



STUDYING THE HEALTH STATUS OF EMPLOYEES IN THE ACCOUNTING FIELD

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Abstract

This article examines the cause-and-effect relationship between the work of accountants and the impact of industrial hazards on the mental and physical health of workers in the field of accounting. In this study, a survey of accountants in Tashkent was conducted. As a result of the survey, the main diseases and changes in the health of accountants were identified, and the occurrence of these changes depending on the length of service was revealed.

Keywords: Health, emotional stress, accountants, physiological disorders.

Introduction

In recent years, many professions have been associated with a sedentary lifestyle and prolonged use of the computer, which leads to decreased physical activity. Accounting is one of these professions. Long-term work at the computer, being in office premises and lack of physical activity can cause various diseases of the musculoskeletal system, lead to failures in the cardiovascular system and cause other disorders in the body. In addition, long-term work at the computer or with papers increases the risks for vision and posture, and also contributes to the development of computer vision syndrome and problems with the spine [1-3].

Psycho-emotional disorders can occur due to constant stress and emotional overload [3]. Finally, prolonged sedentary work increases the likelihood of musculoskeletal diseases, such as tunnel syndrome and osteochondrosis [1, 4].

An equally important aspect is the impact of professional activity on the psycho-emotional state of workers. Stress and emotional overload associated with the constant need to meet deadlines and solve complex problems can lead to the development of psychoemotional disorders. Such long-term exposure to harmful factors not only worsens physical health, but also significantly reduces the quality of life of accountants, disrupting their personal well-being and overall life satisfaction [3, 4]. The combination of these factors leads to a deterioration not only in health, but also a decrease in labor productivity, since physical ailments, stress and emotional overload directly affect performance. Given the importance of the accounting





profession in the modern economy, it is necessary to take into account these risks to the health and quality of life of workers, since long-term exposure to harmful labor factors can lead to chronic diseases, which, in turn, has a negative impact on the professional activity and general condition of employees [5, 6-10].

The aim of the study: To identify the main diseases and changes in health among workers in the accounting field.

Research materials and methods

Inclusion criteria: accountants of both sexes aged 20 to 65 years, with different experience and informed voluntary consent to participate in the study. We conducted an anonymous survey.

50 working accountants in Tashkent took part in the survey. The questionnaire consisted of 23 questions. The answers from the questionnaires were entered into an electronic database, then statistical data processing was carried out.

Results and Discussion

During the survey, it was revealed that the majority of respondents were aged 30 to 45 years. 2 (4%) accountants had underweight, while 14 (28%) accountants had a body mass index that did not exceed the norm; 14 (28%) workers were overweight; 12 (24%) of respondents had obesity of the 1st degree, while 5 (10%) had obesity of the 2nd degree and only 3 (6%) had obesity of the 3rd degree.

When asked about the work rate, 3 (6%) answered that they work at 0.5 rate, 26 (51.51%) accountants - 1 rate and 21 (42.42%) people - 1.5 rates.

When asked about the duration of the working day, 8 (15%) accountants answered that they work less than 6 hours a day, 20 (40%) of those working - 6-8 hours, 16 (33%) people answered that they work 8-10 hours a day and the smallest group, consisting of 6 accountants, answered that they work more than 10 hours daily.

3(6%) of accountants admitted that they work 3 days a week, while the majority of them 22(45%) of workers answered that their working week consists of 5 days. 20(39%) of respondents work 6 days and only 5(9%) of accountants work the whole week.

When asked about overtime, the majority (26(52%)) of workers admitted that they often work overtime, and, to be more specific, 15(30%) people work overtime from 3 to 5 hours a week, 8(15%) of workers work overtime 5-10 hours a week and 5(9%) of accountants work overtime from 10 to 15 hours a week. The remaining 24 (48%) of respondents confirmed that they are not inclined to overtime.



To the next question about how many hours they spend directly at the computer, the majority - 20 people (39%) answered that 7-8 hours a day, 12 (24%) accountants spend 9-10 hours working at the computer, 10 (21%) workers - 5-6 hours and the smallest group of 8 (15%) people spend 10 or more hours at the computer daily. To the question about whether they have chronic cardiovascular diseases, 12 (24%) people answered that they have hypertension, 10 (19%) accountants suffer from rheumatism, 2 (5%) - ischemic heart disease, 11 (22%) respondents have other pathologies. As a result, only 15 (30%) people out of 50 do not have any diseases associated with the cardiovascular system (Fig. 1).

