

# **Comparative study on snacking behaviour of working and non-working women of Hisar City**

## **Abstract**

The present study was conducted to assess and compare the snacking behavior of working and non-working women of Hisar City. The aim of the present study was to compare snacking behavior of working and non-working women of Hisar City. For this study, a sample of one hundred and twenty women in age 25-45years, 60 each working and non-working women were drawn randomly from Hisar city. The sample of working women included 20 each engineer, advocates, and teaching professionals. Non-working women were selected having an income, and age similar to their counterparts. Information on snacking behavior like the preference for snacks over regular meals, time and place of snacking, types of snacks taken, and source of procuring snacks, etc. were recorded in the questionnaire. All the working and non-working women were habitual of taking snacks. It was found that the majority used to take snacks in the evening followed by mid-morning. Data collected during this investigation also indicated that snacks were not preferred over regular meals by many respondents from both groups. Mere 15 percent of working and 23.3 percent of non-working women preferred snacks over regular meals. The majority (90.0%) of respondents preferred to take salty snacks followed by sweet (85.0%) and sweet and salty (56.7%). The result revealed that non-working women have more cravings for snacks than working women but they prefer more of homemade snacks to outside snacks.

Keywords: Snacks, Working women, Non-working women, Snacking behavior.

## **Introduction**

Small portions of food or drink typically consumed in between main meals are referred to as snacks. High-energy, low-nutrient snacks are referred to as "empty" calories and should be avoided (Larson and Story, 2013). Regardless of the quantity or kind of food consumed, Nuru and Mamang (2015) defined a snack as any food or beverage that is consumed in between regularly scheduled major meals without replacing a meal and that delivers high energy but poor nutrition in comparison to main meals. According to recent research, snack eating has

grown across the board for all age groups globally, increasing daily calorie intake (Fayet-Moor *et al.*, 2017; Kant and Graudbard, 2015). Snacking events' variety and frequency have been linked to hypercaloric diets (Koopman *et al.*, 2009) and discretionary meal choices have been proven to account for up to a third of our daily dietary energy consumption (Fayet *et al.*, 2012). According to one study, those with strong implicit preferences for snack items and impaired inhibitory control acquired the most weight among a sample of mostly normal-weight women. (Nederkoorn *et al.*, 2010). The main objective of this study is to compare snacking behavior of working and non-working women.

## Materials and methods

The present study was conducted to compare snacking behavior of working and non-working women of Hisar City. For this study, a sample of one hundred twenty women aged 25 – 45, 60 from each working and non-working woman were drawn randomly from Hisar City. The sample of working women included 20 each engineer, advocates, and teaching professionals. Non-working women were selected having an income, and age similar to their counterparts A questionnaire-cum-interview schedule was developed to collect information on the personal and socio-personal, economic profiles and dietary habits of women.

Information on snacking behavior like the preference for snacks over regular meals, time and place of snacking, types of snacks taken, and source of procuring snacks, etc. were recorded in the questionnaire.

## Result and Discussion

All the working and non-working women were habitual in taking snacks (Table 1). It was found that the majority used to take snacks in the evening followed by mid-morning.

Poor snacking behavior includes consuming snacks in between meals (Nickols-Richardson *et al.*, 2014).

**Table 1 Distribution of working and non-working women according to their snacking behavior**

Sr No.	Snacking behavior	Working n=60	Non-working n=60
1	Time of snacking		
	Mid- morning	42(70.0)	53(83.3)
	Afternoon	2(3.3)	-
	Evening	58(96.7)	60(100.0)

<b>2</b>	<b>Preference of snack over regular meals</b>	9(15.0)	14(23.3)
<b>3</b>	<b>Types of snacks taken</b> Sweet n=51 (85.0) Fried Baked Salty n=54 (90.0) Fried Baked Sweet and salty n=34(56.7)	25(49.01) 3(12.0) 22(88.00) 23(42.59) 19(82.60) 4(17.40) 21(61.76)	26(50.99) 7(26.92) 19(73.07) 31(57.40) 21(67.75) 10(32.25) 13(38.23)
<b>4</b>	<b>Sources of procuring snacks</b> Canteen Cafeteria Home prepared Other	37(61.7) 16(26.7) 48(80.7) 24(40.0)	- 4(6.6) 60(100.0) 7(11.6)
<b>5</b>	<b>Places of snaking</b> At home Outside Both	12(20.0) 21(35.0) 41(68.3)	38(63.3) 8(13.3) 20(33.3)
<b>6</b>	<b>Availability of snacks</b>	58(96.7)	60(100.0)
<b>7</b>	<b>Sufficient variety of snacks at the source</b>	56(93.3)	54(90.0)

Figure in parenthesis indicates percent of subjects

No non-working woman is taking snacks in the afternoon while a minor section of working (3.3%) is eating snacks in the afternoon. Data collected during this investigation also indicated that snacks were not preferred over regular meals by many respondents from both groups. Mere 15 percent of working and 23.3 percent of non-working women preferred snacks over regular meals.

The majority (90.0%) of respondents preferred to take salty snacks followed by sweet (85.0%) and sweet and salty (56.7%). Further data showed that among the sweet snacks greater chunk of both working (88.0%) and non-working (73.07%) women used to take baked snacks while only 12% of working and 26.92% of non-working women consumed fried sweet snacks. Opposite to it among salty snacks, a higher percentage of both working (82.60%) and non-working (67.75%) used to consume fried snacks. Salty baked snacks were less popular among working (17.40%) but one-third of non-working women liked sweet and salty snacks.

All non-working women reported having home-prepared snacks whereas 80 percent of working women like to take home-prepared food followed by snacks from the canteen (61.7%).

A majority of working (68.3%) and about one-third of non-working (33.3) women used to take snacks at home and outside. Only 20 percent of working women preferred to take snacks exclusively at home whereas only 13.3% of non-working women preferred snacks exclusively outside. On the other hand, more than half (63.3%) of working women preferred to take snacks exclusively at home but only 35 percent of working women used to take snacks outside i.e. either at their workplace or other places.

All the non-working women and the majority of working (96.7%) women revealed that snacks of their choice were easily available. The majority of both working (93.3%) and non-working (90.0%) women showed availability of a sufficient variety of snacks at the source.

## Conclusion

Snacks were frequently present as a significant dietary component in several dietary patterns connected to risk factor profiles with lower favorable outcomes. In India, snacks are typically fried dishes that are heavy in trans fats, salt, and fat content. (Misra *et al.*, 2011).

From the present study, it can be concluded that snacking is higher in non-working women as compared to working women. Non-working women have more availability as well as sufficient varieties of snacks at the source. The result revealed that non-working women prefer homemade snacks compared to outside food while working women go for snacks more in the evening than an afternoon.

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