

Way of life of the Tea Garden Employees - A contextual analysis on Itakhuli Tea Estate"

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Abstract: Way of life of tea garden representatives in Assam isn't so firm and the utilization of resident liquor assumes a vital part. However, these sorts of untrustworthy practices are restricted yet an extraordinary segment of local individuals are chasing after the practices behind the shroud. So the need of great importance is to work on the way of life of the tea landscaper of Assam and this activity examination will assist with getting something similar. For finishing of the current review plan strategy has been utilized where the information has been gathered through enumerator. The review is illustrative as well as subjective in nature and attempts to investigate a few experiences of ways of life of this tea based native local area.

As a result, the current research on "Lifestyle of Tea Garden Employees – A Case Study in the Itakhuli Tea Estate" is important in the current environment and will aid in understanding the sort of lifestyle that tea gardeners lead and how to enhance it.

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

I. Theoretical Background

Assam is known around the globe for the quality of its tea as well as the common perfection of the tea manor land. Assam, the birthplace of Indian Tea some 165 years ago, is also one of the most well-known Tea-growing regions in the world (Eco India, 2019). The world's largest Tea growing zone is located on both banks of the famed watercourse, Brahmaputra.

The description above is really accurate, yet it only depicts one side of the coin, which is the brighter side. Let us now turn our attention to the tea estates' dark side: their employees. The working conditions of tea garden employees are deplorable, and they must be changed. Tea gardeners are paid a little, have limited access to food, and live in cramped quarters. Those in middle management receive all necessary amenities from the tea estate management, while lower level labourers' conditions are appalling and heartbreaking.

Way of Life:

A way of life for individuals, families (households), and communities that involves their adjusting to their physical, emotional, social, and economical circumstances on a daily basis. Work and leisure behaviour patterns, as well as (on an individual basis) activities, attitudes, interests, judgments, attributes, and income categorization, all express lifestyle. It also reflects people's self-image or self-concept, or how they view themselves and believe they are seen by others. Culture, family, peer groups, and socioeconomic status all influence lifestyle, which is a collection of inspirations, demands, and desires.

Components of Lifestyle:

We are all well aware that leading a healthy lifestyle is the most important factor in lowering the rate and severity of different medical problems, adjusting to life pressures, and enhancing overall quality of life. Obviously, a healthy lifestyle is extremely important for us all to live a healthy life, but in today's fast-paced and wild-eyed society, everyone has a hectic schedule. Indeed, job, relationships, and family obligations usually leave us with little time for ourselves. Various things must be followed effectively in order to maintain us in proper health and to have wonderful mental and physical wellbeing. We should place emphasis on the following elements of a positive, solid way of life:

(i) Sound eating routine

One of the most important aspects of a happy way of life is a healthy diet or adequate nutrition. To be honest, a nutritious diet or adequate nourishment is essential for leading a

healthy or good lifestyle. (Johansson, Thelle, Solvoll, Bjorneboe, & Drevon, 1999) revealed that a healthy diet was linked to social status and other lifestyle practises. Bunches of veggies and crisp natural products, whole grain nourishments, and low-fat dairy products are the foundations of a healthy diet. Every day, such a diet is essential to maintain the adequate levels of nutrients, vitamins, and minerals required to maintain a healthy body. That is why it is rightly said that while cleverness is a necessity, it is also an art. For anyone, a healthy lifestyle and diet can be a lifesaver. According to a research, high-risk patients can prevent Type 2 diabetes by changing their lifestyle (Tuomilehto, et al., 2001). A nutritious food and a healthy lifestyle can also assist to avoid coronary heart disease (Ornish, et al., 1990). Limiting saturated fats and foods high in sugar and salt is also beneficial.

(ii) Active work

Physical activity, sometimes known as exercise, is an important component of a healthy lifestyle. Regular physical activity is anticipated to maintain a healthy weight and improve the body's quality and flexibility. It improves physical fitness and reduces stoutness. It promotes restful sleep and protects against heart attacks, strokes, and other health problems. It also calls attention to the fact that there are so many advantages to regular physical activity or exercise. It's difficult to live a full life without it. Exercises that consume oxygen, such as jogging, moderate running, cycling, and so on, strengthen the heart and improve the cardiovascular system's effectiveness. Every week, one hour of very rigorous activities should be performed. As a result, such a person should prefer to use the stairs rather than the elevator and walk rather than drive short distances. Without a certain, everyone should realize that putting forth a little physical effort is always preferable than doing nothing.

(iii) Stress the board

Every week, one hour of very rigorous activities should be performed. As a result, such a person should prefer to use the stairs rather than the elevator and walk rather than drive short distances. Without a certain, everyone should realise that putting forth a little physical effort is always preferable than doing nothing. An organisation should take stress management precautions since it has a direct link to performance and production (Banu, Santhosh, &

Venkatakrishnan., 2010). Stress may be managed effectively via contemplation and relaxation techniques.

