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A Study Of Occupational Health Hazards Of Hotel Employees In Dindigul District, Tamilnadu.

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ABSTRACT:-

Hotel workers are exposed to a variety of occupational health hazards that can significantly impact their physical & mental well-being. There hazards can range from physical injuries such as slips, trips, and falls to chemical exposures from cleaning agent, and ergonomic risks from repetitive tasks. Furthermore, hotel workers are at risk of psychological stress due to long working hours, high customer expectations, and inadequate work-life balance. The study was undertaken with well-structured questionnaires which include physical activity, sleep, stress pattern. The findings showed employees. had suffer from back pain, knee pain, neck pain, joint pain, stomach pain and some of them had injury because of lack of knowledge about work.

Keywords: *WorkStress, FoodSafety, FoodHygiene, and HotelWorkers*

I.INTRODUCTION:

Stress at work could influence an organization with employee absence, intention to leave, social difficulties, and poor performance. Stress in the workplace could be an ordinary cause of job dissatisfaction, but it could positively be equated with employee performance, productivity, and absenteeism. Stress at work was a recognized factor for low motivation and self-esteem, decreased in performance, high turnover and sick-leave, accidents, low job satisfaction, low-quality products and services, low internal communication, and conflict among employees (Baldev Raj Singh Narinder Singh et.al.,2021).

Employees with psychological capital often have the internal motivation of self-improvement and growth, thus increasing employees' attention and making them more receptive to new ideas. People with strong self-efficacy tend to learn actively, explore frontier knowledge, and constantly adjust and update their knowledge and skills according to the organization's requirements and environment. (Jun-Li Gao et.al., 2021)

The main objectives of the study are:

- 1 To select hotels from in Dindigul District.
2. To do a random survey to identify the occupational health hazards with a structure questionnaire.
3. To analyze the occupational hazards faced by the hotel employees by using statistical interpretations.

II.METHODOLOGY:-

The methodology pertaining to “A study of Occupational health hazards of hotel Employees in Dindigul District Tamilnadu” consists of Analyzing the health condition of hotel employees in working environment.

2.1. Selection of the Respondents:

In this study, the hotel workers in the age group of 20-60 were chosen by simple random sampling method. Samples around 50 were selected from Dindigul District.

2.2. Research Design:

Simple random sampling method was used to find out the study on occupational health hazards faced by the workers from selected hotels in Dindigul District.

2.3. Method of Data collection:

A structured questionnaire was developed and face to face interview was conducted. Details were collected from the respondents. The questionnaire includes personal information, job nature, life style parameters.

2.4. Data analysis and interpretation:

Data were collected through direct interviews with a structured questionnaire. The data were tabulated and analyzed by using standard packages for social sciences (SPSS).

1. Sampling method: Simple Random sampling
2. Sampling units : Hotels
3. Sample size : 50

III.RESULTS AND DISCUSSION:

A study on occupational health hazards of hotel employees in Dindigul District, Tamilnadu was done and results are given below:

3.1. AGE:

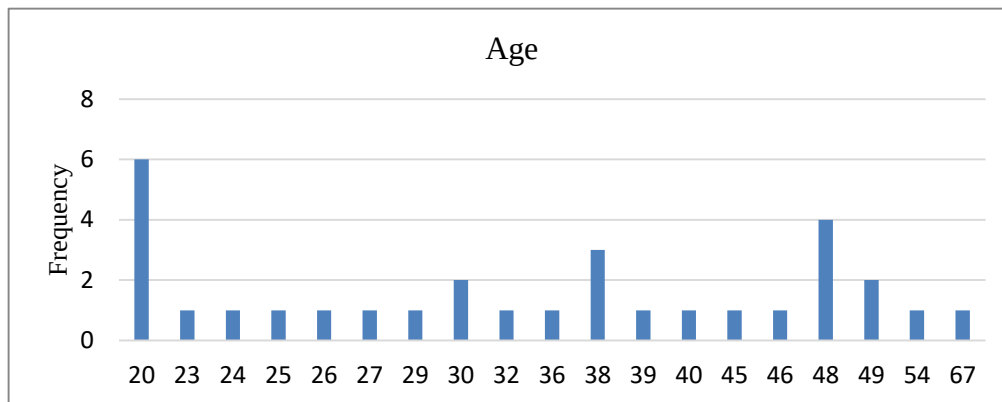


figure 1- Age of the respondensts.

