

## INFLUENCE OF LIFE STYLE ON SAFETY AND WORK EFFICIENCY

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### **Abstract:**

Occupational health and safety nowadays is beginning to be seen in a multi-interdisciplinary way. Man's lifestyle also contributes to safety at work and work efficiency. The employee performs tasks at a specific place and time, however, this work is also affected by elements of private life. This paper deals with the impact of private life and lifestyle on human professional work in the areas of work safety and its efficiency. The research has been conducted on the basis of the opinions of employees.

**Keywords:** lifebalance, nutrition, work safety, lifestyle, social well-being

### **1. IMPORTANCE OF LIFESTYLE - INTRODUCTION**

When considering the issue related to lifestyle and its impact on selected areas of human activity, attention should be paid to the source of this issue. All dependencies are closely related to broadly understood health. According to WHO (World Health Organization), health is physical, psychological and social well-being of a person, not just a lack of illness or disability - "A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity". According to M. Lalonde - the Canadian Minister of Health (active in the 70s of the last century) - lifestyle affects human health in 50%. In turn, genetic and environmental factors determine health in 20% each, and the organization and functioning of medical care have a 10% impact on our health. M. Lalonde calls these factors "health fields" (Fig. 1). The four health fields are: human biology, the social and physical environment, lifestyle, and health care organization (Hancock, 1986; Rybansky and Janos, 2020; Saja et al., 2020; Tulchinsky, 2018).

Lifestyle definitions are many (Chittenden and Ritchie, 2011; Christiansen and Matuska, 2006; Issac and Rames, 2017). Literature on the subject, first of all, indicates that lifestyle is a way of meeting the group or individual needs (Kelliher et al., 2019; Matuska and Christiansen, 2008; Skowron-Grabowska and Sobociński, 2018; Sturges and Guest, 2004).

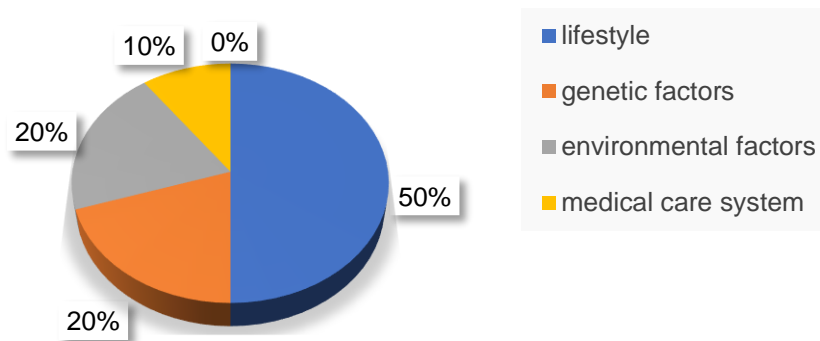


Fig. 1. "Health fields" according to M. Lalond

Lifestyle is also understood as the scope and forms of everyday behavior specific to a particular social community or individual, a characteristic "way of being" in society (Mehta & Vasoo, 2004; Milligan, 2014; Patel, 1991). A healthy lifestyle consists of the following behaviors:

- care for the body and its own environment,
- physical activity,
- rational nutrition,
- hardening,
- adequate quality and sleep time,
- using and giving social support,
- avoiding stress and dealing with it,
- self health check,
- undergoing preventive examinations,
- safe behavior on a daily basis,
- safe behavior in sex life,
- not smoking
- limited alcohol use,
- not overusing medicines,
- not overusing other psychoactive substances.

How people live and what their lifestyle looks like depends on many factors (Andrews and Johnson, 2019; Graham, 2008; Kohl, 2020). Certainly they are: gender, social status, environment, education, occupation, or habits taken even from home. In 2016, the research under health and a healthy lifestyle of Polish citizens has been conducted. Over 57% of respondents indicated health preservation as a very important aspect determining a successful life. Health-promoting behaviors were highly valued by respondents with higher education, as well as residents of large cities, retirees and representatives of the management. According to respondents, the following activities decide about leading a healthy lifestyle:

- proper nutrition (48% of indications),
- regular medical examinations (30% of indications),
- avoiding stressful situations (30% of indications),
- active recreation (27% of responses),
- regular sports (24% of responses),
- no smoking (23% of responses).

