

# HEALTHY EATING HABITS IS ASSOCIATED WITH HEALTHY LIFESTYLE AMONG COLLEGE GOING STUDENTS

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## ABSTRACT

Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity. For numerous students the transition from academy to council or university is a critical time when they begin to make their own salutary dietary opinions. Health habits developed during this period of life can continue into the majority. Similarly, a healthy diet plays a significant role in the lives of college going students and also they are considered as a huge population group that can be targeted to prevent many nutrition problems. Since the present study is related to healthy eating habits adopted by the students, descriptive research design was considered most suitable for the study. The study was conducted in Chennai, India. The sample of the present study consisted of 200 Students from Agurchand Manmull Jain College, Meenambakkam. Purposive sampling method was adopted for selecting the sample. The findings of the present study are discussed in the paper. For the study interview schedule was selected to get the detailed information about the respondents. Our main objective of this research is to find out the consuming habits of college students and also to evaluate how it facilitates them to improve their healthy lifestyle. If one's way of eating habits is in a good way then their lifestyle could be in a healthy way so that the students were given awareness about the healthy eating habits.

**KEY WORDS:** Health, Salutary, Nutrition, College going students, Awareness

## 1. INTRODUCTION

Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity [1]. Dietary habits are "conscious, collective, and repetitive behaviors that lead people to select, consume, and use certain foods or foods in response to social and cultural influences" [2].

Adolescence is defined as the period of mortal growth and development that occurs after childhood and before adulthood and according to the United Nations (UN) includes individualities between the periods of 10 to 19. [3]

For numerous students the transition from academy to council or university is a critical time when they begin to make their own salutary dietary opinions. Health habits developed during this period of life can continue into the majority. This is particularly important in the global environment of adding trends in obesity and non-communicable diseases with the frequency of obesity and habitual conditions adding at intimidating rates in numerous countries in recent decades.[4]

Students face a stressful time moving from school to college. Students' weight of intellectual achievements also revealed a veritable emotional examination period Worries a ton (Ward and Webster, 2018). Students were induced that the results of intermittent fasting both motifs can have an undesirable effect and also tend to eat better. Students were set up to be presently eating too important food during the test also, the type of food is also veritably important. For illustration, fruits and Vegetables are favorites among utmost scholars. Likewise, stress has been set up to intrude with eating behavior of university students. Underpinning the cause of this problem are handling

procedures. Obesity and overweight have been linked as one of the driving pandemics of global factors.[5]

There are indeed many studies that show that college students are more overweight than non-university students. During the last numerous times, there has been a growing hobby within the development and perpetration of health creation interventions in the place of business. In current times there have been studies examining consuming conduct in kids, youth, and teenagers; but propositions to give an explanation for similar actions are still moving from early to develop degrees. [6]

Efforts to eat healthy foods are frequently overcome by culinary traditions, social pressure, habits, and some perceived or faced walls similar to the attainability or high cost of healthy foods [7][8]. Also, a lack of knowledge or information, as well as a general lack of interest in changing one's diet, can help one from having a healthy diet. Still, furnishing specialized and detailed nutritive information isn't always a successful strategy. The reason is that healthy eating guidelines are veritably important on an epidemiological basis, entered without consideration Particular and objective barriers of consumers. [9]

Indeed though there is rising attention across the globe which address specifically university students and the gender differences of preference in eating habits as well as statistics on eating habits of the university population in Pakistan are not ample [10]. Healthy eating is essential for health preceptors to enhance public health [11]. This would help public health-related programs. Nutrition plays an important role in determining the overall health status of youthful people as multi customs of poor nutrition may cause overweight conditions which can make the matter a more delicate range of issues, including dietary insufficiency, infections, and socio-cultural factors. As the National Nutrition Survey 2011 points out that suppressing, wasting, and micronutrient malnutrition live aboriginal in Pakistan [9].

In this environment, the study by [12] set up that unhealthy eating habits are high among university students and emphasized the need to promote healthy eating habits among students to have a healthy lifestyle.

Ahmad-Qadri et al. [13] examined the life and dietary patterns of private students at the University in Karachi. The sample consisted of 100 students studying in a medical college in Bagai Medical University. Participant consent was taken, and the dimension system was a self-administered questionnaire. Males were selected more than females in the sample. Based on the results, It was concluded that seven percent of the scholars were addicted to tobacco. High chance of students He noted that they consume junk food. Cereal food consumption was the alternative favorite food. On that day On the other hand, seventy percent of students walk 30 minutes and half of the population Exercise daily. When body weight was checked, half of the scholars were of normal weight. There was no significant gender difference set up in males and females. The problem of overweight is related to scholars' consumption of junk food and soft drinks. The performance aspect of heavy weight was considered Exercise and cereal food consumption.

## **OBJECTIVES OF THE STUDY**

1. To find out the consuming habits of college students.
2. To evaluate how it facilitates them to improve their healthy lifestyle.

## **2. METHODOLOGY:**

A descriptive study through the survey method was conducted on the students of the various Department of Arts and Science programs, Agurchand Manmull Jain college, Meenambakkam, Chennai, India. The sample of the present study consisted of 200 students from the Purposive sampling method was adopted for selecting the sample. A sample of 200 students was selected N=100 with ages 18-21 years from arts students (n=50 males and n=50 females) and N=100 from Science (n= 50 males and n=50 females) with ages 18-21 years. For the present study the interview schedule was prepared to get the detailed data about the respondents.

### The procedure of Data Collection

Data was collected from Arts and Science students by myself. For this purpose, I personally visited their classes. Firstly, the objective of the study is explained to the students then read each statement to remove the ambiguity related to each statement.

