Likes and Dislikes of Respondents

Rumisa Nabi

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 questionaire 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. Boyington 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): 185-192Edman and Yates (2004) concluded that having low self-satisfaction was a better indicator of disordered eating behaviour than actual physical size.

2. Review and Literature

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.

Boyington 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 corelation.

4. Result and Discussion

4.1 Likes and Dislikes of respondents

		Gender				Total		X^2	p-value
		Male		Female					
		Frequency	Percent	Frequency	Percent	Frequency	Percent		
Do you Like junk foods	Yes	38	47.5%	43	53.75%	81	81.0%	15.31	0.46
	No	7	36.8%	12	63.2%	19	19.0%		
	Total	**45**	**45.0%**	**55**	**55.0%**	**100**	**100.0%**		
Do you like to Eat with friends	Daily	8	38.1%	13	61.9%	21	21.0%	26.94	0.44
	3 or 4 times per weak	10	35.7%	18	64.3%	28	28.0%		
	Once or twice per weak	21	52.5%	19	47.5%	40	40.0%		
	Rarely	6	54.5%	5	45.5%	11	11.0%		
	Total	45	45.0%	55	55.0%	100	100.0%	7.97	0.77
Do you like soft drinks	Yes	37	45.7%	44	54.3%	81	81.0%		
	No	8	42.1%	11	57.9%	19	19.0%		
	Total	45	45.0%	55	55.0%	100	100.0%		
Do you like wazwan	Yes	38	46.9%	43	53.1%	81	81.0%	2.33	0.31
	No	7	36.84%	12	63.15%	19	19.0%		
	Total	45	45.0%	55	55.0%	100	100.0%		
Do you like to Eat pulses and legumes	Yes	32	51.6%	30	48.4%	62	62.0%		
	No	13	34.2%	25	65.8%	38	38.0%	2.88	0.09
	Total	45	45.0%	55	55.0%	100	100.0%		
How often do you like to Eat with family	Daily	23	44.2%	29	55.8%	52	52.0%	1.75	0.98
	3 or 4 times per weak	9	42.9%	12	57.1%	21	21.0%		
	Once or twice per weak	9	47.4%	10	52.6%	19	19.0%		
	Rarely	4	50.0%	4	50.0%	8	8.0%		
	Total	45	45.0%	55	55.0%	100	100.0%		

- The mean score highlights that around 81% (n=81) of sample likes to consume junk foods where 47.5% (n=38) of respondents belong to male category & 53.75% (n=43) of sample belong to female category. While as, that 19% (n=19) of sample does not like to consume junk foods where 36.8% (n=7) of respondents belong to male category & 63.2% (n=12) of sample belong to female category. The x^2 value (15.31) & p-value (0.46) are highly significant.

- The above score depicts that around 21% (n=21) of sample 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 .It also depicts that 28% (n=28) of respondents 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 sample 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 x^2 value (26.94) & p-value (0.44) are highly significant.

- The mean score represents that 81% (n=81) of samples like 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 femlaes .the x^2 value (7.97) & p-value (0.77) 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 x^2 value (2.33) & p-value (0.31) are highly significant.

- The score shows that 62% (n=62) of respondents likes to eat legumes and pulses where 51.6% (n=32) of respondents belong to male category & 48.4%(n=30) of sample belong to female category .while as, only 38% (n=38) of respondents does not like to eat pulses and legumes where 34.2% (n=13) of subjects belong to male category & 65.8% (n=25) of respondents belong to female category .the x^2 value (2.88) & p-value (0.09) are highly significant.

- The mean score depicts that 52% (n=52) of respondents likes to eat with family daily where 44.2% (n=23) of sample belong to male category & 55.8% (n=29) belong to female category. It also depicts that 21% (n=21) of subjects likes to eat with family 3 or 4 times a week where 42.9% (n=9) of respondents belong to male category & 57.1% (n=12) of sample belong to female category. While as, 19% (n=19) of respondents likes to eat with family once or twice a week where 47.4% (n=9) of subjects belong to male category & 52.6% (n=10) of respondents belong to female category.8%(n=8) of respondents likes to eat with family rarely where 50%(n=4) of respondents belong to male category & 50%(n=4) of sample belong to female category .the x^2 value (1.75) & p-value (0.98) 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

sample were males & 47.5% (n=19) of sample were females.
- The survey revealed that majority of respondents that is around 81% (n=81) of sample likes to have soft drinks where 45, 7% (n=27) of subjects were males & 54.3% (n=44) of sample were females.

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 .