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Psychophysical-Health of Popped Collar and No Collar Workers: A Comparative Study

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ABSTRACT

The present study has tried to explore Psycho-Physical-Health of Male Collar Workers. For this the data was collected on 100 male workers equally divided into Popped Collar and No-Collar workers (50 Popped & 50 No Collar Workers). Psychophysical-Health of the respondents was measured by using The Cornell Medical Index (CMI) developed by Wig, Prasad and Verma (1998). The sample was selected by using Quota Sampling method. The obtained data was analyzed using Mean, SD and t-testing. The results of the present study have revealed some significant results. The results have revealed that 1. No-Collar Workers were found to report better Physical Health than Popped-Collar Workers. 2. No Collar Workers were found to report better Psychological- Health than Popped Collar Workers 3.Total distress was found more among Popped-Collar Workers. So, the results of the present study throw light on the varied patterns of Psychophysical Health or the mental condition of two different types of Collar workers which may be very useful for their future guidance and counseling.

Key Words: - Psychophysical-Health, Popped Collar and No-Collar workers.

Psychophysical relates to the relationship between one's internal (psychic) and external (physical) worlds. According to WHO (2006), Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. According to Menninger (1945), Psychophysical-Health is the adjustment of human being to the world and to each other with a maximum of effectiveness and happiness.

Psychological health is characterized by (1) a reasonable and continuous finding of satisfactions in one's living; (2) utilization of a problem solving mode of behavior; and (3) ability to perceive one's environment with relative freedom from "need distortion." (PsycINFO Database Record (c) 2017).

Researchers also have found that the absence of distress doesn't necessarily indicate a person has high psychological well-being. High psychological well-being is about feeling happy and doing well. People with high psychological well-being report feeling capable, happy, well-supported, and satisfied with life. (Morin, 2017).

Good mental health is characterized by a person's ability to fulfill a number of key functions and activities, including: the ability to learn, the ability to feel, express and manage a range of positive and negative emotions, the ability to form and maintain good relationships with others.

Physical wellness promotes proper care of our bodies for optimal health and functioning. There are many elements of physical wellness that all must be cared for together. Overall physical wellness encourages the balance of physical activity, nutrition and mental well-being to keep your body in top condition.

Physical activity or exercise can improve your health and reduce the risk of developing several diseases like type 2 diabetes, cancer and cardiovascular disease. Physical activity and

exercise can have immediate and long-term health benefits. Most importantly, regular activity can improve your quality of life. (Better Health Channel, 2012).

A clear distinction is often made between ‘mind’ and ‘body’ but when considering mental health and physical health, the two should not be thought of as separate.

Poor physical health can lead to an increased risk of developing mental health problems. Similarly, poor mental health can negatively impact on physical health, leading to an increased risk of some conditions.

Since the founding of the NHS in 1948, physical care and mental health care have largely been disconnected. There is an increasing call on healthcare professionals to consider psychological wellbeing when treating the physical symptoms of a condition and vice versa.

There are various ways in which poor mental health has been shown to be detrimental to physical health. People with the highest levels of self-rated distress (compared to lowest rates of distress) were 32% more likely to have died from cancer. Depression has been found to be associated with an increased risk of coronary heart disease. The promotion of positive mental health can often be overlooked when treating a physical condition.(Mental health,2016)

According to Gupta et al (2011), Psychophysical-Health is not static. It changes from time to time. It includes self-defense, self-acceptance, self-identity, feeling of worthiness, realization of one’s potentialities etc. A healthy lifestyle can help to prevent the onset or worsening of mental health conditions like depression and anxiety, as well as heart disease, diabetes, obesity and other chronic health problems. It can also play a big role in helping people recover from these conditions. So considering the importance of Psychophysical health in social, intellectual, spiritual, economical functioning the present study has tried to explore psychophysical health of the respondents i.e. Popped and No-Collar workers in the present

study.

No collar workers

No collar workers are the Artists and "free spirits" who tend to privilege passion and personal growth over financial gain. This term was popularized on the reality game show Survivor: Worlds Apart, which used No Collar (in addition to White and Blue Collar) as the tribal divisions' (Daniel,F.,2015) people who work, but not for payment.(Punnet, 2015). They also work as volunteers as well. You can call yourself as having no collar when you work for satisfaction and not for payment.

