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Eating Behaviour among Adolescents

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Abstract: ***The study was undertaken to assess the abnormal eating habits among adolescents in srinagar city. The objective of the review is to understand the concerns over body weight and the current eating patterns of adolescent girls in the developed and developing countries. The aim of this study is to understand the current eating patterns and body weight concerns among adolescent girls in global and Indian context. Secondly, an attempt has been made to explore those factors influencing eating behaviours. A total of 100 subjects were included in the study. This study was done on males and females in which 45%(n=45) were females and 55%(n=55) were males.***

1. Introduction

Eating disorders are conditions characterized by abnormal eating habits and behaviors which may involve excessive or insufficient intake along with individual's mental and physical health. Anorexia nervosa, bulimia nervosa as well as binge eating are the major types of eating disorders (Hudson et al., 2007). Anorexia nervosa is an eating disorder which is characterized by food restriction, obsession with having thin figure, inappropriate eating habits, distorted body selfperception and irrational fear of gaining weight. Whereas, Bulimia nervosa (BN) is a serious psychiatric disorders that is characterized by consuming a large amount of food within a short period of time followed by (purging) which is an attempt to rid oneself of the food consumed includes mostly vomiting, or sometimes by taking laxatives or stimulant with an extensive concern about the body shape and weight (Constantino et al., 2005). While, Binge eating disorder (BED) is defined usually as eating episode of large amount of food accompanied with a sense of control loss in the absence of the different compensatory behaviors that have been found in both anorexia and bulimia disorders such as self-induced vomiting as well as excessive exercise (Hudson et al., 2007). Adolescents may take their dietary habits from their parents since they take parents as their role models. That's why the education level of the parents may be considered as a factor that affects the adult's food choices and nutritional habits (Wickrama et al., 2006). Parental influence has been shown to be a fundamental component in the development process of eating behaviors of children and adolescents, this effect isshaped by a variety of diverse factors including familial genetic predisposition, dietary choices which is dictated by ethnic preferences or cultural, the parents' eating habits and their body shape (Crow et al., 2009).

2. Review and Literature

Hudson et al., 2007: Eating disorders are conditions characterized by abnormal eating habits and behaviors which may involve excessive or insufficient intake along with individual's mental and physical health. Anorexia nervosa, bulimia nervosa as well as binge eating are the major types of eating disorders

Constantine et al., 2005: Anorexia nervosa is an eating disorder which is characterized by food restriction, obsession with having thin figure, inappropriate eating habits, distorted body self-perception and irrational fear of gaining weight. Whereas, Bulimia nervosa (BN) is a serious psychiatric disorders that is characterized by consuming a large amount of food within a short period of time followed by (purging) which is an attempt to rid oneself of the food consumed includes mostly vomiting, or sometimes by taking laxatives or stimulant with an extensive concern about the body shape and weight.

Wickrama et al., 2006: Adolescents may take their dietary habits from their parents since they take parents as their role models. That's why the education level of the parents may be considered as a factor that affects the adult's food choices and nutritional habits

Crow et al., 2009: Parental influence has been shown to be a fundamental component in the development process of eating behaviors of children and adolescents, this effect is shaped by a variety of diverse factors including familial genetic predisposition, dietary choices which is dictated by ethnic preferences or cultural, the parents' eating habits and their body shape.

3. Material and Method

In the present study both the primary as well as secondary sources of data were used. The primary data was collected by using sample random sampling in rural areas using a structured questionnaire and a interview schedule. Collection of data through secondary source included information obtained from books, unpublished dissertations, journals and from internet . universal eveson tab which is an excellent source of information. The main tool used was questionnaire the data was collected precisely and the verbal assurance was given to each subject in terms of maintaining the confidentiality of the obtained information. The data was collected through the personal interviews with the subjects. The analysis of data was done using the Microsoft excel, SPSS, programme employing the test like chi-square and p-value.

4. Result and Discussion

Table 1: Practises of respondents regarding intake of meals

		Gender						X^2	p-value
		Male		Female		Total			
		Frequency	Percent	Frequency	Percent	Frequency	Percent		
Do you take your Regularly meals	Always regular	28	41.2%	40	58.8%	68	68.0%	1.25	0.26
	Irregular	17	53.1%	15	46.9%	32	32.0%		
	Total	45	45.0%	55	55.0%	100	100.0%		
How many times do you take meals except snacks	1-tme	6	75.0%	2	25.0%	8	8.0%	3.27	0.35
	2-time	13	41.9%	18	58.1%	31	31.0%		
	3-time	16	41.0%	23	59.0%	39	39.0%		
	4-time	10	45.5%	12	54.5%	22	22.0%		
	Total	45	45.0%	55	55.0%	100	100.0%		
How often do you eat Green red or yellow vegetables	Daily	11	68.8%	5	31.2%	16	16.0%	5.3	0.72
	3 or 4 times per weak	9	36.0%	16	64.0%	25	25.0%		
	Once or twice per weak	25	43.1%	33	56.9%	58	58.0%		
	Rarely	0	0.0%	1	100.0%	1	1.0%		
	Total	45	45.0%	55	55.0%	100	100.0%		