In addition, over 66% of respondents said that topics related to health and a healthy lifestyle are popular in Polish society. In contrast, 1/3 of respondents stated that taking care of health is not important. It is obvious that a person should pay attention to health-related aspects not only in private life. Nowadays, in which more and more attention is paid to the employee as the most valuable organization potential, employers are trying to influence the lifestyle of their employees. Research indicates that there is a correlation between private and professional life, especially in the area of human lifestyle. Entrepreneurs are trying to promote a high level of quality of life in the workplace, also insisting on a balance between the area of professional implementation and private life. In the global economy, such activities have been present and promoted for many years. The World Health Organization published a document on "Global Health Strategy for All in the Workplace" in 1994. This document outlines the principles of how to stay healthy in the workplace. Employers have been suggested a holistic approach to action in this area. The multidimensional approach to campaigns promoting a healthy workplace also took into account the impact of these activities on the employee's lifestyle outside the workplace. In 1996, the European Health Promotion Network at Work Place was established. There are also organizations in Poland that directly or indirectly deal with health and healthy lifestyle issues. These include Central Institute for Labor Protection in Warsaw or Institute of Occupational Medicine in Łódź. Their activities are supported, among others by the Ministry of Health and the Ministry of Family, Labor and Social Policy. The implementation of healthy lifestyle principles is part of the company's social responsibility towards employees by guaranteeing employees a good quality of life at work. Practices in implementing the concept of quality of life in the workplace concern, among others:

- health protection and safety conditions,
- working time conditions,
- employment stability,
- adequate payment of employees,
- motivation,
- social equipment,
- work-life balance,
- working conditions,
- compensation,
- compliance with standards and regulations,
- opportunities for career development and building,
- complaint and application handling procedures,
- social integration,
- developing interpersonal relationships,
- building a positive image of the organization,
- social recognition of professional life.

The literature on the subject quite comprehensively indicates areas that affect lifestyle. This paper attempts to examine the impact of lifestyle on safety and efficiency of work in the respondents' opinion.

## **2. METHODOLOGY OF RESEARCH**

The purpose of this paper evaluate the impact of lifestyle on safety and effectiveness of work in the opinion of a selected group of respondents. The research tool was the

author's questionnaire. About 45 bank employees took part in the anonymous survey (employees of one of the branches of an international bank). The survey questionnaire consisted of 9 parts, which included issues regarding:

- nutrition,
- health condition,
- ways of spending your free time,
- physical activity,
- activity in society and work,
- types of addiction and sleep,
- places of safety in professional and non-professional life,
- affecting well-being on work safety,
- efficiency at work.

The questions included in the questionnaire helped to determine the respondents' opinion on the research topic. The study has a pilot nature and, after taking into account all corrections and additions, it would be a tool that reliably allow to examine the problem taken with a more accurate consideration of the gender and the sociocultural roles assigned to them. Therefore, the results presented in the paper are part of a larger research plan. The calculations carried out at work were made using an Excel spreadsheet and the Statistica 12 statistical package.

### 3. RESULTS

About 45 employees took part in the survey - employees of the branch in the Mazowieckie Voivodeship took part in the survey. The survey was voluntary and anonymous. 54.7% of men participated in the study (Fig. 2).

