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Significance of Food and Nutrition in the Work Life Balance of Working Women IT Professional with reference to Cloud Computing Technology Industry

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Abstract

Food and nutrition are an important aspect of the work-life balance of working women as it ensures their ability to perform day-to-day functions as well as physical and mental well-being. This study aims at identifying the relationship between food and nutrition in the work life of IT professional with reference to cloud computing technology industry. To this end, the sample reviewed a wide variety of e-selected Internet sources, among which were journals, magazines, online blogs and online news feeds. The primary data was gathered by means of a questionnaire for 144 working women in the cloud computing technology industry. Quantitative methods such as frequency analysis has been used. The study concluded that food and nutrition play important roles in the work life of these professionals who are employed in companies involving cloud computing technology industries.

Keywords: cloud computing, computer, software, cloud computing technology industry, work-life balance.

1. Introduction

1.1.Background

Cloud computing is the on-demand delivery of IT resources over the Internet with pay-as-you-go pricing. Instead of buying, owning, and maintaining physical data centers and servers, you can access technology services, such as computing power, storage, and databases, on an as-needed basis from a cloud provider like Amazon Web Services (AWS).

The Cloud Technology sector is one of the important factors impacting on how society will be transformed in the coming years. One important aspect of the changing working environment is related to the use of technology and its impacts on those involved. For example, the changes brought about by technology have impacted various industries and professional groups (Prothero, 2010). The authors identified several challenges that need to be addressed if they are to contend successfully with these challenges (John et al., 2011). These are the factors that will affect the work-life balance of women in an IT-based job.

Types of Cloud computing

1. SaaS: Software as a service lets the user to access and use the software on demand.

2. PaaS (Platform as a Service): "Platform" refers to the underlying hardware or infrastructure which is used by the service provider. It contains all the software that runs on it, which can be developed or acquired by a third party, such as from open source communities, cloud providers or existing business applications. As the cloud provider takes responsibility for any platform-related changes, it can be considered as a form of outsourcing. Costs are lower because of pay per use model – one pays for what he uses.

3. IaaS (Infrastructure as a Service): "Infrastructure" refers to the physical components running on an infrastructure cloud provider. It can be used by anyone and is usually purchased as a service. The infrastructure provider typically hires the service providers, who carry out the actual work for the user.

Cloud computing is a new technology that has exploded all over the world, especially in recent years. It is a relatively new term and basically means that a person can have their computer online/on the cloud and still have access to it wherever they are. Background: Cloud Computing Technology Industry The cloud computing is a process by which "data can easily be stored, manipulated and shared" . The term is often used to refer to the Internet

which has traditionally been accessed from remote locations over long distances via a series of interconnected networks (i.e. the Internet). There are several definitions for the cloud as well. For example, it is used to refer to Internet servers located in data centers which have "permanent storage" of data. Another definition refers to the Internet as a whole and not just a place where data can be stored and shared. Cloud computing is an enabled IT architecture that encompasses both software and services. It has been defined by the organization as "a wide range of IT-enabled services, delivery models, and deployment options that span enterprise architectures across business units; partners; service providers; organizations; communities; and individuals".

With cloud computing, there are many benefits that come with it, including working remotely, but also needing fewer office spaces because your applications can be hosted remotely on the Internet. This enables better accessibility for people who want to work from home or from other countries therefore saving on costs in the long run.

The rapid changes caused by technology have impacted several women's careers and relationships with employers. Factors such as the changing nature of business, increasing disposable time, loss of traditional respect for professional expertise, occupational isolation and a loss of status have all led to deteriorating relationships between employers and employees (O'Reilly, 2002). This study aims to identify the relationship between food and nutrition as it impacts on the work life balance of the women working in cloud computing technology industries. Hence, the aim of this study is to identify the role food and nutrition plays in the daily life of these professionals who are employed in companies that feature cloud computing technology.

Cloud computing is one of the most demanded skills in the IT industry. This field offers several exciting career opportunities for IT professionals to leverage their expertise for growth.