Popped Collar Workers

A person who comes from a rich family but take 9-5 jobs for character building, he/she belongs to among this popped collar workers. The collar also refers to young people who usually work at clubs, in stocks, or other fancy jobs. (Hrinasia.com,2019).

METHOD

Objectives:

1. To explore differences in Psychological Health of Popped Collar and No-Collar workers
2. To explore differences in Physical Health of Popped Collar and No-Collar workers.
3. To explore differences in Total Distress of Popped Collar and No-Collar workers

Hypotheses:

1. There would be significant differences on Psychological Health of Popped Collar and No-Collar workers.
2. There would be significant differences in Physical Health of Popped Collar and No-Collar workers.
3. There would be significant differences in Total Distress of Popped Collar and No-Collar worker.

Sample:

The sample was collected on 100 male workers equally divided into Popped Collar and No-Collar workers (50 Popped & 50 No Collar Workers) residing in Lucknow. The quota sampling procedure was used to collect the data. The Mean age of Popped Collar workers was 29.7 yrs and Mean age of No-Collar workers was 31.5 years. Only male respondents belonging to same SES were selected for the study.

Tools:

1. The Cornell Medical Index (CMI) developed by Wig, Prasad and Verma (1998) was utilized to measure the psychophysical health of the respondents. It contains 195 questions in Yes or No response categories. A to L section may be considered as physical distress section and M-R section may be considered as emotional or psychological distress section and A-R section may be considered as total distress. The high score on this scale indicates poor psychophysical health.

Procedure:

The sample was selected using Quota sampling. All the respondents were contacted personally. The respondents required at least 20-25 minutes to complete the questionnaire.

Result and Discussion:

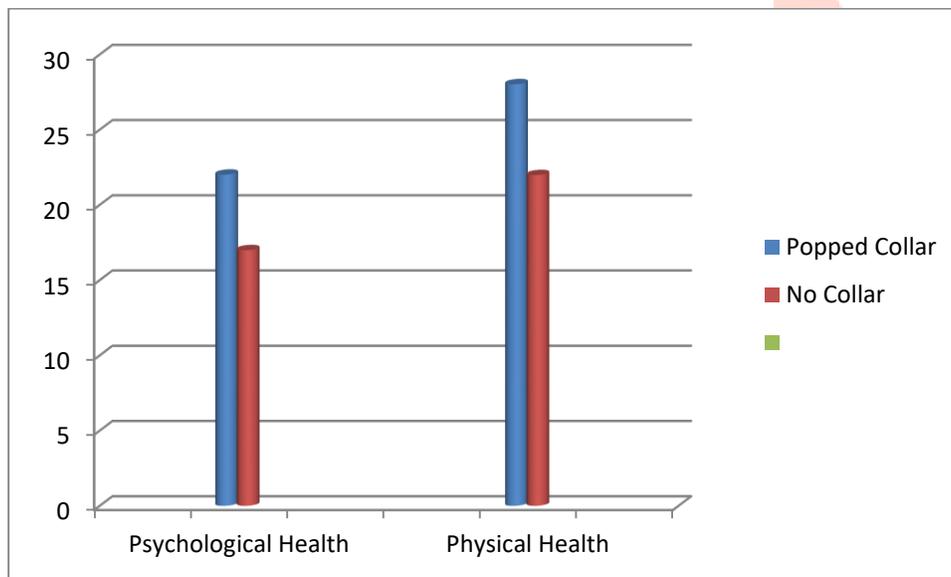
Keeping in view the objectives of the present study the obtained data were analyzed using Mean, SD and t-test which are given in Table-1.