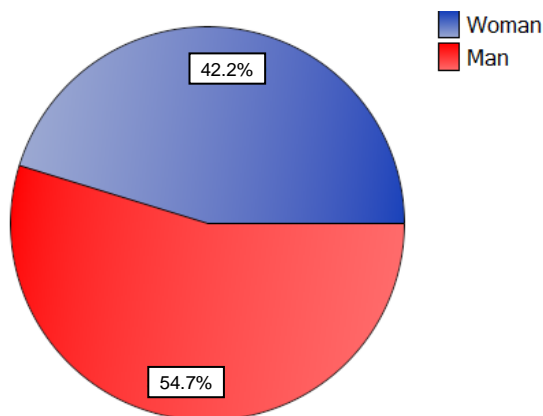


Fig. 2 Percentage structure of respondents in terms of gender

Most respondents who took part in the survey were 35-44 years old (33.33%) and 25-34 years old (26.19%). The least numerous group were respondents over 65 years old (Fig.3). The most numerous group of respondents due to their seniority were employees who worked at the bank for over 16 years (33.33%) and employees with 11-15 years of experience (28.57%). In turn, the least numerous group of respondents were employees with more than 21 years of service.

Respondents largely declared (71.43%) that during the day they eat less than 3 meals. Only 28.57% of respondents declared that they eat 3 to 5 meals a day. None of the surveyed employees indicated the consumption of 5 meals a day (Fig. 4).

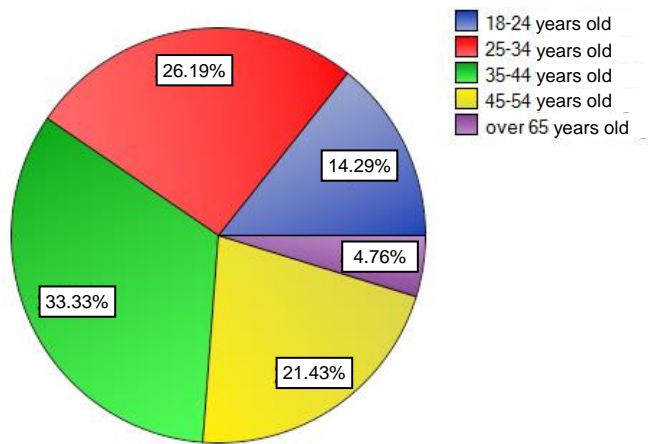


Fig. 3 Percentage structure of respondents in terms of age

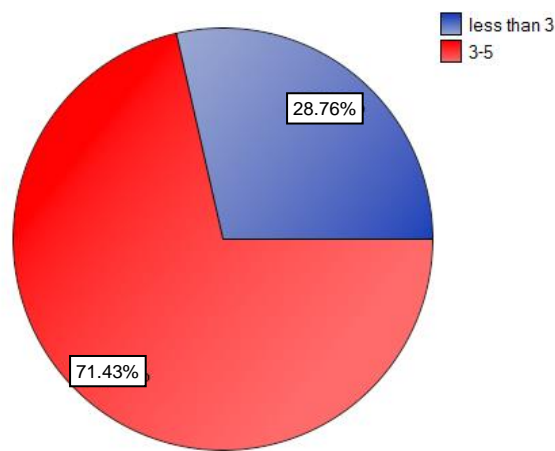


Fig. 4. The number of meals consumed during the day - declared by the respondents

Then, the respondents had to answer if there were changes in their diet related to their work. Almost 60% of respondents confirmed such changes (Fig. 5).

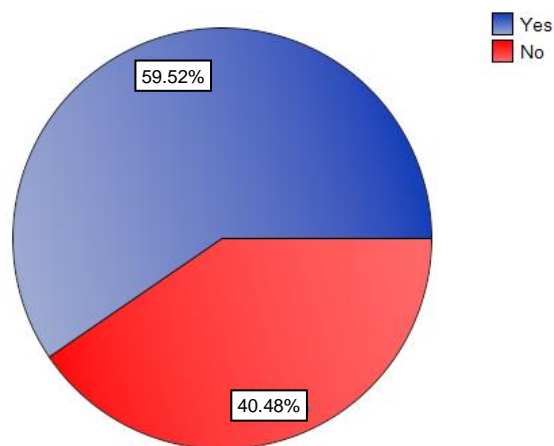


Fig.5. Impact of professional work on changes in diet

Next, the respondents answered the question: do they have a hobby to which they devote their free time? Slightly over 60% of respondents answered "yes" to the question (Fig. 6).

