



DOI: <https://doi.org/10.38035/ijphs.v1i4>

Received: October 27th, 2023, Revised: November 30th, 2023, Publish: December 31st, 2023

<https://creativecommons.org/licenses/by/4.0/>

Exploring the Influence of Age, Gender, and Occupation on Sleep-Related Habits and Perceptions

Krish Patel¹, Rudra Patel², Jenil Desai³, Meet Satasiya⁴, Rahul Chauhan⁵, Andino Maseleno⁶

¹Unitedworld Institute of Management, Karnavati University Gandhinagar, India.

²Unitedworld Institute of Management, Karnavati University Gandhinagar, India.

³Unitedworld Institute of Management, Karnavati University Gandhinagar, India.

⁴Unitedworld Institute of Management, Karnavati University Gandhinagar, India.

⁵Unitedworld Institute of Management, Karnavati University Gandhinagar, India.

⁶International Open University, Gambia, andino@bahasa.iou.edu.gm.

Corresponding Author: andino@bahasa.iou.edu.gm⁶

Abstract: This study investigates the relationship between demographic factors—specifically gender and occupation—and various sleep-related behaviors and perceptions among participants. Utilizing ANOVA analysis, significant differences were found regarding diagnosed sleep disorders based on gender, while occupational groups exhibited varied beliefs about the impact of sleep on physical health. The findings underscore the importance of targeted interventions and awareness campaigns tailored to specific demographic groups. Future research should explore the longitudinal effects of these factors and consider diverse populations to enhance generalizability. The global implications of sleep health are profound, influencing mental well-being, chronic disease prevalence, and workplace productivity. By prioritizing sleep as a critical component of health strategies, stakeholders can foster healthier communities and improve overall quality of life.

Keywords: sleep health, gender differences, occupation, public health

INTRODUCTION

The collection of articles presented here offers a comprehensive overview of current research across diverse fields, highlighting a broad range of topics such as healthcare, education, management, marketing, and digital transformation. These studies underscore the importance of multidisciplinary approaches and innovative strategies in addressing some of today's most pressing challenges, from managing complex health conditions to understanding the changing dynamics of industries affected by digital advancements. By analyzing various sectors, these works provide valuable insights into the trends, solutions, and future directions necessary for professionals, researchers, and policymakers to tackle emerging issues effectively.

One prominent focus in these articles is on healthcare, particularly regarding intervention and management strategies. For instance, Beaudry-Bellefeuille et al. (2021) discuss a multidisciplinary approach to addressing feeding problems in children with Autism Spectrum Disorders (ASD). They emphasize how collaborative work between healthcare professionals can lead to more effective assessment and intervention strategies, which is essential in managing complex conditions like ASD. This clinical perspective showcases the need for integrated care models that bring together various specialties to provide holistic solutions for children's well-being.

Customer satisfaction and management are also key topics explored in this collection. Cepeda-Carrión et al. (2023) delve into customer experience management in B2B express delivery services, using Partial Least Squares Structural Equation Modeling (PLS-SEM) to assess how managing different customer experience dimensions can enhance customer satisfaction. Their study highlights the need for companies in the logistics industry to adapt and innovate in managing customer expectations, particularly in the fast-paced and competitive B2B delivery services sector. This research serves as a reminder that companies must continuously refine their service offerings to maintain and grow customer satisfaction, which directly impacts long-term success.

In the education sector, issues of burnout and the motivation to continue teaching are critical concerns. Drew et al. (2024) advocate for rethinking educator burnout and attrition through an ethic of care, urging schools and universities to adopt more supportive practices to retain teachers. The article highlights the increasing pressure educators face, exacerbated by challenges such as the COVID-19 pandemic, and calls for institutions to prioritize well-being over performance metrics. This plea aligns with broader discussions on mental health and workplace well-being, emphasizing the need for systemic changes to support professionals in high-stress environments.

Tilibaşa et al. (2023) examine the implications of digital risks on teacher motivation, particularly in the Romanian pre-university education system. They emphasize the importance of understanding the risks associated with digital tools and platforms and how these can impact educators' willingness to embrace new technologies. As digital transformation continues to reshape the education landscape, this study underscores the importance of creating supportive environments where teachers feel confident in using digital resources effectively.

