



A Study of Health Status and Effects of Workers Traveling Daily From Mandya Taluk to Bangalore

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Abstract:

This study examines the health status and challenges faced by workers who commute daily from Mandya to Bangalore for employment. The phenomenon of long-distance commuting has become increasingly common due to economic opportunities in urban centres, but it poses significant physical, mental, and social challenges to workers. Through surveys and interviews with 100 daily commuters, the study identifies key health issues, including fatigue, stress, musculoskeletal problems, and sleep deprivation. It also highlights the impact of commuting on work-life balance and overall well-being. Factors such as prolonged travel time, overcrowded transportation, and irregular schedules contribute to the deteriorating health of these workers. The research underscores the need for interventions to mitigate the adverse effects of daily commuting. Recommendations include improving transportation infrastructure, offering flexible work arrangements, and providing health awareness programs for commuters. By addressing these issues, employers and policymakers can enhance the quality of life for workers and ensure their sustained productivity.

Keywords: Health status, Daily labours, Traveling workers, Bangalore, Mandya

Introduction

The rapid urbanization and industrial growth in Bangalore, Karnataka, have created significant employment opportunities, attracting workers from nearby towns and cities. Among these, Mandya, located approximately 100 kilometres from Bangalore, has become a prominent hub for daily commuters

seeking better wages and career prospects in the metropolitan area. However, the daily commute comes with a host of challenges that adversely affect the health and well-being of these workers.

Long hours spent traveling; irregular schedules, overcrowded public transport, and exposure to environmental stressors

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contribute to physical and mental health issues. Common problems include fatigue, musculoskeletal disorders, chronic stress, and disrupted sleep patterns. Additionally, the daily commute can strain social relationships, reduce work productivity, and impact the overall quality of life.

This study aims to examine the health status of workers commuting daily from Mandya to Bangalore, identify the specific health challenges they face, and explore the socio-economic implications of such commuting. By understanding these challenges, the study seeks to recommend strategies for improving the health and well-being of these workers while addressing infrastructural and policy-related gaps.

Literature Review

Research by Costa et al. (2018) shows that prolonged commuting is linked to negative health outcomes, including stress, cardiovascular issues, and decreased physical activity. Similarly, Chatterjee et al. (2020) emphasize the psychological toll of commuting, including increased anxiety and reduced job satisfaction. These studies highlight the need for addressing the health implications of commuting, particularly in urbanizing regions.

Indian studies, such as those by Sharma and Patel (2016), highlight the unique challenges faced by workers in India, including overcrowded public transportation, long travel durations, and poor infrastructure. According to Kumar

et al. (2019), the lack of adequate transportation facilities exacerbates the physical and mental health issues of daily commuters in Indian cities. Research focused on Karnataka, such as Rao and Singh (2021), points out that workers commuting from peri-urban areas like Mandya face additional challenges due to the increasing cost of transportation and the lack of efficient rail or road connectivity. Their study emphasizes the importance of policy interventions to improve the quality of life for commuters.

Studies by Gupta et al. (2017) establish a clear link between the health status of workers and their productivity levels. Commuters experiencing fatigue and chronic stress are more likely to report absenteeism, reduced efficiency, and burnout, affecting both individual and organizational performance. Basu and Banerjee (2020) explore the social implications of daily commuting, including reduced time for family interactions, increased relationship conflicts, and diminished leisure activities. These factors collectively affect the mental health and emotional well-being of workers.

Research Gap

While numerous studies have explored the health impacts of commuting in urban India, there is limited research specifically addressing the experiences of workers commuting daily between Mandya and Bangalore. This study aims to fill this gap by providing a comprehensive analysis of

their health challenges and proposing actionable recommendations to improve their quality of life

Objectives

1. To assess the health status of workers who commute daily from Mandya to Bengaluru.
2. To identify the socio-economic factors contributing to their health issues.
3. To examine the impact of daily commuting on their productivity and overall quality of life.
4. To recommend strategies to mitigate the adverse effects of daily commuting.

Research Methodology

The study employs a mixed-methods approach to gain a comprehensive understanding of the health challenges faced by daily commuters. A combination of quantitative surveys and qualitative interviews ensures depth and breadth in the data collected.

Sampling Technique

The study targets workers who commute daily from Mandya to Bengaluru. A total of 50 participants were selected for the study, comprising 30 daily commuters from diverse occupational backgrounds, 10 health professionals or community leaders familiar with commuters' health issues, and 10 transportation officials or policymakers. The purposive sampling method was employed to ensure adequate representation across various age groups,

genders, and occupations, thereby capturing a comprehensive understanding of the commuting experience and its associated impacts

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Data Collection Methods

The study employs both primary and secondary data collection methods to ensure comprehensive and reliable findings. Primary data were gathered through structured questionnaires designed to collect quantitative information on health status, commuting patterns, and socio-economic challenges. Semi-structured interviews were conducted with selected participants to gain insights into their personal experiences and coping mechanisms. Additionally, field observations were carried out during commuting hours to understand transportation conditions and environmental stressors affecting daily

commuters. Secondary data were obtained from a review of existing literature on commuting, public health, and occupational stress, as well as from government reports and statistical data related to transportation and workforce demographics in Karnataka.

