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# A Study on Dietary Habits on College Students and to Create Awareness on Dietary Pattern among Adolescents

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**Abstract:** College students between the ages of 18 and 24 years gain new experiences and personal freedom as well as develop a sense of identity as they ascend from adolescence to adulthood .unfortunately , during this phase ,the tendency to engage in unhealthy dieting, meal skipping , and fast food consumption is rather common . minimal physical activity is also a norm . poor eating habits and limited physical activity can likely increase the risk for osteoporosis, obesity, hyperlipidemia, diabetes, and cancer later in life. If habits acquired in adolescent persist into adult life , behaviours established in young people may have important long term consequences for health , the purpose of this investigation is to examined the eating behaviour of young college population. The present study help to examined the kind of food college students eat and how they make decision regarding food consumption the questionnaire method , was used to know the dietary habits of college students, which includes questions about gender, convenience, and student eating habits , the sample size comprised of 50 students the result showed that 32% have vegetables on daily basis, 70% knows about the balance diet , 66% knows the sources of protein ,52% do read nutrition labels 44% have the snacks on daily basis ,awareness was created among students by explaining the importance of balance diet through distributing the pamphlets, it include the information like which foods to be included in the diet and the ways to maintain the healthy dietary habits.

**Keywords:** College students, adolescents, hyperlipidemia, fast foods, physical activity

## I. INTRODUCTION

College students between the ages of 18 and 24 years gain new experiences and personal freedom as well as develop sense of identity as they ascend from adolescence to adulthood . unfortunately, during this phases, the tendency to engage in unhealthy dieting, meal skipping, and fast food consumption is rather common . minimal physical activity is also a norm . poor eating habits and limited physical activity can likely increase the risk for osteoporosis, obesity, hyperlipidaemia, diabetes, and cancer later in life. If habits acquired in adolescence persist into adult life , behaviours established ion young people may have important long-term consequences for health. Knowledge about healthy food choices can be predisposing factor for the adoption of a healthy diet but it is insufficient to motivate healthy eating and psychosocial factors must also be considered.

Obesity is often defined as a condition of abnormal and excessive fat accumulation in adipose tissues to the extent that health may be adversely affected . the prevalence of obesity is increasing worldwide at the alarming rate in both developing and developed countries. It has become a serious epidemic health problem , estimate d to be the fifth leading cause of mortality at global level. Moreover, it is a risk factors for many diseases such as certain cancers, hypertension, type II diabetes mellitus, dyslipidemia , metabolic syndrome and coronary heart disease .

The importance of developing healthful eating habits during childhood and adolescence is obvious. Rapid physical growth creates an increased demand for energy and nutrients healthy eating practices decrease young people `s risk for a number of immediate health problems such as iron deficiency , anaemia, obesity, eating disorders and dental caries, and may prevent long term problems, such as CHD , cancer, stroke, hypertension and osteoporosis.

College students have busy lives and often must balance many different activities and responsibilities, in addition many college students are on limited income severely impacting food choices.

There are many factors like cost of food , knowledge of food, time of food preparation , family structure and culture that contributes to the differences in food habits.

## II. AIMS AND OBJECTIVES

To create awareness about behaviour among college students.

To access the nutritional status of college students.

To collect the information or data of dietary habits information.

Subject the data for statistical analysis

To motivate students about importance of health

### III. METHODOLOGY

#### A. Place of Study

The study on awareness of dietary habits among college students was done by distributing the pamphlets on how to maintain the balance diet and the eating habits. The place of study was done in college located in mallepally. The people who were subjected to the awareness programme were the college students.

#### B. Sample size and selection of subjects:

The sample consist of a total 50 subjects. The sample included the college students of age group 18-25 years. The people belonged to different place with different educational background.

#### C. Tools and Techniques

The information required for the study was collected using questionnaire method. The questionnaire used to collect the information was developed in English. The objectives of the study was kept in mind while constructing the questionnaire. It consisted of only close ended questions with multiple choices. The content of questionnaire were divided in to 4 headings

#### D. General Information

The general information was collected to get the following details like personal information of the respondent viz age, gender, educational qualification and contact number.