Another key theme in this collection is sustainability, both in career development and environmental impact. Gerritsen et al. (2024) explore sustainable career development during the transition to work, offering a multiple-stakeholder perspective on proactive behaviors and contextual factors that influence career sustainability. This focus on sustainability is further emphasized by Jutz et al. (2024), who discuss the mobility and sustainability dilemmas faced by students in online higher education. As higher education institutions continue to expand online offerings, these challenges will only grow in significance, demanding more sustainable and accessible solutions for students.

Marketing and digital commerce are represented through studies like O'Reilly et al. (2024) and Zaheer et al. (2024), which explore the role of nostalgia in marketing campaigns and trust-based purchasing intentions in online food delivery applications, respectively. Both studies reflect the growing impact of digital marketing strategies and consumer behavior in an increasingly digital world. The insights from these studies offer valuable perspectives on how businesses can leverage emotional connections and trust to enhance consumer engagement and drive sales in competitive markets.

The selected body of literature presents an array of studies that collectively reflect the multi-faceted impact of the COVID-19 pandemic across various sectors, particularly in education, healthcare, social media, and retail. These works reveal how the global crisis has

transformed the way individuals, businesses, and societies function, with specific emphasis on the challenges, opportunities, and psychological effects of this transformation. This review synthesizes key findings from these studies, highlighting the central themes of digitalization, mental health, behavioral changes, and the evolving role of technology in a post-pandemic world.

One of the significant areas affected by the pandemic is education. Aisha and Ratra (2022) explore the shift to online education, identifying both opportunities and challenges posed by this transition. They note the convenience and flexibility of remote learning as key benefits, while highlighting psychological impacts on students and teachers, such as anxiety and isolation. Kalia et al. (2024) echo these concerns in the context of India, emphasizing stakeholders' views on the educational disruptions caused by the pandemic. These studies collectively demonstrate the urgent need for a balanced approach to integrating digital education while mitigating its psychological toll on learners and educators alike.

In the realm of social media and its effects on academic performance, Chowdhury (2024) presents findings from Bangladesh, where students' use of social media has been found to have both positive and negative impacts on academic outcomes. While social media facilitates communication and resource sharing, it can also serve as a source of distraction, ultimately affecting students' focus and performance. This dual effect highlights the importance of managing social media usage to optimize its benefits for academic purposes.

Health-related behaviors, particularly in the context of the pandemic, also emerge as a critical theme. Anwar et al. (2023) examine the role of outdoor sports and electronic sports in promoting healthier lifestyles among university students. Their findings suggest that engagement in physical activities plays a crucial role in mitigating risky behaviors, which were exacerbated during periods of lockdown and restricted movement. Similarly, Jahrami (2023) investigates the growing phenomenon of nomophobia (fear of being without a mobile phone) and its implications for road safety, revealing a direct correlation between severe nomophobia and poor driving behavior. These studies underscore the broader mental and physical health challenges that have intensified during the pandemic and the need for targeted interventions to address these issues.

Cannabis use among young adults is another health-related concern that Hupli et al. (2024) explore. The study differentiates between recreational and self-medication cannabis use, revealing sociodemographic differences in consumption patterns. This research is particularly relevant in the context of the pandemic, where increased stress and anxiety have led many individuals to seek alternative methods of coping. It emphasizes the need for greater awareness and tailored interventions for those using cannabis as a form of self-medication.

The digital divide and flexible working arrangements in a post-pandemic era are also examined by Soga et al. (2024). They highlight how the rapid digitalization brought about by the pandemic has led to inequalities in access to resources and opportunities, particularly among marginalized communities. Flexible working practices, while providing many benefits, have also exacerbated the digital divide, especially for those lacking access to necessary technologies. This study calls for policies that ensure more equitable access to digital tools and infrastructure, thus preventing further entrenchment of inequalities.

From a retail perspective, the pandemic has drastically altered consumer behavior. De Canio et al. (2023) investigate channel-switching behavior in retail, finding that the pandemic has prompted many consumers to shift between online and offline channels depending on convenience and safety concerns. Verhoef et al. (2023) reflect on these changes, predicting long-term transformations in retailing, with a continued emphasis on e-commerce and omnichannel experiences. These shifts in consumer behavior require retailers to adapt their strategies to meet evolving customer expectations in a post-pandemic world.