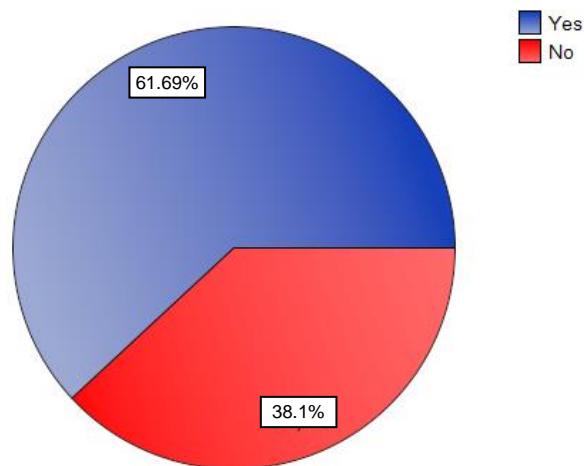


Fig. 6. Percentage structure of answers to the question, do the respondents own and implement their hobby?

Respondents which confirmed that they devote time to hobbies also indicated its type (Fig. 7). Most often it was reading books (19.23%), swimming (19.23%) and generally sports (11.54%).

Subsequently, the respondents answered the question about whether they neglect their hobby because of their work? Over 73% of respondents declared that they do not neglect their hobby because of their work responsibilities.

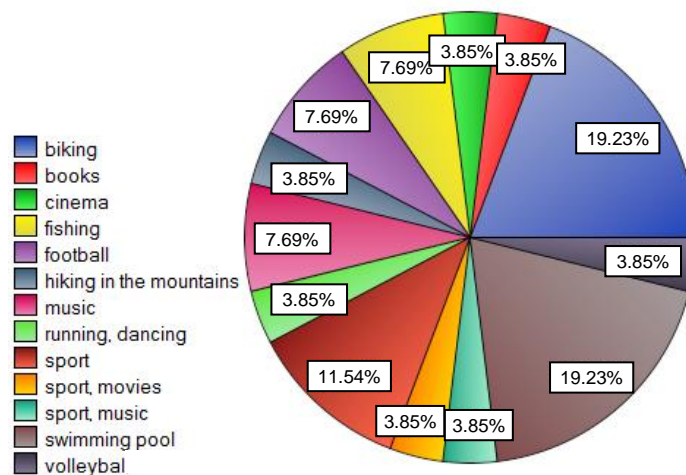


Fig.7. Percentage structure of the type of hobby declared by respondents

The next question in the survey questionnaire was about addiction. Well, just over half of the respondents declared the presence of addiction in their lives. Those respondents who indicated the presence of addictions in their lives most often declared (Fig. 8): smoking (45.83%), slimming diets (25%) and alcohol (20.83%).

In the next part of the questionnaire, the respondents were asked about the time they spend on sleep (Fig. 9). Well, almost 1/3 of respondents declared sleep time less than 5 hours. Other respondents declared a sleep time of between 7 and 10 hours per day. In the next part of the questionnaire, the respondents were asked whether safety is an autotelic value for them both in their professional and private life (Fig. 10). Over 76% of respondents declared that safety is their superior value both in professional and private life.