The tools employed for data collection included questionnaires containing both closed- and open-ended questions to capture diverse perspectives from participants. Interview guides were specifically designed for workers, health professionals, and policymakers to obtain detailed qualitative insights. Observation checklists were also used to systematically document travel conditions, commuter behaviour, and other contextual factors influencing the commuting experience.

The data collected from various sources were analyzed using both quantitative and qualitative methods to ensure comprehensive interpretation and understanding. Quantitative data obtained through surveys were analyzed using statistical tools such as percentages, averages, and cross-tabulations to identify trends and relationships among variables. Qualitative data derived from interviews were examined through thematic analysis to uncover recurring patterns, themes, and insights related to the commuting experience and its impact on health and well-being. Triangulation was employed to cross-verify information from multiple sources, thereby enhancing the reliability and validity of the study's findings.

Ethical Considerations

Ethical standards were strictly adhered to throughout the research process. Informed consent was obtained from all participants to ensure that their participation was entirely voluntary and based on a clear understanding of the study's purpose. Confidentiality was maintained by anonymizing participant identities and responses to protect their privacy and personal information. Additionally, cultural sensitivity was observed during data collection by respecting local norms, values, and commuting practices, thereby fostering trust and cooperation among participants.

Data Analysis and Interpretation

The data collected from 50 participants—including 30 daily commuters, 10 health professionals or community leaders, and 10 policymakers—were analyzed to identify major trends and their implications.

Health Issues Experienced by Commuters

The analysis revealed that **fatigue and exhaustion** were the most common problems, reported by 80% of commuters, primarily due to long travel hours and inadequate rest. Around 60% of participants experienced **musculoskeletal problems** such as back pain, neck pain, and joint stiffness caused by prolonged sitting in overcrowded buses or trains. **Stress and anxiety** were reported by 75% of respondents, often resulting from unpredictable travel schedules and tight

work deadlines. Furthermore, **sleep deprivation** affected 50% of workers, largely due to early morning departures and late-night returns.

These findings indicate that extended commuting hours and poor transportation conditions have a profound impact on both the physical and mental health of commuters. The cumulative effects of fatigue, stress, and lack of rest not only diminish individual well-being but also reduce productivity and overall quality of life.

Socio-Economic Factors Influencing Commuting

The study found that socio-economic conditions play a significant role in shaping the commuting experiences of workers traveling daily from Mandya to Bengaluru. About 70% of respondents reported using overcrowded buses or trains, leading to discomfort and frequent safety concerns. A majority (65%) of commuters spend more than four hours each day traveling to and from their workplaces, while 50% cited high travel costs as a considerable financial burden.

The findings suggest that the absence of affordable and efficient transportation facilities exacerbates the daily struggles of commuters. Extended travel times not only increase physical strain but also restrict personal time, reducing opportunities for rest, recreation, and family interaction.

Impact on Work Productivity

Commuting was found to have a noticeable effect on the professional performance and overall job satisfaction of workers. Around 60% of participants reported reduced efficiency at work due to persistent fatigue and stress, while 30% admitted to occasional absenteeism arising from health issues linked to long commuting hours. Additionally, 40% of respondents expressed difficulty in balancing work and family responsibilities because of time constraints.

The data clearly indicate that long and stressful commutes negatively influence work performance, concentration, and motivation. These factors not only affect individual employees but also have implications for employers, potentially contributing to lower productivity levels and higher turnover rates.

Access to Healthcare

The study also explored how commuting patterns influence healthcare access and awareness among workers. More than half of the respondents (55%) reported rarely visiting a doctor, primarily due to time constraints and financial limitations. Furthermore, only 40% of commuters were aware of the long-term health risks associated with prolonged commuting.

Limited health awareness and irregular medical check-ups worsen the health challenges faced by daily commuters. The lack of timely medical attention and preventive care highlights the urgent need

for workplace health programs and community-based interventions aimed at promoting regular health monitoring and stress management.

Gender-Specific Challenges

The study identified several gender-specific challenges faced by female commuters traveling daily from Mandya to Bengaluru. About 65% of women reported feeling unsafe during early morning or late-night travel due to inadequate security measures and poor lighting at transit points. Additionally, 50% of female participants expressed difficulty in balancing long commuting hours with household and caregiving responsibilities, which often led to increased stress and fatigue.