According to study Older workers (aged 45 and above) are 45.1%, and younger workers (aged 20-30) are 54.7%, the majority of the workers were on the age of '20'.and all workers facing different challenges the hotel industry, such as Lack of Experience, Physical Demands, Health Issues, High Turnover Rates.

3.2. GENDER:-

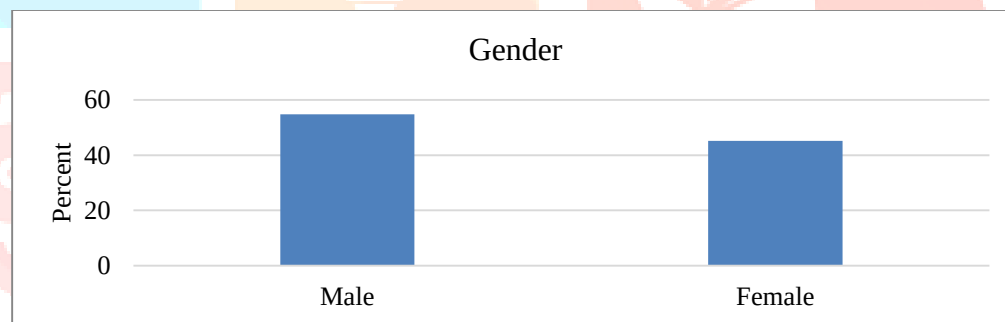


figure 2 – Gender of the respondents.

According to study hotel industry has 54.8% Male workers and 45.2% Women workers, comparatively male workers were working on the hotel industry than women workers. And also both Women & Male workers face many difficulties such as work life balance, work related stress etc.

3.3. WORK EXPERIENCE:-

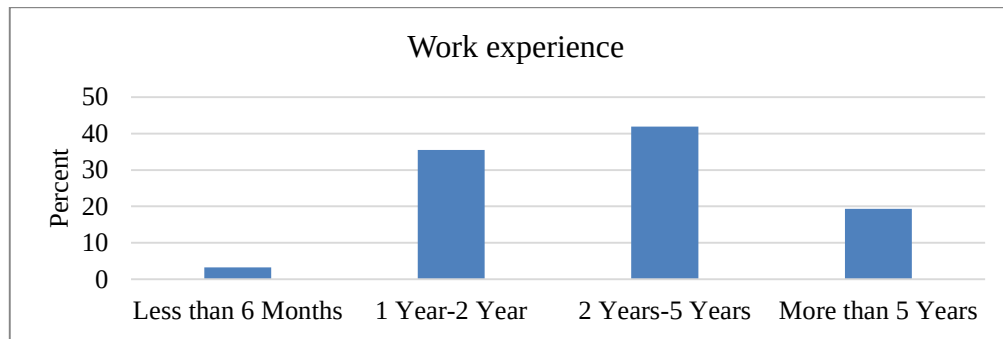


Figure 3 – Work experience of the respondents.

According to the study people with less than 6 months of work experience were 3.2%, people with 1- 2 years of work experience were 35.5%, people with 2- 5 years of work experience were 41.9%, and people with more than 5 years of work experience were 19.4%. people with 2 -5 years are majority on the hotel field.