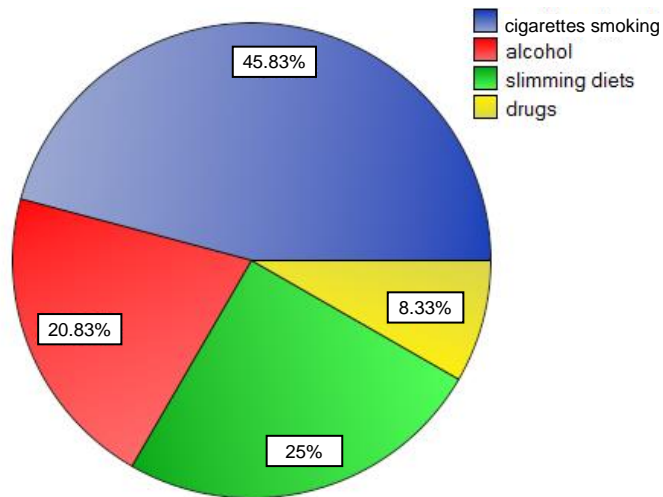


Fig. 8. Percentage structure of types of addiction declared by respondents

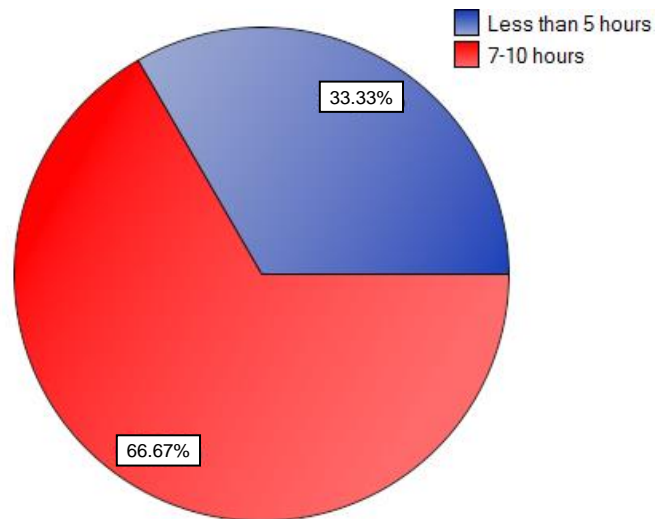


Fig. 9. Percentage structure of sleep time declared by respondents

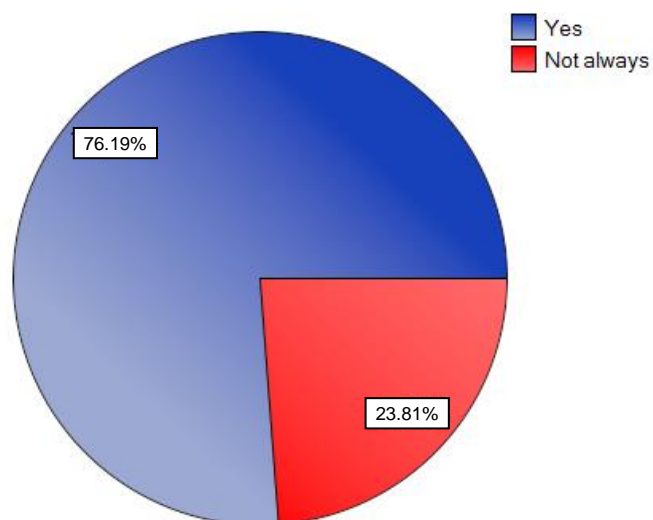


Fig. 10. Percentage structure of answers to the question: Is safety the supreme in professional and private life?

In addition, the respondents indicated values that in addition to safety are also important to them (Fig. 11). Respondents could indicate several such values. Every third respondent declared health as an important value in private life. Every fourth in turn declared the value of family happiness and financial stability. The respondents most rarely indicated travel (3.33%) and personal development (3.33%).