### Research Tool

A self-developed questionnaire was used for data collection, which was contained in 20 statements. These statements were observed through a 3-Points Dichotomous Scales (Y=yes, S=Sometimes, N=no) and some of the statements were observed through a 5 - points Likert Scale (Never, Rarely, Occasionally, Frequently, and Very frequently) by participants. Frequency distribution and percentage were used to analyze the results of the existing study.

## 3. Result and Summary

### 3.1 Demographic Profile

It was found that minimum annual income was less than 150000 and maximum was found to be 200000 students were from second year and rest belonged to third year of graduation. Majority of the students belonged to the age group of 18-20years.

### 3.2 Statements and Responses

**TABLE 1**

SI No	Statements	Yes		Sometimes		No	
		F	%	F	%	F	%
1.	Do you have Breakfast, Lunch, Dinner regularly?	138	69	62	31	0	0
2.	Do you have a healthy breakfast regularly?	123	61.5	23	11.5	54	26.9
3.	Do you include Basic five food groups in your daily diet regularly?	100	50	68	34	32	16
4.	Do you have fried food outside of the home?	123	61.5	69	34.5	8	4
5.	Do you have any vitamins rich foods in your daily diet?	108	54	70	35	22	11
6.	Do you walk after having your Dinner?	137	68.5	38	19	25	12.5
7.	Do you cut down on sweet beverages?	29	14.5	58	29	113	56.5

From the above table, it was found that 69% of the respondents had regular breakfast, lunch and also dinner and 61.5% of them consume healthy breakfast and 50% of them include basic five groups in their daily diet regularly and 61.5% of them consume fried food items from outside of the home and 54% of them consume vitamin rich foods in their daily diet. 68.5% of them were found to walk after having their dinner. And also from the above table it was found that 56.5% of the respondents consume beverages on their daily diet.

SI No	Statements	Never		Rare		Occasionally		Frequently		Very Frequently	
		F	%	F	%	F	%	F	%	F	%
8.	How often do you have fried food?	0	0	16	8	31	17	62	31	91	45.5
9.	How often do you have fruits and vegetables?	23	11.5	70	35	90	45	10	5	17	8.5
10.	How many times a week do you have fast food/takeaway?	91	45.5	17	8.5	23	11.5	23	11.5	23	11.5
11.	How often do you Consume dairy products (milk/yogurt/cheese/chocolate)?	0	0	18	9	20	10	70	35	92	46
12.	How often do you eat snacks between meals?	8	4	93	46.5	9	4.5	47	23.5	43	21.5

**TABLE 2**

From the above table, it was found that 45.5% of the respondents had fried food very frequently, and 8.5% of them had fruits and vegetables in their daily diet very frequently and 11.5% of them had fast food/takeaway and 46% of them consumed dairy products very frequently in their daily diet. And also from the table, it was found that 21.5% of them had snacks between meals.

**TABLE 3**

SI No	Statements	Very Well		Fairly Well		Not Well		Never Heard It	
		F	%	F	%	F	%	F	%
13.	How will you know the guidelines of the food pyramid?	93	46.5	50	25	39	19.5	18	9

From the above table, it was found that 46.5% of the respondents knew very well about the guidelines of the food pyramid, and 9.% of them had never heard it.

**TABLE 4**

SI No	Statement	Never		Rare		Occasionally		Frequently		Very Frequently	
		F	%	F	%	F	%	F	%	F	%
14.	Cereals and Pulses	0	0	20	10	20	10	60	30	120	60
15.	Meat	4	2	55	27.5	50	25	45	22.5	50	25
16.	Fruits	0	0	11	5.5	25	12.5	54	27	110	55
17.	Vegetables	0	0	16	8	14	7	45	22.5	125	62.5
18.	Diary products	0	0	10	5	18	9	105	52.5	95	26.2
19.	Snacks	0	0	40	20	23	11.5	96	48	41	20.5

From the above table, it was found that 60% of the respondents had fried cereals and pulses very frequently in their daily diet, and 25% of them had meat in their daily diet very frequently and 55% and 62.5% of them had fruits and vegetables very frequently in their daily intake. And also from the above table it was found that 26.2% and 20.5% of the respondents consume dairy and snacks very frequently on their daily diet.

**TABLE 5**

SI No	Statements	Extremely Interested		Very Interested		Somewhat Interested		Slightly Interested		Not at all Interested	
		F	%	F	%	F	%	F	%	F	%
20.	Are you Interested in following good dietary habits?	39	19.5	85	42.5	54	27	22	11	0	0

From the above table, it was found that 19.5% of the respondents were extremely interested in following good dietary habits, and 0% of them were not at all interested in following good dietary habits.

**CONCLUSION**

As per preceding research conducted among the college going students can conclude that majority of the students had regular breakfast, lunch and dinner. Half of them included five food groups in their

daily diet so this may decrease the cause of many deficiency among the students. But the majority of them had fried food from outside of the home, so it may lead to weight related problems.

Similarly, the majority of the participants of the survey also revealed that they take cereals, pulses, fruits, and vegetables in their daily diet and they eat less meat and dairy products. Similarly, 46.5% of respondents also very well knew about the food pyramid.

Most of the students were also found to be consuming fried food and takeaway and their percentage consumption was also found comparatively high (ranges from 40-45%) and which is not a complete and good quality meal.

The main objective of this research was to find out the consuming habits of college students and evaluate how it facilitates them to improve their healthy lifestyle. If one's way of eating habits is in a good way then their lifestyle could be in a healthy way so that the students were given awareness about the healthy eating habits. Pamphlets and folders related to healthy eating habits and healthy foods were distributed to the students.

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