- The mean score reflects that 68% (n=68) of respondents takes consume their meal regularly where 41.2% (n=28) of sample belong to male category & 58.8% (n=40) are from female category. It also reflects that 32% (n=32) of respondents consumes their meal irregularly where 53.1% (n=17) of sample belong to male category & 46.9% (n=15) of subjects belong to female category. The x^2 value (1.25) & p-value (0.26) are highly significant.
- The mean score represents that 8% (n=8) of respondents takes their meal 1 time a day where 75% (n=6) of sample belong to male category & 25% (n=2) of sample belong to female category. It also represents that 31% (n=31) of respondents consume their meal 2 times a day where 41.9% (n=13) of sample belong to male category & 46.9% (n=18) of respondents belong to female category .39%(n=39) of respondents take their meal 3 times a day where 41% (n=16) of sample belong to male category &59% (n=23) of subjects belong to female category. While as, only 22% (n=22) of respondents consume their meal 4 times a day where 45.5% (n=10) of sample belong to male category &54.5%(n=12) of sample belong to female category. The x^2 value (3.27) & p-value (0.35) are highly significant.
- The mean score responds that 16% (n=16) of respondents consume green, red or yellow vegetables daily where 68.8% (n=11) of sample belong to male category & 31.2% (n=5) of sample belong to female category. It also depicts that 25% (n=25) of sample consumes green red yellow vegetables 3 or 4 times a week where 36% (n=9) of subjects belong to male category &64% (n=16) of sample belong to female category. 58% (n=58) of respondents consumes green red yellow vegetables once or twice a week where 43.1% (n=25) of sample belong to male category & 56.9% (n=33) of sample belong to female category. While as, only 1% (n=1) of respondents consumes green red yellow vegetables rarely where 100% of respondents belong to female category. The x^2 value (5.3) & p-value (0.72) are highly significant.

Table 2: Knowledge of respondents regarding nutrition

		GENDER				Total		X^2	p-value
		Male		Female					
		Frequency	Percent	Frequency	Percent	Frequency	Percent		
What type of Food do you think is Balanced diet	Mainly meat	5	62.50%	3	37.50%	8	8.00%	1.69	0.63
	Mainly vegetables	9	40.90%	13	59.10%	22	22.00%		
	Meat, vegetables and other varities of food	28	43.10%	37	56.90%	65	65.00%		
	Others	3	60.00%	2	40.00%	5	5.00%		
	Total	45	45.00%	55	55.00%	100	100.00%		
Do you know the Concept of balanced diet	Yes	28	43.10%	37	56.90%	65	65.00%	2.78	0.59
	No	17	48.60%	18	51.40%	35	35.00%		
	Total	45	45.00%	55	55.00%	100	100.00%		
Do you Know about Eating disorder	Yes	11	36.70%	19	63.30%	30	30.00%	1.2	0.27
	No	34	48.60%	36	51.40%	70	70.00%		
	Total	45	45.00%	55	55.00%	100	100.00%		
Do you have the Concept of rainbow diet	Yes	11	42.30%	15	57.70%	26	26.00%	5.31	0.74
	No	34	45.94%	40	54.05%	74	74.00%		
	Total	45	45.00%	55	55.00%	100	100.00%		
Do you know about dieting	Yes	14	36.80%	24	63.20%	38	38.00%	16.4	0.19
	No	31	50.00%	31	50.00%	62	62.00%		
	Total	45	45.00%	55	55.00%	100	100.00%		
Do you think about over eating	Yes	15	57.70%	11	42.30%	26	26.00%	2.28	0.13
	No	30	40.50%	44	59.50%	74	74.00%		
	Total	45	45.00%	55	55.00%	100	100.00%		

