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# A Comprehensive Evaluation of the Association between Food Quality and Musculoskeletal Pain in Night Shift Worker

**Ankita<sup>1</sup>, Moattar Raza Rizvi<sup>2</sup>**<sup>1</sup>Ph.D. Scholar, Department of Physiotherapy, Manav Rachna International Institute of Research & Studies, Faridabad,<sup>2</sup>Professor, Faculty of Allied Health Sciences, Manav Rachna International Institute of Research & Studies Faridabad

## Abstract

Information and communication technology, an overall arrangement of data trade, has been developing for over a time of hundred years and enormously speeding up in development and improvement. Now days, information technology gives the correspondence and insightful force in each field like food and agribusiness, wellbeing, army and defense, business, education and learning, climate forecast, research and advancement and some more. India has been in the bleeding edge in digital world with IT industry forming into a significant specialist co-operation.

There are many consequences resulting from computer usage. For example, excessive computer use may result in lack of sleep, reduces sleep quality. It may also lead to musculoskeletal problem a condition and overtime workers affect their diet quality as well. In an IT professional's job, present advancement is empowered by adaptable working hours. This might actually produce hazards for wellbeing and recuperation from work (for example over dedication to job and sleep deficiency). Extended work duration and decreased sleep have both been observed to be related with a higher danger of medical issues .

Shift workers deals with the changing hours of the day (morning, evening and night shift) or work at consistent hours of the day outside the regular all day (eg, lasting nightshift). Night shift work particularly brings sleeplessness and may lead to circadian interruption with injurious metabolic and cardiovascular effects. Night workers have a changed diet consumption, comparatively with day workers manifest by a strong snacking habit through the nighttime duration of work.

Night shift workers consumed more junk food compared with day workers. Night shift workers ate more soft drinks/beverages than day workers. Variations in nutrient intake between day and shift workers in saturated and polyunsaturated fatty acids, dietary fibre, vitamin B1, vitamin A, potassium and carbohydrates have been suggested in some works.

The aim and purpose of this study was to find out the comprehensive literature showing the presence of association between the alteration in sleep timing, eating hours, which are responsible for many musculoskeletal disorders and the associated risk factors.

**Keywords:** *Night shift IT workers, diet quality, musculoskeletal pain.*