3.4. WORKING HOURS:-

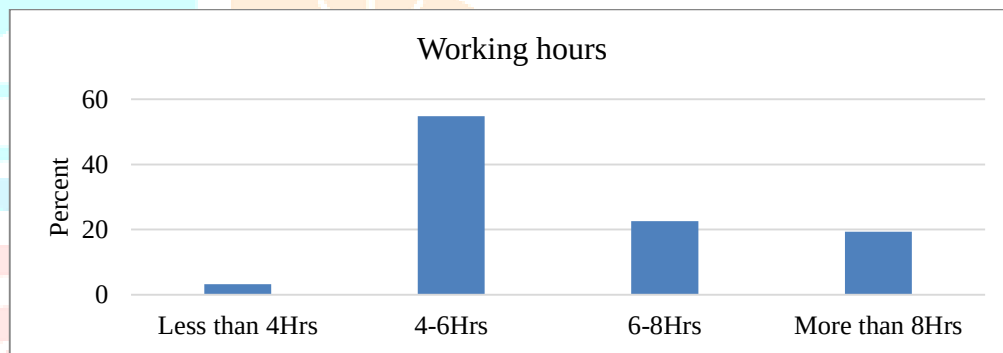


Figure 4 – Working hours of the respondents.

According to study people working less than 4 hours were 3.2%, people working 4 hours to 6 hours were 54.8%, people working 6 hours to 8 hours were 22.6 %, people working more than 8 hours were 19.4%. The majority of the people has 4 hours to 6 hours of Work schedule.

3.5. EMPLOYMENT STATUS:-

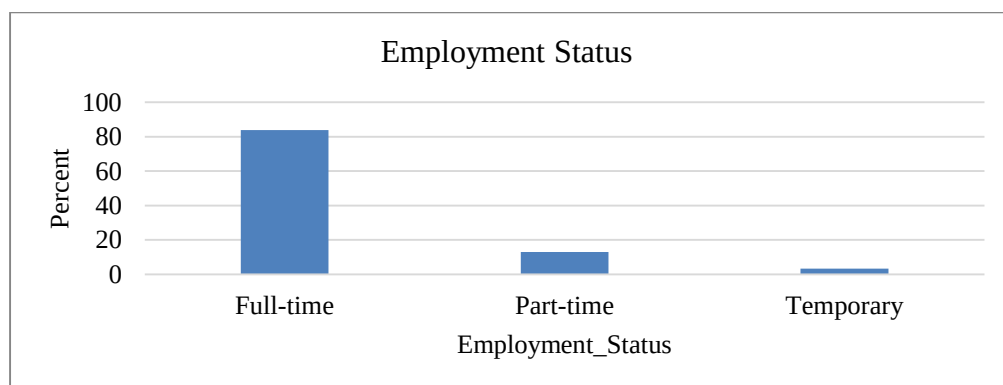


Figure 5 – Employment of the respondents.

According to study employment status of hotel workers, 83.9% of workers were working of Full-time, 12.9% of workers were working on part-time, 3.2% of workers were working on Temporary employment. The most of the hotel works employment status is “Full-time”.

3.6. Job-SATISFACTION:-

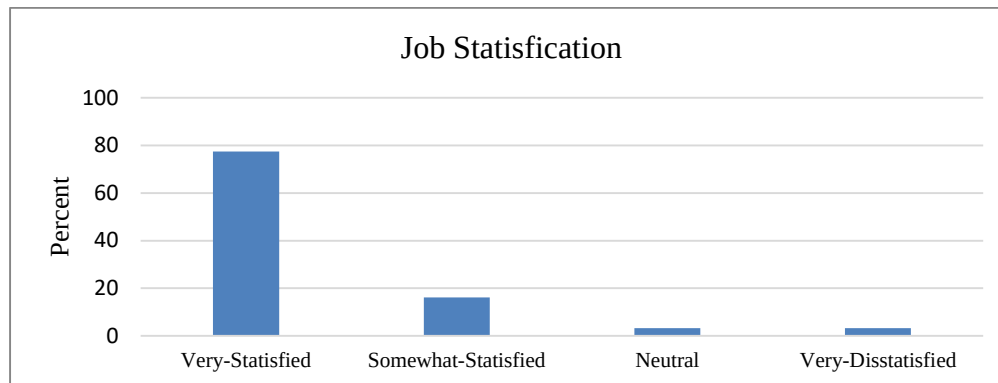


Figure 6 – Job satisfaction of the respondents.

