**APPENDIX- A**

**The Questionnaire**

To collect opinion of the students, resident at M.H.Hall, AMU, Aligarh, India

On

**HABITS RELATED TO HEALTH**

By the group of students of B.Sc.(Hons) Statistics, Final Year

|  |  |  |
| --- | --- | --- |
| Dear respondent,  We are the students of B.Sc.(Hons)Statistics, Final Year, and we are conducting a survey on the topic. **“Habits related to Health”.** We seek your cooperate with us by providing your valuable opinion.  Thank you. | **A.**  **M.**  **U.** | 1. Age\_\_\_\_  2.Father’s occupation:  (a). Farming (b). Business  (c). Govt.job (d). Private job  3.Place of birth.  (a). Village (b). Town  (c). City (d). Metro city  4.Religion:  (a). Hindu (b). Islam  (c). Sikh (d). Christian  (e). Other |

**Note**:PleaseTICK(√) in the box of the appropriate choice.

Q.1 Where do you take your meal?

1. Dinning hall only [ ]
2. Dinning hall and extra diet [ ]
3. Tiffin service [ ]
4. Self cooked diet/food [ ]

Q.2.What extra diet do you take?

1. Junk food(street side food) [ ]
2. Fruits and energy drink. [ ]
3. Dry fruits [ ]
4. None of the above [ ]

Q.3.How many litres in 24 hrs you drink water?

1. 1.0-1.5 litre [ ]
2. 1.5-2.0 litre [ ]
3. 2.0-2.5 litre [ ]
4. 2.5-3.0 litre [ ]

Q.4.Water you drink.

1. Plain tab water [ ]
2. Bottled water [ ]
3. RO/UV water [ ]

Q.5.How many times do you smoke?

1. Never [ ]
2. Ocassionaly [ ]
3. Yes, regularly [ ]

Q.6. Your Height (in cms) is

1. 140-150 [ ]
2. 150-160 [ ]
3. 160-170 [ ]
4. 170-180 [ ]
5. 180-190 [ ]

Q.7.State your Weight in kg is\_\_\_\_\_\_\_\_.

Q.8. Number of hours spent on sleep in 24 hours.

1. 4-6 hours [ ]
2. 6-7 hours [ ]
3. 7-8 hours [ ]
4. 8-10 hours [ ]

Q.9. Time to go bed in the night

1. 9:00-10.00 P.M [ ]
2. 10:00-11:00 P.M [ ]
3. 11:00-12:00 P.M [ ]
4. After 12:00 A.M

Q.10. Is there any genetic sleep problems?

1. Yes [ ]
2. No [ ]

Q.11. Do you Consume Tea&Coffee?

1. No [ ]
2. Ocassionaly [ ]
3. Regularly [ ]

Q.12.Are you suffering from Sleep apnea/Snoring/problem in breathing?

1. Yes [ ]
2. No [ ]

Q.13. People who suffer from inconsistency in sleep is due to.

1. Stress. [ ]
2. Fatigue and inconcentration [ ]
3. Consistent sleep [ ]
4. Anxiety [ ]
5. Night owls [ ]

Q.14.Your time spent on study in 24 hours is.

1. 0-3 hours [ ]
2. 3-5 hours [ ]
3. 5-7 hours [ ]
4. 7-10 hours [ ]

Q.15. Best time of study is.

1. Morning time [ ]
2. Day time [ ]
3. After dinner [ ]
4. Late night [ ]

Q.16. Number of hrs spent on electronic gadgets(Mobile, Ipad, Computer).

1. 0-2 hours [ ]
2. 2-4 hours [ ]
3. 4-6 hours [ ]
4. 6-8 hours [ ]
5. 8-10 hours. [ ]

Q.17. Do you suffer from headache?

1. Never [ ]
2. Occassionaly [ ]
3. Frequently [ ]

Q.18. Have you ever had any of the following:

1. Stress [ ]
2. Depression/Anxiety [ ]
3. Migrane problem [ ]
4. None [ ]

Q.19. How frequently you took a treatment for an infection in the last one year?

1. One time [ ]
2. Twice [ ]
3. More than two times [ ]
4. Never [ ]

Q.20. Your residential hall has good health & hygiene condition.

1. Strongly disagree [ ]
2. Agree [ ]
3. Can’t say [ ]
4. Strongly agree [ ]
5. Agree. [ ]

Q.21 Proper treatment facilities are available in the University for the students.

1. Strongly disagree [ ]
2. Agree [ ]
3. Can’t say [ ]
4. Strongly agree [ ]
5. Agree [ ]

Q.22How you will categorize the Sanitation & Hygiene level of your hall?

1. Very Poor [ ]
2. Poor [ ]
3. Satisfactory [ ]
4. Good [ ]
5. Excellent [ ]

Q.23. Are you sensitive to dust?

1. Yes [ ]
2. No [ ]

Q.24. Environment of surrounding of your room falls in the following category.

1. Very polluted environment [ ]
2. Polluted environment [ ]
3. Normal environment [ ]
4. Lush-green environment [ ]
5. Green environment [ ]

Q.25. Do you participate in sports?

1. Yes []
2. No [ ]

Q.26. Do you exercise (Gym, Running & yoga) on a regular basis?

1. Yes [ ]
2. No [ ]

Q.27.How much time you spend on physical activities(e.g.,sports, gym, exercise etc)?

1. 0-10 min [ ]
2. 10-30 min [ ]
3. 30-60 min [ ]