

**STUDY ON CHALLENGES RELATED TO HEALTH AND LIFESTYLE FACED BY PEOPLE  
WORKING IN BANKING SECTOR**

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**ABSTRACT**

The survey collected data on the lifestyle of individuals working in the banking industry. The survey received responses from 200 individuals with 52% being male and 48% being female. The majority of respondents were between the ages of 25 and 34 years. The survey found that 38% of respondents work between 30-40 hours per week, while 19.5% work less than 30 hours and 14% work more than 40 hours. When asked about their work-life balance, more respondents reported feeling stressed due to their work. The majority of respondents exercise at least 3-5 times per week. A significant number of respondents reported facing deficiencies in their nutritional requirements. Many respondents reported they need to work on their eating habits, physical activity, and stress management.

**KEYWORDS** :Lifestyle, work-life balance, depression, obesity, deficiencies.

**INTRODUCTION**

Working in the banking sector often entails long hours and high levels of stress, which can take a significant toll on employees' health. Many banking professionals find themselves working long hours, often sacrificing sleep, exercise, and healthy eating habits to meet deadlines and targets. This can lead to a number of health issues, including fatigue, burnout, anxiety, and depression. In addition, long hours in a sedentary job can lead to physical health problems such as back pain, obesity, and heart disease. To combat these issues, it's important for banking professionals to prioritize their health and well-being, and make changes to their work routines and lifestyle habits. One way to prioritize health in a high-pressure banking job is to take regular breaks throughout the day. This can include stretching, going for a walk, or simply taking a few deep breaths to clear the mind. Eating a healthy and balanced diet is also crucial for maintaining energy levels and overall health.

**METHODOLOGY**

The study was conducted in Delhi, India, due to its diverse population and varied professions. The selection of the sample was from different sub-sectors of banks, including commercial banks, small finance banks, payment banks, co-operative banks, etc. Ten banks from each category were chosen, with five respondents from each bank, making a total of 200 respondents from both genders, aged between 30-60 years.

**RESULTS**

The survey collected responses from 200 individuals working in the banking industry, with 52% of respondents being male and 48% being female. Most respondents were between the ages of 25 and 34 years, and worked between 30-40 hours per week. A majority of respondents reported feeling stressed due to their work and less people reported feeling their work-life balance was adequate. Majority of the respondents reported exercising at least 3-5 times per week, while some reported exercising less frequently or not at all. The preferred methods for managing stress were exercising, spending time with family and friends, and engaging in hobbies.

**Table- Distribution of problems of the respondents faced while working in banking sector  
(N=200)**

S.No	Problems faced	N	Percentage (%)
1	Not carrying their lunch boxes	45	22.2 %
2	Skipping their breakfast	68	34 %
3	Alcohol or smoking to reduce stress	54	27.6 %
4	Impacted social life	107	53.5 %
5	Not able to give enough family time	65	32.7 %
6	Missing on nutritional supplements	172	85.8 %
7	Facing nutritional deficiencies	79	39.2 %
8	Not doing any physical activity	96	48.2 %
9	Unhappy with job	72	36.9 %
10	Not leading healthy lifestyle	84	42.9 %

## SUMMARY

According to the results of the survey conducted on people working in the banking industry, it can be inferred that long working hours and work-related stress are common among them. It is concerning that a significant portion of respondents reported feeling stressed due to their work, with fewer respondents feeling that their work-life balance was adequate. This highlights the need for employers in the banking industry to address the issue of work-related stress and support their employees in achieving a healthy work-life balance. Overall, the survey results provide valuable insights into the experiences and priorities of people working in the banking industry, which can inform efforts to improve their well-being and job satisfaction.

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