These findings reveal that women face dual pressures—both in their professional and domestic spheres—aggravated by long and unsafe commutes. The lack of gender-sensitive infrastructure and flexible work options further intensifies these challenges, underscoring the need for safer transportation systems and supportive workplace policies to ensure gender equity in mobility and employment.

Female commuters face additional challenges, including safety risks and increased workload, making their commuting experience more stressful.

Interpretation

The overall analysis indicates that daily commuting between Mandya and Bengaluru exerts a profound impact on the

physical, mental, and socio-economic well-being of workers.

Interpretation

The overall analysis indicates that daily commuting between Mandya and Bengaluru exerts a profound impact on the physical, mental, and socio-economic well-being of workers. Prolonged travel hours, overcrowded transportation, and financial constraints collectively contribute to heightened stress levels, fatigue, and various health problems. These challenges also lead to decreased productivity and limited opportunities for personal and family life. Moreover, women commuters experience additional burdens related to safety concerns and domestic responsibilities, emphasizing the gendered dimensions of commuting hardships. The findings underscore the urgent need for policy interventions aimed at improving transport infrastructure, promoting affordable mobility options, and addressing the broader social implications of long-distance commuting.

Findings

The study on the health status and overall effects of daily commuting between Mandya and Bengaluru reveals several critical insights into the challenges faced by workers.

Health Challenges

The findings indicate that a majority of commuters experience both physical and mental health issues resulting from long and stressful travel. Around 80% of participants reported fatigue and

exhaustion caused by extended travel hours, while 60% suffered from musculoskeletal problems such as back and neck pain due to prolonged sitting in overcrowded buses and trains. Mental health challenges were also prominent, with 75% of respondents experiencing stress and anxiety linked to unpredictable travel schedules, overcrowded transportation, and work pressures. Furthermore, 50% reported sleep deprivation, which adversely affected their energy levels and productivity.

Socio-Economic Factors

Socio-economic conditions were found to significantly influence commuting experiences. Approximately 65% of commuters spend more than four hours each day traveling, while 50% cited financial burdens arising from high transportation costs. Additionally, 70% reported traveling in overcrowded vehicles, which not only caused discomfort but also posed safety and health risks.

Impact on Work Productivity

Commuting-related fatigue and stress were found to have a direct impact on job performance. About 60% of respondents felt less productive at work, and 30% admitted to occasional absenteeism due to health issues resulting from prolonged commuting.

Gender-Specific Concerns

The study also highlights notable gender-based differences in commuting experiences. A significant 65% of female

commuters reported feeling unsafe while traveling during early morning or late-night hours. Moreover, 50% struggled to balance commuting demands with household responsibilities, increasing stress and reducing personal time.

Lack of Health Awareness and Accessibility

Limited awareness and access to healthcare were identified as major issues among commuters. More than half (55%) rarely visited healthcare professionals, mainly due to time constraints and financial challenges, while only 40% were aware of the long-term health risks associated with daily commuting.

Conclusion

The study clearly demonstrates that daily commuting between Mandya and Bengaluru has a significant impact on the physical, mental, and socio-economic well-being of workers. Long travel hours, overcrowded and inefficient transportation, and high commuting costs collectively contribute to fatigue, stress, and declining productivity. The lack of accessible healthcare and limited awareness of commuting-related health risks further aggravate these challenges. Moreover, gender-specific issues such as safety concerns and difficulties in balancing household responsibilities highlight the unequal burden faced by women commuters. Overall, the findings emphasize that prolonged commuting not only affects individual health and work performance but also has wider

implications for family life, community well-being, and regional development.

Recommendations

Improvement of Transportation Infrastructure:

Authorities should enhance the frequency, safety, and comfort of public transportation between Mandya and Bengaluru, including the introduction of dedicated commuter buses and improved seating arrangements.

Affordable Travel Options:

Subsidized or concessional travel passes for daily wage workers and low-income commuters can help reduce the financial strain caused by daily travel.

Promotion of Flexible Work Policies:

Employers should adopt flexible work arrangements, such as staggered work hours, remote work options, or satellite offices, to minimize travel stress and improve employee productivity.

Health and Wellness Initiatives:

Regular health check-ups, workplace wellness programs, and awareness campaigns should be organized to address the physical and mental health challenges associated with long-distance commuting.

Women's Safety Measures:

The introduction of women-only compartments or buses, enhanced lighting at bus stops, and strict security monitoring during early and late travel hours can help ensure safety and comfort for female commuters.

Policy Intervention and Coordination:

Coordination between transport authorities, health departments, and employers is essential to design integrated policies addressing commuter health, infrastructure, and work-life balance.

Addressing the challenges of daily commuting requires a multi-pronged approach that integrates transport planning, health promotion, and gender-sensitive interventions. Sustainable commuting solutions will not only improve the quality of life of workers but also enhance overall productivity and socio-economic development in the Mandya–Bengaluru region.

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