

GENDER DIFFERENTIALS ON ILL-EFFECTS PERCEPTION BY COMPUTER USERS

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In an age dominated by technology, computers have become most influential to keep pace with time and progress. In last few years, computers have come up in to our lives in a big way. Even a child of 8-9 years is looking for net information just for completion of his/her school assignment. The rise of computer use and flat light touch key boards that permit high speed typing have resulted in an epidemic of injuries of the hands, arms and shoulders. Thousands of repeated key strokes and long periods of clutching and dragging with mouse slowly damage the tissues of the fingers and gradually extends towards the wrist and arms. All of these are serious and in advance cases can cause great pain and permanent disability. There fore in light of above facts computer users conducted the present study to assess the perceived effects of computer use after computer use.

METHODOLOGY

The study was under taken in Hisar City

of Haryana State on a sample of randomly selected 100 computer users (50 male and 50 female) selected. The data were collected personally with the help of a well-structured interview schedule. The schedule contained information related to the perception of ill-effects by respondents after computer use.

RESULTS AND DISCUSSION

Ill-effects on Body as Felt by Computer Users After Computer Use—The findings in Table 1 revealed that approximately equal number of male respondents (92%) and female respondents (96%) were feeling comfortable during computer work. Whereas more than three-fourth of the female respondents (76%) reported tiredness after computer use as compared to male respondents i, e 60%. Nearly about half of the female users (47.05%) felt mild fatigue after computer use than male users (14.70%). More number of female respondents (80%) felt pain in different body parts than male respondents (60%).

Table 1 Ill-effects on body as felt by computer users after computer use

S. No.	Ill-effects on body	Male (n=50)		Female (n=50)		Total (n=100)	
			Yes	No	Yes	No	YesNo
1.	Feel comfortable	46 (92)	4 (8)	48 (96)	2 (4)	94 (94)	6 (6)
2.	Feel tired	30 (60)	20 (40)	38 (76)	12 (24)	68 (68)	32 (32)
3.	Level of fatigue/ tiredness			0 (0)	38 (55.88)	4 (50.88)	64 (94.1)
	(a) Very mild	4 (5.88)	26 (38.23)	32 (47.05)	6 (8.82)	42 (61.76)	26 (38.23)
	(b) Mild	10 (14.70)	20 (29.41)	6 (8.82)	32 (47.05)	18 (26.47)	50 (73.52)
	(c) Moderately severe	12 (17.64)	18 (26.77)	0 (0)	38 (55.88)	2 (2.94)	66 (97.05)
	(d) Severe	2 (2.94)	28 (41.17)	0 (0)	38 (55.88)	2 (2.94)	66 (97.05)
	(e) Very severe	2 (2.94)	28 (41.17)	40 (80)	10 (20)	70 (70)	30 (30)
4.	Pain in different body parts	30 (60)	20 (40)				

Figures in parentheses indicate percentages

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Pain Felt in Different Body Parts by Computer Users After Computer Use : Data in Table 2 elucidate that more than one third of female users (34.28%) and 14.28% male users felt pain in eyes. More number of female users (17.14% and 20.00%) felt pain

in neck and head than by 11.42% and 17.14% of male respondents respectively. Similar trend was observed in case of pain felt in shoulder, lower arm, upper arm, hand, wrist, palm, finger, upper back, lower back, calf muscle and feet after computer use. -

Table 2. Pain felt in different body parts by computer users after computer use

S. No.	Body Part	Male (n=50)		Female (n=50)		Total (n=100)	
		Yes	No	Yes	No	Yes	No
1.	Head	12 (17.14)	18 (25.71)	14 (20.0)	26 (37.14)	26 (37.14)	44 (62.85)
2.	Eyes	10 (14.28)	20 (28.57)	24 (34.28)	16 (22.85)	34 (48.57)	36 (51.42)
3.	Neck	8 (11.42)	22 (31.42)	12 (17.14)	28 (40.0)	20 (28.57)	50 (71.42)
4.	Shoulder	2 (2.85)	28 (40.0)	3 (4.28)	37 (52.85)	5 (7.14)	65 (92.85)
5.	Upper arm	2 (2.85)	28 (40.0)	2 (2.85)	38 (54.28)	4 (5.71)	66 (94.28)
6.	Lower arm	-	30 (42.85)	2 (2.85)	38 (54.28)	2 (2.85)	68 (97.14)
7.	Wrist	-	30 (42.85)	4 (5.71)	36 (51.52)	4 (5.71)	66 (94.28)
8.	Hand	2 (2.85)	28 (40.0)	6 (8.57)	34 (48.57)	8 (11.42)	62 (88.57)
9.	Palm	-	30 (42.85)	-	40 (57.14)	-	70 (100)
10.	Finger	2 (2.85)	28 (40.0)	6 (8.57)	34 (48.57)	8 (11.42)	62 (88.57)
11.	Upper back	4 (5.71)	26 (37.14)	4 (5.71)	36 (51.42)	8 (11.42)	62 (88.57)
12.	Lower back	12 (17.14)	18 (25.71)	16 (22.85)	24 (34.28)	28 (40.0)	42 (60.0)
13.	Buttock	2 (2.85)	28 (40.0)	0 (0)	40 (57.14)	2 (2.85)	68 (97.14)
14.	Upper leg	-	30 (42.85)	-	40 (57.14)	-	70 (100)
15.	Lower leg	2 (2.85)	28 (40.0)	0 (0)	40 (57.14)	2 (2.85)	68 (97.14)
16.	Calf muscle	1 (1.42)	29 (41.42)	3 (4.28)	37 (52.85)	4 (5.71)	66 (94.28)
17.	Ankle	-	30 (42.85)	-	40 (57.14)	-	70 (100)
18.	Feet	5 (7.14)	25 (35.71)	8 (11.42)	32 (45.71)	13 (18.57)	67 (95.71)
19.	More than one body parts	2 (2.85)	28 (40.0)	0 (0)	40 (57.14)	2 (2.85)	68 (97.14)

Figures in parentheses indicate percentages

CONCLUSION

Female user feel more ill effects on body after computer use. Incidence of pain and fatigue in different body parts and fatigue was also higher among female respondents. It is

suggested to adopt proper posture and environment conditions to minimise the pain and fatigue after computer use. Right posture plays a key role to avoid such ill-effects on health.

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