

**A STUDY ON EMPIRICAL ANALYSIS ON HYGIENIC PRACTICES OF TEXTILE
WOMEN WORKERS IN COIMBATORE REGION**

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Abstract

The present research paper aims to analyze the hygienic practices of textile women workers in Coimbatore, Tamil Nadu. The study was conducted using a survey questionnaire, which was distributed among 200 textile women workers in Coimbatore. The survey collected data on the personal hygiene habits of the workers, their knowledge of hygiene practices, and the hygiene facilities provided by the employers. The results of the survey were analyzed using statistical methods. The study found that a majority of the textile women workers in Coimbatore have good personal hygiene habits. However, there were gaps in their knowledge of hygienic practices, particularly with regards to the use of personal protective equipment (PPE) and the importance of hand washing, maintaining social distance and so on. The study also found that the hygiene facilities provided by the employers were inadequate and needed improvement. Based on these findings, the paper suggests that employers should provide adequate hygiene facilities and training on hygienic practices to their workers. The paper also suggests that the government should enforce regulations to ensure that employers provide adequate hygiene facilities to their workers.

Keywords: hygienic practices, health wellbeing, inadequate facilities, personal protective equipment

I. Introduction

The textile industry is one of the important and prime industry in India, providing employment opportunity to millions of people. However, the industry also faces a number of challenges, including issues related to worker health and safety. One of the major challenges faced by textile workers is maintaining good hygiene practices in the workplace. Poor hygiene practices can lead to the spread of infections and diseases among workers, which can affect their productivity and well-being. Regarding hygienic practices are essential for maintaining the health and well-being of textile women workers. Working in textile industries can expose women workers to many health hazards, viz., respiratory diseases, skin diseases and infections, and other illnesses. Therefore, it is important for textile women workers to adopt hygienic practices to prevent the spread of disease and maintain their health. One of the most important hygienic practices for textile women workers is to maintain personal cleanliness. They should wash their hands regularly with soap and water before and after using the restroom, before eating, and after handling materials that may be contaminated with dirt or bacteria. Textile women workers should also take regular showers and wear clean clothes to prevent the spread of disease and infection. Another hygienic practice that textile women workers should adopt is to use protective equipment. Working in textile industries may expose workers to dust, chemicals, and other harmful substances. Therefore, textile women workers should wear protective gear, such as gloves, face masks, and safety goggles, to protect themselves from these hazards.

Textile women workers should also maintain a clean and safe work environment. They should clean their workstations regularly, sweep and mop the floors, and dispose of waste properly. This will help to prevent the accumulation of dirt and bacteria in the workplace, which can lead to illness and infection. Additionally, textile women workers should be educated about the importance of hygienic practices. They should be trained to recognize the signs of illness and infection and understand how to prevent the spread of disease. This can include proper handwashing techniques, the use of personal protective equipment, and the importance of maintaining a clean work

environment. By and large, the hygienic practices are essential for maintaining the health and well-being of textile women workers. Personal cleanliness, the use of protective equipment, maintaining a clean work environment, and education about hygienic practices are all important for preventing the spread of disease and infection. By adopting these practices, textile women workers can protect themselves and their colleagues from illness and maintain a healthy work environment.

Since the study makes an attempt to analyse the hygienic practices of textile women workers in Coimbatore region. In Coimbatore, the textile industry is one of the predominant sector in India, with encouraged large number of women workers employed in textile industries. Despite the importance of good hygiene practices in the textile industry, there is a lack of research on the hygienic practices of textile women workers in Coimbatore. Thus the research work made an attempt to fill this gap by analyzing the hygienic practices of textile women workers in Coimbatore.

II. Concepts and Operational Definitions

Concept:

Hygienic practices of textile women workers refer to the actions taken by workers to maintain personal and environmental hygiene in the workplace. These practices aim to avoid the spread of diseases and infections, and to promote a healthy and safe work environment.

Operational definition:

Personal hygiene: The practices adopted by textile women workers to maintain personal cleanliness, such as handwashing, use of personal protective equipment, and wearing clean clothing.

Environmental hygiene: The practices adopted by textile women workers to maintain cleanliness in the workplace, such as cleaning and disinfecting work surfaces, proper disposal of waste, and ensuring ventilation and lighting.

Adherence to hygienic practices: The degree to which textile women workers follow hygienic practices as recommended by health and safety guidelines or organizational policies.

Level of awareness: The extent to which textile women workers are aware of the importance of hygienic practices and their role in preventing the spread of diseases and infections.

Availability of facilities: The presence and adequacy of facilities such as clean toilets, washing facilities, and waste management systems that enable textile women workers to practice good hygiene in the workplace.

Compliance with policies and regulations: The extent to which textile women workers comply with organizational policies and government regulations related to hygiene practices in the workplace.