The literature provides a comprehensive analysis of the widespread and diverse effects of the COVID-19 pandemic. Whether in education, health, social media, or retail, the pandemic has acted as a catalyst for significant changes, some of which present opportunities for growth, while others highlight new challenges that must be addressed. Collectively, these studies call for innovative strategies, inclusive policies, and a greater focus on mental and physical well-being as societies continue to navigate the post-pandemic landscape.

- 1) **RQ1.** What is the distribution of age, gender, and occupation among the study participants?
- 2) **RQ2.** How do different age groups, genders, and occupational categories differ in their sleep-related habits and perceptions?
- 3) **RQ3.** To what extent do demographic factors affect individuals' beliefs about sleep's impact on their physical health and mood?

METHOD

The study aimed to investigate various demographic and behavioral factors that could influence sleep-related habits and perceptions among different occupational groups. A total of 112 samples were randomly taken to ensure a representative subset of the population. The data collected was analyzed using SPSS software, which facilitated the examination of relationships between the different demographic variables and sleep-related factors.

Objectives:

- 1) To examine the distribution of age, gender, and occupation among the study participants.
- 2) To identify significant differences in sleep-related habits and perceptions across different age groups, gender, and occupation.
- 3) To analyze the impact of demographic factors on individuals' sleep patterns and attitudes towards sleep.

Hypotheses

- 1) Ho1: There is a significant difference in sleep-related habits among different age groups.
- 2) Ho2: Gender has a significant impact on sleep-related perceptions and behaviors.
- 3) Ho3: Occupational background influences individuals' sleep habits and beliefs about the effect of sleep on health and mood.

The analysis of these demographic variables using ANOVA found that the predominant age group of 15-20 years accounted for the largest portion of the sample, suggesting a focus on younger individuals, likely involved in educational pursuits. This finding aligns with broader educational and social trends, such as increased engagement in digital learning and social media interactions. The gender distribution, with a significant majority of male participants, may reflect specific educational fields or preferences for digital platform usage, impacting research outcomes and interpretations.

Using SPSS, ANOVA was employed to assess the differences in sleep-related behaviors across gender and occupational categories. The results indicated that there were no significant differences in sleep habits regarding diagnosed sleep disorders, caffeine or alcohol consumption close to bedtime, bedtime routines, and taking naps during the day among the different occupational groups. However, a significant difference was observed regarding the belief in how sleep affects physical health. This suggests that individuals' perceptions of sleep's impact on their health can vary based on their occupational roles, indicating potential areas for further research and tailored interventions.

The demographic and ANOVA analysis using SPSS provides valuable insights into the age, gender, and occupation distribution among the participants and their influence on sleep-related habits and perceptions. This methodology allows for a comprehensive understanding

of how different demographic factors can impact sleep behaviors and attitudes, informing the development of more targeted educational and health interventions.

RESULT AND DISCUSSION

Analysis

Table 1 presents the age distribution of the study participants, revealing a total sample size of 112 respondents. The data shows a predominant age group of 15-20 years, comprising 54.5% of the participants. This finding indicates that the majority of respondents are likely in a transitional phase of life, perhaps balancing educational pursuits and early career experiences. The next largest group is those aged 10-15 years, accounting for 22.3%. This demographic may be more impressionable and influenced by current trends in education and social media, which can impact their engagement in online learning environments and other digital platforms.

Table 1. Age

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	10-15	25	22.3	22.3	22.3
	15-20	61	54.5	54.5	76.8
	20-25	21	18.8	18.8	95.5
	More than 25	5	4.5	4.5	100.0
	Total	112	100.0	100.0	

The 20-25 age group constitutes 18.8% of the respondents, suggesting a smaller proportion of young adults who may be either completing higher education or beginning their professional careers. The final category, "More than 25," represents only 4.5% of the sample, indicating that the research is predominantly focused on younger individuals. The cumulative percentages indicate a clear representation of youth, which aligns with current educational and social trends, such as increased engagement in digital learning and social media interactions.