#### E. Awareness Information

It included the question of close ended type. The questions were regarding intake of food, whether they are aware of balance diet, sources of protein, do they read nutritional labels, do they consume junk food on daily basis, reasons of choice etc.

#### F. Purpose and detail of Study

The study was carried out to estimate the dietary habits among the adolescents girls. The study was conducted in college. The participant were the inter, degree, post graduate students, all adolescent girl students in the chosen classes were invited to participate in the study. The study was carried out after obtaining the consents of the students and their parents. A predesigned questionnaire was used to collect the information on socio-demographic characteristics like age, educational status, dietary history, and preference of choice, and to know the importance of maintaining balance diet.

### IV. RESULTS AND DISCUSSION

This study aimed to determine the health, nutrition knowledge and dietary behaviour of college students. Healthy eating is defined as eating practices and behaviours that are consistent with improving and/or enhancing health.

Meal pattern and food intake are markers for nutrient intakes and diet quality.

Nutrient intake has an influence on health and development of several chronic diseases. Meal patterns affect resting energy expenditure, body fat, bone density, serum cholesterol and any other situation. The key features of the eating patterns includes snacking, skipping meal, breakfast skipping, dieting adoption, of specific diets (such as vegetarian diet) confectionery, and fast food eating. There is compelling evidence that dietary habits and lifestyle during adolescence are risk factors for several nutrition non-communicable diseases in adulthood. Limited data from Syria show that obesity, cardiovascular disease, diabetes and some types of cancer have become the main cause of morbidity and mortality. A previously pretested validated questionnaire was used to collect the data. The questionnaire consisted of three sections: 1) food frequency intake; 2) dietary habits; 3) lifestyle habits. The food frequency intake included information on the number of times per week vegetables, milk, fruits, and dairy products, red meat, chicken, fish, sweets, nuts, soft drinks and fast foods were consumed. The dietary habits section contained questions on meal and snack intake and preferred sizes of fast foods. It was found that some difference was noted on their label reading behavior.

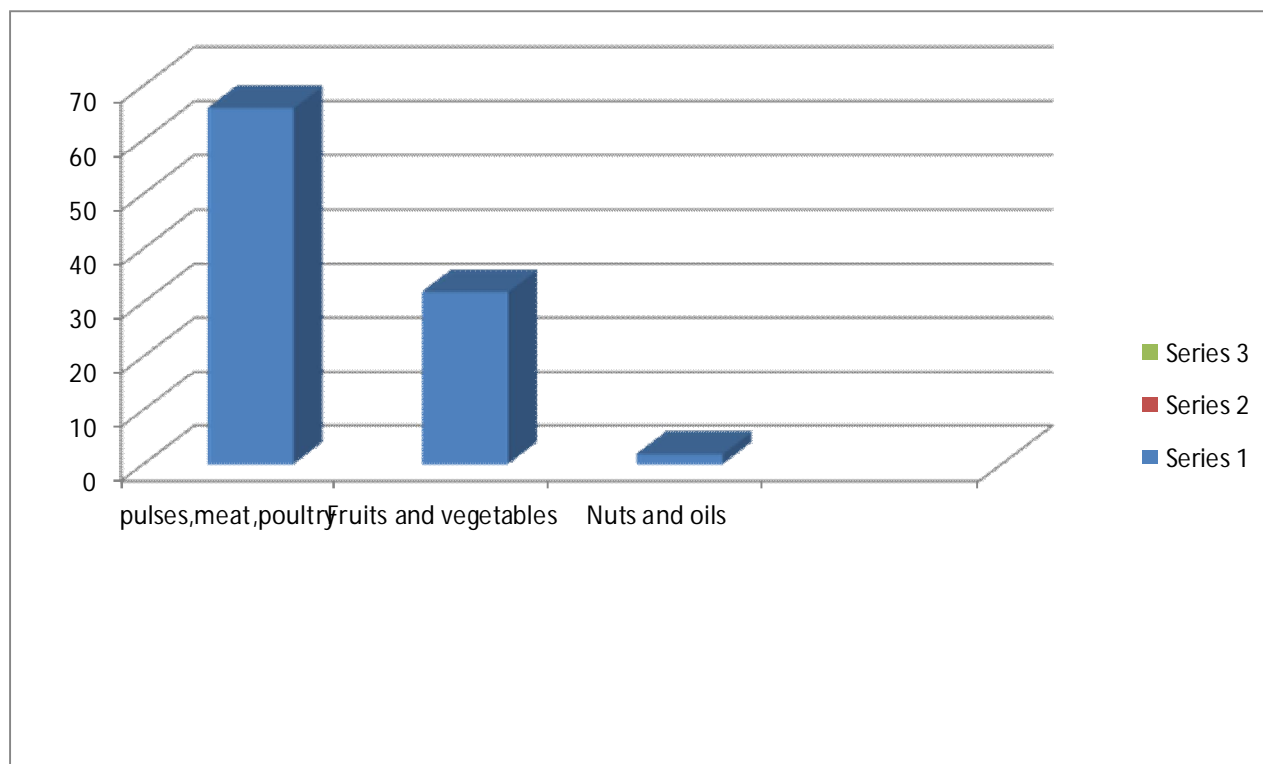
We focus on adolescents because this is the life stage when youth begins to exercise their independence from parental control and monitoring and when parents begins to grant children more autonomy to make their own decisions and judgments about what they eat.