1.2.Food – it’s meaning

Food is an important aspect of life for all living creatures (Merriam-Webster Online Dictionary).In general, food is used to supply the body with energy and nutrients that are necessary to build and repair tissues (Merriam-Webster Online Dictionary).

Food can be classified into three basic groups: proteins, carbohydrates, and fats (Merriam-Webster Online Dictionary).These groups are further divided into subgroups such as water-soluble vitamins, minerals, fats and oils. Since food is the major source of energy, it is important for people to choose foods that supply their bodies with nutrients that are essential for good health.

1.3.Theories of Nutrition

There are several theories of nutrition. However, two theories have been identified as the main theoretical frameworks upon which this study will be based or structured. These are the Health Belief Model (HBM) and Social Cognitive Theory (SCT).

1.3.1. Health Belief Model (HBM)

Health belief model (HBM) is an American theoretical framework that explains why, what and when people practice healthy behaviours. There are three elements of a person's decision to do something healthy or unhealthy: the perception of threat, beliefs about the benefits and barriers to that behaviour. HBM applies mainly in risky situations when a person has an illness. This theory was developed using social cognitive theory by Becker in 1973. It has been used for interventions for many diseases including cancer prevention, cardiovascular disease prevention, diabetes prevention and weight loss maintenance among others.

1.3.2. Social Cognitive Theory (SCT)

Social cognitive theory was proposed by Bandura in 1986. It is a relatively old theory that describes the steps involved in healthy behaviour. The steps are: self efficacy, outcome expectations, social support and self-regulation planning. While HBM focuses on a person's health situation, SCT involves the rest of society (Caldwell & Millar, 2001).

1.4.Definition of Food in Health Care

The word "food" is derived from the Old English word foda meaning something to chew or eat. Food can be defined as any mineral or organic matter that can be assimilated by an organism to produce energy and build tissue (Shanahan & Shanahan, 2011). Nutrition can be defined as the study of food, including its chemical and physical properties, as well as how the body processes food.

1.5. Nutrition in Health Care

It also refers to the process by which an organism's body takes in substances called nutrients, which are found in foods, and converts them into energy. A lack of these nutrients can result in various diseases such as scurvy or beriberi. In addition to providing energy and building tissues, food provides our bodies with essential nutrients required for cell repair and working at peak efficiency. In India, there are several brands that produce food supplements. Some of the biggest brands are MuscleBlaze, Healthkart, Optimum Nutrition (ON), bGREEN, JustHer. Among the notable brands is JustHer, which is a nutrition brand exclusively made for women. Women usually take care of their family and children and husband but will neglect one's health and that's where JustHer plays a major role. The brand offers protein with herbs exclusively for women that has a special blend of ayurvedic herbs along with whey protein concentrate to address the specific health needs of women.

1.6. Nutritional Requirements in Health Care

Food is a source of essential nutrients our bodies need every day. A zinc deficiency, for example, causes a loss of appetite and can interfere with the normal healing process. Most foods contain some zinc. Meat, poultry, seafood, beans and peas are especially high in this mineral (Higgins, 2011).

Without proper food and nutrition, a person can be unwell and cannot enjoy life in general. If they over work and feel tired due to their hectic lifestyle and wrong eating habits, they cannot be fit to do a job or even enjoy with their families. Thus it is very obvious that food and nutrition play a very important role in having a proper work life balance for the employees – especially women who have to work in shifts and belong to a cloud computing industry.

1.7. Nutritional Assessment in Health Care

• Weight management: Body Mass Index; weights and heights are calculated. An individual's weight can be used to estimate the body fat percentage, helping to predict metabolic health. • Determining Nutrition Risk: The assessment of a patient's nutritional status is based on a complete history and physical exam. Deteriorating dental health, poor hygiene and infections are also common indicators of nutritional status. • With blood testing: Creatinine, urea nitrogen, glucose, cholesterol and electrolytes such as sodium and potassium are measured in serum or plasma. • With other testing: Anemia is defined by low hemoglobin or hemoglobin

concentration or by low hematocrit (percentage of red blood cells in the blood). This produces less oxygen carrying capacity in the blood. Vitamin B12 deficiency is diagnosed by measuring the vitamin in serum (Jerusalem, 2011).