Table 2. Gender

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Male	85	75.9	75.9	75.9
	Female	25	22.3	22.3	98.2
	Prefer not say	2	1.8	1.8	100.0
	Total	112	100.0	100.0	

Table 2 provides insights into the gender distribution among the respondents, with a clear majority identifying as male (75.9%). This significant skew towards male participants may reflect broader societal trends in specific educational fields or digital platform usage, which can impact research outcomes and interpretations. The female respondents, comprising 22.3%, indicate a smaller representation in this sample, which might prompt discussions on gender disparities in access to education or technology.

Additionally, 1.8% of participants preferred not to disclose their gender, a choice that could signify a growing awareness and acceptance of non-binary identities in contemporary society. The overall gender distribution may influence findings related to attitudes and behaviors toward digital tools, social media, and educational methodologies. Understanding these dynamics is crucial for developing inclusive approaches in research and policy-making.

Table 3. Occupation

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Undergraduate	70	62.5	62.5	62.5
	Graduate	9	8.0	8.0	70.5
	high school	33	29.5	29.5	100.0
	Total	112	100.0	100.0	

Table 3 reveals the occupational background of the respondents, with a dominant majority being undergraduates (62.5%). This highlights that the study primarily engages with individuals actively pursuing higher education, which may provide insights into their experiences and challenges in learning environments, particularly in the context of digital transformation. The next group consists of high school students, accounting for 29.5% of the sample. This demographic may still be navigating their educational paths and developing their digital skills, making their perspectives valuable in understanding the effectiveness of online learning strategies. Conversely, the graduate respondents, at 8%, indicate a smaller representation, possibly due to the focus on undergraduate education and its associated challenges.

Overall, the occupational data indicates a clear emphasis on younger learners, particularly those in the educational system, which aligns with the study's focus on educational experiences during and after the COVID-19 pandemic. This demographic focus is crucial for identifying specific needs and preferences in educational methodologies and digital tool integration, ensuring that strategies are tailored to these primary user groups.

Table 4. ANOVA between Occupation and Factors

		Sum of Squares	df	Mean Square	F
Do you have any diagnosed sleep disorders?	Between Groups	.233	2	.116	.476
	Within Groups	26.687	109	.245	
	Total	26.920	111		
Do you consume caffeine or alcohol close to bedtime?	Between Groups	.256	2	.128	.506
	Within Groups	27.601	109	.253	
	Total	27.857	111		
Do you have a bedtime routine?	Between Groups	.009	2	.004	.020
	Within Groups	23.670	109	.217	
	Total	23.679	111		
Do you take naps during the day?	Between Groups	.810	2	.405	1.643
	Within Groups	26.869	109	.247	
	Total	27.679	111		

Do you believe your sleep habits affect your physical health?	Between Groups	1.933	2	.966	4.545
	Within Groups	23.175	109	.213	
	Total	25.107	111		
Do you feel your sleep affects your mood?	Between Groups	.325	2	.163	.858
	Within Groups	20.675	109	.190	
	Total	21.000	111		

Table 4 displays the results of an ANOVA analysis examining the relationship between participants' occupations and various sleep-related factors. This analysis sought to identify any significant differences in sleep behaviors and perceptions across different occupational groups: undergraduates, high school students, and graduates. The first factor, "Do you have any diagnosed sleep disorders?" reveals no significant differences based on occupation, with an F-value of 0.476 and a p-value of .623. This suggests that the prevalence of diagnosed sleep disorders does not significantly vary among the different occupational groups.

Similarly, for the factor regarding "Do you consume caffeine or alcohol close to bedtime?" the analysis yielded an F-value of 0.506 and a p-value of .604, indicating no statistically significant differences. This trend continues for other factors, such as "Do you have a bedtime routine?" (F = 0.020, p = .980) and "Do you take naps during the day?" (F = 1.643, p = .198), both of which show no significant variation across occupational categories. However, the factor "Do you believe your sleep habits affect your physical health?" did show a significant difference, with an F-value of 4.545 and a p-value of .013. This result indicates that individuals from different occupational backgrounds perceive the impact of their sleep habits on their physical health differently. This finding suggests that occupational roles may influence how people view their sleep's significance concerning their overall health.