Adolescence also marks the stage of rapid physical development when notions of an ideal body image become especially salient in young people’s lives as they develop self conceptions of their own body image .

AWARENESS ON RICH SOURCE OF PROTEIN.

TABLE I OPTION	PERCENTAGE
PULSES, MEAT,POULTRY	66
FRUITS AND VEGETABLES	32
NUTS AND OIL	2

FIGURE - 1.

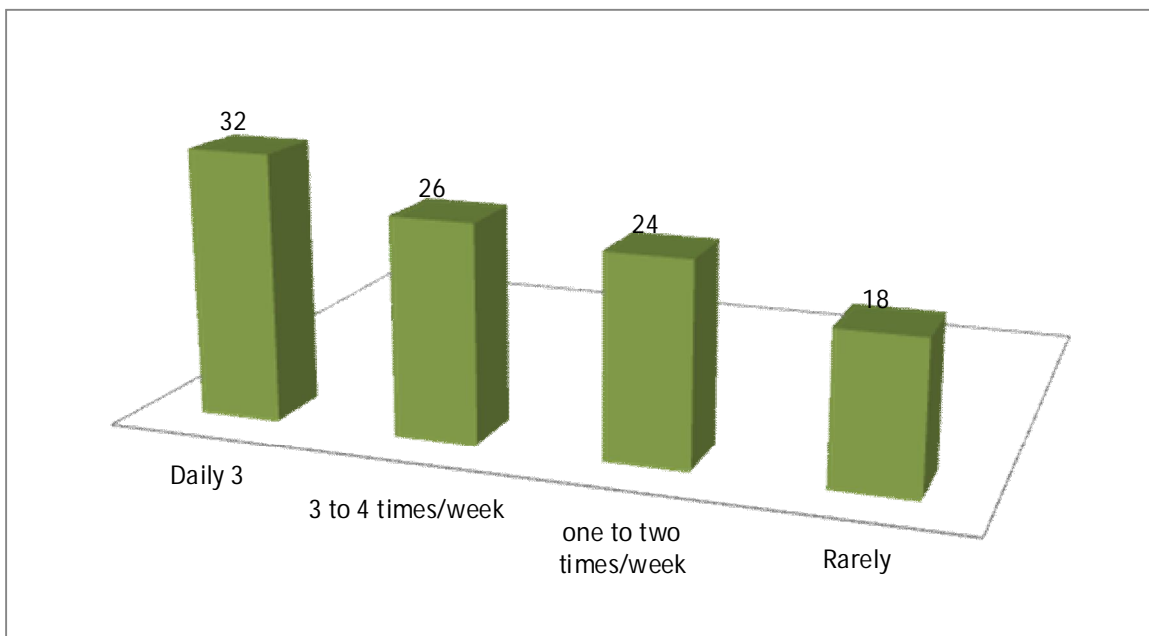


Above figure shows that 66% opt and aware of pulses ,meat ,poultry, 32% opt for fruits and vegetables, 2% opt for nuts and oils as sources of protein.

