The Importance of a Healthy Working Environment in Business

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Abstract: This paper focuses on healthy working conditions in business. In business organizations, different types of employees work together who come from different backgrounds so they have different interests, behaviors, and personalities. So these different types of nature become the reason for conflict within an organization. The second biggest reason for an unhealthy environment in an organization is working conditions which make employees stressed and unhealthy. Different work environments result in different ways of cooperation and productivity, which convert into different rates of profit for a business. The study is based on secondary data and past literature and internet-based facts. The results of the study suggested that if an organization has a healthy, peaceful working environment for their employees, then there are more opportunities for growth for employees and companies, and absenteeism rates are less, and employees enjoy their work in the organization.

Keywords: Business, Organization, Environment, Employees.

I. INTRODUCTION

Nowadays, we live in a different environment where customers or employees become the king of the business organizations. So if any company or organization denies their rights or health, safety, then those organizations can never grow in the business world. That is why every business tries to provide the best working environment whether it is physical or emotionally peaceful. An organization is nothing but a group of people where different people work together for individual purposes and for common goals. There, people come from different backgrounds and environments, so everyone has different points of view, behaviors; moreover, personalities. So there are many chances for conflict among them. Secondly, every employee wants to work in a hygienic environment, where unnecessary noise does not come from anywhere.

If any employee feels stress within an organization, it affects his performance. Sometimes the reason of stress is the burden of work and conflict with employer or other colleague. Sometimes family problems also become the reason for stress, which can reduce the productivity of employees and increase the rate of absenteeism in the organization. Other biggest reason for an unhealthy environment is the lack of proper sitting arrangements, no hygienic environment, without air-conditioned rooms, lack of computer systems, and internet connectivity, and moreover, the location of the business organization in a noisy area. In such areas, different types of noise can affect employees directly, and they leave this type of job very easily.

Meaning of healthy working environment: “A healthy workplace is one where worker and managers collaborate to continually improve the health and safety of all workers and by doing this sustain the productivity of the business” (World Health Organization, 2009)

A. An Effective Workplace Health and Well-Being Program

Basically, it includes individual environment, and organization factors, and moreover, organizational factors.

1) Individual factors based on employees' well-being and on his/her needs, such as providing healthy services and information as well as building knowledge and skill of employees to adopt a healthy lifestyle.

2) Environment factors include a healthy work place for employees like provide them a best physical work environment that supports health and offers resources at right place which increase their productivity.

3) Organizational factors include healthy vision like active commitment of management and business practices and policies that support and encourage healthy behavior.

So most people spend 50% of their lives within the environment which influences their mental status, actions, abilities, and productivity. High productivity and better results come from a better working environment.
II. REVIEW OF LITERATURE

Hovik et.al(2008) in their study “An explorative study of health, safety and environment culture in a Norwegian petroleum company” this study examined the concept of health, safety, and environment between the workers of company. The finding of the study suggests that managers and employees of the company have different roles and actions moreover views regarding to health, safety, and environment in the company. Fabius et.al(2013) in their study “The link between workforce health and safety and the health of the bottom line” A study based on the test of hypothesis that best efforts to reduce a workforce’s health and safety risk with a stock market performance. The study concluded that the companies that build a culture of health by focusing on the well being and safety of their works for yield greater value of their investor. Shoat et.al(2004) in their study “Improving performance and quality of working life” A modal for organizational enterprise” A study examined different perspectives related to organization environment. The result of study was suggested that organizational health increase individual williness as well as effectiveness of economic resilience.

III. METHODOLOGY

The study is based on qualitative research and data is collected from secondary sources like past literature and internet.

A. Objectives
1) To find the importance of healthy work environment in company
2) To find the best way of health environment in company

B. Aspects Of Healthy Working Environment

There are four aspects of creating healthy working environment in an organization

1) Workplace culture creating a happy organizational culture. Every organization has its own culture that determines its value and set some standards that employees always follow. If a company create positive workplace culture that motivate employees to do well practices and that environment tends to be healthier and there are not to be upset and unhappy in an organization
2) Health and lifestyle practices employees work for organization and think for it. So they are best asset of organization and putting efforts into employee wellness can motivate better teamwork, increase productivity and reduce sick leave and workplace accidents.
3) Physical environment and occupational health & safety work environment also include physical environment of office and occupational health & safety of employees. Decrease the worry of employees by looking into the safety of the workplace and ensuring all electronic cable are covered and provide the best sitting place where they can sit without worry.
4) Supportive workplace environment every employees are a human being so they have some emotions get brought into workplace so never try ignore them even find the core problem and try to solve the problem and support them by showing concern. Sometimes employees come with depressed due to losing loved one then show compassion and sit with them. Remember that a supportive workplace culture is the foundation of a healthy workplace environment.

C. Ways To Create A Healthy Working Environment

A happy and healthy employee is a productive employee. So there some way to create a healthy working environment:

1) Promote Wellness motivate their employees for best health physical or emotional exercise like yoga session before start the work. This not only encourages a healthy lifestyle among even team but also give them opportunities to get to know other employees better.
2) Engage with different personalities every organization has different employees so encourage the employees to work with different employees and help the other employees with out any fear
3) Fair employee policy in every organization should follow a fair employee policy and ensure every employee know about all rule and polices at the top to bottom. If policy changes ensure everyone know about it.
4) Eat healthy providing their employees canteen facility within the organization which provide them breakfast, lunch and tea coffee time to time. This facility stay them happier and fresh all the time.
5) Team building activities encourage employees for team work and closer to other employees in the organization. These activities help them communication and boosting morale at the workplace.
6) Break time another way of creating healthy environment is encourage them quick 5mint break from chair and regular breaks will assist to relieve muscle fatigue eyestrain and to restore the level of concentration.
7) Clean and comfortable office to make an effort to provide a relaxing atmosphere with comfortable furniture, working equipment and add a few work lights to make it brighter.

IV. CONCLUSION

Creating a healthy working environment does not cost or difficult. Even a healthy workplace environment increase the productivity and reduce cost of absenteeism, turnover, work compensation, and medical claims. A healthy working environment attract best men power in the organization and increase the profit rate of business.

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