Table-1: Mean, and t-test of respondents on Psychophysical- Health

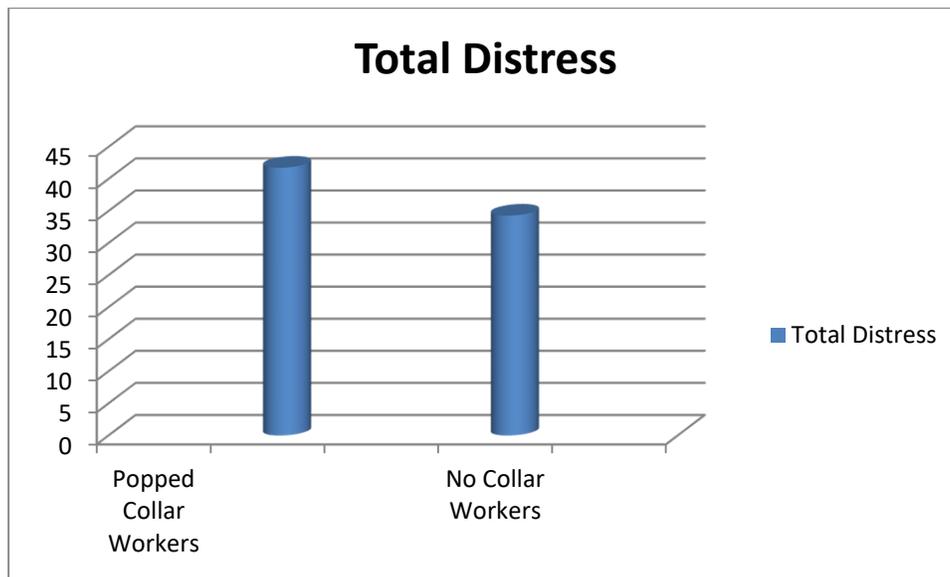
Variables	Popped Collar Workers	No Collar Workers	t- values
	Mean	Mean	
Psychological-Health	22.01	16.99	5.66**
Physical-Health	28.02	21.98	5.92**
Psychophysical- Health(Total Distress)	41.75	34.28	11.36**

**=Significant at .01 level

Graph-1: Mean of Respondents on Psychophysical-Health



Graph-2: Mean of Respondents on Total Distress



Psychophysical-Health of Popped Collar Workers and No Collar Workers:

As it is clear from the inspection of Table-I and Graph-1 that No-Collar workers have reported fewer symptoms of psychological distress as compared to Popped collar workers $16.99 < 22.01$ suggesting that No-Collar workers have better Psychological health as compared to Popped Collar workers. The higher score on the scale suggests more physical and psychological distress. These results support the first hypothesis suggesting that there would be significant differences on Psychological Health of Popped Collar and No-Collar workers. The better psychological health of No -Collar workers may be contributed to the fact that these people work for their Self-satisfaction and personal growth. Money is not important for them. They give preference to their passion over the money so resulting in better psychological health.

No-Collar workers have also reported (Table-1,Graph-1) better physical health as compared to Popped Collar Workers as their score is less than the Popped-Collar Workers $21.98 >$

28.02. These results support the second hypothesis suggesting that there would be significant differences in Physical Health of Popped Collar and No-Collar workers. The reason behind the poor physical health of Popped Collar workers may be contributed to their living style. The routine which they follow (9-5) is very tiring that gives them a lot of mental and physical strains resulting in poor physical and emotional health. These results are supported by findings of Vuka (2017) which reported that the traditional 9-5 encourages inactivity and sitting all day, of course, and you've probably heard all about how 'sitting is the new smoking'—about how prolonged sitting can increase your risk for heart disease, diabetes, stiff joints, and even some types of cancer, among a slew of other problems.

As it is clear by the inspection of Table-1, Graph-2 that Total Distress is reported more by Popped Collar workers as compared to No Collar Workers $41.75 > 34.28$. These results support the second hypothesis suggesting that there would be significant differences in Total Distress of Popped Collar and No-Collar worker.

Health is the general condition of a person in all aspects. It indicates the functional level of the individual i.e. how he faces challenges of his life or how much his body is prone to different infections prevailing in the environment or what is the level of his overall immunity etc. So, due to overwork and task pressure Popped Collar workers were found to report more Total distress as compared to No Collar workers who work for their growth and satisfaction that positively contributes to their psychophysical health. Also No-Collar workers don't plan their actions rather they respond immediately and firstly depending upon the demands of the situations.

Conclusions:

On the basis of all this, it can be concluded that the present study has tried to understand the

psychophysical health of the Popped Collar and No-Collar worker as the scenario of their life is changing gradually and they are trying to prove themselves in a way or another. Popped collar workers are trying for their character building for which they are trying their best while No Collar workers are trying to live with their passion. So both groups of the respondents are having different psycho-social demands to which they are trying to adjust themselves. They are trying to fit themselves with the mainstream society and simultaneously they have to maintain their identity also. This process of assimilation and adjustment obviously affects their physical and mental health and also they behave with others. So, the results of the present study would be enlightening for the counselors, parents and policy makers to take right decision for them which will result in the personal as well as societal growth.

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