

Assessment of the nutritional status of the press reporters and impact of their profession on their health in Kanpur city

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A healthy body does not mean a sound health but also a sound mental health. A good health also mean a good functioning body as well as our mind is functioning properly. We often see that we ignore the importance of healthy living that is why we believe that health is wealth. As such a good individual health is a key element in a broader social context and so we need to maintain the balance of good health. The present investigation was conducted to assess the nutritional status of the press reporter and impact of their profession on their health in kanpur city. In this research, interview-cum questionnaire method was adopted for the collection of data. The scarcity of hygienic food and loss of lunch box while on duty are the main problems facing the press reporters in their day to day life. That is why they become very much deficient in nutrients like protein, energy, vitamin A, riboflavin, niacin, thiamin, ascorbic acid etc. Post-traumatic stress disorder, psychological distress and depression was found in them. While study and survey of the press reporters it was also found that most of the press reporters were not aware of their balance diet on account of irregular schedule of the job.

Key Words : Assessment, Nutritional status, Press reporters, Profession

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INTRODUCTION

The multimedia industry and journalism has made significant progress during last several years. A press reporter can be described as efficient only when he is having a good health both physically and mentally. A press reporter can not work properly and efficiently if he is not free from various forms of diseases. He can not perform to the best of his ability unless he is having a most precious possession of his life - a good health. Their tough schedule disturbs the food taken by them and they do not eat properly. They generally depend on junk food and street line snacks such a un hygienic foods. According to Shanthi *et al.* (2003) fast food consumption was highly prevalent in press reporters, all racial/ethnic groups, and all regions of the country, press reporters ate more total energy and had poorer diet quality on days with, composed with or

without, fast food. Consumption of fast food among press reporters in the United States seems to have and adverse effect on dietary quality in ways that possibly could increase risk of obesity.

METHODOLOGY

150 press reporters were selected from numerous numbers of press reporters in Kanpur city using purposive random sampling technique. The information was collected with the help of interviews scheduled method (pre-tested questionnaire).

The data obtained in the present investigation were tabulated statistically by using arithmetic mean, correlation co-efficient (r), percentage, Chi – Square test and Chi – C test.

OBSERVATIONS AND ASSESSMENT

Data in Table 1 shows that distribution of respondents on the basis of bring lunch box everyday, 86.0 per cent respondents do not carry lunch box, 10.7 per cent respondents brought lunch box sometimes where as only 3.3 per cent

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respondents brought lunch box regularly in a working time.

Data given in Table 2 show that distribution of respondents on the basis of addiction to pan-masala or tobacco, 55.3 per cent respondents were chewing pan-masala or tobacco and 44.7 per cent respondents were not chewing pan-masala or tobacco. Whole day with empty stomach is difficult to work and chewing masala or tobacco reduces and delay hunger that is why they chewed pan masala and tobacco.

Data given in Table 3 reveal that distribution of respondents on the basis of smoking, 56.0 per cent respondents were smoking and 44.0 per cent respondents were never smoked. They do smoking to reduce their fatigue and tiredness but it created lungs and kidney failure.

Data given in Table 4 indicate that distribution of respondents on the basis of smoking cigarettes in a day, 52.7

per cent respondents were smoking more cigarettes in a day, 2.0 per cent respondents were smoking 2 cigarettes in a day and another 2.0 per cent respondents were smoking 3 cigarettes in a day where as 43.3 per cent respondents did not smoke. It is found in the survey that they do smoking for reducing their tension and burden of work.

Data given in Table 5 show that distribution of respondents on the basis of consuming alcoholic drinks, 68.0 per cent press reporters consumed alcoholic drinks while only 32.0 per cent of press reporters did not consume alcoholic drinks. They consumed alcohol mostly after completing work to reduce their fatigue and tiredness. It was observed that distribution of respondents on the basis to how often use of alcoholic drinks, 15.3 per cent respondents used alcoholic drinks daily, 32.0 per cent respondents used weekly, 8.0 per

Table 1. Distribution of respondents on the basis of brings lunch box everyday

On the basis of brings lunch box everyday	Respondents	Percentage
Yes	5	3.3
No	129	86.0
Sometimes	16	10.7
Total	150	100.0

Table 2. Distribution of respondents on the basis of addiction

Addiction to pan – masala or tobacco	Respondents	Percentage
Yes	83	55.3
No	67	44.7
Total	150	100.0

Table 3. Distribution of respondent on the basis of smoking

Smoking	Respondents	Percentage
Yes	84	56.0
No	66	44.0
Total	150	100.0

Table 4. Distribution of respondent on the basis of smoking cigarettes in a day

Smoking	Respondents	Percentage
2	3	2.0
3	3	2.0
More	79	52.7
None	65	43.3
Total	150	100.0

Table 5. Distribution of respondent on the basis to alcohol

Alcohol	Respondents	Percentage
Yes	102	68.0
No	48	32.0
Total	150	100.0

cent used monthly where as 12.7 per cent respondents used alcoholic drinks occasionally.

Data present in Table 6 show that distribution of respondents on the basis of post-traumatic stress disorder, over all 30.0 per cent respondents suffered from post traumatic stress disorder, 64.7 per cent respondents suffered from depression and 5.3 per cent respondents suffered from psychological distress due to their job.

