

A collection of items including a chessboard, medals, a compass, and glasses. The chessboard is in the top left, with several pieces visible. There are two medals: one with a red ribbon and a white star, and another with a blue ribbon and a white star. A compass is in the bottom left. A pair of glasses is in the center. The background is a light-colored, textured surface.

A Study of Teachers' Healthy Condition in China

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Research Methods and Objects

- ◆ Methods: interviewing, documentation, questionnaire, statistics and cluster sampling.
- ◆ Objects: 1500 teachers (665 males and 835 females; 825 from rural areas and 675 from cities).


Research Result

- ◆ 1 Throat disease ---21.5%
- ◆ 2 Cervical spondylosis ---10.5%
- ◆ 3 Hypertension --- 9.6%
- ◆ 4 Chronic gastrosis --- 6.3%
- ◆ 5 Cardiac disease --- 2.4%
- ◆ 6 Diabetes ---0.85%
- ◆ 7 Other disease --- 2.4%



Analysis of the Result


- ◆ The research reflects that the six kinds of disease among those teachers, including throat disease, cervical spondylosis, hypertension, chronic gastosis, cardiac disease and diabetes, are closely related to the occupation of the teachers.
- ◆ 1 Most of the teachers under the age of 35 suffer from throat disease because of improper protection of their throat and long-time teaching.

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- 2 Cervical spondylosis takes the second place and more and more teachers suffer from this disease as they grow older. That is because teachers have to bend their neck by the table, reading and writing, and when they have lessons they also have to use their neck.
 - 3 Teachers' work is a kind of brainwork, they work under great pressure and they also have to refresh their knowledge. Carelessness of proper sports, high working pressure and long-time brainwork leads to the adjusting disorder between nervus centralis and humor and the decreasing of immunologic function. All of these factors cause various kinds of disease and affect the health of the teachers. Less physical work more brainwork and high pressure are the main factors of causing atherosclerosis coronary disease; chronic gastrosis also takes high rate among teachers.



Countermeasures to Improve Teachers' Healthy Condition

- ◆ 1 Guarantee strictly the physical checkup for each teacher every two years. Be aware of the importance of teachers' health, especially in the rural areas. The government should advocate the importance of sports and pay more money on school sports facilities.



2 To make use of the Work Union in school and put the organization of teachers' sports campaign into the school working plan.

3 To make use of the weekends and invite sports experts to give lectures or to instruct those who are interested in sports on the spot.

4 To establish teachers' healthy files consulting the result of the physical examination. In some school, it can take teachers' healthy condition into the consideration of academic promotion.