During the past forty years, nutrition researchers have identified nutritional factors that are associated with diseases and health status. Nutrients such as vitamins E and C, potassium, magnesium, calcium, folic acid and other B vitamins have been linked to reduced cardiovascular disease risk. Vitamin D is also linked to lower blood pressure. A variety of nutrients are associated with cancer risk reduction; macronutrients such as omega-3 fatty acids and antioxidants such as resveratrol are key nutrients in this regard.

1.8. Work Life Balance

Work life Balance (WLB) is a term used to describe the balance between work and other important aspects of work, such as family and personal. As long as they are in the workforce, either at home or on the job, women need to take into account their physical and mental well-being. This is particularly true for working women because they are usually responsible for at least two roles in life:

Regarding the first role, studies have shown that women face a greater risk of experiencing stress during work hours than their male colleagues do (Dimitriou & Nemeroff, 2010). In fact, working women are more frequently victims of work-related stress related to the perception of time pressure than those who are not employed in traditional trades. Regarding the second role, according to a speech given by Carol Gilligan, "the person born in the 1950s generally feels an internal sense of purpose and meaning, which is often strong enough to sustain a person through many difficulties. The feelings of insecurity and purposelessness that many women feel when they leave their jobs for a period can be destructive. They may feel lost and empty". (Gilligan, 1982). Studies about work-life balance have shown that women are more likely to resign from their jobs than men (Jones & Jones, 2013).

Cloud computing is changing the way employees specially women employees work, by giving them constant access to their jobs, even when they’re out of the office. It’s hard enough to maintain a good work-life balance; when you have instant access to data and software from anywhere, the temptation to keep working beyond reasonable expectations can be tremendous.

Considering the two roles considered above, work-life balance is an important aspect of the work life of working women. Therefore, these characteristics are essential elements to assess when designing a questionnaire for the purpose of this research. In addition, one more characteristic is necessary: the relationship between food and nutrition in the work life of working women.

2. Literature review

Evidence from animal research suggests that overconsumption of dietary fat may adversely influence human health. From animal studies it is known that diets high in fat or saturated fat can increase the risk for obesity and result in increased body adiposity or obesity. Excessive intake of dietary fat is linked to the development of insulin resistance or diabetes mellitus and cardiovascular diseases. Heterocyclic amines (HCAs) are formed during high-temperature cooking processes and are thought to contribute to mutagenesis, carcinogenesis and toxicity in humans. Dietary fat is implicated as a contributor towards cancer development with specific concern for colorectal cancer. These studies show that high fat diets are associated with heart disease, obesity and certain cancers. However, the direct mechanisms by which dietary fats may alter cellular metabolism and lead to such diseases are unknown.

Animal experiments have not been successful in defining how diet might affect human cancer risk, but there is an increasing interest in using animal models of diet-induced disease to study potential means of prevention (Dolecek, et al., 2008). One study used a mouse model to evaluate the effects of high-fat diet on nonalcoholic fatty liver disease (NAFLD), weight gain and insulin resistance. The changes in body weight and insulin sensitivity following the high-fat diet were reduced compared to the controls (Ko, et al., 2008). Other studies have also shown that animals fed a high fat diet have abnormalities of insulin function. In this study, rats fed a high fat diet developed morphological and metabolic changes indicative of abnormal tissue distribution (Auestad, et al., 2009).

A study published in 2009 examined the role of dietary fat intake and visceral adiposity in humans. This study compared adiposity indices in men and women, where the interplay between dietary fat and adiposity was reviewed. The findings showed that greater consumption of total or saturated fat may increase the risk of weight gain; but on a whole, the role of dietary fat in relation to visceral adiposity is unclear (Reaven, 2009).