According to study, work-satisfaction of hotel workers, 77.4% of people are “very satisfied” of their work in hotel, 16.1% of people are “satisfied” of their work in hotel, 3.2% of people are “neutral” of their work on hotel, 3.2% of people are “very dissatisfied” of their work on hotel. Majority of workers were ‘very-satisfied’ of their work on hotel.

3.7. STRESS OR ANXIETY:-

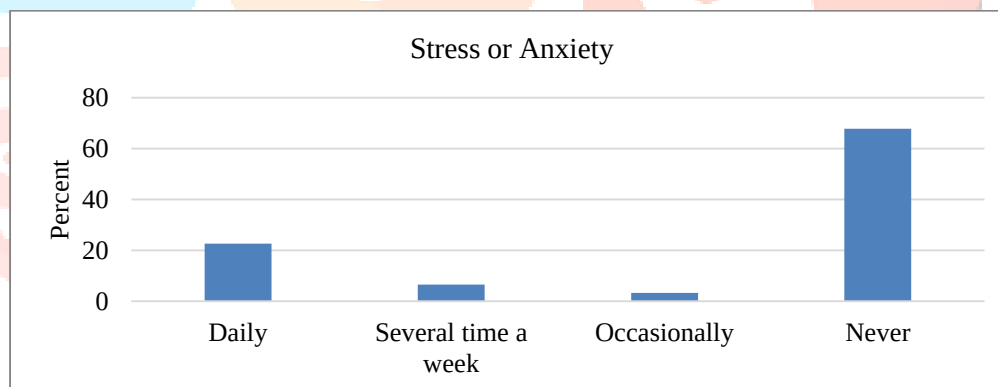


Figure 7 – Stress or anxiety level of the respondents.

According to study the stress or anxiety levels of hotel workers, 22.5% of hotel workers were exposed to stress or anxiety on ‘Daily’ basis, 6.5% of hotel workers were exposed to stress or anxiety on ‘several times on a week’, 3.2% of hotel workers were exposed to stress or anxiety on ‘occasionally’, 67.7% of hotel workers were exposed to stress or anxiety on ‘Never’. On positive site the majority of the hotel workers were ‘Never’ exposed to stress or anxiety.

3.8. INJURY AND ILLNESS:-

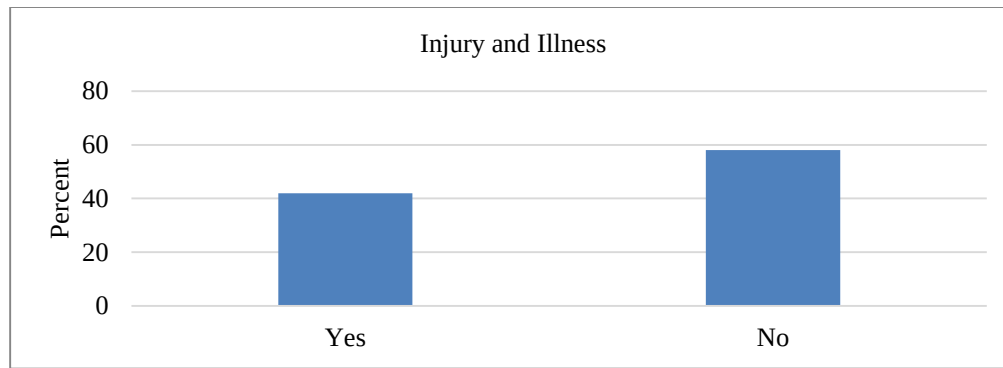


Figure 8 – Injuries and Illness of the respondents.

