



# EATING BEHAVIOR OF MALE SHIFT WORKERS

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## ABSTRACT

The purpose of this study was to analyze Eating Behavior of Male Shift Workers. To serve the purpose of the present study 500 subjects were selected by random sampling technique. The subjects belonged to the IT companies of Chandigarh (UT). All subjects were male in between the age of 18 -35 years. Keeping in view the suitability and validity of Adults, Eating behavior questionnaire (Claudia, Alison, Helen, Clare, Jane, Rebecca, 2015) was used to collect the data. It shows that Night shift workers having significantly higher mean score on almost all the dimension of eating behavior i.e.

Emotional over eating (EOE), Emotional under eating (EUE), Food fussiness (FF), Food Responsiveness (FR), Slowness in Eating (SE), Hunger (H) and Satiety Responsiveness (SR). Analysis of variance ANOVA was used to know the eating behavior of IT male workers those are working in day and night shifts. Mean, SD and t-values were also calculated to find out the direction of differences. The result of the present study revealed significant differences on most of the sub domains of the eating behavior.

## INTRODUCTION

In the current scenario, the technological advent is making a major difference in the life of people. The magnitude of shift work is increasing in the modernized environment as a result of enhanced global transportation and an ascending financial system. With the emergence of new technologies within IT sectors, and the use of internet and virtual communication networks, demand for flexible working hours by people is posing a serious challenge to the physical activity, health status, eating behavior, mental health, quality of sleep and necessity of sleep hours etc. against the progress that is demanded by the industry world-wide. The demand for round the clock or 24x7 services by companies is enhancing shift working which is also a major concern related to the eating behavior of an employee.

Chen et al., 2018 Eating behavior is a composite, essentially learned activity critical for development and the survival. It can be divided into different components such as type of foods eaten by shift workers, what is the source of food and why do shift workers choose to eat on their respective shifts, influence eating patterns. It should be known that a healthy diet is not only required to make you strong to fight various chronic diseases and for a healthy life in the long run, however, it is also important for enhancing the levels of energy of body for regular functions. Everyone has undergone the feeling of hunger and its appeasement by eating something. But hunger is not the only motive for eating. Several times we eat because it is “time to eat”, as someone has offered us that specific food or simply because it feels good to be eating something like junk or sweet. The ready availability of food is distinctive to modern societies; need to be more alert about eating habits for better health and good performance at work place.

### **STATEMENT OF THE PROBLEM**

This study was focused on the problem with eating behavior of male shift workers engaged in Day and Night shifts in IT companies. The title is entitled as “EATING BEHAVIOR OF MALE SHIFT WORKERS”

### **OBJECTIVES OF THE STUDIES**

The study had the following objectives:

1. To find out the significance of difference between day shift workers and night shift workers on the eating behavior.
2. To make suggestions on the basis of the result for the shift workers with regard to eating behavior.

### **HYPOTHESIS OF THE STUDY**

The following hypothesis was tested within the context of investigation.

There would be a significant difference between day shift male workers and night shift male workers on the variable eating behavior.

### **DELIMITATIONS OF THE STUDY**

1. The study was delimited by the researcher to the selected variable eating behavior.
2. The study was delimited to 500 adults between the age group of 18 to 35 years working in multiple shifts. 250 – 250 male workers from each shift (day and night) were chosen.
3. The study was restricted to the workers of Chandigarh (UT)
4. The study was delimited to the subjects employed in private sectors of the UT.

## LIMITATIONS OF THE STUDY

1. A key limitation was a variation of occupation and assessment of personal reasons.
2. Factors such as physical environment, genetic makeup, metabolic factors, sleep habits etc. were beyond the control of researcher, which can be the limitation for the study.
3. Since the subjects belong to a cross section of the society representing various socio-economic, religious and cultural background, there factor may influence the data.

