



**REFLECTIONS  
ON PROFESSIONAL  
SOCIAL WORK PRACTICE**

**An Indian Perspective**

*Editors*

**Dr. Jobi Babu, Dr. Ipe Varughese  
Dr. Anish K R**



**Kerala Association of Professional Social Workers (KAPS)**



e  
bers of  
fortify  
You All!  
Editors

---

---

## Contents

---

<i>Foreword</i>	5
<i>Word of Gratitude</i>	7
1. Introductory Remark – Reflections on Professional Social Work Practice: An Indian Perspective <b>Anish K.R., Jobi Babu and Ipe Varughese</b>	11
2. Kerala Association of Professional Social Workers (KAPS) – Development through a Decade <b>Ipe Varughese, Jobi Babu and Anish K.R.</b>	17
3. Social Work Education: An Analysis on Problems and Future Course of Actions to be taken for the Quality Enhancement <b>Deepak Joseph and Anish K.R.</b>	28
4. Fundamentals of Teaching Critical Thinking in Social Work <b>Babu M.Theyyan</b>	42
5. Embracing Ethnography in Social Work <b>Jareesha Thottoli, Noorjahan, Kurian Jose, and Shuaib Muhammed R.V.</b>	50
6. Understanding the Scope of Participant Observation in Social Work Research <b>Shuaib Muhammed R.V., Noorjahan K., Kurian Jose and Jareesha Thottoli</b>	55
7. Climate Change Education for Social Workers: A Conceptual Curriculum <b>Visakh Viswambaran and Dilip Diwakar G.</b>	64
8. Contemporary Social Work Practices in Education: After COVID 19 Perspectives <b>Viney Dhiman and Anupama Bharti</b>	75
9. Online Learning among Students during COVID Era: Challenges and Opportunities <b>Akhila Jose Jose and Bonsy M.P. and Ajeesh K.G.</b>	93

10 • Reflections on Professional Social Work Practice: An Indian Perspective	
10. Psycho-Social and Intellectual Issues during the Growing Phases among Children <b>Jiji T. Santha</b>	103
11. Youth Crime: The Social Work Implications in Rehabilitation <b>Arunkumar D.</b>	115
12. Strategies to Enhance Social Capital among Paniya Tribes in Tamil Nadu <b>K.M. Ashifa and K.S. Swapna</b>	125
13. CSR Practices in Indian Industries: From Social Work Perspective <b>P. Jaya Kumar</b>	132
14. Social Entrepreneurship – An Ameliorating Factor for the Empowerment of Rural Women in Kerala – Special Reference to Peermedu Taluk <b>Robin Thomas</b>	141
15. Affordable Housing and Household Financial Behavior: A Review of Pradhan Manthri Awas Yojana Housing Programme in Cochin, a Tier II City in Kerala <b>Caroline C. Neriamparampil</b>	154
16. Role of Social Workers in the Environmental Movements in India: A Social Action Perspective <b>Amrutha Kurian and Ardra R.</b>	168
17. A Study of the Runaway Cases under the Juvenile Justice Act: Right Based Social Work <b>Ayush Poddar</b>	180
18. A Study on Job Stress of Health Inspectors during COVID 19 Pandemic in Ernakulam District, Kerala <b>Josmy Jose and Ajeesh K.G.</b>	193
19. Transition in the Activities of NGOs in Kerala during the Era of COVID-19 <b>Alisha K.S. and Binoy K.P.</b>	205
<i>About the Authors</i>	216
<i>Index</i>	218



## **A Study on Job Stress of Health Inspectors during COVID 19 Pandemic in Ernakulam District, Kerala**

**Josmy Jose and Ajeesh K.G.**

### **Abstract**

On 2020 October 14; 110586 COVID-19 death cases reported by Indian Government (MoHFW – Ministry of Health and Family Welfare) across the country and is hiking more and more. Role of Health Inspectors is immense where local self-government taking precautions for the same at the grass root levels. Thus Researcher in this paper focus onto study on job stress of health inspectors during COVID19 pandemic in Ernakulam district. Kerala state had shown an effective model to world for its health interventions especially during NIPAH and now COVID. WHO defines that Work-related stress is the response people may have when presented with work demands and pressures that are not matched to their knowledge and abilities and which challenge their ability to cope. As reported by the current Health Inspector of North Paravur Municipality of Ernakulam District, they are working 24×7 to make sure the security of public by strictly keeping guidelines to take care of covid affected as well as quarantined patients. Beside those works as part of the pandemic like disinfecting public stations, welfare activities for the other state labourers; they have to carry out duties like sanitation, food security and to handle and solve the complaints in their local boundary during night time indeed.

Purpose of the Paper is to find the rate of or how high the job stress affect the health inspectors during this pandemic and to suggest measures for the same. Research design is quantitative in nature and sampling method used is non-probability and technique used is convenient sampling. Data collected from primary sources-Health Inspectors (HI) working in Ernakulam District. Compassionate Fatigue prevalent among them can be reduced by keeping work-life balance, adopting positive attitude and resisting perfectionism. It is recommended taking timeout of few minutes between works can diffuse the stressful situations to an extent.

**Keywords:** COVID-19, Health Inspectors, Job Stress, pandemic





**Dr. Jobi Babu** is an Assistant Professor in the Department of Social Work, Madurai Institute of Social Sciences, Madurai and Governing Board Member of Kerala Association of Professional Social Work (KAPS). He is a post graduate in Social Work, Sociology and Public Administration. He has completed his Doctoral Study from Gandhigram Rural Institute (Deemed University), Tamil Nadu in the area of 'Tribal Health'. He holds UGC NET and JRF in Social Work and NET in Sociology. He has authored 6 books and more than 45 articles published in reputed journals and edited books. He has participated and presented papers in International and National seminars and conferences. His areas of interests are Extension and Community Development, Tribal Development and Community Health. He has received the best NSS programme Officer Award in the year 2014-15 & 2015-16 consecutively. During 2015-16 he has received NSS State Award for best Programme Officer (Kerala).



The International Federation of Social Workers (IFSW), the global body of Professional Social Workers defined *"Social work is a practice-based profession and an academic discipline that promotes social change and development, social cohesion, and the empowerment and liberation of people. Principles of social justice, human rights, collective responsibility and respect for diversities are central to social work"* As a helping profession, Social Work has got its role in influencing the Individuals, Groups and Communities through its primary and secondary methods. This book is the compilation of articles highlighting the role of Professional Social Work & Professional Social Workers in various practice fields. The writings, theoretical and scientific are based on Indian context and all the articles signify the Social Work interventions in addressing various needs and problems of people, groups and communities in the society. Through this book, as the professional association of Social Workers in Kerala, KAPS throws lights on the fields of Professional Social Work and the interventions of Professional Social Workers from an Indian perspective.



**AUTHORS PRESS**  
Publishers of Creative & Scholarly Books

ISBN 978-93-90588-74-9



9 789390 588749

₹ 995 | \$ 45