Table -2awareness On Consumption Of Green , Yellow, Red Colour Vegetables

OPTION	PERCENTAGE
DAILY	32
3 TO 4 TIMES/WEEK	26
ONE TO TWO TIMES/ WEEK	24
RARELY	18

FIGURE -2

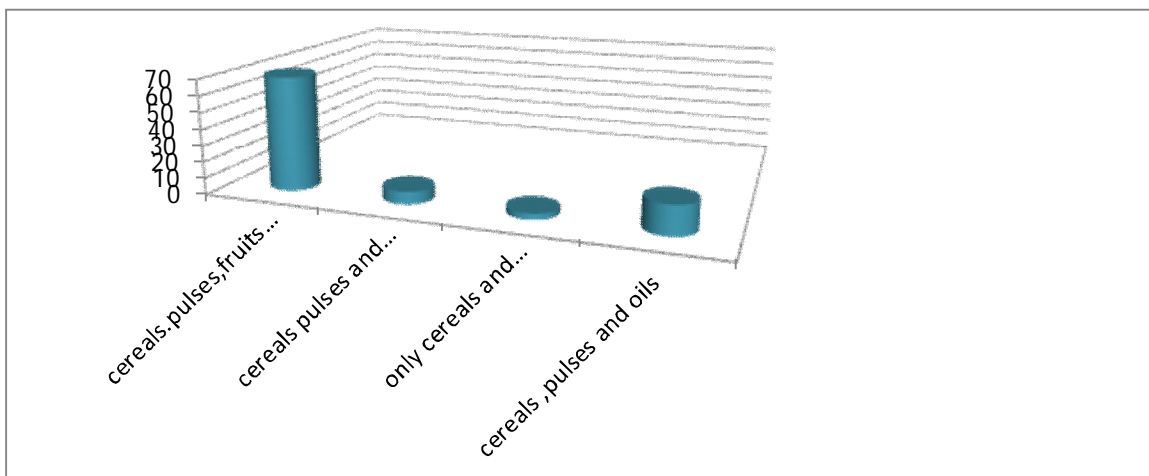


Above figure shows that 32% opt daily to consume vegetables, 26% opt 3 to 4 times/week, 24% opt to 1 to 2 times/week, 18% opt to rarely consume vegetables

TABLE -3

OPTION	PERCENTAGE
CEREALS, PULSES, FRUITS,VEGETABLES ,OIL,AND MILK	70
CEREALS ,PULSES, AND VEGETABLES	8
ONLY CEREALS AND VEGETABLES	4
CEREALS, PULSES AND OIL	18

