

Chronic disease risks of workers in a factory and their tendency to practice preventive health behaviours

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ABSTRACT

Aim: This study has been conducted to detect chronic disease risk of nut-factory workers and to identify their tendency to practice preventive health behaviours.

Materials and methods: Study universe is composed of 104 workers working at a hazelnut factory in Ordu, Turkey. Indicative characteristics survey form which is composed of 29 questions and prepared by the researcher, Multidimensional Health Locus of Control Scale B Form and Perception of Health Status Scale were used. In statistical evaluation of data, percentage evaluation, arithmetic average, *t*-test, single factor analysis, ANOVA test were used.

Results: According to data obtained from the study, it was found that most of the participants are overweight and obese, and are hypertension patients. Score average of workers was good according to perception of health scale status was better. It was found that there is a statistical relation

between gender, educational status, chronic disease status, preventive health behaviors, cancer screening status, tension, fasting blood glucose and body mass index and Multidimensional Health Locus of Control Scale scores ($p < 0.01$, $p < 0.05$). It was determined that there is a statistical relation between gender, educational status, chronic disease status, preventive health disease and tension measurement values of laborers and their Perception of Health Status Scale scores [$p < 0.01$] [$p < 0.05$].

Conclusion: This study shows that workers have risk in the sense of chronic diseases. Results attained and training to be carried out have great importance for early diagnosis, information and application and development of preventive health behaviors of chronic diseases of workers by the workplace nurse.

Keywords: Chronic disease, hazelnut workers, preventive health behaviors

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