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## Cardiovascular diseases between male and female employees of Punjabi university, Patiala: An analytical study

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### Abstract

This study aimed to find out the Risk of cardiovascular disease between male and female employees of Punjabi university, of Patiala: An Analytical study. For this purpose the researcher selected 60 employees male and female, age ranges between 35 to 50 years. Samples were selected for the study thirty male and thirty female from Punjabi university, Patiala from Punjab State. Purposive sampling technique was applied to select the sample. Risk of cardiovascular diseases between male and female employees selected for this study from Punjabi university, Patiala. To find out the difference between male and female data of selected risk of cancer 't' test was applied at 0.05 level of significance. The results showed that there is insignificant difference found risk of cardiovascular diseases between male and female employees of Punjabi university, Patiala.

**Keywords:** Cardiovascular diseases, male and female, employees

### Introduction

Cardiovascular diseases refers to any disease that affects the heart or blood vessels. Major risk factors (also called primary risk factors).

Hypertension is a unique risk factor because it is both a disease and risk factors for stroke and CHD. As mentioned earlier, hypertension is considered a disease because it forces the heart to work harder than normal, which can eventually damage the heart muscle. As a CHD risk factor, it contributes to the development of CHD by accelerating the rate of atherosclerosis development. Cholesterol is a type of fat that be synthesized in the body or consumed in our diet. The risk of CHD increase as blood cholesterol levels rise In 1992, the American Heart association added physical inactivity (defined as a lack of regular exercise) to the list of major factors for the development of CHD. Thus, exercise has gained new importance in the prevention of CHD It is firmly established that inherited traits can increase your risk of CHD and stroke. This means that children of parents with CHD are more likely to develop CHD than are children of parents who do not have CHD. Current evidence suggests that the familiar risk for CHD may be linked to factors such as high blood cholesterol, hypertension, diabetes, and obesity. Men have a greater risk of developing CHD and stroke than women. Much of the female protection CHD is linked to the female sex hormone estrogen, which may elevate HDL cholesterol. Although the risk of CHD increase in women after menopause, it never becomes as great as for men. Advancing age increases the risk of developing CHD. The explanation for this observation is that the collection of arterial plaque is an ongoing process; the longer one lives, the greater the collection. This is illustrated by the statistic that over 55% of all heart risk attack victims are 65 or older. Diabetes is a disease that results in elevated blood sugar levels due to the body's inability to use blood sugar properly. Diabetes occurs most often in middle age and is common in people who are overweight. In addition to increasing your risk of kidney disease, blindness, and never damage, diabetes increases your risk of CHD and stroke. Stress increases your risk of CHD; however, the exact link between stress and CHD is unclear and continues to be studied. Nonetheless, it seems likely that stress contributes to the development of several major CHD risk factors. The physiological connection between stress and hypertension appears to be the stress – induced release of “stress” hormones which elevate blood pressure (Scott K. Power, Stephen L Dodd, 1997) [1].

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**Material and Methods**

The purpose of the study was to find out the Risk of cancer between male and female employees of Punjabi university, Patiala. Total 60 male and female employees were selected; age ranges between 35-50 years. The data was obtained from Punjabi university, Patiala District.

**Variable**

Cardiovascular diseases

**Statistical Consideration**

For interpretation of the data statistical techniques of ‘t’ test was applied to find out mean differences.

**Results**

Different types of descriptive statistic such as mean and standard deviation was computed to describe each variable statistically. The level of significance was set at 0.05. Its results have been depicted in the following table-

**Cardiovascular Diseases**

**Table 1:** Shows the Responses of Male and Female Employees of Punjabi University, Patiala for Their Cardiovascular Diseases

Variable	Subjects	Mean of Responses		S.D of Responses		t-value	
		Yes	No	Yes	No	Yes	No
Cardiovascular Diseases	Male Employees	21.67	8.27	8.19	8.15	0.29	0.06
	Female Employees	22.60	8.07	8.91	9.77		

t.05 (58) = 2.00

Table no. 1 shows the Mean, SD and t – values of responses of male and females employees for their risk of Cardiovascular Disease. The table statistically reveals that the calculated ‘t-value’ 0.29 of response in ‘Yes’ by male and female employees, is less than tabulated ‘t-value’ 2.00. On the other hand the calculated t-value 0.06 of response in ‘No’ by male and female employees is less than tabulated-value’ 2.00. Therefore the values of table no. 1 show that there was no significant difference between the responses of male and female employees in category of risk of cardiovascular diseases.

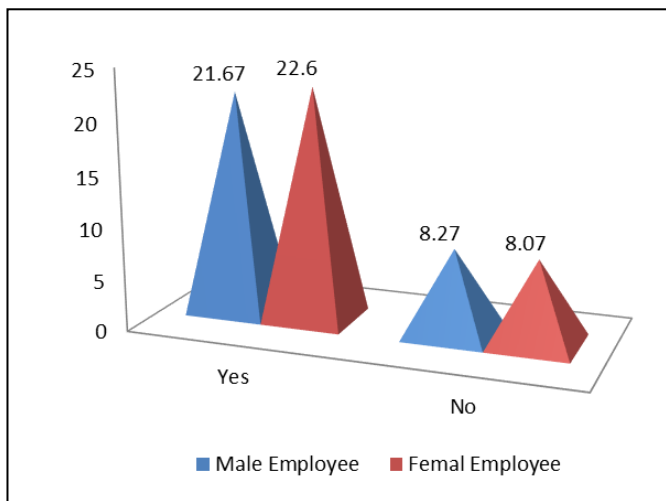
work then aware about the healthier lifestyles. One of the major reasons for the outcome of the results are the positive and healthier lifestyles literary among the sample for population. Another reason could be the environmental conditions which are healthier where they work.

**Conclusions**

1. According to the results it is concluded that male and female employees of Punjabi University, Patiala have no risk of Cardiovascular Diseases.

**References**

1. Powers SK, Dodd S. The Essentials of Total Fitness Exercise, Nutrition, and Wellness. Publisher by library of congress cataloging- in – publication data. 1997, 178-190. I.S.B.N. 0-205-17902-9.



**Fig 1:** Shows the responses of male and female employees of Punjabi University, Patiala for their cardiovascular diseases

**Finding and Discussion  
Cardiovascular Disease**

The result of present study proved with the help of prescribed questionnaire key, there was no significant difference between the responses of male and female employees for the variable Cardiovascular Diseases. The biggest factor in fighting cancer and cardiovascular diseases today is health education. People held to the influenced about the risk factors for cancer and cardiovascular diseases the guidelines for early detection. The most effective way to protect cancer and cardiovascular diseases is to change negative lifestyle habits and behaviors. The sample taken in the study is the employees of Punjabi University, Patiala. Which is an educational institute for higher education? In this institutes lot of seminars, conferences and workshops are held for the population to