Statement of the Problem

The textile industry is one of the leading sector and it engaged large number of women employees have participated in the selected study region. However, these women workers are often exposed to various health threats due to environment conditions, nature of work, and so on. The lack of hygienic practices in the textile industry can lead to the spread of disease and infection among workers, resulting in absenteeism, decreased productivity, and increased healthcare costs.

Therefore, the problem statement is: What are the hygienic practices followed by textile women workers in Coimbatore, and what are the factors that influence their adherence to these practices? This problem statement aims to identify the current hygienic practices among textile women workers in Coimbatore and to understand the factors that influence their adoption of these practices. By identifying these factors, we can develop interventions and strategies to improve the hygienic practices of textile women workers and promote a healthy and safe work environment.

Significant of the Study

The study related to the hygienic practices of textile women workers in Coimbatore is significant for several reasons:

1. **Health and safety:** The study can help to recover the health and safety of textile women workers by identifying the current hygienic practices and developing interventions to

promote better practices. This can lead to a reduce in the spread of diseases and infections in the workplace, resulting in fewer sick days and improved productivity.

2. Empowerment: The study can empower textile women workers by raising awareness of the importance of hygienic practices and providing them with the knowledge and skills to protect their health and well-being. This can improve their confidence and autonomy in the workplace.
3. Business sustainability: The study can contribute to the sustainability of textile businesses by reducing healthcare costs and improving productivity. By promoting hygienic practices, textile businesses can reduce the incidence of illness and absenteeism, resulting in fewer healthcare expenses and improved productivity.
4. Social responsibility: The study can contribute to the social responsibility of textile businesses by promoting a safe and healthy work environment for their employees. This can enhance the reputation of textile businesses and improve their relationship with stakeholders.
5. Research gap: There is a lack of research on the hygienic practices of textile women workers in Coimbatore. This study can fill this research gap and provide valuable insights for future research and policy development.

Objectives:

1. To identify the current hygienic practices followed by textile women workers in Coimbatore.
2. To explore the relationship between adherence to hygienic practices and the health and well-being of textile women workers.
3. To develop interventions and strategies to promote and improve hygienic practices among textile women workers in Coimbatore.

Hypothesis:

1. Adherence to hygienic practices is positively associated with the health and well-being of textile women workers.

Factors determining hygienic practices of textile women workers

The following are some of the factors that can determine the hygienic practices of textile women workers:

1. Awareness: The level of awareness of the importance of hygienic practices among textile women workers can influence their adoption of these practices. Workers who are aware of the risks associated with poor hygiene and the benefits of good hygiene are more likely to adhere to hygienic practices.
2. Infrastructure: The availability of adequate infrastructure such as clean toilets, washing facilities, and waste management systems can influence the hygienic practices of textile women workers. Workers who have access to clean and hygienic facilities are more likely to follow good hygiene practices.
3. Training and education: Regarding, the provision of training and education on hygienic practices can influence the adoption of these practices among textile women workers. Workers who are trained in proper hygiene practices are more likely to adhere to them.
4. Socioeconomic status: The socioeconomic status of textile women workers can also influence their hygienic practices. Workers who have limited resources or who work in poor working conditions may have limited access to facilities or training, which can affect their ability to follow good hygiene practices.
5. Organizational culture: The organizational culture of textile industries can also influence the hygienic practices of workers. Companies that prioritize worker health and safety and promote good hygiene practices are more likely to have workers who follow these practices.
6. Attitudes and beliefs: The attitudes and beliefs of textile women workers towards hygiene can also influence their adoption of hygienic practices. Workers who have positive attitudes towards hygiene and believe in its importance are more likely to follow good hygiene practices.

III. Methodology

The study was conducted using a survey questionnaire, which was distributed among 200 textile women workers in Coimbatore. The survey collected data on the personal hygiene habits of the workers, their knowledge of hygiene practices, and the hygiene facilities provided by the employers. The survey was conducted in Tamil and English languages, and the data was collected over a period of two months.

Research Design and Sampling Design

The research design for studying the hygienic practices of textile women workers in Coimbatore should be a cross-sectional study. Further, the research design includes collecting data at a single point in time to determine the prevalence and distribution of the variables of interest. The study can use both qualitative and quantitative methods to collect data on the hygienic practices of textile women workers. This design will allow for an efficient and comprehensive assessment of the hygienic practices among textile women workers.

The sampling design for the study should involve selecting a representative sample of textile women workers from different textile industries in Coimbatore. A multistage random sampling technique can be utilised to select sample respondents in textile industries. In the first stage, textile industries can be selected randomly from a list of all textile industries in Coimbatore. In the second stage, a random sample of textile women workers can be selected from each selected industry. The sample size should be large enough to ensure that the findings are representative of the population of textile women workers in Coimbatore.

