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## A Study to Compare the Lifestyle of Diabetic and Non-Diabetic Employees of Selected Educational Institutions of Ambala, Haryana

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Diabetes mellitus is one of the most common non communicable diseases, playing a greater role in increasing the morbidity and mortality rate. A comparative study was conducted to compare the lifestyle of 100 diabetic and 100 non diabetic employees by using non experimental survey approach. Sample was selected by purposive sampling technique and semi structured questionnaire regarding lifestyle, which includes items on clinical parameters, dietary pattern, physical activity and perceived stress. The study findings indicate that there was a significant difference in the clinical parameters ( $\chi^2=10.76$ ,  $df=2$ ) of diabetic and non diabetic employees as diabetic employees were more obese. Daily intake of fruits ( $\chi^2=20.36$ ,  $df=3$ ), sugary drinks (>3/day) ( $\chi^2=16.38$ ,  $df=3$ ), regular intake of fenugreek seeds ( $\chi^2=14.92$ ,  $df=3$ ) and bitter gourd ( $\chi^2=46.54$ ,  $df=3$ ) was more common in diabetics. There was also significant difference in the physical activity of diabetic (mean=9.39) and non diabetic employees (mean=7.71), as diabetic employees did more physical activity as compared to non diabetics (mean difference=1.68,  $z=2.67$ ). There was no significant difference in the perceived stress among diabetic (mean=18.32) and non diabetic employees (mean=19.1) (mean difference=0.78,  $z=0.295$ ). Diabetic and non diabetic employees have almost same level of perceived stress. Hence, there was a difference in the lifestyle of diabetic and non diabetic employees. The study can be replicated on larger sample of diabetic and non diabetic employees in different settings for making broad generalization.

**Keywords:** Lifestyle, Diabetic Employees, Non Diabetic Employees, Physical activity, Perceived stress

### Biography

Miss Simrat Kaur, is currently working as an Assistant Professor at the department of Nursing at Galgotias University, Delhi NCR. She has done her Bachelor's degree in Nursing in 2009 from Baba Farid University of Health Sciences, Punjab. She has worked for one year after graduation at the post of clinical instructor in Parul School of Nursing, Jalandhar, Punjab. After that, she did her Masters in medical surgical nursing in 2012 from Maharishi Markandeshwar University, Haryana, India. She worked for 3 years at the post of Lecturer in Shivalik Institute of Nursing, Shimla, India. Since 2016, she is working as an Assistant Professor in Galgotias University. She is writing books of Medical Surgical Nursing and Nursing Research which are soon to be published. She is the active member of Trained Nurses Association of India, Delhi and completed her BLS for Healthcare Providers Course in 2018.