Thus it is important for individuals to have a balanced diet that contains all of the essential nutrients. Each vitamin, mineral and essential amino acids can be obtained in various foods like fresh fruits and vegetables, whole grain cereal, leafy green veggies, lean meats such as poultry or fish. Whereas other specific groups of foods like dairy products or oils may be high in one nutrient or another but they do not contain all the required nutrients. When there is a deficiency in any single food group it is important to increase intake from the group which has sufficient amounts of that nutrient (Andrews et al., 2010).

The biological effectiveness of many vitamins depend on their water solubility and therefore their intake within the diet. When fat soluble vitamins are ingested with fat, they may not be absorbed by the body in sufficient amounts to meet the needs of an individual.

There is some advocating a return to a primitive diet. There are several who believe that food borne illnesses are related to excessive processing of food. The fad diet of raw, uncooked food is called the 80-10-10 diet, which is entirely fruit and vegetable juices with ten percent animal protein and a minimal amount of nuts and seeds (Ashkenazi, 2010). This type of diet has been criticized because it has no fiber or micro-nutrients like calcium, iron, zinc and B vitamins (Leyden & Postlethwaite, 2009).

Women who work in the cloud computing environment may have to work dedicatedly for extensive hours. The lack of mobility and the impossibility to quickly break for a heavy meal can cause some women to spend long periods of time in a fasted state. In regard to nutrition, they have significant gaps in their intake.

Quick snacks and meals are not recommended since it releases glucose very quickly, which can lead to glucose intolerance (Blomqvist, 2007).

When fasted, the body has limited stores of glycogen in the liver and muscles; therefore it is needed that the body takes normal food before 6 A.M. and after 6 P.M. Also it is recommended that the individual gets a non-starchy vegetable with each meal since it keeps blood sugars stable (Ashkenazi, 2010).

Employees who work in a cloud computing environment may also need to work in shifts. Shift work entails more intense physical activity and increased body weight. It has been demonstrated that shift workers receive less fiber and vitamin B vitamins. Both of these

factors contribute to weight gain, leading to an increase in the risk for cardiovascular diseases.

An employee's diet can have a domino effect on the overall health of the user. Factors such as type of job or physical demands have a huge impact on how someone eats. A factor that can influence this is whether or not you are a shift worker because there is often less variety in your daily routine (Sehgal, 2014).

Virkar (2020) does not recommend eating a large meal in the morning so that there is not an excess of glucose in the blood (which he refers to as sugar) that causes a sugar high and crash. Instead, he recommends having a small amount of carbohydrates in the morning, for example, one slice of whole grain toast with almond or peanut butter. After breakfast, it is fine to skip lunch and eat a second breakfast around noon.

Dumini (2021) states that while it is a myth that eating fish prevents cancer and heart disease, it still adds nutrition to the diet. She suggests eating fish at least once a week.

In addition to being encouraged to eat more fruits and vegetables, which are generally considered healthy, women are often encouraged to supplement their diets with calcium in an effort to prevent osteoporosis. However, many women do not get the recommended amount of calcium (1,000 mg/day) from their diet but instead choose to consume 400 mg/day in supplements. This supplementation has been determined in studies to be potentially dangerous since too much calcium can cause constipation and kidney stones (Singhal, 2007).

Sharma (2017) in his study states that , "Cloud computing has revolutionized the business and technology landscape. Many organizations have adopted cloud-based solutions and services for various purposes, ranging from web applications to multimedia streaming. This paper investigates the impact of cloud computing on data protection laws of India. It also undertakes a comparative analysis with US and European Union laws.

Overall, there are many studies that point towards the importance of a good balanced diet. However, there is no way of knowing the ideal number of calories per day for all persons. For example, someone who is active will need more calories than someone who is sedentary. Studies have shown that the average person needs to eat at least 2,200 calories per day in order to maintain their weight while taking into account all other factors (Bisht, 2021). A diet high in fat can cause weight gain and diabetes and lead to other cardiovascular diseases.

There is paucity of research that focusses specifically on women who work in the cloud computing environments. No studies have been conducted that have investigated the effects of food and nutrition and the working in cloud computing environments on women how ever there lies a very wide gap as far is research on the similar areas is concerned.

