

Original Research Article

“Lifestyle Of The Tea Garden Employees – A Case Study On Padumoni Tea Estate”

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ABSTRACT

A very heart melting incident took place in Golaghat District of Assam where consumption of poisonous liquor took the lives of nearly 130 indigenous people and this changed the air of the nation for a few days even the air spread in international boundaries also. Though these type of unethical practices are prohibited but still a great section of native people are pursuing the practices behind the veil. So the need of the hour is to improve the lifestyle of the tea gardener of Assam and this action research will help to understand the same. For completion of the present study schedule method has been used where the data has been collected through enumerator. The study is descriptive as well as qualitative in nature and tries to explore some insights of lifestyles of this tea based indigenous community.

Therefore, the present study on “Lifestyle of the Tea Garden Employees – A case Study in the Padumoni Tea Estate” is significant in the present context and will be help in understanding the type of lifestyle the tea gardeners are living and the ways means to improve the same.

Keywords: Illicit liquor, Lifestyle, Tea Gardener, Padumoni Tea Estate.

I. THEORETICAL BACKGROUND

Assam is world renowned for its nature of tea just as the common excellence of the tea manor territory. Assam, the home to origin of Indian Tea, about 165 years back, is additionally a standout amongst the most popular Tea generation spots on the world (Eco India, 2019). The two sides of renowned stream, Brahmaputra, comprise the world's biggest Tea developing zone.

The above written paragraph is very true but shows only the one side of the coin; which is the brighter side. Now let's talk about the dark side of the tea gardens which is its workers. The condition of the workers in tea garden is very poor, they condition needs to be improved. The tea gardeners hardly get the substance wages, fooding facilities and housing facilities. Those who are working in the middle level management, they are getting all the required facilities from the tea garden management but when it comes to the lower level labourers their condition is very poor and heart melting.

Lifestyle:

A method for living of people, families (households), and societies, which they show in adapting to their physical, mental, social, and financial conditions on an everyday premise. Lifestyle is communicated in both work and relaxation behaviour patterns and (on an individual premise) in activities, attitudes, interests, assessments, qualities, and designation of income. It likewise mirrors people's self-image or self-concept; the manner in which they see themselves and trust they are seen by the others. Lifestyle is a composite of inspirations, needs, and wants and is affected by factors such as, culture, family, reference groups, and social class.

Components of Lifestyle:

We as a whole are very much aware that positive sound way of life is the most significant wellspring of decreasing the rate and effect of various medical issues, for adapting to life stressors and for improving the quality of life. Presumably that healthy lifestyle is entirely significant for us all for having a healthy life and yet in the quick paced and wild eyed world every single individual is having a bustling schedule. Indeed, the demand of work, companions, and family frequently abandon us with almost no time for ourselves. To stay healthy and to have great mental and physical wellbeing, various things must be pursued appropriately so for keeping us in proper health. we should lay weight on the various parts of positive solid way of life which are discussed below:

(i) Healthy diet

A healthy diet or great sustenance is one of the principle segments of a positive way of life. Truth be told, a healthy diet or great sustenance is important to lead a health or positive way of life. A study found that healthy diet was associated with social status and other lifestyle habits (Johansson, Thelle, Solvoll, Bjerneboe, & Drevon, 1999) . The nuts and bolts of a sound eating routine are bunches of vegetables and crisp natural products entire grain nourishments and low-fat dairy items. Such diet is required each day so as to keep up the sufficient measure of nutrients, supplements, and minerals expected to keep up a healthy body. That is the reason it is properly said that as it is a need, yet to it, clever is an art. A healthy lifestyle and healthy diet cab be a lifesaver for anyone. There is a study which shows that Type 2 diabetes can be prevented by changes in lifestyle of high risk subjects (Tuomilehto, et al., 2001). Following a good healthy diet and a healthy lifestyle can also help in preventing coronary heart disease (Ornish, et al., 1990). It is additionally gainful to limit the saturated fats and the nourishment loaded down with sugar and salt.

(ii) Physical Activity

Physical activity or exercise is another essential part of positive way of life. Regular physical activities are expected to keep up a sound gauge and to enhance quality and adaptability of the body. It decreases the stoutness and upgrades physical fitness. It helps to have a sound rest and counteracts heart attack, strokes, other health threats. It likewise draws out the existence need there are such a large number of advantages of customary physical movement or exercise. It is hard to live a complete life without it. Oxygen consuming exercises, for example, jogging, moderate running, cycling and so forth help in reinforcing the heart and make the cardiovascular framework increasingly effective. An hour of overwhelming vigorous exercises ought to be played out each week. In this way, such an individual ought to like to take stairs rather than the lift and strolling as opposed to driving short distances. Without a doubt, everybody ought to comprehend that a little physical effort is in every case better at that point, doing nothing by any stretch of the imagination.