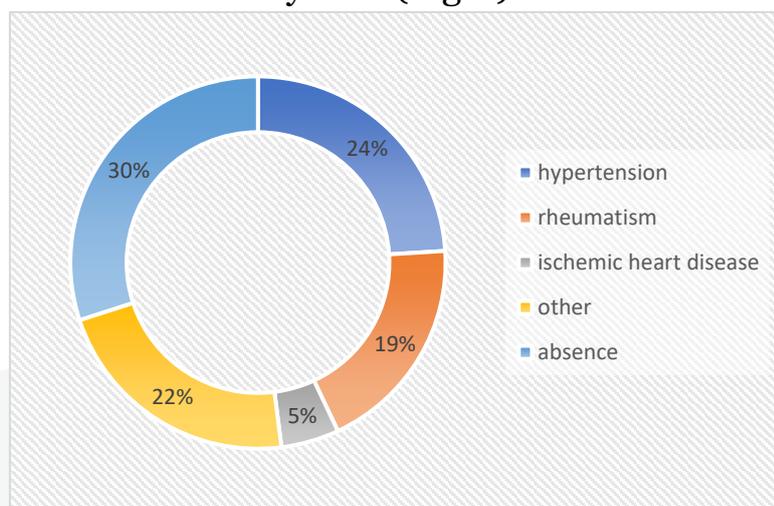


Figure 1. Cardiovascular diseases in accountants.

10 (20%) accountants noticed the occurrence of these diseases in the first 5 years of work, 20 (40%) workers noticed pathologies associated with the cardiovascular system in the period of 5-10 years of work, 2 (4%) - during 10-15 years, and 5 (10%) - after 20 years of work in the accounting field.

When asked about the frequency of colds, flu and acute respiratory viral infections, 30 (61%) accountants answered that they get sick 1-2 times a year, 8 (15%) answered that 3 times and 12 (24%) get sick 4 or more times annually.

When asked about deterioration of vision, 40 respondents (80%) answered that they have changes in visual acuity, while 10 respondents (20%) have no changes (Fig. 2). Of the accountants with vision problems, 9 (23%) said that they appeared during the first 5 years of work, 17 (43%) - in the period of 5-10 years of work, 4 (10%) - in the period of 10-15 years of work in the accounting field, and 9 (23%) - after 15 years of work.

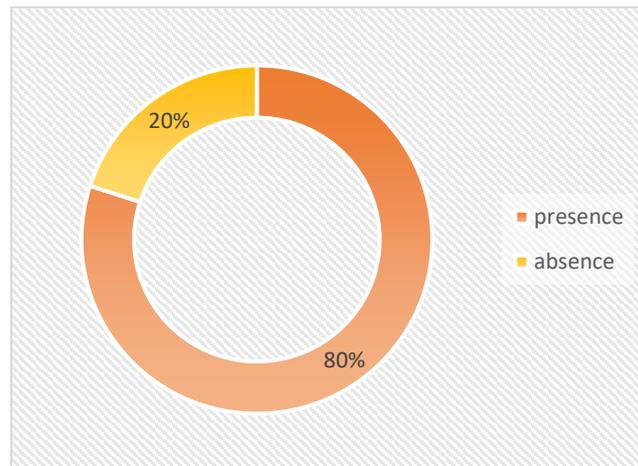


Figure 2. Changes in visual acuity in accountants

To the next question about diseases of the musculoskeletal system, the majority of accountants (32%) answered that they have hernias in different parts of the spine, 14 (26%) workers have osteochondrosis, 5 respondents (10%) have scoliosis, 4 respondents (8%) have osteoporosis and the remaining 4 (8%) have rheumatism. In 8 respondents (16%) these pathologies were not detected (Fig. 3).

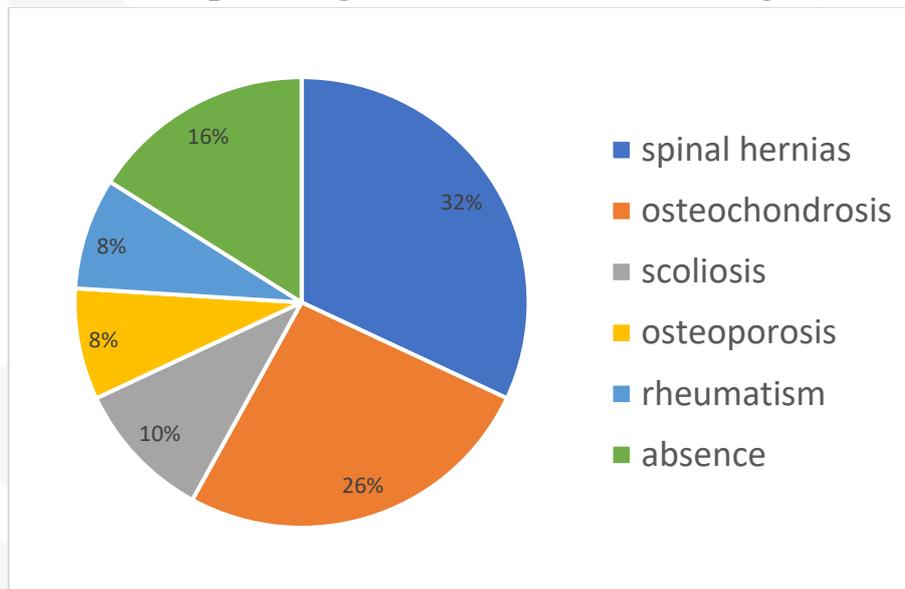


Figure 3. Diseases of the musculoskeletal system in accountants.

