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A Study on Health Hazards of the Working People Based on their Choice of Food Revealed through Ranking Analysis

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ABSTRACT: A healthy lifestyle consists of a variety of aspects, including a well-balanced diet, regular exercise, and a happy mindset. Nowadays, we have hectic schedules, tough jobs, and rush-hour traffic. Staying active and healthy is critical to overcome tomorrow. A systematic survey is created, and data is gathered from employed people in a number of industries. Factor analysis and percentage are two statistical methods used to assess acquired data. The study found that stress, eating a good food, exercising, and failing to follow certain other healthy practices are the major causes of health hazards for workers. A healthy lifestyle has numerous advantages, including a lower chance of sickness, improved physical health, and a greater ability to handle stress and relax.

KEYWORDS: Fast food, Health hazard, Healthy food habit, Ranking analysis.

I. INTRODUCTION

Living a healthier life can not only extend your life, it can also improve the quality. Feeling physically better and having control over your own life can greatly increase your mental health as well. Although some aspects of physical and mental health are beyond an individual's control, there are many things that people can do to improve their quality of life. Healthy living to most people means both physical and mental health are in balance or functioning well together in a person. In many instances, physical and mental health is closely linked, so that a change (good or bad) in one directly affects the other. Consequently, some tips will include suggestions for emotional and mental "healthy living." All humans have to eat food for the growth and maintenance of a healthy body, but we humans have different requirements as infants, children (kids), teenagers, young adults, adults, and seniors.

II. STATEMENT OF THE PROBLEM

Investigate the prevalent dietary patterns among working individuals, focusing on the frequency and types of fast food consumed. Evaluate the specific health hazards associated with the consumption of fast food among the working population, such as obesity, diabetes, and other related conditions. Compare the dietary choices of working individuals, particularly fast-food consumption, with recommended nutritional guidelines to identify deviations and potential health risks. Explore the behavioral factors influencing the preference for fast food over healthier alternatives among working people and their implications for long-term health outcomes.

OBJECTIVES OF THE STUDY

1. To identify the food habits among working people.
2. To analyze the factors which influence the intake of fast food.

RESEARCH DESIGN:

The research design is Descriptive.

DESCRIPTIVE RESEARCH DESIGN:

Descriptive research focuses on characterizing individual or group characteristics to predict specific outcomes.

SAMPLE SIZE:

The sample of 100 working people

DATA COLLECTION:

- Primary data collection
- Secondary data collection

TOOLS USED:

1. Simple Percentage Analysis,
2. Ranking Methods.

III. REVIEW OF LITERATURE

1. **Pereira, M. A., Kartashov, A. I., Ebbeling, C. B., Van Horn, L., Slattery, M. L., Jacobs, D. R., & Ludwig, D. S. (2005):** This longitudinal study investigates the long-term effects of fast-food consumption on weight gain and insulin resistance. It demonstrates a significant association between fast food habits and the risk of developing obesity and type 2 diabetes over 15 years.
2. **Bhutani, S., Schoeller, D. A., Walsh, M. C., & McWilliams, C. (2013):** This research investigates the correlation between the frequency of home-prepared meals and diet quality and BMI. It finds that more frequent consumption of home-cooked meals is associated with better diet quality and lower BMI, contrasting the effects of frequent fast-food consumption.
3. **Bowman, S. A., & Vinyard, B. T. (2004):** This study examines the impact of fast food on energy intake, nutrient consumption, and the prevalence of overweight status among U.S. adults. It finds that fast food consumption is linked to higher calorie intake and poorer nutritional quality of diet, contributing to obesity.
4. **Smith, K. J., McNaughton, S. A., Gall, S. L., Blizzard, L., Dwyer, T., & Venn, A. J. (2009):** This paper explores the relationship between takeaway food consumption, diet quality, and abdominal obesity in young adults. The study highlights that frequent takeaway food consumption is associated with poor diet quality and an increased risk of abdominal obesity.

SIMPLE PERCENTAGE ANALYSIS

Table 1: Profile of the Working People demographics

Details of the Working People demographics		No. of Respondents	Percentage
Age Group (in Years)	Below 20 years	15	15
	20 – 30	71	71
	30 – 40	11	11
	Above 40	4	4
	Total	101	101
Occupation	Banking sector	27	27
	Teacher	14	14
	IT	30	30
	Manufacturing Industry	30	30
	Total	101	101
Income level per month	Below 10000	9	9
	10000 – 20000	44	44
	20000 – 30000	36	36
	Above 30000	12	12



	Total	101	101
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INTERPRETATION:

The vast majority of responders (71%) are between the ages of 20 and 30, indicating a youthful workforce. This shows a workforce that is either in its early stages or is new to the workforce. IT (30%) and manufacturing (30%) are the largest occupational categories, with the banking industry (27%) and teachers (14%) accounting for the remainder. This reflects a wide distribution across sectors, with a strong representation in IT and manufacturing. A considerable number (44%) of respondents earn between 10,000 and 20,000 per month, with 36% earning between 20,000 and 30,000. This suggests that most of the workforce is in the low to middle-income category.

RANKING METHOD

TABLE 2: PROBLEMS FACED BY RESPONDENTS DUE TO INTAKE OF FAST FOOD

S.NO	PROBLEMS	MEAN SCORE	TOTAL SCORE	RANK
1.	Obesity	361	4332	2
2.	Heart Disease	449	4490	1
3.	Diabetes	368	4048	5
4.	Digestive Problems	452	4068	4
5.	Nutritional Deficiencies	541	3787	6
6.	High Blood Pressure	540	4320	3
7.	Increased Cancer Risk	605	3630	7
8.	Mental Health Issues	631	2524	9
9.	Fatty Liver Disease	645	1935	10
10.	Addiction	629	3145	8
11.	Poor Academic Performance	717	717	12
12.	Dental Problems	691	1382	11

Source: Primary data

INTERPRETATION:

- Heart Disease has the highest rank (1) and total score (4490), indicating it is considered the most significant health problem among those listed. It likely reflects its prevalence, mortality rates, and overall impact on health.
- Obesity ranks second with a total score of 4332. It is a major concern due to its association with numerous health complications, including heart disease, diabetes, and more.
- High Blood Pressure ranks third with a total score of 4320. It is a critical health issue because it significantly increases the risk of heart disease, stroke, and other cardiovascular problems.
- Digestive Problems rank fourth with a total score of 4068. This category likely includes a range of issues affecting the gastrointestinal tract, impacting quality of life and overall health.
- Diabetes ranks fifth with a total score of 4048. It is a chronic condition that affects blood sugar levels and can lead to serious complications such as heart disease, kidney disease, and nerve damage.

IV. CONCLUSION

In conclusion, the data gathered for the study indicates that stress, unhealthy eating habits, and disregard for other health-promoting behaviors are the main causes of serious health risks among working adults. These elements play a major role in the prevalence of different health problems. The harmful impacts of bad eating habits particularly the intake of fast food, which has been connected to major health issues like diabetes are also highlighted in the study. Additionally, the data shows a strong link between improved eating habits and nutritional awareness. People who are well-informed about nutrition typically make healthier food choices; on the other hand, people who are not as aware of nutrition are more likely to eat unhealthy foods, which can have negative effects on their health. Ultimately, a company's production and profitability depend greatly on the health and happiness of its workforce.

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