

VIDYASAGAR UNIVERSITY

A Project Work

C12

On

A Comparative study on Health Status between Day duty and Night duty worker (Security Guard) in Bhagwanpur-II Block area

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 **Chayan Panigrahi (Roll:-1125129; No.: 200106; Regn.No.: 1290687 of Session: 2021-2022)** 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 Day Duty worker and Night duty worker (30-40 years)**' for the partial fulfillment for the award of degree of B.Sc. from Vidyasagar University.

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

Date: 22.12.22

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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: 20.12.22

Chayan Panigrahi
Sincerely

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 Henria, Madhakhali, Ekterpur, Nazir Bajar. 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 skin fold theikness), 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

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

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Plate1: Different activities during survey of Day duty and Night duty worker Bhagwanpur:2 block area