



## A survey of pertaining to diet habit in different age groups in Chhattisgarh

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### Abstract

The main purpose of the study was pertaining to diet habit in different age groups in chhattisgarh in Raipur, Bilaspur, Bhilai, Durg and Raigarh. Prospective subjects were identified in the offices of Raipur, Bilaspur, Bhilai, Durg and Raigarh. The subjects were employees of Central Govt., State Govt., Local Governing bodies, BPO's, Real Estate offices, Financial Consultant etc. as they had greater chances of leading the sedentary life style. To systematize the study, subjects were grouped in two age categories as 25 to 35 years and 36 to 45 years. Survey of the subjects was done in a phased manner through questionnaire, personal interview and telephonic interview depending upon the convenience of the subjects and availability of the time. First of all the subjects (1000) were handed over the questionnaire to get their feedback and within a fortnight 790 subject returned their filled questionnaire. Remaining subjects were persuaded to give the feedback in a week. The scholar received 80 more filled questionnaire from the subjects. Remaining 60 subjects expressed their inability to fill the questionnaire due to their hectic schedule or other reason. Later 28 subjects were interviewed telephonically and 32 subjects were interviewed personally at their offices/homes depending upon the appointments given by them. The information obtained from the responses against the questionnaire was carefully and systematically compiled for data analysis. The percentage analysis of frequencies of each statement was calculated for sedentary people. Percentage analysis of reveals that in Age Group A (25 to 35) 22.38% subjects categorized themselves as normal in term of diet habit 7.46% as poor diet, 17.91% as over diet and 52.23% as junk eater and Percentage analysis of reveals that in Age Group B (36 to 45) 49.74% subjects categorized themselves as normal in term of diet habit 10.08% as poor diet, 29.24% as over diet and 10.92% as junk eater.

**Keywords:** Diet habit, age groups, sedentary lifestyle, questionnaire, Chhattisgarh

### Introduction

Lifestyle diseases share risk factors similar to prolonged exposure to three modifiable lifestyle behaviours - smoking, unhealthy diet, and physical inactivity -- and result in the development of chronic diseases, specifically heart disease, stroke, diabetes, obesity, metabolic syndrome, chronic obstructive pulmonary disease, and some types of cancer. These illnesses used to be considered the diseases of industrialized countries, so-called "Western diseases" or "diseases of affluence"; however, internationally they are known as non-communicable and chronic diseases, part of the degenerative diseases group. In 2005, the World Health Organization (WHO) estimated that 61 per cent of all deaths -- 35 million -- and 49 per cent of the global burden of disease were attributable to chronic diseases. By 2030, the proportion of total global deaths due to chronic diseases is expected to increase to 70 per cent and the global burden of disease to 56 per cent.

### Methodology

- 1. Objective of the study:** The main purpose of the study was pertaining to diet habit in different age groups in chhattisgarh in Raipur, Bilaspur, Bhilai, Durg and Raigarh.
- 2. Subjects:** Prospective subjects were identified in the offices of Raipur, Bilaspur, Bhilai, Durg and Raigarh. The subjects were employees of Central Govt., State Govt., Local Governing bodies, BPO's, Real Estate offices, Financial Consultant etc. as they had greater chances of leading the sedentary life style. To

systematize the study, subjects were grouped in two age categories as under:

- a. 25 to 35 years
- b. 36 to 45 years

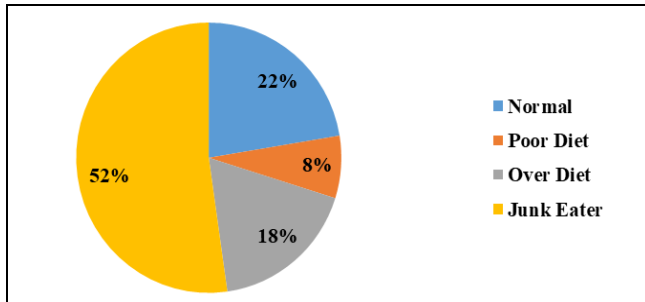
- 3. Administration of Tests:** Survey of the subjects was done in a phased manner through questionnaire, personal interview and telephonic interview depending upon the convenience of the subjects and availability of the time. First of all the subjects (1000) were handed over the questionnaire to get their feedback and within a fortnight 790 subject returned their filled questionnaire. Remaining subjects were persuaded to give the feedback in a week. The scholar received 80 more filled questionnaire from the subjects. Remaining 60 subjects expressed their inability to fill the questionnaire due to their hectic schedule or other reason. Later 28 subjects were interviewed telephonically and 32 subjects were interviewed personally at their offices/homes depending upon the appointments given by them.
- 4. Statistical Analysis:** The information obtained from the responses against the questionnaire was carefully and systematically compiled for data analysis. The percentage analysis of frequencies of each statement was calculated for sedentary people.

**Result:** - The percentage analysis of frequencies of each Table was calculated for sedentary people.

**Table 1:** Percentage description of responses age group a (25 to 35) pertaining to diet habit

Age Group A (25 to 35) (335 SUBJECTS)				
	Normal	Poor Diet	Over Diet	Junk Eater
No.	75	25	60	175
%	22.38	7.46	17.91	52.23

Percentage analysis of Table - 1 reveals that in Age Group A (25 to 35) 22.38% subjects categorized themselves as normal in term of diet habit 7.46% as poor diet, 17.91% as over diet and 52.23% as junk eater.

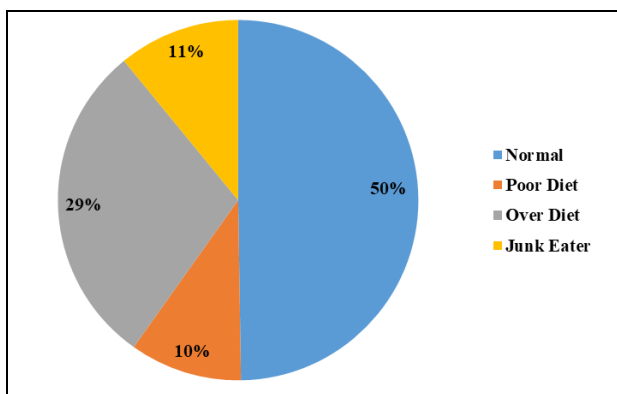


**Fig 1:** Percentage description of responses age group a (25 to 35) pertaining to diet habit

**Table 2:** Percentage description of responses age group b (36 to 45) pertaining to diet habit

Age Group B (36 TO 45) (595 SUBJECTS)				
	Normal	Poor Diet	Over Diet	Junk Eater
No.	296	60	174	65
%	49.74	10.08	29.24	10.92

Percentage analysis of Table - 2 reveals that in Age Group B (36 to 45) 49.74% subjects categorized themselves as normal in term of diet habit 10.08% as poor diet, 29.24% as over diet and 10.92% as junk eater.



**Fig 2:** Percentage description of responses age group b (36 to 45) pertaining to diet habit

**Discussions**

The main purpose of the study was related term of diet habit diseases in different age groups i.e. i.e 25 to 35 years and 36 to 45 years chhattisgarh in Raipur, Bilaspur, Bhilai, Durg and Raigarh. The study has focused on the linkage between status of health and sedentary life style of the people working in cities. The variables analyses are as follows

- Percentage analysis of reveals that in Age Group A (25 to 35) 22.38% subjects categorized themselves as normal in term of diet habit 7.46% as poor diet, 17.91%

as over diet and 52.23% as junk eater and Percentage analysis of reveals that in Age Group B (36 to 45) 49.74% subjects categorized themselves as normal in term of diet habit 10.08% as poor diet, 29.24% as over diet and 10.92% as junk eater.

**Conclusions**

In light of the above-mentioned conclusions drawn, on the basis of extensive research done on sedentary life style and related diseases, following recommendations are given:

- It is recommended that more health awareness should be created amongst the people to control the menace of sedentariness.
- It is recommended that medical practioners, before prescribing any drug to the patient, must analyze the life style of the patient concerned, so that corrective action may be advised if he/she is suffered due to sedentariness.

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