3. Objectives of the study

1. To identify the relationship between food and nutrition in the work-life balance of IT professional with reference to cloud computing technology industry.

2. To identify the factors that may influence food and nutrition in the work-life balance of IT professional with reference to cloud computing technology industry.

3. To provide insight into employment concerns, such as employee satisfaction, health and well-being of women who are employed in companies involving cloud computing technology industries.

4. To provide cognizance on how Cloud Technology is affecting the work-life balance.

4. Hypothesis

H1: Food and nutrition relate to work-life balance of women who work in the cloud computing industry.

5. Data Analysis

Table 1. Age

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	18-30 years	13	9.0	9.0	9.0
	31-40 years	80	55.6	55.6	64.6
	41-50 years	48	33.3	33.3	97.9
	Above 50 years	3	2.1	2.1	100.0
	Total	144	100.0	100.0	

From the above table it can be seen that 9% of the respondents belong to the age group of 18 to 30 years. 2.1% of the respondents were above the age of 50 years and all the rest were between the age group of 31 to 50 years.

Table 2. Years of Experience in the IT Sector

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	0-2 years	21	14.6	14.6	14.6

	3-6 years	81	56.3	56.3	70.8
	7-10 years	37	25.7	25.7	96.5
	Above 10 years	5	3.5	3.5	100.0
	Total	144	100.0	100.0	

56.3% of the respondents had an experience of 3 to 6 years in the IT sector. 14.6% of the respondents had the experience of 0 to 2 years whereas 25.7% of the respondents had an experience of 7 to 10 years only 3.5% of the respondents had an experience of over 10 years in the IT sector.

Table 3. Years of Experience in cloud computing industry

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	0-2 years	38	26.4	26.4	26.4
	3-6 years	56	38.9	38.9	65.3
	7-10 years	47	32.6	32.6	97.9
	Above 10 years	3	2.1	2.1	100.0
	Total	144	100.0	100.0	

As far as the experience in cloud computing industry is concerned, 38.9% of the respondents had an experience of 3 to 6 years whereas 26.4% of the respondents experience of 0 to 2 years in the cloud computing industry the table shows that 2.1% of the respondents had an experience of 10 years in the cloud computing industry.

Table 4. Number of Children

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1 Child	99	68.8	68.8	68.8
	2 Children	41	28.5	28.5	97.2
	3-4 Children	3	2.1	2.1	99.3
	Above 4 children	1	.7	.7	100.0
	Total	144	100.0	100.0	

Most of the respondents had one child whereas 20.5% of the respondents had two children. 2.1% of the respondents had 3 to 4 children whereas only 0.7% of the respondents had above 4 children.

Table 5. At what time do you usually have dinner?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	7-8 pm	12	8.3	8.3	8.3
	8-10 pm	57	39.6	39.6	47.9
	10-12 pm	51	35.4	35.4	83.3
	After 12 pm	24	16.7	16.7	100.0

	Total	144	100.0	100.0	

According to the Indian traditions it is quite customary and suggested that an individual should have dinner between 8-10 pm. However, it can be seen that only 47.9% of the respondents have that dinner before 10 PM.

Table 6. At what time do you have your breakfast?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	6-8 am	7	4.9	4.9	4.9
	8-10 am	62	43.1	43.1	47.9
	10-12 noon	60	41.7	41.7	89.6
	No fixed timings	15	10.4	10.4	100.0
	Total	144	100.0	100.0	

Breakfast should normally be had before 10 AM. However, the above table shows that more than 52% of the respondents either tablet is between 10 to 12 noon or they have no fixed timings.

Table 7. When do you have your Lunch?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	12-2 pm	17	11.8	11.8	11.8
	2-4 pm	46	31.9	31.9	43.8
	4-6 pm	45	31.3	31.3	75.0
	No fixed timings	36	25.0	25.0	100.0
	Total	144	100.0	100.0	

It is natural to have lunch between 12 to 2 pm. However only 11.8% of the respondents have lunch between that time. 25% of the respondents reported that there are no fixed timings for lunch and 31.3% of the respondents stated that they have lunch between 4-6 PM, which is odd and quite detrimental to the health of the respondents.