(iv) Socialization

Another important aspect of a healthy lifestyle is socialisation. A person should cultivate strong social ties with his coworkers and neighbours. He should give his house a visit every now and again. Such relationships strengthen their social subordination. To be sociable as an advantage of a healthy or happy way of life. This, as well as valuing oneself, is essential to a healthy and good way of life.

(v) Individual cleanliness

Personal hygiene is also an important aspect of leading a healthy lifestyle. Stress should be placed on household cleanliness, such as tidiness; it is estimated that if we place a premium on cleanliness, we may avoid 50 percent of communicable diseases. Individual hygiene is unquestionably crucial for leading a pleasant and healthy lifestyle.

(vi) A good night's sleep

Sleep is also an important part of living a healthy lifestyle. Absence of rest might result in exertion or weakness. It also causes the body to release cortisol, which contributes to heart disease. As a result, adequate and sound slumber is essential for a healthy lifestyle.

(vii) Balance throughout everyday life

Balance in life is similarly a fundamental piece of positive lifestyle. It infers that an individual who needs to achieve a productive lifestyle should figure out how to keep up a legitimate component of balance in friendly, mental, physical, enthusiastic, monetary, and supernatural perspectives. One ought to change in one's work and in the family and different regular issues. A decent balance between serious and fun activities in any association will assist with accomplishing increasingly more for the association as well as for the person which will at last assistance in lessening pressure (Guest, 2002). In case an individual is busy with finishing a thing and considering others, it will be simply covering the things. To

increment in the work Without an uncertainty, we should attempt to get satisfaction in each piece of life, at precisely that point we can lead positive or sound life. While being in an association; improvement in work time, work area adaptability and the advancement of steady supervisors lead to viable balance between fun and serious activities (Meenakshi, C.V, and Ravichandran, 2013). Thusly, balance in each piece of things in life is indispensable for driving a positive or solid lifestyle.

(viii) Safe climate

A protected climate is in like manner an unmistakable portion of positive and solid lifestyle. The everyday environment is the critical component to choose the psychological government assistance and prosperity status of the individual. The positive/sound lifestyle requires such a protected climate where the dangerous effects of physical, compound, natural similarly as friendly and psych-social peril factors are required or cleared out. All things considered, in case we don't live in a protected climate, whether or not a protected climate, we might succumb to different diseases which will tell upon our prosperity. Subsequently, it might be said that safeguarded condition is fundamental for a positive lifestyle.

Review of Literature

Survey of writing is an indispensable boundary of any exploration. Without checking the current writing, an exploration is halt. Audit of writing gives a scientist profundity knowledge about existing functions as well as the hole that might stay in the current writing and in like manner an analyst can get further extension to complete an examination and to investigate the undiscovered region.

All things considered workers have no place of their own. Bosses give them house. One worker gets one house strategy. The workers need to fix and keep up with it however it should be kept up with by the nursery proprietor. Manager gives land to house, bamboo and sun grass. Workers themselves develop their residing house made of mud divider. Their day to day environment in that hoses are unhygienic, hopeless, unfortunate and dissatisfactory. Since their newborn child death rate is high so their introduction to the world rate is extremely high. The room dispensed

for worker is packed with entire family. Here and there they are seen living with their dairy cattle in a similar room. Getting consent from the businesses they regularly attempt to build additional space for their childhood.

Research Gap

In assessing the literary works, the analyst has run over many of survey of writing however no review has been done as such far on Lifestyle of tea garden representatives, one of the indispensable regions in the present tea garden situations in Assam. Such sort of study is truly insignificant in Assam, especially in the Itakhuli Area of Golaghat District. So the specialist understood that there is an examination hole and likewise picking the subject "Way of life of Tea Garden Employees - A contextual analysis in the Itakhuli Tea Estate" will certainly help the peruser, and the general public all in all.

II. Objectives of the review

The Primary goal of the review is to distinguish the example of way of life the tea landscaper of Itakhuli tea Estate are living and the drives embraced by the Itakhuli tea domain the executives.

III. Methodology of the review

To accomplish the primary target of the review, Schedule strategy has been utilized to gather the necessary information from the respondents through enumerator. The review is subjective as well as spellbinding in nature which depends on essential information. The essential information have been gathered through self-controlled plan among the respondents from Itakhuli Tea Estate of Golaghat District. Questions are open finished in nature thus that the respondents will go ahead and offer their points of view in regards to the issues and inquiries posed. Every one of the inquiries which were posed in comprise of just two part of a positive way of life i.e., wellbeing and stress the executives. Presently the inquiries in wellbeing is again partitioned into three sections i.e., Exercise, Diet and Alcohol while there is no division in the pressure the executives part. To complete the current review 40 workers of Itakhuli Tea Estate has been chosen. Likelihood strategy has been utilized where the respondents are chosen haphazardly. An

enumerator has been recruited who can communicate in the language of tea grounds-keepers, so everything looks great in correspondence with the respondents.