## METHOD AND PROCEDURE

To serve the purpose of the present study 500 subjects were selected by random sampling technique. 250-250 male workers from each shift (day and night) were chosen. The subjects belonged to the IT companies of Chandigarh (UT). All subjects were in between the age of 18-35 years. The Adult Eating Behavior Questionnaire constructed and standardized by Claudia, Alison, Helen, Clare, Jane, Rebecca, 2015 has been used to know the eating pattern of the multiple shift workers. Higher the mean score on each dimension show poor eating behavior.

## RESULT AND DISCUSSION

In the present research work the main hypothesis was, there would be significant difference between Night shift workers and Day shift workers in terms of eating behavior. It is evident from the above table that the night shift male workers have the relatively higher mean as compare day shift male workers. It shows that Night shift workers having significantly higher mean score on almost all the dimension of eating behavior i.e. Emotional over eating (EOE), Emotional under eating (EUE), Food fussiness (FF), Food Responsiveness (FR), Slowness in Eating (SE), Hunger (H), Satiety Responsiveness (SR) and Overall Eating Behavior (OEB). The higher mean score on the inventory shows poor quality of sleep among night shift male workers.

Variable	Night Shift Male			Day Shift Male			t-value	p-value
	N	Mean	SD	N	Mean	SD		
Enjoyment of Food	250	8.89	3.36	250	13.03	1.86	17.05	.0001**
Emotional Over-Eating	250	14.84	5.86	250	21.39	3.93	14.67	.0001**
Emotional Under-Eating	250	14.05	6.03	250	22.21	2.31	19.97	.0001**
Food Fussiness	250	14.19	5.60	250	20.94	4.60	14.72	.0001**
Food Responsiveness	250	12.11	4.77	250	13.48	5.29	3.03	.003**
Slowness in Eating	250	12.31	4.92	250	13.78	5.05	3.31	.001**
Hunger	250	15.44	5.84	250	18.30	5.82	5.49	.0001**
Satiety Responsiveness	250	12.19	4.87	250	13.88	4.90	3.87	.0001**
Overall Eating Behavior	250	104.02	13.25	250	137.01	15.84	25.25	.0001**

## Enjoyment of Food

The t-ratio tests whether there exists a significant difference of means between day shift male workers and night shift male workers with regard to variables Enjoyment of food, Emotional Over-Eating, Emotional Under-Eating, Food fussiness, Food responsiveness, Slowness in eating, Hunger, Satiety responsiveness and Overall Eating Behavior. As seen in the table, mean score of Enjoyment of food of Day male shift workers (M=13.03, SD=1.86) are statistically higher than mean score of Enjoyment of food of night male shift workers (M=8.89, SD=3.36),  $t(498)=17.05$ ,  $p=0.0001$ .

## Emotional Over-Eating

Mean score of emotional Over-Eating of Day male shift workers (M=21.39, SD=3.93) are statistically higher than mean score of emotional Over-Eating of night male shift workers (M= 14.84, SD= 5.86),  $t(498)= 14.67$ ,  $p=0.0001$ .

## Emotional Under-Eating

Mean score of emotional Under-Eating of Day male shift workers (M= 22.21, SD=2.31) are statistically higher than mean score of emotional Under-Eating of night male shift workers (M= 14.05, SD= 6.03),  $t(498)= 19.97$ ,  $p=0.0001$ .

## Food Fussiness

Mean score of food fussiness of Day male shift workers (M= 20.94, SD=4.60) are statistically higher than mean score of food fussiness of night male shift workers (M= 14.19, SD= 5.60),  $t(498)= 14.72$ ,  $p=0.0001$ .

## Food Responsiveness

Mean score of food responsiveness of Day male shift workers (M= 13.48, SD= 5.29) are statistically higher than mean score of food responsiveness of night male shift workers (M= 12.11, SD= 4.77),  $t(498)= 3.03$ ,  $p=0.003$ .

## Slowness in eating

Mean score of Slowness in eating of Day male shift workers (M= 13.78, SD= 5.05) are statistically higher than mean score of Slowness in eating of night male shift workers (M= 12.31, SD= 4.92),  $t(498)= 3.31$ ,  $p=0.001$ .