The information collected by survey which represented the difference of intake of nutrients in press reporter (Table 7). The survey value compared with RDA value and the nutritive value found deficient per cent. Information reveals that average

protein intake according to type of work of press reporter, average 50.85 g protein was taken for moderate type of work with SD 24.50 which is 7.54 per cent deficient from RDA and average 46.85 g protein was taken for heavy type of work by press reporter with SD 19.8 which is 14.82 per cent deficient from RDA.

Average energy intake according to type of work of press reporter, average 1639.91 Kcal energy have taken by moderate type of work with SD 749.81 which is 41.73 per cent deficient from RDA and average 1479.46 Kcal energy was taken by heavy type of work press reporter with SD 584.71 which is 62.06 per cent deficient from RDA. Average vitamin A intake according

Table 6. Distribution of respondent on the basis of stress

Stress	Respondents	Percentage
Post-traumatic stress disorder	45	30.0
Depression	97	64.7
Psychological distress	8	5.3

Table 7. Intake of nutrient compared with recommended dietary allowance

Type of work	N	Protein (g)		
		Mean \pm SD	RDA	Deficient/Increase (per cent)
Moderate	28	50.85 \pm 24.50	55	-7.54
Heavy	122	46.85 \pm 19.80	55	-14.82
Total	150	47.59 \pm 20.73	55	-13.47
Energy (Kcal)				
Moderate		1639.91 \pm 749.81	2800	-41.43
Heavy		1479.46 \pm 584.71	3900	-62.06
Total		1509.41 \pm 619.23	3400	-55.60
Vitamin A (μg)				
Moderate		399.33 \pm 352.05	750	-46.76
Heavy		289.39 \pm 163.79	750	-61.41
Total		309.91 \pm 214.69	750	-58.68
Thiamine (mg)				
Moderate		1.06 \pm 0.98	1.4	-24.29
Heavy		0.97 \pm 1.03	2.8	-51.50
Total		0.98 \pm 1.02	1.8	-45.55
Riboflavin (mg)				
Moderate		0.67 \pm 0.48	1.7	-60.59
Heavy		0.68 \pm 0.96	2.3	-70.43
Total		0.68 \pm 0.89	2.1	-67.62
Niacin (mg)				
Moderate		8.94 \pm 3.74	19	-52.95
Heavy		8.75 \pm 4.68	26	-66.35
Total		8.79 \pm 4.51	24	-63.37
Ascorbic acid (mg)				
Moderate		21.85 \pm 17.66	40	-45.37
Heavy		20.28 \pm 15.40	40	-49.30
Total		20.57 \pm 15.79	40	-48.57

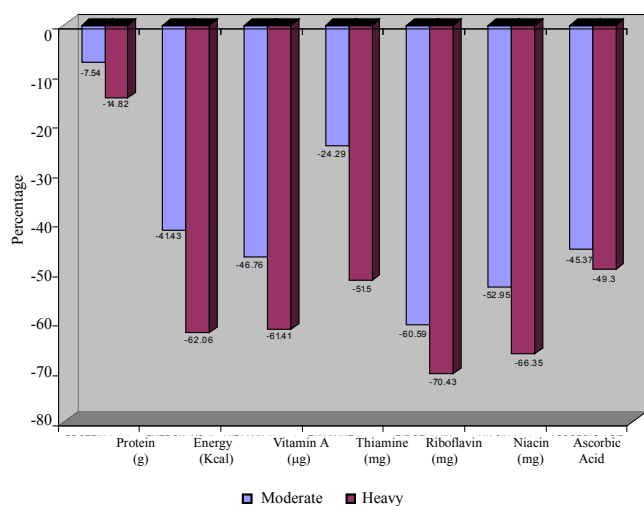


Fig. 1. Intake of nutrient compared with recommended dietary allowance

to type of work of press reporter, average 399.33 µg vitamin A was taken by moderate type of work with SD 352.05 which is 46.76 per cent deficient from RDA and average 289.39 µg vitamin A was taken by heavy type of work respondents with SD 163.79 which is 61.41 per cent deficient from RDA. Average Thiamine intake according to type of work of press reporter, average 1.06 mg thiamine was taken by moderate type of work with SD 0.98 which is 24.29 per cent deficient from RDA and average 0.97 mg thiamine was taken by heavy type of work respondents with SD 1.03 which is 51.50 per cent deficient from RDA.

Average riboflavin intake according to type of work of press reporter, average 0.67mg riboflavin was taken by moderate type of work with SD 0.48 which is 60.59 per cent deficient from RDA and average 0.68 mg riboflavin was taken by heavy type of work respondents with SD 0.96 which is 70.43 per cent deficient from RDA.

Average niacin intake according to type of work of press reporter, average 8.94 mg niacin was taken by moderate type of work with SD 3.74 which is 52.95 per cent deficient from RDA and average 8.75 mg niacin was taken by heavy type of work respondents with SD 4.68 which is 66.35 per cent deficient from RDA.

Average ascorbic acid intake according to type of work of press reporter, average 21.85 mg ascorbic acid was taken by moderate type of work with SD 17.66 which is 45.37 per cent deficient from RDA and average 20.28 mg ascorbic acid was taken by heavy type of work respondents with SD 15.40 which is 49.30 per cent deficient from RDA.

Conclusion:

It can be concluded that press reporters were mostly suffering from post-traumatic stress disorder, depression and psychological distress etc. due to their job. Recently some of the press reporters were died because of cancer and kidney failure due to high consumption of alcoholic drinks and cigarettes. There was excessively deficiency of protein, energy, vitamin A, riboflavin, niacin, thiamin and ascorbic acid in their body.

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