

ABSTRACT

The University of the West Indies employs hundreds of administrative staff, in order to ensure the efficient functioning of the institution. The National Insurance Board which provides insurance coverage for more than 50% of the labor force, reported a total of 2,496 disablement claims over the 2001-2005 period, a figure which represents lost worker productivity for the labor force (1)

In this study, One hundred and thirty questionnaires (Appendix A) were administered to a cross-section of administrative staff at the University of the West Indies, St. Augustine. Using a sample size of 127 (n=127) participants an attempt was made to explore the extent to which lifestyle habits, dietary practices and psychosocial factors affect employees job satisfaction in an administrative setting. A range of lifestyle habits and dietary practices were examined, sources of stress in the work environment were identified as well as the diseases and conditions affecting the employees.

Findings showed that employees from the sample practice positive lifestyle habits to such a degree that their health is not adversely affected. Of the 127 (n=127) participants only 8.7% were diagnosed with high cholesterol, 10.2% were diagnosed with high blood pressure and 1.6% had diabetes. Of those participants (26) with the aforementioned conditions, the majority were females (20). Most of the participants (81.1%) were satisfied with their job and 75.59% thought that they were adequately trained. Neither is their level of productivity, in the form of absenteeism, affected by psychosocial factors in their work environment.