According to study, 41.9% of the hotel workers weren't experience injury and illness, 54.8% of the hotel workers were experience injury and illness, the study shows that the majority of the hotel workers were not experience injury and illness.

3.9. CHRONIC DISEASE:-

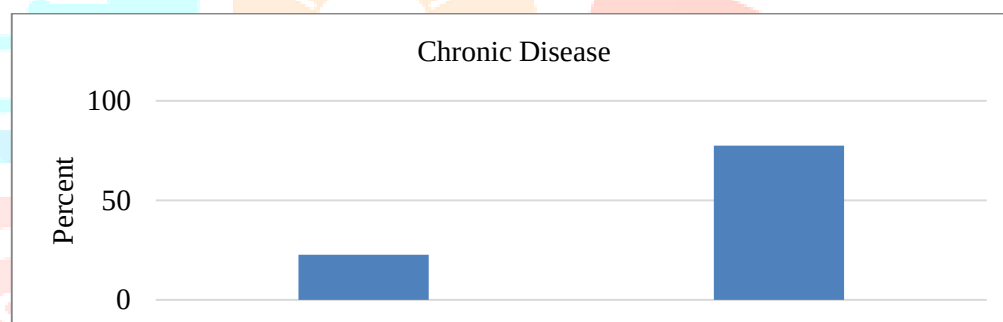


figure 9 – Chronic Disease of the respondents.

According to study, 22.6% of the hotel workers does have chronic disease, 77.4% of the hotel workers doesn't have chronic disease, the majority of the hotel workers does not have -kind of 'chronic diseases'.

3.10. FOOD IN-TAKE:-

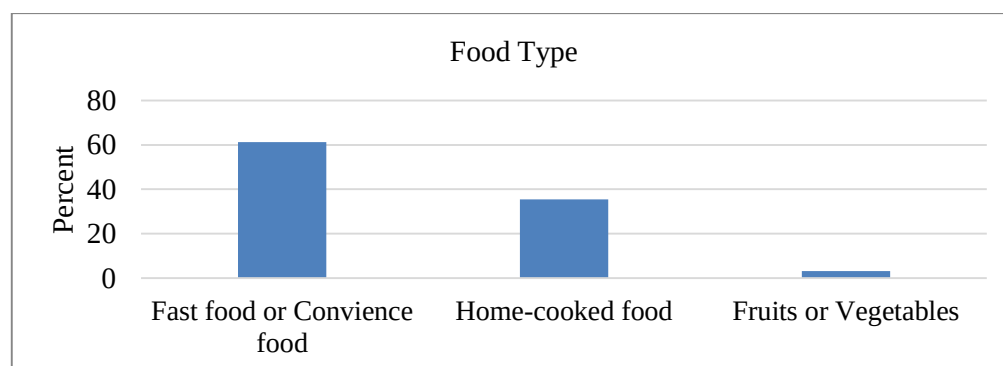


Figure 10 – Food type of the respondents.

According to study, 61.3% of the hotel workers were consuming 'Unhealthy Fast food and convenience foods', 35.5% of the hotel workers were consuming 'Good home cooked food', 3.2 % of the hotel workers were consuming 'Fruits and vegetables'. The study shows that the majority of the hotel workers are consuming 'Unhealthy Fast food and convenience foods'.