## Hunger

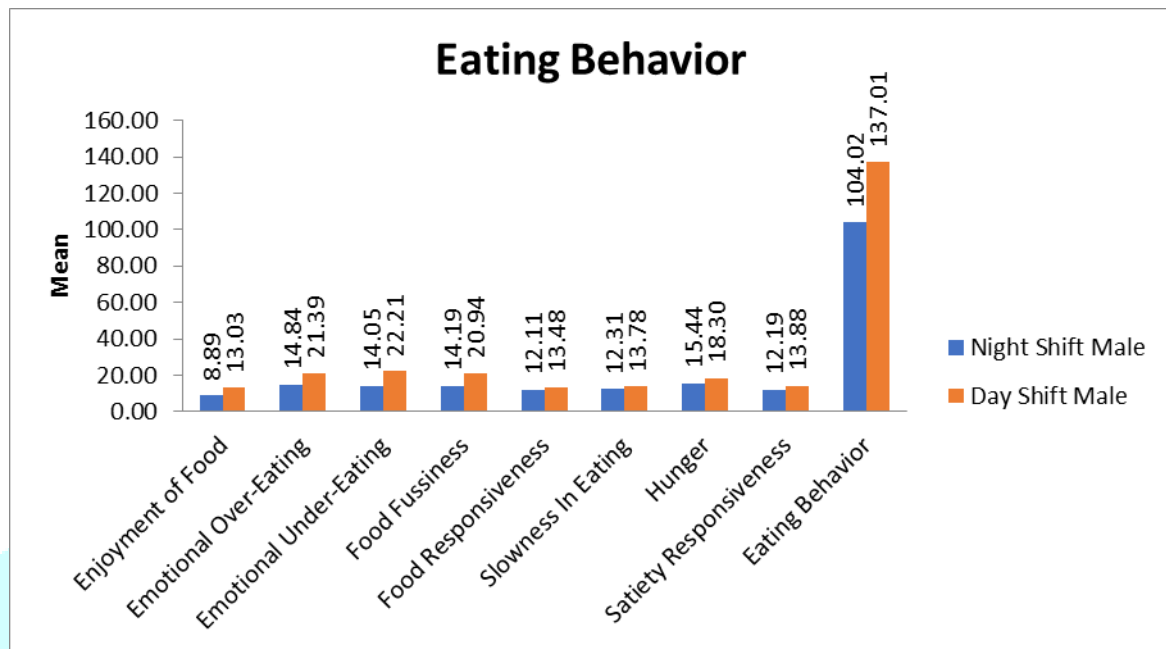
Mean score of Hunger of Day male shift workers (M= 18.30, SD= 5.82) are statistically higher than mean score of hunger of night male shift workers (M= 15.44, SD= 5.84),  $t(498)= 5.49$ ,  $p=0.001$ .

## Satiety Responsiveness

Mean score of Satiety Responsiveness of Day male shift workers (M= 13.88, SD= 4.90) are statistically higher than mean score of Satiety Responsiveness of night male shift workers (M= 12.19, SD= 4.87),  $t(498)= 3.87$ ,  $p=0.0001$ .

## Overall Eating Behavior

Mean score of Overall Eating Behavior of Day male shift workers (M=137.01, SD=15.84) are statistically higher than mean score of Eating behavior of Night Male Shift Workers (M=104.02, SD=13.25),  $t(498)=25.25$ ,  $p=0.0001$ .



## CONCLUSION

Hence, it can be concluded from the results of the present study that shifts has solid impact on the eating behavior of the masses. Night shift workers have been observed to have poor connection with the eating pattern and hence, may have ill effects on their health in the long run. It is recommended to see that proper nourishment is also kept in the daily routine for the workers engaged in night hour.

## IMPLICATION OF THE STUDY

The significance of the study is to understand the nature of work hours and its effects on all spheres of life. It is an attempt to provide information regarding the outcomes of the study and its implication to various sectors of employment. This study will be help to understand the relationship among eating behavior and shift workers. This will help to create positive attitude towards eating habits. These aspects should be known to everyone whether an employer is looking out for the safety of the employees or productivity or an employee seeking maximum benefit out of their job.

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