(iii) Stress management

Stress management is likewise a huge segment of positive way of life. Each individual is very much aware that enthusiastic pressure assumes a noteworthy job in changing abdominal weight gain and heart disease. A good and healthy lifestyle pattern promotes satisfactory adoption to the stresses of

everyday life (Christianses & Matuska, 2006). Its role might be immediate or roundabout. In fact, stress makes the body discharge hormones i.e., cortisol which is identified with coronary illness. Not just this, such people are bound to smoke, drink excessively, do indulging, buckle down and concur with others, etc. when they stay under stress and pressure. An organization should take precautionary measures for the stress management as it can be directly related to performance and productivity (Banu, Santhosh, & Venkatakrishnan., 2010). Stress can be overseen appropriately through contemplation and unwinding procedures as it were.

(iv) Socialization

Socialization is another critical segment of positive way of life. An individual ought to grow great social relations with his colleagues and neighbors. He should pay visits to his home now and again. Such relations fortify the social servitude among them. To be social as the benefit of positive or sound way of life. This, cherishing yourself is additionally a key to a solid and positive way of life.

(v) Personal hygiene

Individual cleanliness is additionally a significant part of positive way of life. Stress ought to be laid on close to home cleanliness, for example, tidiness, it is said that 50 percent transferable sicknesses can be averted on the off chance that we lay weight on cleanliness. Without a doubt, individual cleanliness is important to lead a positive and sound way of life.

(vi) Proper sleep

Proper sleep is likewise segment of healthy way of life. Absence of rest may cause effort or weakness. It additionally makes the body discharge cortisol which further prompts heart diseases. So it is critical to have appropriate and sound rest for a way of life.

(vii) Balance in life

Balance in life is likewise an essential part of positive way of life. It implies that a person who needs to accomplish a constructive way of life should find a way to keep up a proper dimension of equalization in social, mental, physical, passionate, financial, and otherworldly viewpoints. One should adjust in one's work and in the family and different everyday issues. A good work-life balance in any organization will help to achieve more and more not only for the organization but also for the individual which will ultimately help in reducing stress (Guest, 2002). On the off chance that an individual is occupied with completing a thing and considering others, it will be just covering the things. To increase in the work Without a doubt, we should endeavor to get fulfillment in each part of life, at exactly that point we can lead positive or sound life. While being in an organization; improvement in work time, work location flexibility and the development of supportive managers lead to effective work-life balance (Meenakshi, C.V, & Ravichandran, 2013). Along these lines, balance in each part of things in life is vital for driving a positive or healthy way of life.

(viii) Safe environment

A safe environment is likewise a prominent segment of positive and healthy way of life. The living condition is the key factor to decide the mental welfare and wellbeing status of the person. The positive/sound way of life requires such a safe environment where the unsafe impacts of physical, compound, organic just as social and psych-social hazard factors are required or wiped out. By and large, on the off chance that we don't live in a safe environment, regardless of whether a safe environment, we may fall prey to various infections which will tell upon our wellbeing. Hence, it very well may be said that protected condition is essential for a positive way of life.

II. REVIEW OF LITERATURE

Review of literature is a vital parameter of any research. Without scanning the existing literature, a research is standstill. Review of literature gives a researcher depth insight about existing works as well as the gap that may remain in the existing literature and accordingly a researcher can get further scope to carry out a research and to explore the untapped area.

Actually laborers have no house of their own. Employers give them house. One laborer gets one house policy. The laborers have to repair and maintain it though it is supposed to be maintained by the garden owner. Employer provides land for house, bamboo and sun grass. Laborers themselves construct their living house made of mud wall. Their living condition in that houses are unhygienic, miserable, unhealthy and dissatisfactory. Since their infant mortality rate is high so their birth rate is very high. The room allocated for laborer is crowded with whole family. Sometimes they are seen living with their cattle in the same room. Getting permission from the employers they often try to construct extra room for their youth.

Research Gap:

In reviewing the literatures, the researcher has come across many of review of literature but no study has been done so far on Lifestyle of tea garden employees, one of the vital areas in today's tea garden scenarios in Assam. Such type of study is very negligible in Assam, particularly in the Padumoni Area of Golaghat District. So the researcher realised that there is a research gap and accordingly choosing the topic "**Lifestyle of Tea Garden Employees – A case Study in the Padumoni Tea Estate**" will surely help the reader, and the society as a whole.

III. OBJECTIVES OF THE STUDY

The Primary objective of the study is to identify the pattern of lifestyle the tea gardener of Padumoni tea Estate are living and the initiatives undertaken by the Padumoni tea estate management.