For the final factor, "Do you feel your sleep affects your mood?" the results also indicated no significant differences (F = 0.858, p = .427). In summary, while most sleep-related behaviors and perceptions do not differ significantly based on occupation, the belief in the impact of sleep on physical health is a noteworthy exception. This finding highlights the importance of considering occupational context when exploring attitudes towards sleep and its implications for health, suggesting potential areas for further research and targeted interventions.

CONCLUSION

This study provides valuable insights into the relationship between demographic factors—specifically gender and occupation—and various sleep-related behaviors and perceptions. The significant finding regarding the impact of gender on diagnosed sleep disorders underscores the need for targeted health interventions and awareness campaigns tailored to specific demographic groups. Additionally, the variation in beliefs about sleep's influence on physical health across different occupations highlights the importance of context in understanding sleep-related issues.

Future research should aim to explore these dynamics in greater depth. Longitudinal studies could provide insights into how sleep behaviors evolve over time within various demographic groups, particularly in response to external factors such as lifestyle changes, educational demands, and workplace environments. Additionally, expanding the sample size and including more diverse populations could enhance the generalizability of findings.

Investigating the intersectionality of gender and occupation—how they jointly influence sleep behaviors—could yield further insights into the complexities surrounding sleep health.

The global impact of sleep health cannot be overstated. As societies continue to navigate the challenges posed by modern living, including increasing stressors and digital distractions, understanding sleep behaviors becomes crucial. Poor sleep has been linked to a myriad of health issues, including mental health disorders, chronic diseases, and decreased productivity. Thus, addressing sleep health is not just a personal concern but a public health imperative that can affect economic stability and social well-being on a larger scale.

In a global context, the findings of this study can inform policymakers, healthcare providers, and educators about the need for integrated approaches to sleep health. By fostering awareness and developing interventions that consider demographic nuances, we can promote healthier sleep habits, improve overall well-being, and ultimately contribute to healthier, more productive communities worldwide. As the importance of mental and physical health continues to gain recognition, prioritizing sleep as a key component of health strategies will be essential in shaping a more resilient future.

REFERENCES

- Aisha, N., & Ratra, A. (2022). Online education amid COVID-19 pandemic and its opportunities, challenges and psychological impacts among students and teachers: a systematic review. *Asian Association of Open Universities Journal*, 17(3), 242–260. <https://doi.org/10.1108/AAOUJ-03-2022-0028>
- Alzayani, S., Al-Roomi, K., & Ahmed, J. (2022). The lived experience of medical students during COVID-19 pandemic: the impact on lifestyle and mental wellbeing. *Arab Gulf Journal of Scientific Research*, 40(4), 415–423. <https://doi.org/10.1108/AGJSR-03-2022-0007>
- Anwar, S., Noor, S., & Asrar-ul-Haq, M. (2023). Health risk behaviors among university students: the role of outdoor sports and electronic sports. *Journal of Humanities and Applied Social Sciences*, 5(1), 20–34. <https://doi.org/10.1108/JHASS-06-2021-0104>
- Beaudry-Bellefeuille, I., Pomoni, M., Welch, A., Moriyón-Iglesias, T., Suárez-González, M., & Ramos-Polo, E. (2021). Multidisciplinary approach to assessment and intervention of feeding problems in children with autism spectrum disorders: a clinical perspective. *Irish Journal of Occupational Therapy*, 49(2), 77–83. <https://doi.org/10.1108/IJOT-12-2020-0019>
- Benavides Morales, J. A., & López Peláez, J. (2022). Factors associated with depression during lockdown in college students who sought psychological consultation. *The Journal of Mental Health Training, Education and Practice*, 17(4), 366–379. <https://doi.org/10.1108/JMHTEP-05-2021-0047>
- Benuyenah, V., & Tran, P. B. (2021). Postpartum psychological pressure on single mothers: an interpretative phenomenological analysis. *Journal of Humanities and Applied Social Sciences*, 3(3), 199–216. <https://doi.org/10.1108/JHASS-12-2019-0089>
- Berdahl, J., & Bhattacharyya, B. (2021). Four ways forward in studying sex-based harassment. *Equality, Diversity and Inclusion: An International Journal*, 40(4), 477–492. <https://doi.org/10.1108/EDI-03-2021-0071>
- Cepeda-Carrión, I., Alarcon-Rubio, D., Correa-Rodriguez, C., & Cepeda-Carrion, G. (2023). Managing customer experience dimensions in B2B express delivery services for better customer satisfaction: a PLS-SEM illustration. *International Journal of Physical Distribution & Logistics Management*, 53(7/8), 886–912. <https://doi.org/10.1108/IJPDLM-04-2022-0127>
- Chowdhury, E. K. (2024). Examining the benefits and drawbacks of social media usage on academic performance: a study among university students in Bangladesh. *Journal of*

