

# VIDYASAGAR UNIVERSITY

B.Sc. Part-III Examination-2019

A project works

On

*A comparative study on nutritional and health status  
between insomniac and non-insomniac women (55-65  
years old women)*



Submitted by

Roll: 31217129

No.: 0110

Regn. No.: 1290829

Sessions: 2016-2017

*Dept. of Nutrition*

Mugberia Gangadhar Mahavidyalaya  
Bhupatinagar, Purba Medinipur. PIN- 721425

Supervised By

Prof. Chandan Khanra

*Guest lecturer, Dept., of Nutrition*

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Mugberia Gangadhar Mahavidyalaya



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# Mugberia Gangadhar Mahavidyalaya

## Dept. of Nutrition

PO- Bhupatinagar; Dist.- Purba Medinipur;

West Bengal; Pin- 721425

(UGC recognized as college with Potential for Excellence;

Affiliated to Vidyasagar University)

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### TO WHOM IT MAY CONCERN

This is to certify that Snigdha De (Roll: 31217129; No.: 0110; Regn. No.:1290829 of Session: 2016 -2017 ) a student of B.Sc. Part- III, Dept. of Nutrition , under Vidyasagar University, Paschim Medinipur, has completed her project work under my guidance on the topics '**A Comparative study on nutritional and health status between insomniac and non-insomniac women**' for the partial fulfillment for the award of degree of B.Sc. from Vidyasagar University.

I'm satisfied for her performance. She is energetic and up to date in her work, I wish success in her life.

Date: 17/01/19

*Chandan Khanra*  
.....

Prof. Chandan Khanra

Guest lecturer,

Dept. of Nutrition

Mugberia Gangadhar Mahavidyalaya

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*Vocabulary finds no appropriateness to express my heartfelt love and thanks from the very core of my heart to my classmates and juniors for their constant encouragement and help throughout the study.*

Date: 17.01.19

  
(Snigdha De)

## Abstract

Lifestyle of a person affects her health. Insomnia is a type of sleeping disorder. Individuals with insomnia find it difficult to fall asleep, stay asleep or both. In the present study a survey was conducted to compare nutritional and health status between insomniac and non-insomniac women whose lifestyle was different. It is a descriptive and cross sectional study. The survey was carried out at Bhagwanpur-II block area, in Madhakhali, Purba Medinipur, West Bengal. The data was collected for insomniac women (n=15) and for non-insomniac women (n=15). Different measurements like height, weight, blood pressure, waist circumference, hip circumference, triceps, biceps, neck circumference, pulse rate, breathing rate. Also determined the dietary pattern of 3 days. The participants were asked their total sleeping time, disease and food habit. It was found that there was no significance ( $p>0.05$ ) difference in BMI, BMR, Systolic BP, Diastolic BP, Pulse rate, W-H ratio, neck circumference between insomniac and non-insomniac women. Also, there was no significant ( $p>0.05$ ) difference between fat, calorie, calcium, iron. But it was noticed that protein was significantly ( $p<0.05$ ) higher in insomniac women as compare to non-insomniac women, whereas Carbohydrate were significantly ( $p<0.05$ ) lower in insomniac women as compare to non-insomniac women. It was observed that more percentage of insomniac women was suffering from anxiety, depression, limb movement, gastric problem, hypertension compare to non-insomniac women, more percentage of non-insomniac women suffering from diabetes mellitus as compare to insomniac women.

**Keywords:** Insomniac women, Non-insomniac women, Health, Nutrient, Comparison, BMI, Waist-hip ratio, Blood pressure.

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Plate 1: Before conducting project work a seminar regarding plan of work was presented



Plate 2: Different activities during survey of Insomniac women





Plate 3: Different activities during survey of Non-insomniac women women