

# VIDYASAGAR UNIVERSITY

A Project Work

On

A Comparative study on Health Status between Day Duty Worker and Night Duty Worker (age 30-35 years)

This project work is submitted for the partial fulfillment for the award of degree of B.Sc. (Hons) from Vidyasagar University



Submitted by

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### TO WHOM IT MAY CONCERN

This is to certify that **Sibani Jana**, (Roll: 1125129; No.:170118; Regn. No.:1290109 of Session: 2017-2018) a student of B.Sc (H). 5<sup>th</sup> Sem, Dept. of Nutrition, under Vidyasagar University, Paschim Medinipur, has completed her project work under my guidance on the topics 'A comparative Study on Health Status between Day duty worker and Night Duty Worker 'for the partial fulfillment for the award of degree of B.Sc. from Vidyasagar University.

I am satisfied for her performance. She is energetic and up to date in her work; I wish success in her life.

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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:

*Sibani Jana*  
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## ABSTRACT

Life style of a person affects his /her health. In the present study a survey was conducted to compare health status between Day duty worker and Night duty worker. The survey was carried out at Madhakhali, Ekterpur, Najir Bajar, Udbadal, PurbaMedinipur, West Bengal. The data was collected for Day duty worker (n=15) and for Night duty worker (n=15). Different measurements like height, weight, blood pressure, pulses rate, waist circumferences and hip circumferences, body fat(from biceps, triceps, subscapula, superailiac by measuring skinfold thickness), BMI, were carried out. The participants were asked about their total working time and diseases. It was found that there was significant ( $p<0.05$ ) differences in body mass index, pulse rate, systolic pressure, diastolic pressure, pulses rate and Tricep, Subscapular between Day duty worker and Night duty worker. It was observed that more percentage of Night duty worker were suffering from more symptoms that are acidity, fatigue, Asthma, Eye problem, Gas as compare than more percentage of day duty worker were suffering from obesity, high blood pressure and joint pain, Allergy, peptic ulcer diseases, hypertension ,Constipation .

**Keywords:** Day duty worker, Night duty worker, Health, Comparison, Body mass index, Waist-hip ratio, Disease.

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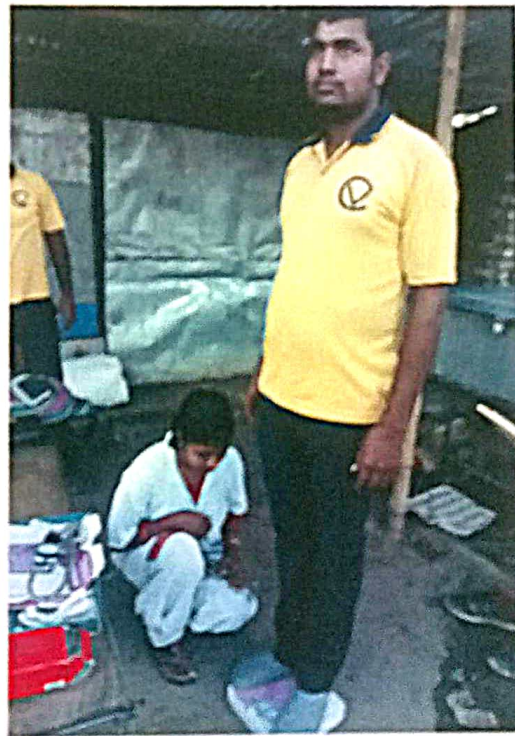


Plate 2: Different activities during survey of day duty worker male of Bhagwanpur-II Block area.

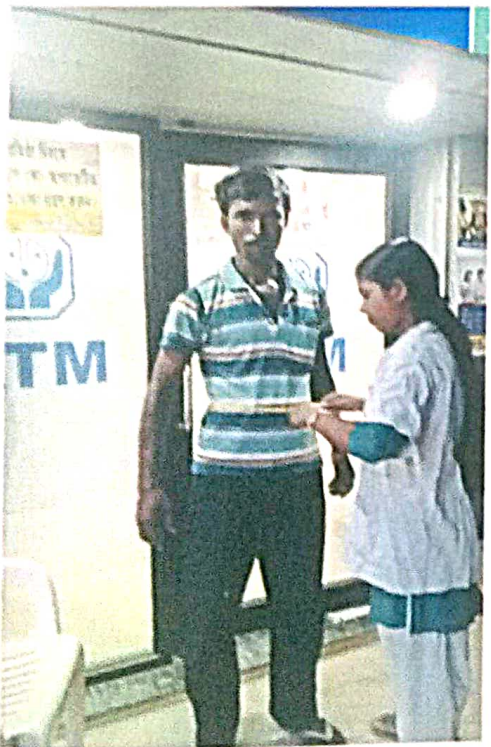


Plate 2: Different activities Night Duty Worker of Bhagwanpur-II Block area