3.11. SLEEPING HOURS:-

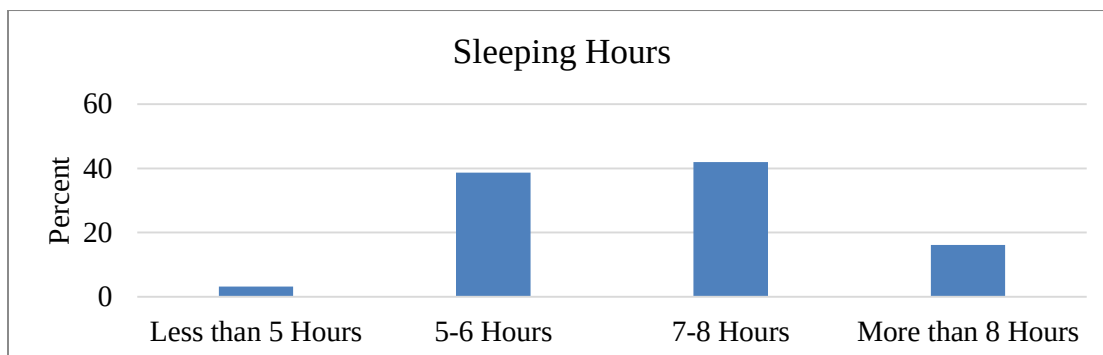


Figure 11 – Sleeping hours of the respondents.

According to study, 3.2% of the hotel workers have 'less than 5 hours of sleep', 38.7% of the hotel workers have '5 hours to 6 hours of sleep', 41.9% of the hotel workers '7 hours to 8 hours of sleep', 16.1% of the hotel workers have 'More than 8 hours of sleep'. The study shows that the majority of the hotel workers were obtaining '7 hours to 8 hours of healthy sleep'.

3.12. EXPERIENCE OF FATIGUE:-

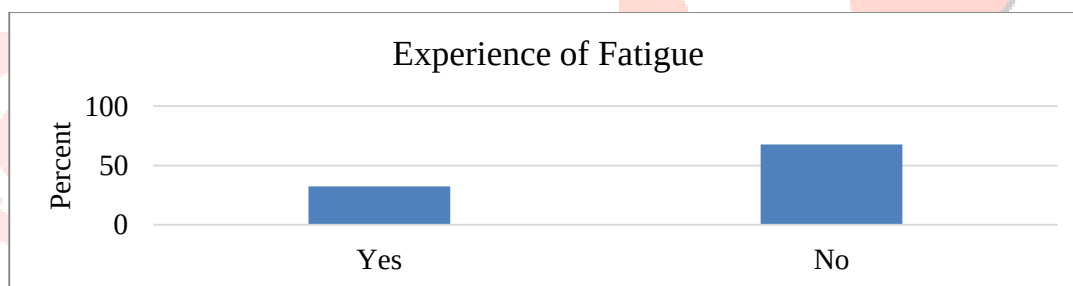


Figure 12 – Experience of Fatigue of the respondents.

According to study, 32.3% of the hotel workers have experiencing 'fatigue', 67.7% of the hotel workers haven't experiencing 'fatigue', The study show that the majority of the have not experiencing any 'Fatigue'.

IV.CONCULSION:-

The study sample consisted of 50 hotel employees, with a mean age of 47.5 years. The majority of the participants were 'Male' (54.8%) and 67.7% of the participants reported that they weren't experiencing high level of stress or anxiety. 41.9% of the participants reported that they have '7hours to 8hours' of healthy sleep all days. The average work experience of most of all hotel workers was '41.9%'. 61.3% of participants reported that they were consuming 'Unhealthy Fast food and convenience foods'. 77.4% of participants reported that they don't have chronic disease. 54.8% of participants reported that they weren't experience injury and illness. 67.7% of the participants reported that they weren't experiencing fatigue at work. 77.4% of participants reported that they are "very satisfied" of their work on hotel. 83.9% of participants are 'Full-time workers'.

In conclusion, this study highlights the importance of considering the working conditions and environment of hotel employees. The findings suggest that hotel employees are at risk of burnout and most of the workers at the age between 40-45yrs had suffer from kidney stones because prolonged standing near cooking fire, some of them (age between 45-53yrs old) had diabetic and over weight because of poor eating habits. The hotels and policymakers must take steps to protect their health and well-being. The hotel workers must implement steps and practices to reduce physical stress and also to promote healthy sleeping and good eating habits.

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