

Prevalence of Fatigue Among Female Academicians

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ABSTRACT

BACKGROUND: - Fatigue can be defined as an overwhelming, debilitating, and sustained exhaustion that makes it harder to carry out activities and function. Fatigue describes a state of tiredness or exhaustion. Fatigue is an important symptom in academics due to its association with physical, psychological and social problems and the employee health, performance, safety and general workability continues to grow. Research has shown that fatigue may result from some health and work-related factors, particularly a poor health status, long work hours and extended-duration work shifts.

INTRODUCTION: - Fatigue is a state of physical or mental weariness, often accompanied by a reduced capacity to perform tasks effectively. It is characterized by a sensation of tiredness, exhaustion, and a lack of energy, which can result from various factors, including prolonged physical or mental exertion, insufficient rest or sleep, illness, stress, and other physical or psychological conditions. The need for a study aimed to investigate the prevalence of fatigue in female academicians by using a reliable self-completion tool that can measure subjective condition, either in extreme clinical cases or in routine day-to-day functioning, has never been greater.

METHODOLOGY: - An observational study was conducted in Ahmadabad city. This study was approved by the Ethical Committee. The Chalder Fatigue Scale was used to assess symptoms of fatigue. Questioner method was used to collect data. Each question was scored by female academicians. Sample size of hundred participants including the female academicians.

RESULT: - The result was carried out by using Microsoft excel 2016. Out of hundred sample size 38% middle aged female academicians had fatigue. The mean age was 34.43 years.

CONCLUSION: - This study concludes that there is need to reduce fatigue among the female academicians.

Clinical implementation: - There is a need to plan a proper treatment protocol and advice for female academicians to reduce the fatigue.

Keywords: Chadler Fatigue Scale, Female Academicians, Fatigue.

INTRODUCTION

Fatigue is the subjective complain of tiredness or diminished energy level to the point of interfering with normal or usual activities. An extreme, incapacitating and

persistent tiredness that makes it difficult to do tasks and function is called fatigue. A state of tiredness or exhaustion is referred to as fatigue. ^[1]

Due to its correlation with physical, psychological and social issues as well as the ongoing decline in employees. Performance, safety, and general work-ability, fatigue is a discrete indicator in academics.^[2]

Studies have indicated that several health and work-related variables, including lengthy work shifts, high work hours and poor health, can contribute to weariness.^[3]

A state of physical or mental exhaustion, fatigue is frequently accompanied by a decreased ability to carry out duties efficiently. It is typified by a feeling of weariness, depletion and lack of energy. It can arise from several things, such as extended physical or mental strain, inadequate sleep or rest, disease, stress and other physical or psychological conditions either in severe clinical situations or in ordinary day-to-day functioning.^[4]

The purpose of this study was to determining the fatigue among female academicians.

Electrophysiological measurement can be used to quantify exhaustion as an objective incapacity to maintain power.

However, this is not always connected to the subjective perception of fatigue. There have been several attempts, but without widespread adoption, to create scales that assess the perception as well as the intensity of exhaustion.

MATERIALS & METHODS

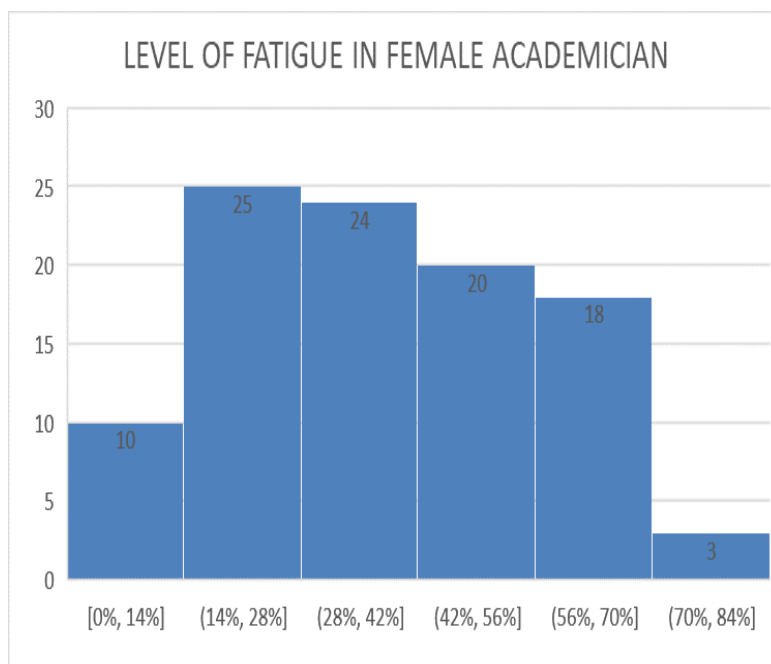
105 female academicians were contacted and Questionnaires were sent. Information was gathered from hundred and five female academicians from Ahmedabad city. This study used cross-sectional observational research with snowball sampling. A Google Form was used to administer a survey. Using WhatsApp, the link to the

