all the students from various colleges were considered and responses were recorded. It would limit the

Study instruments: Questionnaire method

Study setting and method of collection of data: The study was started after obtaining the necessary permission from the ethics committee.

After obtaining permission, consent from students was obtained regarding age, employment status, health indicators and other socio-demographic data. Information regarding their employment and health was obtained through a structured questionnaire validated by experts. Standardized questionnaires on self-confidence and stress were taken to collect the data. A total of two visits or phone contact was done for collecting the information. The medical students were asked to fill the questionnaire by themselves.

Ethics: Since it was a questionnaire based study, prior consent from students were taken through the google forms and ethical approval was taken.

Study population: Students studying various undergraduate courses across medical, dental, engineering, physiotherapy, nursing, management, law, nursing.

Inclusion criteria: Students willing to participate. The forms was circulated to students across various fields but the majority of the respondents were from the medical background

Exclusion criteria: Students who were unwilling to participate in the study.

Topography: The study was done with the online forms sent to every colleges.

Statistical analysis: Data obtained was entered in an MS Excel spreadsheet followed by analysis using SPSS version 22 (licensed to JSS Medical College). The demographic characteristics such as age, gender, occupation etc. were represented using the arithmetic mean, standard deviation and percentages. The possible associations between the selected demographic variables (age, gender, education) were found using t-test/ chi-square.

Results

Table 1: Frequency chart

Sl no.	Characteristics	Category	Frequency(%)	Total
1.	Branch	Engineering	9.2%(14)	100%
		Medical	87.1%(142)	
		Others	3.1%(5)	
		Nursing	0.6%(1)	
2.	Gender	Male	76.7%(125)	100%
		Female	23.3%(38)	
3.	Age	17	2.5%(4)	100%
		18	23.3%(38)	
		19	20.9%(34)	
		20	22.1%(36)	
		21	17.2%(28)	
		22	11.0%(18)	
		23	3.1%(5)	

Out of the 163 participants, most of them were studying medical(87.1%). 76.7% were males and

around 66.3% belonged to the age group of 18-20 years.

Table 2: Association between employment status and anxiety in completing tasks

Employment Status	Do you feel tensed and in a hurry to complete tasks?			Asymp. sig
	Always	Sometimes	Never	
Never employed	35	103	18	.005
Currently employed	0	1	3	
Been employed in past	1	2	0	
Total	36	106	21	

*Pearson Chi-square test**

There is a significant association between employment and feeling tensed and being in a hurry to complete tasks.

Table 3: Association between branch and comfort in making decisions for myself.

Branch	I am comfortable making decision for myself			Asymp. sig
	Always	Sometimes	Never	
Engineering	8	7	0	0.000
Medical	73	69	0	
Management	2	3	0	
Architecture	0	0	1	
Total	83	79	1	

There is significant association between the branch and the comfort to make decisions.

Table 4: Association between branch and leading balanced life.

Branch	I am leading balanced life			Asymp. sig
	Always	Sometimes	Never	
Engineering	7	7	1	0.016
Medical	38	91	13	
Management	0	5	0	
Architecture	0	0	1	
Total	45	103	15	

There is a significant association between the course the student and leading balanced life. With majority of the students being medical, the significance could be limited mainly to the medical students.

Discussion

Employment being the basic driver of the economy of the country and the community. It is something students might be helped with a lot in terms of their skill set, independence and individuality for the long term. In line with the results from our study, employment brings about many qualities which will help the students to lead their life further. It brings about a skill of taking decisions by themselves, which leads them to self-sufficiency and growth. They need not rely on families and are free to take their own chances. While this may seem like they would divert from traditionality, it would also be helpful in pushing

the necessary changes of the society. It leads to a more dynamic economy and in turn more investment and growth on both infrastructure and skills. Confidence and boldness are the two key skills which will be inculcated into the students with provision of employment during their course. Considering their youth and ambitions, they will be able to manage the stress much better than that of the elders and willing to take on. This in turn also helps them to manage their activities well, balance their priorities and lead a balanced life overall⁶⁻⁷. Our study in line with the other studies also points to the fact that, there is stress which adds upon the students. Balancing the academia with the work will add to their worries and cause them to be stressed out. This ensures that both the college and the employers understand the students state of mind and adjust to keep them



stable, mentally and emotionally. A check on the students is a must, while also they must decide if they want to stay the course of employment or just drop out. An open employment programme is the need of the hour. ⁸⁻¹⁰There are limitations to consider, the sample size is majorly medical students and data cannot give a comprehensive data on the student community. Also, a more qualitative approach will help, with in depth discussion regarding factors affecting their employment status.

Conclusion

With the study, we would like to say that an open employment programme for students >18 years, is the need of the hour. It will help in realising and tapping into the new ideas and desires with the zest of youthful energy. More students in the workforce means that, new ideas will emerge and take their place in the society, making it for a much more relevant society. It will help the overall economy of the community, as most of the students will be employed first time and will be a part of the new economy which will take shape in the future. It will basically update all of the working and functioning of the society.



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