Likes and Dislikes of Respondents

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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. METHOD: 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.

1. Introduction

Many adolescents’ especially female adolescents suffer from disturbed eating behaviours such as excessive dieting and striving for thinness. Each of the above variables is linked to self-satisfaction and to their effects on eating pathology, eating attitudes, body image dissatisfaction. They also affect many areas of psychological function in adolescents including depression and anxiety, leading to lack of confidence, teasing and impairment in social functioning. According to Monir et al. (2010) eating disorder is more prevalent among overweight-obese adolescents of high social class and they conclude that social background, obesity, negative body image, depression and teasing are the main risk factors for developing eating disorder. Boyleton et al., (2008) found that weight and body size preferences of African American female youths were primarily determined by the individual and her immediate social circle and were less influenced by opinions of those outside of the social circle; food choices depended on texture, taste, appearance, and context more than on nutritional value; engagement in recreational physical activity was influenced by time constraints from school and extracurricular activities and by neighbourhood safety; and celebrities were not perceived as role models for diet and physical activity habits.

Dev et al., (2009): found that overweight was more frequently found among urban female as compared to rural female adolescents because the economic status of the urban adolescents was higher than their Am. J. Food. Nutr, 2011, 1(4): 185-192

Edman and Yates (2004): concluded that having low self-satisfaction was a better indicator of disordered eating behaviour than actual physical size.

3. Material and Method

3.1 Data Source

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

3.2 Analysis of Data

The data was collected carefully and precisely and the verbal assurance was given to each subject in terms of maintaining the confidentiality of obtained information. The data was collected through the personal interviews with the subjects in which the researcher analyzed the subjects and noted down the respondents answers. The total time spent on each subject varied from 15-20 minutes. Each subject was individually thanked and opportunity was provided to each subject to clarify their doubts if any. The analysis of data was done using the Microsoft excel and SPSS programme employing the tests like mean and correlation.

4. Result and Discussion

4.1 Likes and Dislikes of respondents
The mean score highlights that around 81% (n=81) of respondents like to eat with friends daily where 38.1% (n=8) of respondents are from male category & 61.9% (n=13) belong to female category. While as, 28% (n=28) of respondents does not like to eat with friends 3 or 4 times a week where 35.7% (n=10) of sample belong to male category & 64.3% (n=18) of sample belong to female category. It also depicts that 40% (n=40) of sample like to eat with friends once or twice a week where 52.5% (n=21) of respondents belong to male category & 47.5% (n=19) of subjects belong to female category. While as, only 11% (n=11) of subjects like to eat with friends rarely where 54.5% (n=6) of respondents belong to male category & 45.5% (n=5) of subjects belong to female category. The x² value (15.31) & p-value (0.46) are highly significant.

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The mean score represents that 81% (n=81) of sample likes to have soft drinks where 45.7% (n=37) of respondents belong to male category & 54.3% (n=44) of respondents belong to female category. While as, 19% (n=19) of sample does not like to have soft drinks where 42.1% (n=8) of sample belong to male category & 57.9% (n=11) of sample are females. The x² value (7.97) & p-value (0.07) are highly significant.

The mean score reflects that 81% (n=81) of sample likes to eat wazwan where 46.9% (n=38) of respondents belong to male category & 53.1% (n=43) of sample belong to female category. It also depicts that 19% (n=19) of sample does not like to eat wazwan where 36.84% (n=7) of respondents belong to male category & 63.15% (n=12) of respondents belong to female category. The x² value (2.33) & p-value (0.31) are highly significant.

The mean score reflects that 52% (n=52) of respondents likes to eat legumes and pulses where 47.4% (n=26) of sample belong to male category & 52.6% (n=26) of sample belong to female category. It also depicts that 21% (n=21) of subjects likes to eat legumes and pulses where 34.2% (n=13) of subjects belong to male category & 65.8% (n=25) of subjects belong to female category. The x² value (2.88) & p-value (0.09) are highly significant.

5. Summary and Conclusion

The survey revealed that around 81% (n=81) of sample likes to eat junk foods where 47.5% (n=38) of sample were males & 53.75% (n=33) of subjects were from females.

Majority of respondents that is 40% (n=40) eat with friends once or twice a week where 52.5% (n=21) of respondents like to eat junk foods where 47.5% (n=38) of respondents belong to male category & 53.75% (n=33) of sample are females.
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6. Recommendation

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.
- Adequate sleep
- Families can play an important role to help these adolescents live a healthier life.