FIGURE-3

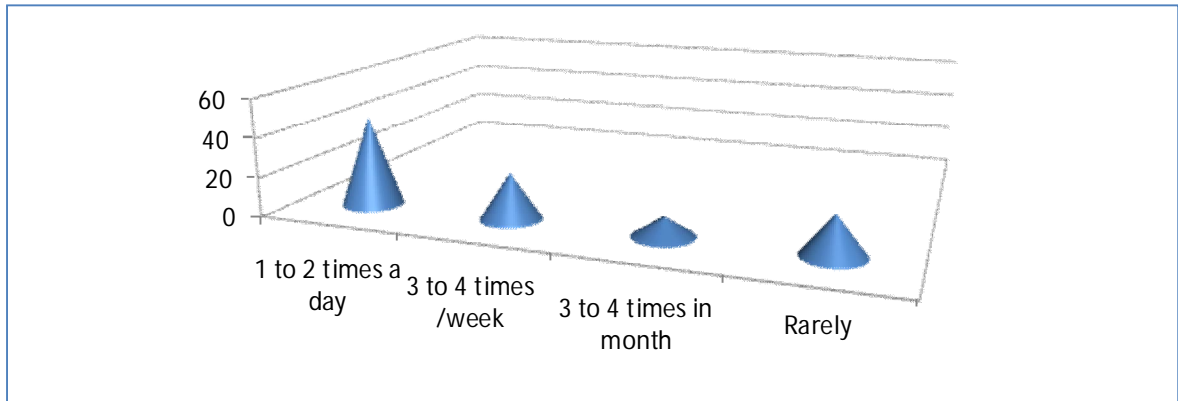


Above figure shows 70% opt and aware of balance diet, 8% opt to cereals and vegetables, and 18% opt to cereals pulses and oil as balanced diet.

TABLE -4

OPTION	PERCENTAGES
1 TO 2 TIMES PER DAY	46
3 TO 4 TIMES /WEEK	24
3 TO 4 TIMES IN MONTHS	10
RARELY	20

Figure -4

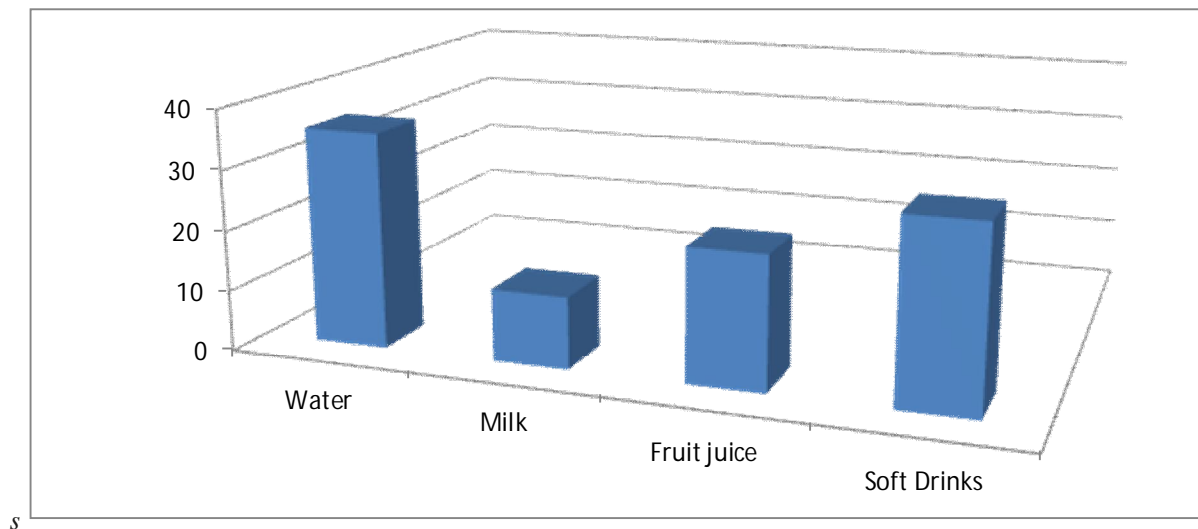


Above figure shows that 46% opt to have 1 to 2 times a day, 24% opt to have 3 to 4 times /week, 10% opt to have 3 to 4 times in months and 20% opt to rarely have the dairy products