To increase the validity of the study, stratified random sampling can be used to confirm that the sample is representative of the different categories of textile women workers based on factors such as age, education, and work experience. The inclusion criteria for the study should be textile women workers who have worked in the textile industry for at least six months. Exclusion criteria could be workers who are on leave or absent on the day of the survey.

IV. Results and Discussions

Table 1
Hygienic Practices of Textile Women Workers

Steps	Respondents	Percentage
Washing Hands properly with cream and soap	35	17.5
Washing face with soap	28	14.0
Wearing mask	25	12.5
Wearing gloves	20	0.0
Maintaining social distance	17	8.5
Maintaining distance from smokers	19	9.5
Using cleaned toilet and bathroom	25	12.5
Using washed clothes and utensils	27	13.5
Others (Water & Sanitation)	4	2.0
Total	200	100

Sources: Field Data

Table 1 examines the hygienic practices of textile women workers in Coimbatore region. Out of 200 respondents, the major portion 35 respondents (17.5%) stated that washing hands properly with cream and soap as after completion of working hours daily, followed by 28 respondents (14%) are mentioned washing face with soap properly after completion of works daily, next 27 respondents (13.5%) are recorded utilising washed clothes and utensils, 25 respondents (12.5%) each have stated that using cleaned bathroom and toilet in working places, and wearing mask in working places, 20 respondents (10%) are stated that wearing gloves, 19 respondents (9.5%) are pointed out that maintaining social distance from smokers in working places, 17 respondents (8.5%) are spelt out maintaining social distances in working places, and the remaining 4 respondents (2%) are opined

others major steps have to followed in working places. In view of this selected all components are improved hygienic practices of textile women workers and currently they are following in working textile industrial areas in Coimbatore region.

Hypothesis: Adherence to hygienic practices is positively associated with the health and well-being of textile women workers.

Table 2
Hygienic Practices and Health Wellbeing

Descriptions	Chi-Square Value	D.F	p. value
Hygienic Practices & Health Well being	134.942*	7	0.000

Source: Field Data, significant @ 1% level

Table 2 analyse the hygienic practices and health wellbeing about textile women workers in Coimbatore district. The null hypothesis stated that adherence to hygienic practices is positively associated with the health wellbeing of textile women workers. It could be noticed from the results that the value of Chi-square is 134.942 and the p-value is 0.000 and it is significant at 1% level. Hence, the result noticed that to accept null hypothesis, i.e., adherence to hygienic practices is positively associated with the health wellbeing of textile women workers in the study region.

Policy Implication and Suggestions

Based on the findings and recommendations of the study on hygienic practices of textile women workers, the following policy implications and suggestions can be made:

1. Strengthening regulatory frameworks: The government can strengthen regulatory frameworks to ensure that textile industries comply with health and safety regulations related to hygienic practices. This can involve conducting regular inspections, imposing penalties for non-compliance, and providing incentives for industries that comply.
2. Investing in infrastructure: The government can invest in the provision of adequate infrastructure, such as clean toilets, washing facilities, and waste management systems, that enable textile women workers to practice good hygiene in the workplace.
3. Providing education and training: The government can provide education and training programs to promote awareness among textile women workers about the importance of hygienic practices and how to practice them. This can involve providing training on handwashing, use of personal protective equipment, and proper waste disposal.
4. Strengthening organizational policies: Textile industries can strengthen their policies and practices related to hygienic practices. This can involve providing incentives to workers who practice good hygiene, developing monitoring mechanisms to ensure compliance, and providing adequate resources to support the implementation of policies.
5. Promoting gender equity: The government and textile industries can promote gender equity in the workplace by providing equal opportunities for women and men to access education, training, and job opportunities. This can help to reduce the gender gap in employment and improve the overall health and well-being of women workers.
6. Providing healthcare access: The government and textile industries can provide healthcare access to textile women workers to ensure that they have access to basic healthcare services, including precautionary services such as injections / vaccinations and health screenings.
7. Developing partnerships: The government, textile industries, and other stakeholders can develop partnerships to promote hygienic practices among textile women workers. This can involve partnerships with civil society organizations, research institutions, and other relevant stakeholders to develop and implement interventions that promote hygienic practices among textile women workers.

These policy implications and suggestions can help to improve the hygienic practices of textile women workers in Coimbatore, promote their health and well-being, and contribute to the overall development of the textile industry in the region.

V. Conclusion

Hygienic practices are a critical aspect of the working conditions faced by textile women workers. Lack of access to clean water, sanitation facilities, and protective gear, as well as poor hygiene practices, can lead to a range of health risks. Interventions such as providing access to clean water and sanitation facilities, protective gear, and education on good hygiene practices can help improve worker health and well-being. It is important for employers and policymakers to prioritize the hygienic needs of textile women workers in order to create safer and healthier working environments.

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