

Health Status and Substance to Addiction of the Construction Workers in Mysuru City

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Abstract

The more numbers of alcohol and substance addiction workers are frequently found in the construction industries. Substance to addiction is a big problem for construction workers. The exposed to a high level of danger and to perform occupational tasks nature of construction work is the most likely account for substance to addiction. To know the usage level of substance by the construction workers. The present study Cross-Sectional study design was adopted and 360 samples have been chosen for the study. The construction workers are very much addicted to the alcoholic (40.3%), and gutaka (10.6%) respectively. Majority of the workers hardly earn wages but they spent money for consume the alcohol and gutaka substances. The frequency of alcohol consumption seems to be quite high among construction workers. Substance addiction has become assimilate within construction. There is regularity drinking culture cause the infirmity of the construction workers.

Keywords: Construction workers, addiction, health status

INTRODUCTION

Workers with a substance use may have misshaped thinking and behaviors. Too much addicted to alcohol and other related substance causes personality and other types of behavior issues to the workers in their personal and professional life [1]. Substance to addiction uses cause tremendous burden on the individual, family and community as a whole [2]. Substance to addiction is experience a large difficulty among the construction workers. The study revealed that from (SAMHSA Report) worker has been not adequate habit of consuming the good protein and nutritious food but addicted to substance like alcohol and other types of substance it cause ill-health [3]. The construction workers not consume the alcohol and other substance in the limited manner. But they addicted knowing and unknowingly heavily in the pressure of their work life [4]. Use of substance addiction is an important public health problem, especially in developing countries like India. Substance to addiction is by far the most used and misused psychoactive substance in the workforce [5].

The workers get addicted for various reasons such as maintaining the difficult work-life balance, hard work by nature, unhealthy working condition. However, so many factors like culture, traditional practice, behaviors, interest to wards consuming drugs also influences on the addiction of the workers. Besides, Illiteracy, job insecurity, uncertainty of regular work, and only availability of casual work in the life also reasons force them to get addicted to substance and other bad habits [5].

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Received Date: August 03, 2022

Accepted Date: August 29, 2022

Published Date: September 07, 2022

Citation: Ananda P., Devaraja R. Health Status and Substance to Addiction of the Construction Workers in Mysuru City. NOLEGEIN Journal of Business Ethics, Ethos and CSR. 2022; 5(1): 43–48p.

The demanding job or task requires a lot of your time nature of construction work is the most likely situation that gives a reason for something for all drug use [4].

Construction workers are in very harm for drug use, which makes them weak and easy to hurt

physically to work-related injuries or even overdose deaths [6].

The fourteen per cent workers had been addicted to alcohol, eleven Percent of the workers had illicit drug use reported over second consecutive time rate of substance addiction in the construction industries [7]. Construction works always requires full attention, anything that damages and attention is a risk to the workers. Being under the influence of substances of addiction or to have something occur moving a change in the body that is a signs of illness while at the workplace increases the risk of making mistakes, which can be likely to cause death to b workers [8]. changes substance to addiction in India continues to be a considerable problem for the individual as well as for the society. One of the progression essential steps to a fight these an original the extent, patterns and trends of substance to addiction is to value the extent and the quality of the problem [9]. The construction workers are at a remarkable risk for substance to addiction these makes them even more unprotected to being injured on the work. Like many industries, substance to addiction has become normalized within construction industries. There are drinking culture, whether that's lunch time drinks or after work socials.

REVIEW OF LITERATURE

(Don Wall. 2020) the study revealed that the construction workers have indulged in shift work access, to alcohol or drugs long hours, high stress work. The study observed that common regular issues are stipulating the workers to indulged addiction of substances [10].

Mayo clinic staff (2020) The present study found that addiction of heavy alcohol and dugs usage causes and influence for the adverse behaviours, inability to control emotions, conscious minds while handling the difficult situation. This type of behavior leads to substance use disorder [11].