TABLE - 5

OPTION	PERCENTAGE
WATER	36
MILK	12
FRUIT JUICE	22
SOFT DRINKS	30

FIGURE -5

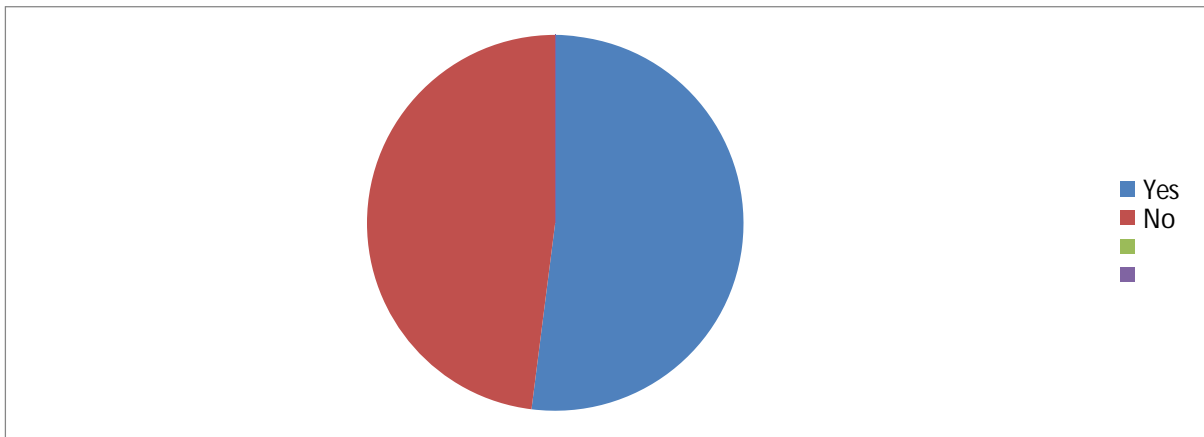


above figure shows that 36% opt to water, 12% to milk, 22% opt to fruit juice and 30% opt to soft drinks as typical choice of beverage

TABLE- 6

OPTION	PERCENTAGE
YES	52
NO	48

FIGURE -6

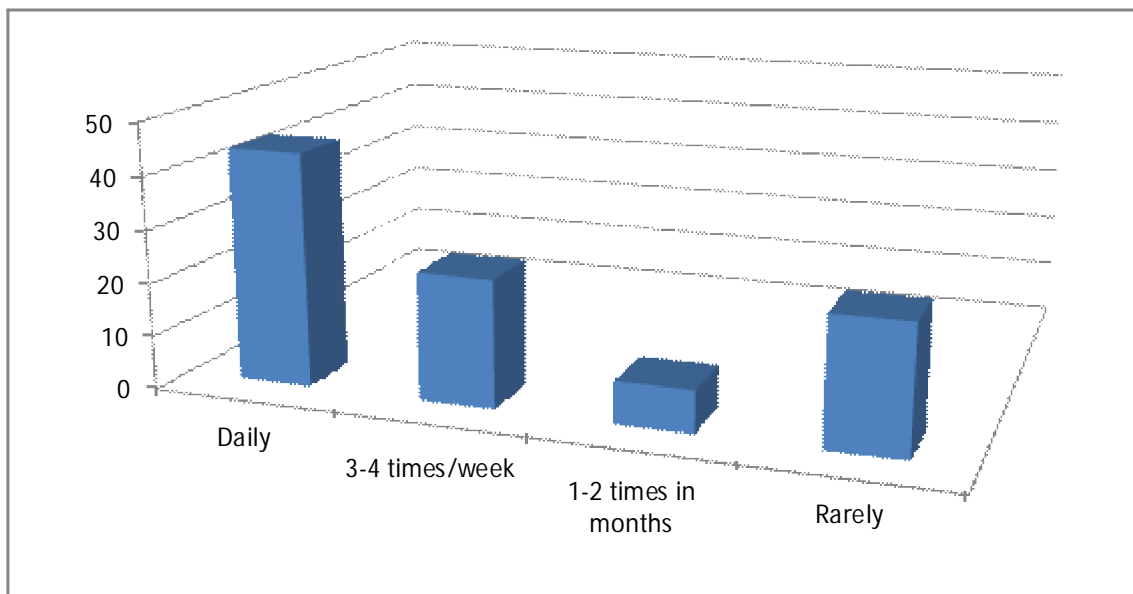


above figure shows that 52% opt to yes and 48% to no for reading nutrition facts label when choosing foods.