Table 8. Due to excessive pressure of work, do you skip meals?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Often	115	79.9	79.9	79.9
	Sometimes	29	20.1	20.1	100.0
	Total	144	100.0	100.0	

Nearly 80% of the respondents stated that they skip meals due to excessive pressure of work. On the 20.1% of the respondents stated that they skip meals sometimes due to excessive

pressure of work. Very clearly, the above table shows that there are chances of a poor nutritional profile of the respondents under the study.

Table 9. When is the last time that you got tested for nutritional health scores?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	0-3 months ago	1	.7	.7	.7
	4-7 months ago	7	4.9	4.9	5.6
	An year ago	55	38.2	38.2	43.8
	2 years ago	80	55.6	55.6	99.3
	Do not remember	1	.7	.7	100.0
	Total	144	100.0	100.0	

55.6% of the respondents stated that they had got tested for nutritional health scores two years ago. 38.2% of the respondents stated that they had got tested for nutritional health scores an year ago very less number of respondents have stated that they have gone through a checkup for their deficiencies between 0 to 7 months ago.

Table 10. Ailments

	Yes		No	
	Count	Row N %	Count	Row N %
Insomnia	34	23.6%	110	76.4%
Diabetes	35	24.3%	109	75.7%
Blood Pressure	53	36.8%	91	63.2%
Anxiety Disorder	32	22.2%	112	77.8%
Depression	35	24.3%	109	75.7%
Calcium Deficiency	83	57.6%	61	42.4%
Vitamin Deficiency	108	75.0%	36	25.0%
Hyper-acidity	76	52.8%	68	47.2%

The above table shows that 23.6% of the respondents suffer due to Insomnia. This is the most common reason for insomnia. Diabetics, Blood pressure patients and people with anxiety are frequently affected by it.

24.3% of the respondents have been affected by diabetes, 36.8% have their blood pressure under control and 22.2% suffer from anxiety disorder or depression. The table shows that 57.6% of the respondents are suffering from calcium deficiency and 75% of them are suffering from different types of vitamin deficiencies. 52.8% are suffering from hyper-acidity and some others suffer due to different health problems due to insomnia.

Table 11. Have you ever been counselled by a dietician?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	119	82.6	82.6	82.6
	No	25	17.4	17.4	100.0
	Total	144	100.0	100.0	

The above table shows that only 17.4% of the respondents have never been counselled by a dietician and 82.6% people have been provided counselling by a dietician for their health problems which are affecting their social and professional life.

Table 12. Do you follow a certain diet plan?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	31	21.5	21.5	21.5
	No	113	78.5	78.5	100.0
	Total	144	100.0	100.0	

The above table shows that only 21.5% of the respondents follow a certain diet plan which reduces their health problems and 78.5% of them do not follow any diet plan.

Table 13. Food habits

	Strongly Disagree		Disagree		Neutral		Agree		Strongly Agree	
	Count	Row N %	Count	Row N %	Count	Row N %	Count	Row N %	Count	Row N %
My food habits are odd and out of order due to the kind of work I do	12	8.3%	27	18.8%	48	33.3%	39	27.1%	18	12.5%
I often consume junk food	17	11.8%	36	25.0%	52	36.1%	27	18.8%	12	8.3%
Sometimes, I overeat as I am very hungry at that time	16	11.1%	33	22.9%	52	36.1%	31	21.5%	12	8.3%
I have my lunch, dinner or breakfast as fast as I can when I am at work	10	6.9%	22	15.3%	32	22.2%	31	21.5%	49	34.0%
I am overweight/ underweight	4	2.8%	9	6.3%	17	11.8%	52	36.1%	62	43.1%
I do not eat fruits and nuts	12	8.3%	30	20.8%	52	36.1%	36	25.0%	14	9.7%
My fitness is affecting my job adversely.	12	8.3%	28	19.4%	48	33.3%	43	29.9%	13	9.0%

