

# Dietary Habits among Students Studying Various Courses at Saveetha University

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**Abstract:** Lot of students in today's atmosphere skip their regular diet due to their hectic schedule, stay away from home and various other reasons. This study is to compare the regularity of dietary habits among dental students and non dental students to analyze the amount of compromise which is being brought about by students in relation to their dietary habits.

**Keywords:** dietary habits, college, students, balanced diet

## 1. Introduction

Diet plays a very important role in growth and development of adolescent, during which the development of healthy eating habits is of supreme importance. The rapid changes of today's society brought along a change in our lifestyle and the standard of living has increased. Eating poorly or well can make a big difference on both physical and mental aspects of the body. Eating healthfully can also boost the mood and lower the stress level. Dietary habits are fundamental factors that influence human lifestyle and individual quality of life. Irregular or different schedules that make eating regular meals difficult. There are often time constraints that make eating a well-balanced meal seem impossible. Regular breakfast eating has been identified as an important factor in nutrition, especially during growth. Eating breakfast regularly is also an important contributor to a healthy lifestyle and health status. Moreover, many studies have shown significant relationships between skipping breakfast and depressive symptoms, stress, catching cold, chronic disease. Notably, Chen et al. found that irregular breakfast eating (IRBE) had a significant negative association with quality of life. In addition, energy intake at breakfast seems important for work, even when the daily energy intake is adequate, because the reserves of glucose in the body are low and the glucose demand by the central nervous system and for muscular activity is high.

## 2. Material and Method

**Study Design & Setting:** This study design is based on data collected from students studying at Saveetha Dental College Chennai.

**Study Participants** – 50 diet diary was filled up based on students who study at Saveetha University. The diet diary was taken based on 4 working days and 1 none working day. The study includes student studying various courses

**Data Collection:** Study was conducted on students of Saveetha University. A diet diary was issued to students studying various courses. Data like Age, sex, year of study, course of study and diet history for 4 working days and 1 non working day.

## 3. Results

Frequency Table

Sex					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Male	20	40	40	40
	Female	30	60	60	100
	Total	50	100	100	

Course of Study					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Dental UG	13	26	26	26
	Dental PG	12	24	24	50
	Non Dental	25	50	50	100
	Total	50	100	100	

Habits of students					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Don't have breakfast	14	28	28	28
	Don't have food at a specific time everyday	22	44	44	72
	Don't have breakfast and lunch to work	14	28	28	100
	Total	50	100	100	

Course of Study					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Dental	25	50	50	50
	Non Dental	25	50	50	100
	Total	50	100	100	

Descriptives					
Descriptive Statistics					
	N	Minimum	Maximum	Mean	Std. Deviation
Age	50	19	25	22.08	2.069
Valid N (listwise)	50				

#### Descriptives

Descriptive Statistics <sup>a</sup>					
	N	Minimum	Maximum	Mean	Std. Deviation
Age	20	19	25	22.6	2.062
Valid N (listwise)	20				
a. Sex = Male					

#### Sex = Female

Descriptive Statistics <sup>a</sup>					
	N	Minimum	Maximum	Mean	Std. Deviation
Age	30	19	25	21.73	2.033
Valid N (listwise)	30				
a. Sex = Female					

#### Crosstabs

##### Habits of Students\* Course of Study

Crosstab					
			Course of Study		Total
			Dental	Non Dental	
Habits of students	Don't have breakfast	Count	6	8	14
		% within Course of Study	24.00%	32.00%	28.00%
	Don't have food at a specific time everyday	Count	12	10	22
		% within Course of Study	48.00%	40.00%	44.00%
	Don't have breakfast and lunch to work	Count	7	7	14
		% within Course of Study	28.00%	28.00%	28.00%
Total		Count	25	25	50
		% within Course of Study	100.00%	100.00%	100.00%

#### Chi-Square Tests

	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	.468 <sup>a</sup>	2	0.792
Likelihood Ratio	0.469	2	0.791
Linear-by-Linear Association	0.14	1	Don't have t.708
N of Valid Cases	50		
a. 0 cells (0.0%) have expected count less than 5. The minimum expected count is 7.00.			

#### Habits of students \* Course of Study

Crosstab						
			Course of Study			Total
			Dental UG	Dental PG	Non Dental	
Habits of students	Don't have breakfast	Count	4	2	8	14
		% within Course of Study	30.80%	16.70%	32.00%	28.00%
	Don't have food at a specific time everyday	Count	5	7	10	22
		% within Course of Study	38.50%	58.30%	40.00%	44.00%
	Don't have breakfast and lunch to work	Count	4	3	7	14
		% within Course of Study	30.80%	25.00%	28.00%	28.00%
Total		Count	13	12	25	50
		% within Course of Study	100.00%	100.00%	100.00%	100.00%

#### Chi-Square Tests

	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	1.545 <sup>a</sup>	4	0.819
Likelihood Ratio	1.587	4	0.811
Linear-by-Linear Association	0.05	1	0.823
N of Valid Cases	50		
a. 4 cells (44.4%) have expected count less than 5. The minimum expected count is 3.36.			

## 4. Discussion

This study allowed to assess the regularity of dietary habits between the students studying various courses depending on how they take their food. Some students even skip their lunch just to complete their work. Some students skip their breakfast and some students don't have their breakfast at a specific time. This are the three main things that was concluded in this study. A total of 50 students were include

in this study and from this 50 students. From this 50 students, a total of 28% of students skip their breakfast and the same percentage also goes for students who skip meals just to finish off work in college and a total of 44% of students do not have their breakfast at a specific time.

## 5. Conclusion

Having proper meals at proper times and not skipping breakfast or lunch is very important in a students life. This meals would give them the energy to run their day and to work more efficiently. Eating a proper meals and a healthy diet is important in this growing period. Without proper food students tend to work less efficiently.

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