

Health condition of kindergarten and primary school teachers in Macau

Leong Sok Man Van Iat Kio Lei Wai In*

Abstract Objective: To examine the health and life condition of kindergarten and primary school teachers in Macau. Method: It adopted descriptive study using convenient sampling. Target teachers were chosen from those attended the talk "Management of Common School Accident". Result: 1063 teachers completed the questionnaires. 84.3% of them were female, ranging from 20 to 39 years old. 234 teachers (22%) stated that they have the problems of chronic pharyngitis and vocal cords. Teacher at the age of 40 or above, the percentage of suffering from illnesses was comparatively higher than those under the age of 40. The illnesses caused by their

health problems included sore throat, hoarseness voice, neck stiffness, low back pain, sciatica, faint, headache, cough and phlegmatic. Comparing with the teachers having exercise once a week, having exercises twice or above a week would help them to lower the rate of suffering from the illnesses mentioned above. 28.5% of the teachers had the problems of overweight. 334 teachers (32.3%) didn't have any exercises. 47.8 % of them only had 6 hours or below for sleeping. Conclusion: Chronic pharyngitis and the problems of vocal cords are the common illnesses of teachers. Most of them have different illness of themselves. Macau teachers generally don't have a healthy living style. Teacher's health problems should be concerned significantly by the Education Department, education organization, school, teachers themselves as well as students.

Key words Macau Teacher Health Living style

我對壽而康的人生體會

李曼棠口述 / 葉春生撰文

1. 本人出身與經歷

我出生於 1900 年，今年正好一百零六歲，實在是屬於百歲老人。目前正過著身心健康的正常生活，只是較為年老力弱，體力勞動和遠足郊遊就不太合適；但每早仍出茶樓飲茶。

本人原籍廣東臺山，年青時中學在省立廣雅中學就讀，後來留學美國哥倫比亞大學獲經濟學碩士學位。回國後於抗戰前曾一度在廣東省財政廳當過參事，以後就一直都在大學教書。長期在國民大學、廣州大學和中山大學任統計學教授，解放後於 1952 年院系調整，我被調去武漢中南財經學院任教。1959 年暨南大學成立後調回暨大，1966 年退休定居廣州。

本人父母均年過 80 歲，身體壯健，大姊 92 歲，妹 80 多歲，弟 86 歲。現在從本人以下到第五代（玄孫）共有 62 人在世。有的居香港或海外，有的居國內，身體基本是健康的。本人過去曾患過胃病和皮膚病，2003 年曾發現患有結腸癌，屬於早期，經手術治療後迄今護後良好。沒有痔患和糖尿病等老人疾病，但夜間小便 4~5 次。不抽煙和飲酒，日間不飲茶，但飲水。晚上九時半睡覺，早上八時半起床，生活較有規律。

青少年時喜歡運動及球類，現時仍愛運動，但近期已不到外面運動。行路不用拐杖，但出門為了安全，需要有人陪伴，雖然年過百歲，但仍能步行

登上越秀山紀念碑。過去喜歡到外地旅遊，近十年已少；全國各地名勝大都遊歷，到一個有山有塔的地方必定爭取，登高遠眺，使心曠神怡。

本人一生專心於教育，對經商和當官不感興趣。文革時本人已七十多歲，有幸未受到沖擊，連幹校也未去，和家屬一齊住在校內，平安無事。

2. 對人生壽而康的體會

我對壽而康的養生之道有兩點特別深刻的體會：

2.1 家庭因素影響大

本人以下五代共 62 人，其中有四個兒子和三個女兒，孫有十五人，曾孫亦有十五人。有的在身邊，有的在外面，但必須和和諧諧，互讓互諒，對老者尊重，對小者愛護，生活上互相照顧，在外國的兒女也輪流回來陪伴老父，一次半年，這樣使老者感到身邊有親人照顧而不會感到孤寂（老伴已於 80 多歲時去世）。

2.2 心理狀態與生活習慣正常化

心理狀態正常，不會胡思亂想，沒有越軌行動，心安理得，生理上又無疾礙，自然就會睡得好，無失眠。生活習慣正常有規律，早上起床後和出門之前安排大便，對生活和工作都方便。本人每餐都吃大半碗飯，並在早、午、晚另加營養奶一杯。這樣既不會過飽，又不會欠缺營養，自可在生活上維持身體健康。