IV. METHODOLOGY OF THE STUDY

In order to achieve the first objective of the study, Schedule method has been used to collect the required data from the respondents through enumerator. The study is qualitative as well as descriptive in nature which is based on primary data. The primary data have been collected through self-administered schedule among the respondents from Padumoni Tea Estate of Golaghat District. Questions are open ended in nature and so that the respondents will feel free to express their viewpoints regarding the issues and questions asked. All the questions which were asked in consist of only two component of a positive lifestyle i.e., health and stress management. Now the questions in health is again subdivided into three parts i.e., Exercise, Diet and Alcohol whereas there is no division in the stress management part. To carry out the present study 40 employees of Padumoni Tea Estate has been selected. Probability method has been used where the respondents are selected randomly. An enumerator has been hired who can speak the language of tea gardeners, so that there will be no problem in communication with the respondents.

V. RESULTS

(i) Exercise Based Responses

While asking about the exercise, most of the respondents i.e., 90% tend to exercise very seldom which means they hardly have any concerns regarding exercise. All the respondent's responses on the same note that they didn't bother about exercise much. They have a say that their work is itself a form of exercise and taking extra exercise will be like taking extra burden. The remaining 10% said that they are concerned about exercise at all because they did not get the time to do so.

(ii) Diet Based Responses:

Asking about the kind of diet the respondents tends to follow; the diet is quiet simple which is a mix of vegetable and meat/fish (100% of the respondents). They hardly have any concerns regarding their diet, they just want to eat full and hardly give anything to the portion of nutrition their body needs. Most of the respondents said that they eat very normal and very simple food including vegetables most of the times.

(iii) Alcohol Based Responses:

The respondents are hardly shy about sharing their experience regarding alcohol. Most of the respondents i.e., 80% said that they tend to take at least 2 unit¹ of alcohol per day but again its depend up to what unit they will consume or may be until and unless they are satisfied. While taking about alcohol they hardly have any information regarding the brands of alcohol, how it is made, its consequences. The respondents have very general tendency to consume alcohol that is to have some fun and a source of removing stress and tension. The respondents said that they prefer to take local alcohol (rice bear) which is very cheap and easily available in the locality. While taking about the smallest age of people they have seen consuming alcohol, the respondents said that the children at the age of 12 starts taking alcohol and very often they found the females too consuming alcohol with the same reason of removing stress.

(iv) Stress Based Responses

While taking about the reasons of stress in their life, most of the respondents i.e. 98 % have identified the following reasons:

- i. Non co-operation of employees
 - ii. No co-operation from family
 - iii. Problem from children
 - iv. Working for long time
 - v. Unable to cope up with changing rules and regulation of government and management.
- Only 2% of the respondents take stress because of health problems and continuous phone calls while being in a work place.

After identifying the reasons of stress, when the researcher put forward some questions regarding the solution of stress; the following solution has been suggested by the respondents (98%):

- i. I feel restless
- ii. I consume alcohol
- iii. I lose my temper
- iv. I spent some time alone
- v. I spent some time with my family

Only 2% of the respondents tend to spend some time with peers when they found themselves in stress.

VI. DISCUSSION

After a deep and thorough analysis of the responses of the sample respondents the important findings which came out from the study has been summarized below:

- (i) By doing this survey we find out that the employees are not doing any exercise.
- (ii) The employees mainly prefer to have fish, meat and vegetables. They don't have any special diet.
- (iii) The employees also consume liquor after they finished their work between 1-9 units per day. They specially take chulai (local alcohol). They drink to remove their stress.
- (iv) In that tea garden even adults also use to take alcohol in the age between 12-14 years.

¹ 1 unit = 1 glass (295 ml) of alcohol

- (v) Stress arises between the employees due to non-cooperation of employees, no proper co-operation from family (spouse), problems from children, working for long time and due to not able to cope up with government policies and procedures.

The present study reveals that the lifestyle of the tea garden employees is not up to the mark and they are lacking many things which can improve their lifestyle and improve the productivity of the tea garden at the same time. After interaction with the respondents as well as from personal observation of the researcher, the following suggestion has been advanced separately for the “Tea Board of India”:

- (i) The “Tea Board of India” may prescribe specific rules regarding the exercise, diet and other precautionary measures to improve the health condition.
- (ii) The “Tea Board of India” may advice the management of the tea gardens to create awareness on stress management so that the problems related to stress can be solved very smoothly.
- (iii) There must be a strict rules regarding consumption of alcohol in tea garden and nearby places; The “Tea Board of India” may take the help of police force to take action against the local alcohol (Chulai), which tends to be poisonous certain times.

Despite the fact that the Padumoni tea factory is the most productive in the district, the sector has faced many problems in the last few years. Declining prices, contracting markets and increased competition from other tea factories on the one hand, and lack of investment, deferred replanting and inadequate maintenance on the other, have contributed to its problems. Enrolment and participation of children depends on many factors - health and home related. One major reason is poverty, which leads them with no proper diet, no regular exercise etc. The cost of living is very low as they belong to the poor families. Even though the employees earn more than 4000 to 5000, it is not sufficient for their livelihood. The people living in Padumoni use to have alcohol to reduces the stress and the age from which starts is also very low. Assam has been considered as one of the best place for tea industry but the kind of lifestyle the employees are living is really heart-breaking.

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