

A STUDY OF LIFESTYLE HABITS, DIETARY PRACTICES, PSYCHOSOCIAL FACTORS AND JOB SATISFACTION: IS THERE A RELATIONSHIP?

Kimberlee t.j Thompson

Project supervisor: Dr.Selby Nichols

2008

Background: 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)

Objectives: In this study an attempt will be made to explore the extent to which lifestyle habits, dietary practices and psychosocial factors affect employees' job satisfaction in an administrative setting. This will be done, by identifying the full range of lifestyle habits and dietary practices that may compromise the health of the employee, determining the sources of stress in the work environment, identifying the diseases and conditions affecting the employees and determining whether the factors identified have a greater impact on the female or male employee.

Design: 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.

Results: 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.

Conclusion: Neither is their level of productivity, in the form of absenteeism, affected by psychosocial factors in their work environment.