American Psychiatric Association (2020) The study mention that usage of unlimited substance causes dangers to physical and mental health and it will consequence impact's substance use disorder (SUD) for the worker. The study observed that regular intake of heavy alcohol, gutka, tobacco affected the normal life of the worker [1].

Basu, debasish (2012) The study highlighted the different psychoactive substance and maintains the changes in the form of documents. This is making significant to take good decisions to all stake holders to prevent the psychoactive substance to the present workforce [9].

Borges Bortolon (2017) the study revealed that addiction to substance is a complex circumstance can be partially understood by analyzing the socio-cultural and family context. Addiction of substance use could not only impact on the family conflict. It will affects inter and personal relation with other coworkers in the every working days [12].

Cook (2004) the study found that most workers of illicit drugs and heavy drinkers are working adults, many of whom were not substance to addiction in adolescence. The study revealed that ample evidence that substance to addiction among workers is associated with a variety of negative outcomes, including accidents, absenteeism, turnover and other sources of performance and productivity losses [13].

Math, Suresh Bada (2020) The study observed that non-communication diseases are considered prolong diseases in the human life span because of the reasons of environment, human life patterns, and many indicators also be seriously not considered.

The study highlighted that some physically bother diseases are heart diseases, blood and other types of cancers, respiratory related diseases and diabetes [14].

The study also found that substance addiction leads to mental health problems it should be cured separately from the physical illnesses.

RESEARCH METHODOLOGY

The present study was conducted building construction industries in Mysuru city, Karnataka, India. The study involves looking at data from a population at one specific point in time therefore, Cross-Sectional study design was adopted for the study. Dis-proportionate random sampling method used. Hence, disproportionate random sampling technique was adopted for collecting the sample from the large population and 360 sample have been chosen for the study. Interview schedule was prepared for the collecting the data from the respondents in the field of construction industry.

The Objectives of the Study

- To examine the health status of the construction workers.
- To study the usage level of addiction substance by the construction workers.
- To know the substance addiction of the construction workers.

RESULTS

The health status of building construction workers have presented in the following section.

Table 1. Health status of the workers.

S.N.	Opinion	Observed N	Valid Percent	Expected N	Residual
1	Bad	163	45.3	90.0	73.0
2	Very Bad	25	6.9	90.0	-65.0
3	Not Bad	19	5.3	90.0	-71.0
4	Good	153	42.5	90.0	63.0
	Total	360	100.0		
Chi-Square Test Value for Equal Distribution:206.267, df:3 Sig:0.000					

Source: Primary data computed by the Researcher.

The health statuses of the workers are presented in Table 1. It has been indicated that 45.3 Percent of workers have bad health status, 42.5. Percent of workers have good, and 6.9 Percent of workers have very bad health status respectively. Therefore, most of the workers have (45.3%) bad and good (42.5%) health status respectively.

Table 2. Addiction to the substance by the workers.

S.N.	Opinion	Observed N	Percent	Expected N	Residual
1	Smoking	48	13.3	60.0	-12.0
2	Drinking Alcohol	145	40.3	60.0	85.0
3	Betel leaf (Paan)	25	6.9	60.0	-35.0
4	Gutka	38	10.6	60.0	-22.0
5	Other	3	.8	60.0	-57.0
6	Not Applicable	101	28.1	60.0	41.0
	Total	360	100.0		
Chi-Square Test Value for Equal Distribution: 233.467, df: 05 Sig: 0.000					

Source: Primary data computed by the Researcher.

The addiction to the substances by the workers is presented in Table 2. Therefore, 40.3 percent of workers have alcoholic substances, 13.3 percent have smoking substances, 10.6 percent of having gutka substance, 6.9 Percent have paan substance and 0.8 Percent of them have other substances respectively depending upon the nature of work in the building construction industries.

Table 3. Substances to addiction.

S.N.	Opinion	Observed N	Percent	Expected N	Residual
1	No	102	28.3	180.0	-78.0
2	Yes	258	71.7	180.0	78.0
	Total	360	100.0		
	Chi-Square Test Value for Equal Distribution: 67.600, df: 01, Sig: 0.000				

Source: Primary data computed by the Researcher.