Diseases related to the musculoskeletal system appeared in 9 (29%) respondents in the first 5 years of work in the accounting department, in 8 (26%) - in the period of 5-10 years, in 7 (23%) workers - in the period of 10-15 years of work in this field. Only 1 (3%) accountant said that the disease appeared after 20 years of work experience in the accounting field.



To questions regarding pain in the arms, the majority of respondents (82%) answered that they have such changes, and only 9 respondents (18%) do not suffer from pain in the arms. Regarding the localization of pain, 10 (20%) accountants answered that they experience pain in the shoulder blade area, 14 (28%) reported pain in the shoulders, 9 (18%) - in the forearm, 3 (6%) - in the hands, 5 (10%) - in the fingers. During the working day, 12 respondents (14%) experience dry eyes, 9 (10%) accountants experience eye pain, 6 respondents (7%) noted muscle spasms in the legs, 19 respondents (22%) report headaches, 13 (15%) people have pain in the neck, 17 (20%) - back pain, 6 (7%) - pain in the coccyx, and only 4 (5%) do not experience any of the above.

When asked about the level of stress in the workplace, the majority of respondents (48%) answered that they experience moderate stress, 7 respondents (15%) stated a very low level of stress, 8 people (15%) stated a high level of psycho-emotional tension. Only 6 accountants (12%) answered that they do not experience stress, and 5 (10%) respondents stated a very high level of stress in the workplace (Fig. 4).

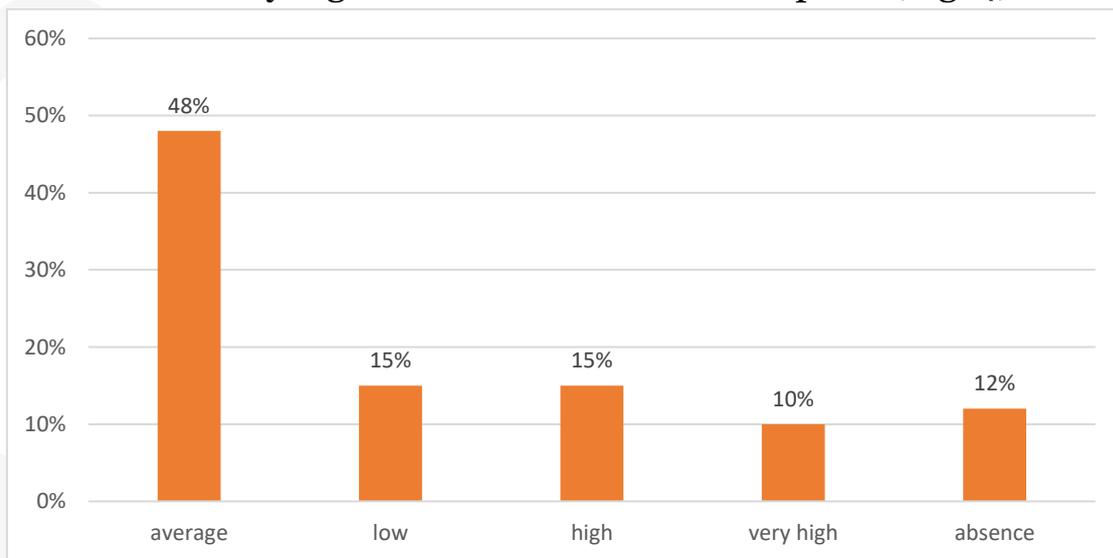


Figure 4. Stress level among accountants

The main cause of stress is information overload - 17 (36%) accountants, the second most common reason is high workload - 11 (22%) workers, 9 (18%) accountants named lack of rest as one of the causes of stress. 6 (12%) accountants have stress due to conflicts, while 4 (8%) due to routine and 2 (4%) due to overtime.

And finally, to the very last question about the warmth during the working day, the largest group of people, consisting of 21 (42%) accountants said that they are comfortable, 10 (21%) - said that they are cool, the remaining 10 (21%) - answered that they are warm. 2 (4%) people answered that they are cold and 6 (12%) people - that they are hot.



Conclusions

Thus, the survey showed that most accountants have a complex of diseases of the body systems. Most of the respondents suffer from excess weight, cardiovascular and musculoskeletal diseases, have visual impairments, and also experience stress on a daily basis. The study also showed that these diseases develop over 5-15 years of accounting activity. The combination of these disorders creates a tangible threat for the development of complications of these pathologies and can cause disability.

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