1) The mean score features that 8%(n=8) of respondents think that mainly meat have balanced nutrition where 62.5% (n=5) of sample belong to male category & 37.5%(n=3) of sample are from female category. It also depicts that 22% (n=22) of respondents think that mainly vegetables have balanced nutrition where 40.9%(n=9) of sample belong to male category &59.1%(n=13) f respondents belong to female category .65%(n=65) of respondents think that meat, vegetables and other varieties of food contain balanced nutrition where 43.1%(n=28) of sample belong to male category &56.9% (n=37) of sample belong to female category. While as, only 5%(n=5) of respondents think that other food have balanced nutrition where 60%(n=3) of subjects respondents belong to male category & 40% (n=2) of sample belong to female category. The x^2 value (1.69) & p-value (0.63) are highly significant.
2) The mean score reflects that 65% (n=65) of respondents know about the concept of balanced diet where 43.1% (n=28) of sample belong to male category & 56.9% (n=37) of subjects belong to female category. It also depicts that 35% (n=35) of sample does not know about the concept of balanced diet where 48.6% (n=17) of subjects belong to male category & 51.4% (n=18) of sample belong to female category .the x^2 value (2.78) & p-value (0.59) are highly significant.
3) The mean score features that 30% (n=30) of respondents know about eating disorder where 36.7% (n=11) of sample belong to male category & 63.3% (n=19) of sample belong to female category. It also depicts that 70% (n=70) of respondents does not know about eating disorder where 48.6% (n=34) of sample belong to male category & 51.4% (n=36) of subjects belong to female category. The x^2 value (1.20) & p-value (0.27) are highly significant.
4) The mean score represents that 26% (n=26) of respondents know the concept of rainbow diet where 42.3% (n=11) of sample belong to male category & 57.7% (n=15) of subjects belong to female category. It also depicts that 74% (n=74) of respondents does not know about the concept of rainbow diet where 45.94% (n=34) of sample belong to male category & 54.05% (n=40) of respondents belong to female category .the x^2 value (5.31) & p-value (0.74) are highly significant.
5) The mean score shows that 38%(n=38) of respondents know about dieting where 36.8% (n=14) of respondents belong to male category & 63.2% (n=24) of sample belong to female category .It also shows that 62%(n=62) of respondents does not know about dieting where 50% (n=31) of subjects belong to male category &50% (n=31) of sample belong to female category .the x^2 value (16.4) & p-value (0.19) are highly significant
6) The mean score indicates that 26% (n=26) of respondents know about the harmful effects of overeating where 57.7% (n=15) of respondents belong to male category & 42.3% (11) of sample belong to female category .It also indicates that 74% (n=74) of respondents does not know about the harmful effects of overeating where 40.5% (n=30) of sample belong to male category & 59.5%(n=44) of subjects belong to female category .the x^2 value (2.28) & p-value (0.13) are highly significant.

5. Summary and Conclusion

1) The survey revealed that 68% (n=68) of respondents takes their meals regularly where 41.2% (n=28) of respondents were from male category & 58.8% (n=40) of sample were from female category. While as only 32% (n=32) of sample eats meal irregularly where 53.1% (n=17) of sample were from male category & 46.9% (n=15) of sample were from female category.
2) The survey also revealed that 39% (n=39) of sample takes meals except snacks 3 times a day 41% (n=16) of sample were from male category & 59% (n=23) of sample were from female category. While as 31%(n=31) of respondents eats meal 2 times a day where 41.9% (n=13) of sample were males & 46.9% (n=18) of sample were females .22% (n=22) of respondents eats meal 4 times a day where 45.5% (n=10) of sample were males & 54.5% (n=12) of sample were females and only few 8%(n=8) of sample eat meal 1 time a day where 75%(n=6) of sample were males & 25% (n=2) of sample were females .
3) The survey also verifies that around 74% (n=74) of respondents opined that they do not know the concept of rainbow diet 45.94 % (n=34) of sample were males & 54.05% (n=40) of sample were females.
4) The survey revealed that around 58% (n=58) of respondents eat green yellow red vegetables once or twice a week where 43.1% (n=25) were from male category&56.9%(n=33) of sample were from female category and only 1% (n=1) of respondents eats green red yellow vegetables rarely where 100% respondents were from female category.
5) The study verified that around 65% (n=65) of respondents think that meat, vegetables and other varieties of food have balanced nutrition 43.1% (n=28) of sample were from male category &56.9%(n=37) of sample were from female category and only 5%(n=5) of respondents think that other foods have balanced nutrition where 60%(n=3)of respondents were males & 40% (n=2) of sample were females.
6) The study revealed that around 65% (n=65) of respondents revealed that they know the concept of balanced diet where 43.1% (n=28) of sample were from male category & 56.9% (n=37) of respondents were from female category. While as only 35% (n=35) of respondents does not know the concept of balanced diet where 48.6% (n=17) of sample were males & 51.4% (n=18) of sample were females.
7) 70% (n=70) of respondents revealed that they do not know about eating disorder where 48.6%(n=34) of sample were males & 51.4% (n=36) of sample were females.
8) The survey revealed that majority 62% (n=62) of respondents does not know about the concept of dieting where 50% (n=31) of sample belonged to male category & 50% (n=31) of subjects belonged to female category and only few 38% (n=38) of sample does not know about the concept of dieting.
9) The survey also revealed that 74% (n=74) of respondents does not know about the concept of overeating where 40.5% (n=30) of sample were males &59.5%(n=44) of sample were females.

6. Recommendations

As per the study, we came to know that most of the adolescents have different eating patterns and are irregular in intake of meals. Following are the points that we recommend to adolescents....

- Take your meals regularly on proper time.
- Avoid junk foods.
- Eat pulses and legumes. These are good for your health.
- Always take your meals with your family .This will create mutual understanding and cooperation between you and your family.
- Don't spent your time for thinking about ways to be thin .Don't skip your meals in order to be thin.
- Take green leafy vegetables thrice in a week.
- Whenever you feel thirsty, only prefer water to drink.
- Take your lunch with you always whenever you are outside.

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