TABLE-7

OPTION	PERCENTAGE
DAILY	44
3-4TIMES/WEEK	24
1-2TIMES IN MONTHS	8
RARELY	24

FIGURE -7

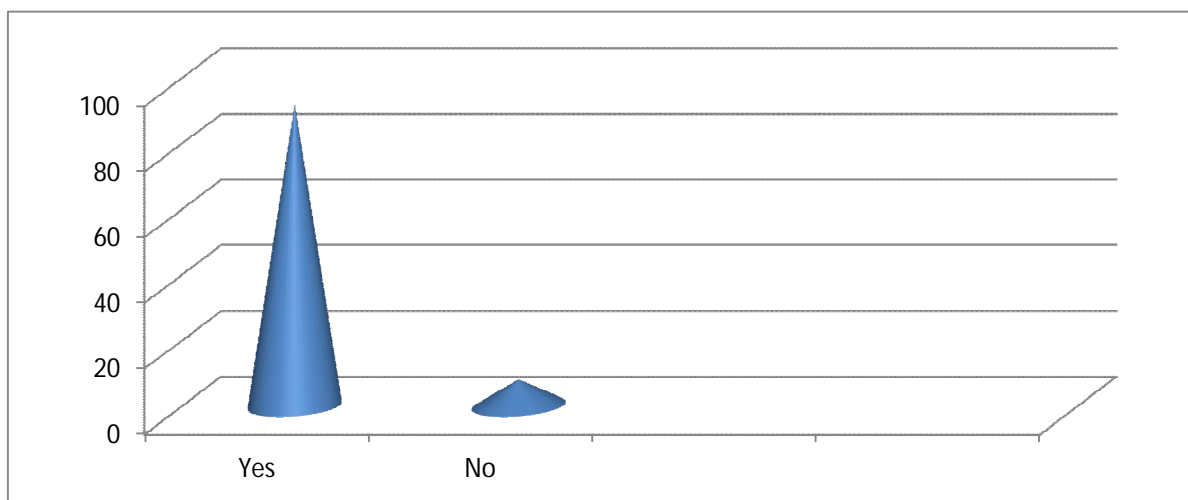


Above figure shows that 44% opt to daily , 24% opt to 3to4 times/week , 8% opt to 1to2 times in months 24% opt to rarely on intake of snacks apart from meals

Figure -8  
Knowing importance of maintaining a healthy weight.

OPTION	PERCENTAGE
YES	92
NO	8

FIGURE \_ 8



Above figure shows that 92% opt to yes and 8% opt to no, on knowing importance of maintaining a healthy weight.

### V. CONCLUSIONS

A questionnaire method was conducted to access the dietary habits of college students and to create awareness about healthy dietary habits we personally explained and aware them about dietary habits and importance of health and how to have balanced diet and not to skip meals. And to avoid the junk food and beverages. And also explain them how they affect their health

In our study we observed that the role of healthy eating in the prevention of chronic and infectious disease has been well documented. A balanced diet and consumption of food prepared in accordance with good practice are factors that contribute to maintaining a healthy lifestyle the different stages of life, in particular work or study related, can produce profound changes in eating habits.

In order to promote healthy eating among the college population, the barriers students face when attempting to eat healthy should be discussed. Some of the most common obstacles students talk about when trying to eat healthy involved both environmental and social influences. The diet of college students is strongly influenced by common environmental factors such as time management/schedule, accessibility of food and location of eateries. Many students tend to schedule back to back classes or are involved in so many organizations that they skip meals. Often times this results in excessive calorie consumption at night. So students will often resort to food that is fast, convenient, and often calories dense foods high in fats and sodium. Cost of healthy food is another reason many college students fail to eat healthy. Students who have a meal plan do not see this as barrier as much as those who do not have meal plan. As long as meal plan include options such as fruits and vegetables. Location of eateries on campus are an important barrier to consider as well because it is likely that a student will eat at the closest dining facility, which may or may not have healthy options.

### VI. ACKNOWLEDGMENT

The heading of the Acknowledgment section and the References section must not be numbered.

Causal Productions wishes to acknowledge Michael Shell and other contributors for developing and maintaining the IEEE LaTeX style files which have been used in the preparation of this template. To see the list of contributors, please refer to the top of file IEEETran.cls in the IEEE LaTeX distribution.





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