

JOB SATISFACTION AND DIET-HEALTHY MIND IN A HEALTHY BODY

SHALINI SOOD¹ & MOHASIN KASIM CHOUGLE²

¹Lecturer, Government Girls PG College Rewa, Madhya Pradesh, India

²Senior Accountant, Banta Furniture Establishment Kuwait

ABSTRACT

Job satisfaction or employee satisfaction has been defined in many different ways. Some believe it is simply how content an individual is with his or her job, in other words, whether or not they like the job or individual aspects or facets of jobs, such as nature of work or supervision. Others believe it is not as simplistic as this definition suggests and instead that multidimensional [psychological](#) responses to one's job are involved. The data was collected from employees of various organizations randomly through a pretested mailed questionnaire. Total sample was 50. If an employee is satisfied with his job it can directly be related to his expenditure on food items, his overall health, and his daily diet etc. This clearly points out to the situation that due to satisfaction in job the employee will be psychologically satisfied having no pressure on his mind means a healthy mind.

KEYWORDS: Job Satisfaction, Diet Pattern, Health, Job Performance