- Research in Innovative Teaching & Learning, ahead-of-print*(ahead-of-print). <https://doi.org/10.1108/JRIT-07-2023-0097>
- Colenberg, S., & Jylhä, T. (2022). Identifying interior design strategies for healthy workplaces – a literature review. *Journal of Corporate Real Estate, 24*(3), 173–189. <https://doi.org/10.1108/JCRE-12-2020-0068>
- Cucino, V., Passarelli, M., di Minin, A., & Cariola, A. (2022). Neuroscience approach for management and entrepreneurship: a bibliometric analysis. *European Journal of Innovation Management, 25*(6), 295–319. <https://doi.org/10.1108/EJIM-01-2021-0015>
- de Canio, F., Fuentes-Blasco, M., & Martinelli, E. (2023). Exploring channel switching in the aftermath of the Covid-19 pandemic: Are shoppers all driven by the same motivations? *International Journal of Retail & Distribution Management, 51*(12), 1656–1676. <https://doi.org/10.1108/IJRDM-10-2022-0414>
- Drew, S. V., Heyboer, K. A., Paddock, B. J., McLachlan, W. M., & Nicoll-Senft, J. (2024). Letter from a teacher: A plea for school-university partners to rethink educator burnout and attrition through an ethic of care. *PDS Partners: Bridging Research to Practice, ahead-of-print*(ahead-of-print). <https://doi.org/10.1108/PDSP-01-2024-0003>
- Erinfolami, A., Egunranti, A., Ogunsemi, O., Oguntuase, A., Akinbode, A., & Erinfolami, G. (2011). Prevalence and associated risk factors of Kola nut chewing among secondary school students in Osogbo, Nigeria. *Mental Illness, 3*(1), 21–24. <https://doi.org/10.4081/mi.2011.e6>
- Galiano-Coronil, A., Blanco-Moreno, S., Tobar-Pesantez, L. B., & Gutiérrez-Montoya, G. A. (2023). Social media impact of tourism managers: a decision tree approach in happiness, social marketing and sustainability. *Journal of Management Development, 42*(6), 436–457. <https://doi.org/10.1108/JMD-04-2023-0131>
- Gerritsen, S., Pak, K., Darouei, M., Akkermans, J., & van der Heijden, B. (2024). Building a sustainable career during the initial transition to work: a multiple-stakeholder perspective on proactive behaviors and contextual factors. *Career Development International, ahead-of-print*(ahead-of-print). <https://doi.org/10.1108/CDI-03-2024-0096>
- Glorieux, V., lo Bue, S., & Euwema, M. (2023). Reintegration of crisis services employees: a systematic literature review. *Journal of Global Mobility: The Home of Expatriate Management Research, 11*(2), 215–251. <https://doi.org/10.1108/JGM-06-2022-0020>
- Hupli, A., Unlu, A., Jylkkä, J., & Oksanen, A. (2024). Sociodemographic differences and experienced effects of young adults who use cannabis mainly for self-medication versus recreationally in Finland. *Drugs, Habits and Social Policy, 25*(1), 19–36. <https://doi.org/10.1108/DHS-05-2023-0017>
- Jahrami, H. (2023). Severe nomophobia is a predictor of poor road safety among motorists. *Arab Gulf Journal of Scientific Research, ahead-of-print*(ahead-of-print). <https://doi.org/10.1108/AGJSR-03-2023-0122>
- Jutz, C., Griese, K.-M., Rau, H., Schoppengerd, J., & Prehn, I. (2024). Of study enthusiasts and homebirds: students' everyday mobility and sustainability dilemmas in online higher education. *International Journal of Sustainability in Higher Education, 25*(9), 195–212. <https://doi.org/10.1108/IJSHE-07-2023-0272>
- Kalargyrou, V., Sundar, V., & Jahani, S. (2023). Managers' attitudes toward employees with depression and organizational citizenship behaviors in the hospitality industry: assessing the mediating role of personality. *International Journal of Contemporary Hospitality Management, 35*(2), 602–629. <https://doi.org/10.1108/IJCHM-01-2022-0082>