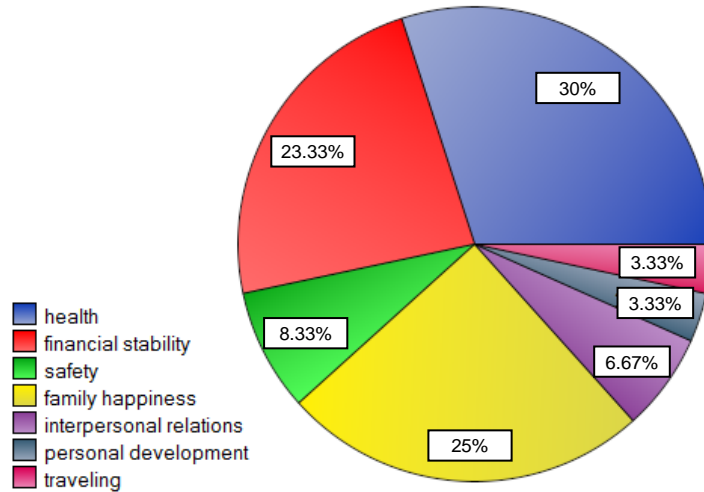


Fig. 11. Percentage structure for values relevant to respondents in private life

Next, the respondents had to answer the question of which factors negatively affect the safety of their work (Fig. 12). Well, respondents most often indicated:

- not enough hours of sleep (16.49%),
- imbalance in the home work relationship (12.77%),
- health problems (11.17%).

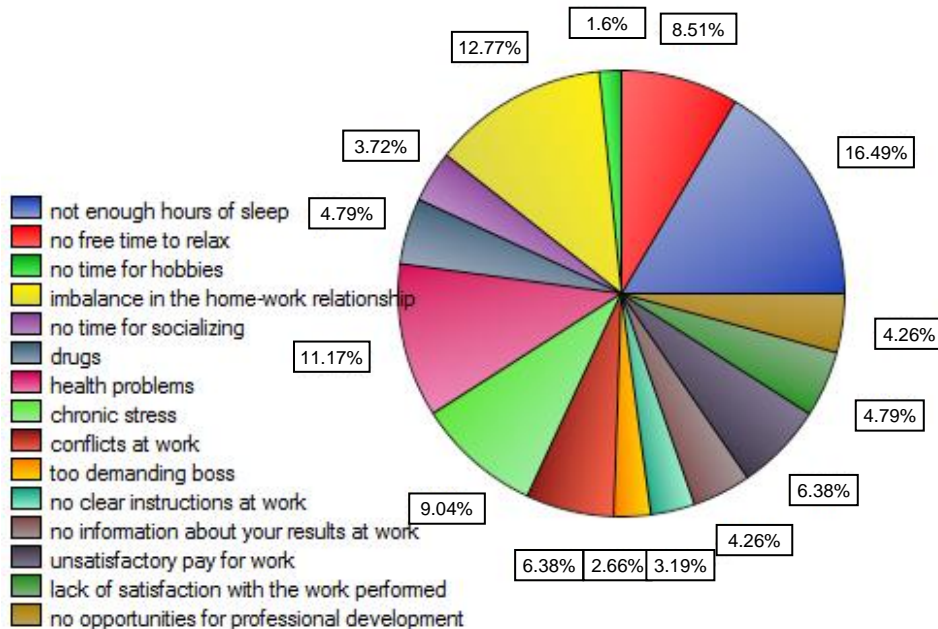


Fig. 12. Percentage structure for factors negatively affecting the safety of work performed in the respondents' opinion



Then the respondents pointed out those factors that positively affect their work efficiency in their opinion (Fig. 13).

