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A comparative study on cardiovascular endurance of nursing officers working in government and private hospitals

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Abstract

Cardiovascular endurance is the burning issues in the domain of research. Keeping in view, the investigator carried a research study on cardiovascular endurance of nursing officers employed in private and Government aided hospitals of Punjab. The existing study was intended to examine the cardiovascular endurance of nursing officers working in government and private hospitals. Descriptive research method was adopted for carrying the present study. Thus; the results indicate that there seems no noteworthy mean variation difference between government and private nursing officers on their level of Cardiovascular Endurance. The results may attribute to this fact that both categories of employees are receiving identical professional environment their work places.

Keywords: Cardiovascular endurance, nursing officers, government hospitals, private hospitals

Introduction

Cardiovascular endurance hold immense value in physical and mental health of living beings. The effective function of cardiovascular endurance indicates that there will smooth functions of living being. Cardiovascular endurance acts as a bridge in facilitating mental and physical health of human being. The radical change in the life style of an individual had dragged the attention of stakeholders to explore the malfunctioning of cardiovascular system of human being. The tremendous increase in the social problem has adversely affected the cardiovascular system of human being. Apart from this we have seen that the sedentary life style is holding its strong roots in the human culture. The manual labour forces have been replaced with the scientific and technological innovation. According human behaviour has gained maximum stagnation. Such type of sedentary life style has given birth to number of the diseases; however, the most affected system has remained the cardiology of an individual. Thus, from psychological as well as biological point of view cardiovascular endurance is gripping low. In India health system we have observed that numbers of lives are resulting in death due to cardiovascular diseases. In addition to this we have observed that in the domain of modernisation, the urban areas are gradually adopting the life style of urban areas. In urban areas people prefer the mechanization of the work as compared to manual work. Thus, such kind of cultural process has again put human behaviour in stagnation from exercise point of view. Thus, in urban areas human body is receiving least chance of cardiovascular management. Therefore, again this is the matter of serious concern. The trend analysis of the cardiovascular research signify that the death statistics reported due to cardiovascular diseases is the prime challenge in front of entire world. The longitudinal study conducted by Daniel in (2014) stated that 11% human death resulted from cardiovascular failure. Besides, the researcher argued that there is limited number of the treatment available in the sphere of health so the researcher suggested in need proper care rather debating it towards treatment. World health organisation (2018) in their report argued that cardiovascular diseases are the number one cause of death globally. They estimate that 17. P million people die per year due to cardiovascular diseases. Among global death it was estimated that 31% death took place due to cardiovascular diseases. The nursing employees are always working as front line in health department. Number of separate protocols is being provided to nursing employees. However, the health system in India is poor as a result health workers are often seen at high risk.

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Cardiovascular management is considered a global challenge for entire world. In the contemporary world we found that large number of the death is taking place due to cardiac failure. It is conceded the fast life taking disease in the entire world. However, while observing the current status of the cardiovascular endurance then it can be said that this disseises is largely depended on the medicine. The matter has emerged serious debate in the book of researcher. Keeping in view, the researcher selected the below mention research problem for present study:

Statement of problem under investigation

The research problem under investigation is itemized as: “A Comparative Study on Cardiovascular Endurance of Nursing Officers Working in Government and Private Hospitals”.

Aim behind study: The purpose of the study was to explore the Cardiovascular Endurance of Nursing Officers Working in Government and Private Hospitals.

Hypothesis:

The hypothesis foe the existing study is reported as under:

- There seems no significant mean variation between government and private nursing officers on their cardiovascular endurance.

Methodology and procedure: The methodology and procedure involved in the present study is reported as under:

- **Descriptive research method:** Descriptive research method was used for determining the results. the procedure is reported as under:
- **Required Sample:** The sample for the existing study was 200 nursing officers working in government and private hospitals of delimited research area.
- **Sampling technique:** The sampling technique for the present study was carried the help of randomisation.
- **Inclusion of sampling sites:** The present study was carried in the selected hospitals of Punjab.
- **Cardiovascular endurance measuring test:** The “*Harvard Step Test*” procedure was used for determining the testing procedure.