My job has got a deep impact on my health	21	14.6%	38	26.4%	57	39.6%	20	13.9%	8	5.6%

The above table shows that 27.1% of the respondents agreed and 12.5% strongly agreed that their food habits are out of order due to the kind of work they do. When the respondents were asked that whether they consume junk food, 18.8% of the respondents agreed while 8.3% of the respondents strongly agreed. 21.5% of the respondents agreed that the overeat at times whereas 21.5% of the respondents agreed that they hurry through their breakfast, lunch or dinner. 36.1% agreed that they are either overweight or underweight and 43.1% of the respondents strongly agreed to the same. 29.9% of the respondents stated that their fitness is affecting their job adversely and 25% of the respondents agreed that they do not eat fruits and nuts regularly.

Table 14. Worklife balance

	Strongly Disagree		Disagree		Neutral		Agree		Strongly Agree	
	Count	Row N %	Count	Row N %	Count	Row N %	Count	Row N %	Count	Row N %
My personal life does not suffer because of work	21	14.6%	38	26.4%	49	34.0%	25	17.4%	11	7.6%
I do not neglect personal needs because of work	21	14.6%	41	28.5%	59	41.0%	16	11.1%	7	4.9%
My personal life does not drain me of energy for work	17	11.8%	40	27.8%	60	41.7%	20	13.9%	7	4.9%
My work does not suffer because of my personal life	21	14.6%	37	25.7%	62	43.1%	20	13.9%	4	2.8%
It is not hard to work because of health matters	19	13.2%	38	26.4%	50	34.7%	27	18.8%	10	6.9%

The above table shows that 26.4% of the respondents disagreed when they were asked as to whether their personal life suffers because of work. 28.5% of the respondents stated that they do not neglect personal needs because of work. 27.8% respondents stated that the personal life does not drain energy for work. 25.7% of the respondents stated that there were does not suffer because of the personal life and 26.4% respondents disagreed that it is hard to work because of health matters. Overall, the above table shows that several aspects of work lif3e balance are influenced by the personal life and vice versa.

Table 15. Correlations

		Work Life Balance	Health and Nutrition
Work Life Balance	Pearson Correlation	1	.588**
	Sig. (2-tailed)		.000
	N	144	144
Health and Nutrition	Pearson Correlation	.588**	1
	Sig. (2-tailed)	.000	
	N	144	144

**. Correlation is significant at the 0.01 level (2-tailed).

The table shows that the correlation coefficient is .558, the and p value is lesser than 0.01. This shows that there is a correlation between work life balance and health and nutrition.

Thus we can accept the hypothesis that "Food and nutrition relate to work-life balance of women who work in the cloud computing industry."

6. Conclusion

It was found that the cloud computing industry is a fast-paced and competitive field with high pressure to maintain productivity. Cloud computing is an integral part of the global economy and plays a significant role in the development of emerging markets. With this industry's growing need for talent, there are more women pursuing careers in this sector than ever before.

Advances in technology can easily end up being double-edged swords. Cloud technology that frees us from geographical constraints, such as smartphones and video chat, can wind up enabling us to work longer and harder than before.

To maintain work-life balance, women working in this industry need to be informed of the best strategies for healthy nutrition. By incorporating proper nutrition into their daily lives, these women can improve both their bodies and minds to become more productive members of the workforce. Women should focus on decreasing their calorie intake as a means of reaching and maintaining lower weights. They should also be sure to incorporate a well-rounded variety of nutrients from both plant and animal sources to increase health, decrease cardiovascular disease risk and maintain brain function.

By focusing on the aspects that make workers the most productive – mind and body – employers will benefit from increased employee output in all areas instead of only the individual's technical skill. This increased productivity will lead to higher employee retention rates for the organization, which will result in less training costs for new staff members.

The cloud computing industry is growing at such a rapid pace that there is a greater need than ever before for employees who are prepared to carry out work tasks at all hours of the day. In order to meet this demand, workers must have a healthy diet that will allow them to maintain productivity and work-life balance.

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