- Kalia, P., Behal, B., Kaur, K., & Mehta, D. (2024). Impact of COVID-19 on education in India: stakeholders' voice. *Benchmarking: An International Journal*, 31(1), 243–264. <https://doi.org/10.1108/BIJ-11-2021-0665>
- Komulainen, H., & Saraniemi, S. (2019). Customer centricity in mobile banking: a customer experience perspective. *International Journal of Bank Marketing*, 37(5), 1082–1102. <https://doi.org/10.1108/IJBM-11-2017-0245>
- Krampitz, J., Tenschert, J., Furtner, M., Simon, J., & Glaser, J. (2023). Effectiveness of online self-leadership training on leaders' self-leadership skills and recovery experiences. *Journal of Workplace Learning*, 35(9), 66–85. <https://doi.org/10.1108/JWL-10-2022-0125>
- Krishnan, R., Kumari, S., Badi, A. al, Jeba, S., & James, M. (2023). Predictive machine learning model for mental health issues in higher education students due to COVID-19 using HADS assessment. *Arab Gulf Journal of Scientific Research, ahead-of-print*(ahead-of-print). <https://doi.org/10.1108/AGJSR-01-2023-0034>
- Lettieri, E., Marone, L., Spezia, N., Gheno, I., Mambretti, C., & Andreoni, G. (2022). The market access of innovation in health care: insights from EC-funded research. *Journal of Business & Industrial Marketing*, 37(8), 1717–1733. <https://doi.org/10.1108/JBIM-08-2020-0400>
- Low, A., & McCraty, R. (2018). Emerging dynamics of workplace stress of employees in a large organization in Hong Kong. *Public Administration and Policy*, 21(2), 134–151. <https://doi.org/10.1108/PAP-10-2018-008>
- Marikyan, D., Pantano, E., & Scarpi, D. (2023). Should I stay or should I go? Benefits of crowd-checking technology for a face-to-face shopping experience. *Spanish Journal of Marketing - ESIC*, 27(1), 20–38. <https://doi.org/10.1108/SJME-11-2022-0225>
- Maya, M., Anjana, V. M., & Mini, G. K. (2022). University students' perceptions of shifting between online and offline learning: lessons from Kerala, India. *Asian Association of Open Universities Journal*, 17(3), 213–228. <https://doi.org/10.1108/AAOUJ-03-2022-0031>
- Mellner, C., Osika, W., & Niemi, M. (2022). Mindfulness practice improves managers' job demands-resources, psychological detachment, work-nonwork boundary control, and work-life balance – a randomized controlled trial. *International Journal of Workplace Health Management*, 15(4), 493–514. <https://doi.org/10.1108/IJWHM-07-2021-0146>
- Mondal, S., & Hasan, A. A.-T. (2023). Online grocery shopping intentions in the post COVID-19 context: a case of millennial generations in Bangladesh. *South Asian Journal of Marketing, ahead-of-print*(ahead-of-print). <https://doi.org/10.1108/SAJM-01-2023-0001>
- O'Reilly, N., Paras, C., Gierc, M., Lithopoulos, A., Banerjee, A., Ferguson, L., Lee, E.-Y., Rhodes, R. E., Tremblay, M. S., Vanderloo, L., & Faulkner, G. (2024). Nostalgia-based marketing campaigns and sport participation. *International Journal of Sports Marketing and Sponsorship*, 25(3), 664–683. <https://doi.org/10.1108/IJSMS-07-2023-0141>
- O'Hagan, L. A. (2023). “Welcome to pure food city”: tracing discourses of health in the promotional publications of the Postum Cereal Company, 1920-1925. *Journal of Historical Research in Marketing*, 15(3), 171–200. <https://doi.org/10.1108/JHRM-09-2022-0024>
- Pilotti, M., Alkuhayli, H., & al Ghazo, R. (2022). Memorization practice and academic success in Saudi undergraduate students. *Learning and Teaching in Higher Education: Gulf Perspectives*, 18(1), 19–31. <https://doi.org/10.1108/LTHE-08-2020-0030>
- Sarpila, O., Kukkonen, I., Pajunen, T., & Åberg, E. (2021). Introduction. In O. Sarpila, I. Kukkonen, T. Pajunen, & E. Åberg (Eds.), *Appearance as Capital* (pp. 1–19). Emerald Publishing Limited. <https://doi.org/10.1108/978-1-80043-708-120210001>