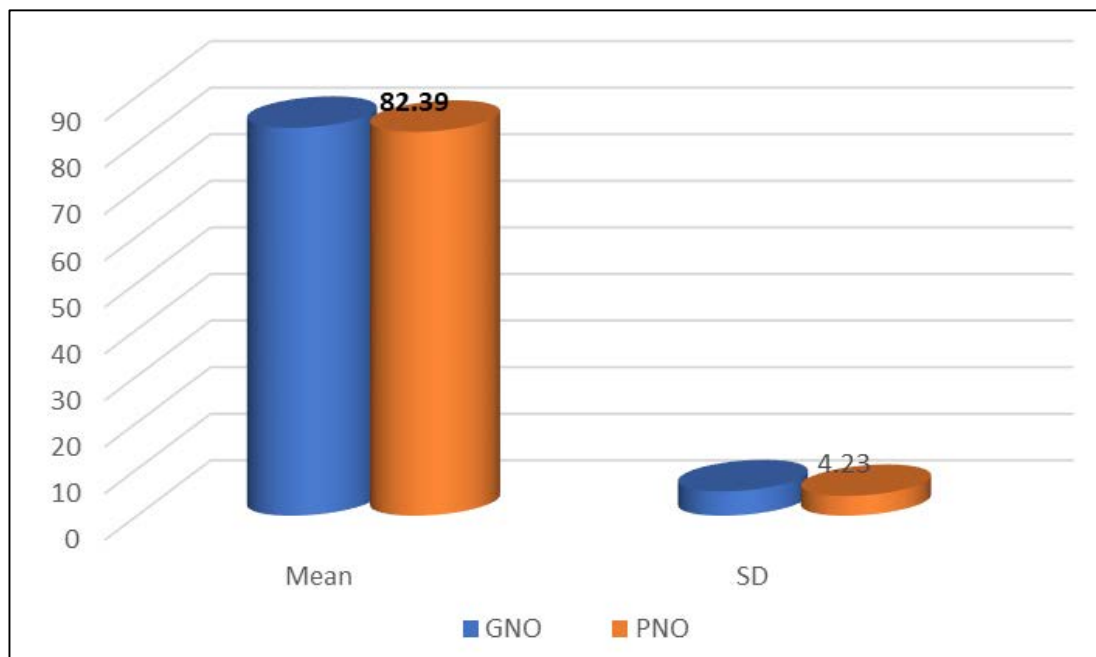
Analysis of data: The statistical treatment was used for manually for determine the results. The treatment procedure is reported as under

Table 1.1: Displaying the mean variation of government and private nursing officers on their level of Cardiovascular Endurance

Cardiovascular Endurance	Mean	SD	N	“T” Value
GNO	83.25	5.23	100	0.28***
PNO	82.39	4.23	100	

Index:

- ***= Insignificant at 0.01 level of confidence.
- GNO= Government nursing employees.
- PNO= Private Nursing employees.



Index:

- GNO= Government nursing employees.
- PNO= Private Nursing employees.

Fig 1.1: Graphical representation on mean variation of government and private nursing officers on their level of cardiovascular endurance

Discussion of the results

The treatment reported in the above table 1.1 (Please see Fig. 1.1) presents proof concerning the means notable difference of government and private nursing officers on their degree of Cardiovascular Endurance. The attained results identify that the mean value of private nursing officers was observed 82.29 whereas the mean value government health officers were seen 83.25. The

comparative study on the basis of independent ‘T’ Test showed that the computed ‘T’ Value came out to be 0.28, which is lower than table value at 0.01 level of insignificant at 0.01 level of confidence. Thus, the results indicate that there seems no difference differences government and private nursing officers on their level of cardiovascular endurance.

Support to findings

Indeed, the results indicate that there seems no significant between government and private nursing officers on their level of Cardiovascular Endurance. The results may attribute to this fact that both categories of employees are receiving identical professional environment their work places. The results are supported by the host of the researchers like; Adams KO, Shea JP, Shea KL, & Climstein M (1992) ^[1], Ahel CH (2010) ^[2], Ahmad PJ & Jurimae J. (1996) ^[3], Saher JB, Nuinda HN, Bid HN (2012) ^[30], Jain VK, Sahil GL, Kim FB Ping LM. (2017) ^[21], Makeen KB, Bin H, PM, Sinpin GB Nund VH. 2016 ^[22], Aldoory L. (2001) ^[4], Andersen JL and Aagaard P. (2000) ^[6], Anderson J, Coetzee J. (2001) ^[7], Arabaci R. (2009) ^[9], Bagdi A, & Pfister IK (2006) ^[12], Bagozzi RP, & Yi Y. (1988) ^[13], Ortega FB, Artero EG, Ruiz JR, España-Romero V, Jiménez-Pavón D, Vicente-Rodríguez G, & Ciarapica D (2011) ^[23], Ortega FB, Artero EG, Ruiz JR, Vicente-Rodríguez G, Bergman P, Hagströmer M, & Polito A. (2008) ^[24], Sabnam ML Sungeet HB & Fida FB (2012) ^[29], Hilda AK (2012) ^[20], Yadav SKS, Yadav M and Kerkata K. (2016) ^[36], Rodríguez PL, Santonja FM, López-Minarro PA, Baranda PS, & Yuste JL. (2008) ^[27] and Ruiz JR, Rizzo NS, Hurtig Wennlöf A, Ortega FB, Wärnberg J, & Sjöström M. (2006) ^[28].

Conclusion

The present study was carried to explore the cardiovascular endurance Thus; the results indicate that there seems no significant between government and private nursing officers on their level of Cardiovascular Endurance. The results may attribute to this fact that both categories of employees are receiving identical professional environment their work places.

Computing conflict: No conflict of interest declared.

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