IV. Results

(i) Exercise Based Responses

While getting some information about the activity, the greater part of the respondents i.e., 90% will generally practice very occasional which implies they scarcely have any worries in regards to work out. Every one of the respondent's reactions on the very note that they didn't make a big deal about practice a lot. They have a say that their work is itself a type of activity and taking additional activity will resemble taking additional weight. The excess 10% said that they are worried about practice at everything since they didn't get an opportunity to do as such.

(ii) Diet Based Responses:

Getting some information about the sort of diet the respondents will in general follow; the eating routine hushes up straightforward which is a blend of vegetable and meat/fish (100 percent of the respondents). They scarcely have any worries in regards to their eating routine, they simply need to eat full and barely give anything to the piece of sustenance their body needs. The vast majority of the respondents said that they eat exceptionally ordinary and extremely straightforward food including vegetables a large portion of the times.

(iii) Alcohol Based Responses:

The respondents are not really modest with regards to sharing their experience in regards to liquor. The greater part of the respondents i.e., 80% said that they will more often than not take something like 2 unit of liquor each day yet again its depend up to what unit they will consume or might be until and except if they are fulfilled. While taking with regards to liquor they barely have any data in regards to the brands of liquor, how it is made, its ramifications. The respondents have exceptionally broad propensity to drink liquor that is to have a great time and a wellspring of eliminating pressure and strain. The respondents said that they like to take nearby liquor (rice bear) which is extremely modest and effectively accessible in the territory. While

taking with regards to the littlest period of individuals they have seen polishing off liquor, the respondents said that the youngsters at 12 years old beginnings taking liquor and all the time they observed the females too drinking liquor with a similar explanation of eliminating pressure.

(iv) Stress Based Responses

While taking with regards to the reasons of pressure in their life, the greater part of the respondents for example 98 % have recognized the accompanying reasons:

- i. Non co-activity of representatives
- ii. No co-activity from family
- iii. Problem from youngsters
- iv. Working for long time
- v. Unable to adapt up to changing standards and guideline of government and the executives.

Just 2% of the respondents take pressure on account of medical issues and persistent calls while being in a work place.

In the wake of distinguishing the reasons of pressure, when the specialist set forward certain inquiries in regards to the arrangement of stress; the accompanying arrangement has been recommended by the respondents (98%):

- i. I feel anxious
- ii. I polish off liquor
- iii. I blow my top
- iv. I invested some energy alone
- v. I invested some energy with my loved ones

Just 2% of the respondents will quite often invest some energy with peers when they wound up in pressure.

V. Discussion

After a profound and intensive examination of the reactions of the example respondents the significant discoveries which emerged from the review has been summed up beneath:

- (i) By doing this study we figure out that the workers are not doing any activity.
- (ii) The representatives essentially really like to have fish, meat and vegetables. They don't have any unique eating routine.
- (iii) The representatives likewise consume alcohol after they completed their work between 1-9 units each day.

They uniquely take chulai (nearby liquor). They drink to eliminate their pressure.

- (iv) In that tea garden even grown-ups additionally use to take liquor in the age between 12-14 years.
- (v) Stress emerges between the representatives due to non-participation of workers, no appropriate co-activity from family (mate), issues from youngsters, working for long time and due to not ready to adapt up to government arrangements and systems.

The current review uncovers that the way of life of the tea garden workers isn't sufficient and they are missing numerous things which can work on their way of life and work on the efficiency of the tea garden simultaneously. After association with the respondents as well as from individual perception of the scientist, the accompanying idea has been progressed independently for the "Tea Board of India":

- (i) The "Tea Board of India" may recommend explicit principles with respect to the activity, diet and other careful steps to further develop the ailment.

(ii) The "Tea Board of India" may counsel the administration of the tea nurseries to make mindfulness on pressure the executives with the goal that the issues connected with pressure can be settled without a hitch.

(iii) There should be a severe standards with respect to utilization of liquor in tea garden and close by places; The "Tea Board of India" may take the assistance of police power to make a move against the neighborhood liquor (Chulai), which will in general be noxious sure times.

In spite of the way that the Itakhuli tea plant is the most useful in the area, the area has dealt with numerous issues over the most recent couple of years. Declining costs, contracting markets and expanded rivalry from other tea plants from one viewpoint, and absence of venture, conceded replanting and lacking support on the other, have added to its concerns. Enrolment and interest of youngsters relies upon many variables - wellbeing and home related. One significant explanation is neediness, which leads them with no legitimate eating routine, no ordinary exercise and so on. The typical cost for basic items is extremely low as they have a place with the unfortunate families. Despite the fact that the representatives procure more than 4000 to 5000, it isn't adequate for their work. Individuals living in Itakhuli use to have liquor to diminishes the pressure and the age from what starts is additionally extremely low. Assam has been considered as one of the most mind-blowing place for tea industry however the sort of way of life the representatives are residing is truly tragic.

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