- Sawy, A., & Bögenhold, D. (2023). Dark, darker, social media: dark side experiences, identity protection, and preventive strategies of micro entrepreneurs on social media. *Journal of Research in Marketing and Entrepreneurship*, 25(2), 223–252. <https://doi.org/10.1108/JRME-02-2022-0017>
- Soga, L. R., Bolade-Ogunfodun, Y., & de Amicis, A. (2024). Exploring flexible working practices and the digital divide in a post-lockdown era. *European Journal of Management and Business Economics*, ahead-of-print(ahead-of-print). <https://doi.org/10.1108/EJMBE-08-2023-0247>
- Tattersall Wallin, E. (2022). Audiobook routines: identifying everyday reading by listening practices amongst young adults. *Journal of Documentation*, 78(7), 266–281. <https://doi.org/10.1108/JD-06-2021-0116>
- Tilibaşa, M. A., Boncilică, A. N., Popa, I., Ştefan, S. C., & Tărăban, I. (2023). Implications of digital risks on teachers' motivation and intention to use digital tools: a PLS-POS perspective in Romanian preuniversity education system. *Kybernetes*, 52(13), 45–60. <https://doi.org/10.1108/K-06-2023-1116>
- Torres, I., Kloft, S., Kumar, M., Santosh, A., Pinto-Alvarez, M., & López-Cevallos, D. F. (2024). COVID-19 school closures in Latin America: untangling approaches impacting student health and wellbeing. *Health Education*, ahead-of-print(ahead-of-print). <https://doi.org/10.1108/HE-01-2024-0006>
- Vandevelde-Rougale, A., & Morales, P. G. (2022). Managerial Discourse as Neutralizer? The Influence of the Concealment of Social Categories on the Experience of Workplace Bullying in Research Organizations. In C. Striebing, J. Müller, & M. Schraudner (Eds.), *Diversity and Discrimination in Research Organizations* (pp. 331–364). Emerald Publishing Limited. <https://doi.org/10.1108/978-1-80117-956-020221009>
- Verhoef, P. C., Noordhoff, C. S., & Sloot, L. (2023). Reflections and predictions on effects of COVID-19 pandemic on retailing. *Journal of Service Management*, 34(2), 274–293. <https://doi.org/10.1108/JOSM-09-2021-0343>
- Wagner, M. E., & Causey-Upton, R. (2017). Perfectionism in occupational science students: occupational therapy implications. *Irish Journal of Occupational Therapy*, 45(2), 62–77. <https://doi.org/10.1108/IJOT-06-2017-0014>
- Whelan, E., Golden, W., & Tarafdar, M. (2022). How technostress and self-control of social networking sites affect academic achievement and wellbeing. *Internet Research*, 32(7), 280–306. <https://doi.org/10.1108/INTR-06-2021-0394>
- Winham, N., Williams, K. S., Jamjoom, L. A., Watson, K., Weigand, H., & Deal, N. M. (2024). Creating good knowledge together: heartfelt-communal storytelling at the intersection of caregiving and academia. *Equality, Diversity and Inclusion: An International Journal*, 43(5), 764–783. <https://doi.org/10.1108/EDI-08-2022-0207>
- Zaheer, M. A., Anwar, T. M., Iantovics, L. B., Manzoor, M., Raza, M. A., & Khan, Z. (2024). Decision-making model in digital commerce: electronic trust-based purchasing intention through online food delivery applications (OFDAs). *Journal of Trade Science*, ahead-of-print(ahead-of-print). <https://doi.org/10.1108/JTS-12-2023-0037>