The addiction to substance by workers is presented in Table 4.

It has been found from Table 3 percent of workers have substance addiction and 28.3 Percent of the workers do not, depending upon the nature of work respectively. Therefore, the majority of workers (71.7%) are addicted to substances depending upon their nature of work.

Logit Analysis

In the following section, an attempt has been made to estimate the impact of workers age, category, education, gender, marital status, skilled level and nature of work on substance use by using the Logit Model. The Logit Model is a binary qualitative response model that explains the impacts of qualitative and quantitative independent variables on the qualitative binary response-dependent variable. The following section gives the results of Binary Logit model and explains the demographic characteristics of respondents on their substances to addiction.

Table 4. Addiction to substance by workers using logit analysis.

Dependent Variable: Substance Addiction				
Method: ML-Binary Logit (Quadratic hill climbing)				
Variable	Coefficient	Std. Error	z-Statistic	Prob.
C	4.979026	0.869902	5.723662	0.0000
AGE	0.113192	0.134118	0.843970	0.3987
CAT	-0.012655	0.144689	-0.087464	0.9303
EDU	0.311470	0.181891	1.712405	0.0868
GEN	-4.265657	0.557260	-7.654692	0.0000
MAR	0.479413	0.299325	1.601644	0.1092
SKILL	-0.277888	0.159879	-1.738112	0.0822
WORK	-0.067979	0.193882	-0.350620	0.7259
LR statistic	126.6127	Avg. log likelihood		-0.417871
Prob(LR statistic)	0.000000			

Source: Primary data computed by the Researcher

The continuous of the model is significant at a one Percent level. Accordingly, respondents are addicted to substances is present even without their demographic characteristics. However, out of seven independent variables, three variables are significant. Age, category, marital status and nature of work are insignificant in influencing the addiction substances. Irrespective of age, category, marital status and nature of work, the building construction workers are addiction substance. Therefore, as the education level of building construction workers increases the addiction substances increased 0.31 times. (It has been found from the revisit to the respondents, the higher level educated workers are found to be addicted to substances more due to frustration being engaged in building construction work and not having found job appropriate to their education).

Therefore, male worker tend to have addiction to more substances by 4.26 times compared to women.

The coefficient of the level of skill is significant at a ten Percent level. Therefore, as skill level increases to addiction substances increased by 0.28 times.

Self-Consciousness Programme of Substance Addiction

Two major strategies have been created to address the problem of substance addiction in the work force:

1. Workers assistance programs, designed to identify workers with substance addiction (and other) problems and provide them with appropriate treatment.
2. To ensure to designed to identified the substance to addiction workers and—depending on the program provided them with treatment [13].

Finding and Interpretation

- By the majority of the (71.7%) workers are opined that they have substance addiction depending upon the nature of the work.
- The construction workers are very much addicted to the alcoholic (40.3%) and gutaka substances (10.6%) depending upon the nature of the work respectfully. Majority of the workers consume the alcohol and gutaka substance due to sudden relief of physical and other musculoskeletal fatigue. Usually, construction workers including few women workers are also addicted to alcohol and gutaka substances. Majority of the workers hardly earn wages but they spent money for consume the alcohol and gutaka substances.
- The co-efficient of gender related is significant at a one Percent level. Therefore, male worker tend to have addiction to more substances by 4.26 times compared to women.

The coefficient of the level of skill is significant at a ten Percent level. Therefore, as skill level increases to addiction substances increased by 0.28 times.

CONCLUSION

Workers working patterns, lack of recreational activities make them indulge in substance addiction. The generality of consumption of substance seems to be quite high among construction workers. Majority of the workers also have habit of other substance such as abuse alcohol and gutaka. Hence, daily practice of kind of substance will cause their health and illness during the life time. Substance addiction has become make normal within construction. Because it is a male-dominated industry, there is also intense competition, which is always centered on alcohol and other substances. The special recreation activities should initiate to prevent the substance addiction by the construction workers.

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