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Food Waste Behaviour and Work Stress of Tech Giants' Staff – A Qualitative Research

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Introduction

- Tech giants are large, well-known internet and technology companies. Staffs working in such tech giants generally take prolonged work under time pressure, and are under high occupational stress.
- Food consumption is one of the most basic human consumption behaviour, closely related to individual daily life and is an indispensable part of life.
- The aims and objectives of the present study are to understand the present susceptibility and risk factors of food waste behaviour of tech giants' staffs, and to explore the relationship between food waste behaviour and work stress.

Methods

- This study used qualitative research methods and conducted in-depth interviews with staffs working in 13 tech giants in Shenzhen, China (N = 50), such as ByteDance, Alibaba, Tencent.
- NVivo 11 was used for three-level coding for qualitative data, based on the basic principles of the Grounded Theory, which uses systematic procedures to develop and induce the theory for a certain phenomenon.

Results

- Participants were recruited from 13 tech giants in Shenzhen, China (N = 50, 64% female, age between 20–39).
- There was widespread food waste behaviour among staff in tech giants, while personal waste factors, social and cultural factors, business factors were the main influencing factors of food waste behaviour.



Figure 1. NVivo word cloud

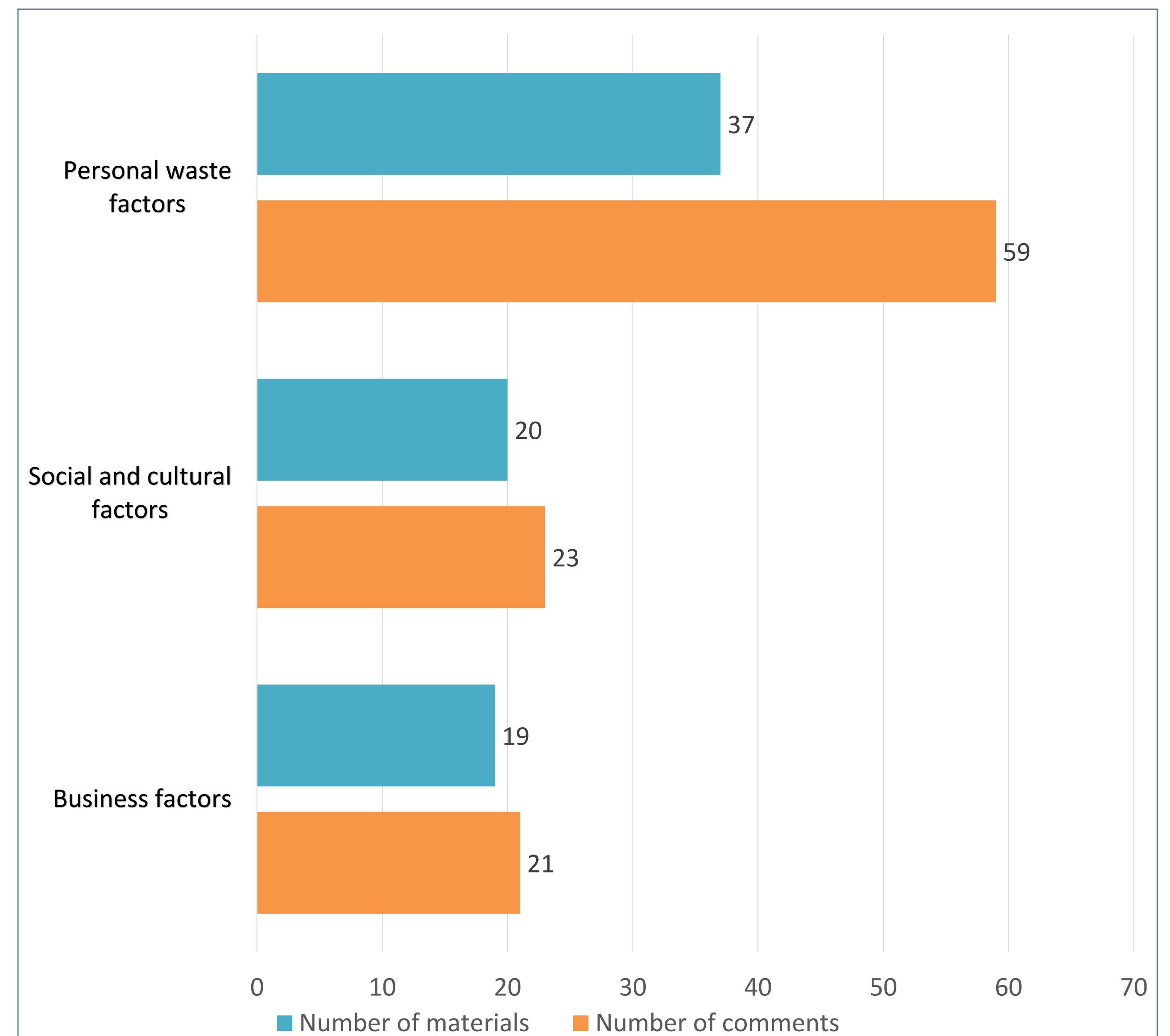


Figure 2. Number of materials and comments on the main influencing factors of food waste behaviour.

- Food waste behaviour was closely related to work stress, with 96.8 % of self-reported food waste behaviour were happening under high working stress.

	Self-reported food waste behaviour	Can always "clear your plate"
Under high working stress	30	17
Under low working stress	1	2

Table 1. Food waste behaviour and working stress.

Conclusions

- This study used qualitative data to investigate the causes of food waste behavior of tech giants' staffs and conducted a preliminary exploration of the relationship between food waste behaviour and work stress.
- Evidence has been provided that food waste behaviour is associated with work stress, which could be further empirical studied in the future.

Tencent meeting

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