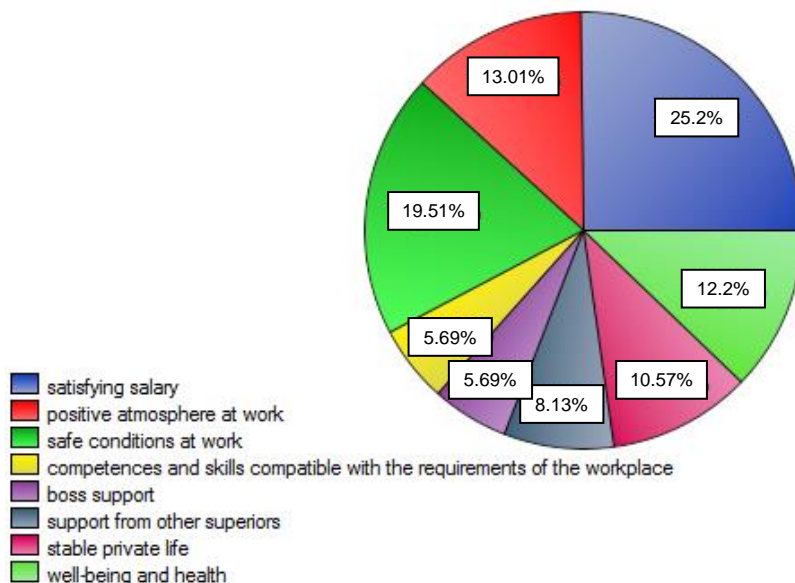


Fig. 13. Percentage structure for factors that in the respondents' opinion have a positive impact on work efficiency

As follows from the data presented on Fig. 13, every fourth respondent indicated satisfactory payment for work, and almost every fifth respondent indicated safe working conditions for a positive impact on work efficiency.

#### 4. DISCUSSION AND CONCLUSION

According to the presented research results, lifestyle influences safety and work efficiency. Respondents declare both physical activity during the day and quite good mood. In addition, they care about their sleep and a varied diet. At the same time, they indicate that professional work has an impact on how they eat and whether the diet is balanced. In their opinion, safety is an autotelic value. Equally, important are the health, financial stability and happiness of the family. In turn, the effectiveness of work and its safety depend on the right amount of sleep, family relationships, health, satisfactory pay and safe working conditions. Respondents also pointed to a significant problem faced by contemporary professionally active society, namely the disturbed balance between work and private life, the so-called work-life-balance. The statement about the growing imbalance in the relationship between work and family life may seem surprising, given the fact that formally working time is systematically shortening. The average number of hours worked for OECD countries decreased from 41.3 in 2000 to 31.4 hours per week in 2014, i.e. from 41.3 - 31.4 hours per week (Walczyński, 2018). The persistent official tendency to shorten working time has contributed to proclaiming the era of leisure society. However, analyzing the hourly dimension of the statistical employee's work, these predictions seem to be utopian.

According to Eurostat, the average weekly working time for the EU-28 countries was 41.5 h in 2014. Among the hardest working nations were (among others, residents of: Turkey - 51.4 h; Iceland - 45.0 h; Switzerland - 43.0 h; Greece - 44.2 h; Austria - 43.0 h; Great Britain - 42.9 h; Spain - 41.6 h; Cyprus - 42.4 h; Portugal - 42.8 h; Poland - 42.4 h; the Czech Republic - 41.8 h and Slovakia - 41.7 h (Walczyński, 2018). Hours

worked in many European Union countries are therefore higher than the legal norms, including because employees - often in fear of losing their jobs, but also because of higher earnings and career prospects - take on additional employment or overtime. As a consequence, in many professional groups there is a reduction in free time than working time (Klimecka-Tatar and Niciejewska, 2016; Niciejewska and Klimecka-Tatar, 2018).

It is not surprising, therefore, that in an age in which the distinction between them is blurred and "efficiency" seems to be the only value, there are difficulties in fulfilling the various social roles assigned to worker (in private life) (Tomaszewska-Lipiec, 2016).

The results obtained from the conducted research confirm the general trend of existing correlations between lifestyle and safety and efficiency of work. Employers are increasingly activating packages supporting both the health and well-being of employees not only in the workplace but also outside. There is a great need for holistic treatment of the employee's potential. Man is not just a part of the company. It also has specific socio-cultural roles. Therefore, in the future, this paper will be expanded to include in-depth and reliable research, differentiating results based on the gender of respondents. It should be emphasized that lifestyle is often dependent on women fulfilling imposed roles resulting from sociocultural aspects.

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