questionnaire was shared with individuals. A range of various academic institutions were involved in this investigation.

The items are benign and non-threatening, asking about sensations and functionality, rather than any beliefs or opinions about health status. 11 items are answered on a 4-point scale ranging from the asymptomatic to maximum symptomology, such as (0=Better than usual, 1=No worse than usual, 2=Worse than usual and 3=Much worse than usual). Using the Likert scoring method, responses on the extreme left receive a score of 0, increasing to 1, 2 or 3 as they become more symptomatic. The respondent's global score can range from 0 to 33. The global score also spans two dimensions—physical fatigue (measured by items 1–7) and psychological fatigue (measured by items 8–11). The Likert scoring system allows for means and distributions to be calculated for both the global total as well as the two sub-scales. The purpose of the scale is to measure fatigue among female academicians, as well as in clinical and non-clinical, epidemiological populations. An English-language self-report scale is this tool.^[11]

RESULT

The statistical analysis was done using Microsoft Excel 2016 software. Data was collected from various academic institutions in Ahmadabad city. Out of 105 female academicians, 100 participants responded and five participants dropout and sample size were thus 100. This study data shows that there are 36% of female academicians had experienced fatigue during working hours and the risk of fatigue was more in aged 34-39 years old. Which is a mild to moderate fatigue level in female academicians.



DISCUSSION

Fatigue may reduce a professional's work ability and increase the risk of occupational diseases. To the best of our knowledge, there is limited data of the 11- item CFS among female academicians. There is a prevalence of fatigue 36% female academicians was observed in this study.

Nonetheless, fatigue is indisputable as a widely experienced symptom among female academicians.

After adjusting for other variables, the 34-40 years group female or with the 7-9 years service were found to experienced more fatigue, which consistent with the findings of earlier studies.

Shu Cai, Hong Lin, Xuan Hu (2017) conducted a study on high fatigue and its associations with health and work related factors among female personnel and concluded that fatigue is common among female personnel and also associated with age, marital status, occupation, health related factors (exercise, regular diet and health status) and work related factors.^[7]

Barger, Lockley, Rajaratnam, & Landrigan, in 2009; conducted a study on Neurobehavioral, health, and safety consequences associated with shift work in safety-sensitive professions and concluded that The safety of patients and medical staff

may be jeopardized by exhaustion, which can also impair a medical professional's work performance and raise the possibility of medical errors and unfavorable outcomes. In rare circumstances, the detrimental consequences of fatigue might even result in occupational diseases.^[8]

Da Silva FJ, et al 2013 did study and concluded to the best of their knowledge, the 11-item CFS among Chinese healthcare professionals has very little data. The female medical staff in this study showed a significant prevalence of weariness (83.88% of physicians, 84.96% of nurses, 82.29% of medical technicians, and 68.46% of administrators/others).^[9]

Gaba, et al 2002 conducted a study and defined fatigue as a score of 10.9 (mean + standard deviation scores, 7.92 + 2.98 = 10.9) on a 14-item fatigue scale.^[10] These variations could be a factor in the conflicting reports on the occurrence of weariness.^[11] However, it is undeniable that weariness is a common ailment among female healthcare professionals.^[12]

CONCLUSION

This study concludes that the fatigue among female academicians is moderate and very common. The study findings might facilitate the development and implementation of

targeted interventions and preventive measures. Interventions like Staying hydrated and maintaining a healthy diet can also improve the health of the female personnel and overcoming it requires a plan involving nutrition, stretching, resting, and maintaining the right attitude.

Declaration by Authors

Ethical Approval: Approved

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