



## The Relation Between Dietary Habits and Lifestyle Among College Students

### KEYWORDS

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**ABSTRACT** *The aim of this study is to determine the relation between dietary habits and lifestyle among college students. There has been a revolution in adolescents lifestyle and eating pattern which can be largely attributed to changes in family and social environment. The transition to college often possess new challenges for students in terms of dietary habits such as having food in caffeteria. Because college students are faced with a new set of challenges in lifestyle, they represent an important target group for deprivation. The reason for doing this study is to analyse the health awareness due to dietary habits and maintain a proper lifestyle among the college students.*

### Introduction:

Diet and lifestyle are considered as one of the significant components for maintaining a healthy life<sup>[1]</sup>. This study is designed to determine the relation between the dietary habits and lifestyle among the students of a university. It is recognized that lifestyle is a part of healthy life<sup>[2]</sup>. In todays life there is an extensive evidence that lifestyle factors such as smoking , excessive alcohol consumption, unhealthy diet plan contribute to increase in mortality and morbidity<sup>[3]</sup>. It is found that these factors leads to development of various diseases such as cardiovascular diseases , respiratory diseases, diabetes, and sometimes cancer etc<sup>[4]</sup>.

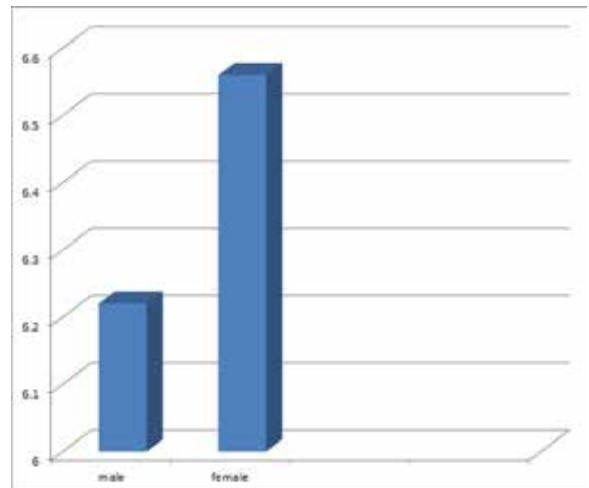
It is well known that the prevalence of these factors are seen in young adults than the elderly people<sup>[5]</sup>. There has been a revolution in adolescents lifestyle and eating pattern which can be largely attributed to changes in family and social environment<sup>[6]</sup>. The rapid increase of obesity is associated with the inappropriate diet and inactive lifestyle<sup>[7]</sup>. The transition to college often possess new challenges for students in terms of dietary habits such as having food in caffeteria. Because college students are faced with a new set of challenges in lifestyle, they represent an important target group for deprivation<sup>[8]</sup>. Therefore to maintain a good healthy lifestyle it is necessary to have a healthy diet.

### Method:

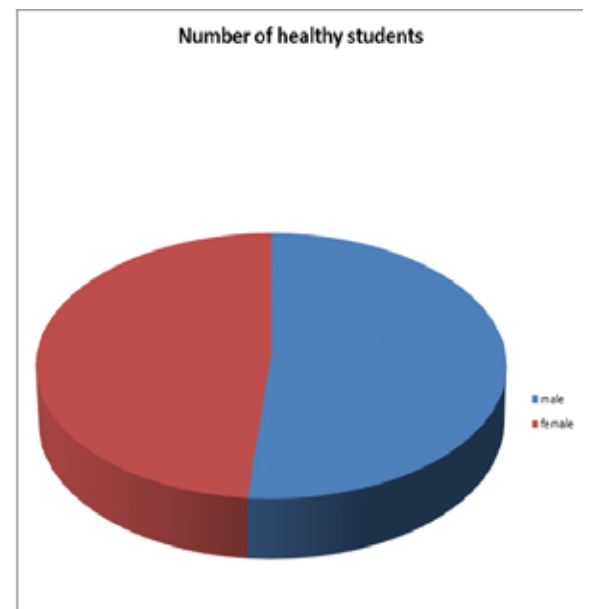
This study was conducted at saveetha dental college. The sample size, dietary habits, sleeping patterns were estimated in 100 students. A questionnaire comprising of questions regarding the diet pattern including both quantitative and qualitative questions was prepared. There were 10 questions containing 5 positive and 5 negative questions.

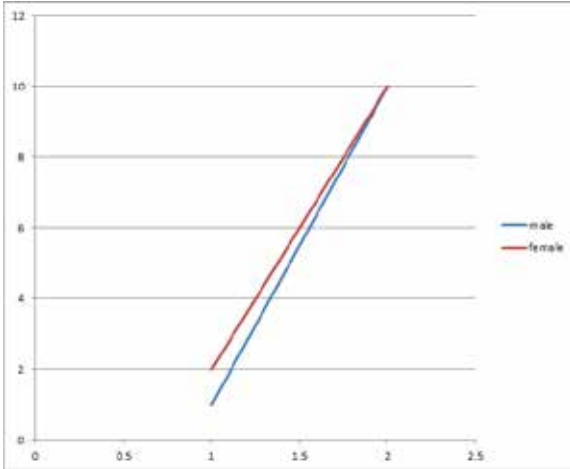
The subjects were asked to fill the questionnaire on what kind of food they eat i.e, healthy or unhealthy, sleeping pattern etc and the score was noted down. The score was evaluated based on the positive results. The positive answers were given 1 and the negative answers were given 0. After the evaluation of the score, the overall average was taken based on the gender. And then the average was also taken for both male and female separately.

### Statistical analysis



### Number of healthy students





**Result:**

| Gender | Score |
|--------|-------|
| Female | 6     |
| Male   | 8     |
| Female | 8     |
| Male   | 8     |
| Female | 7     |
| Female | 7     |
| Female | 10    |
| Male   | 10    |
| Male   | 6     |
| Female | 9     |
| Male   | 6     |
| Female | 10    |
| Female | 3     |
| Male   | 8     |
| Female | 6     |
| Male   | 6     |
| Male   | 1     |
| Female | 2     |
| Male   | 7     |
| Female | 4     |
| Male   | 9     |
| Female | 4     |
| Male   | 10    |
| Female | 5     |
| Female | 6     |
| Female | 3     |
| Male   | 3     |
| Male   | 6     |
| Male   | 6     |

|        |    |
|--------|----|
| Male   | 2  |
| Male   | 10 |
| Female | 5  |
| Male   | 3  |
| Female | 7  |
| Male   | 9  |
| Male   | 9  |
| Female | 8  |
| Female | 6  |
| Female | 7  |
| Female | 5  |
| Male   | 5  |
| Male   | 7  |
| Male   | 8  |
| Female | 8  |
| Male   | 6  |
| Female | 8  |
| Male   | 5  |
| Female | 9  |
| Female | 7  |
| Female | 7  |
| Male   | 6  |
| Female | 7  |
| Female | 9  |
| Male   | 6  |
| Male   | 5  |
| Male   | 5  |
| Male   | 8  |
| Female | 9  |
| Male   | 4  |
| Male   | 4  |
| Female | 8  |
| Male   | 3  |
| Female | 9  |
| Female | 4  |
| Male   | 8  |
| Female | 6  |
| Male   | 6  |
| Male   | 3  |
| Female | 4  |
| Male   | 7  |
| Male   | 7  |

|         |      |
|---------|------|
| Male    | 4    |
| Female  | 7    |
| Male    | 3    |
| Female  | 6    |
| Female  | 5    |
| Male    | 3    |
| Female  | 7    |
| Male    | 7    |
| Male    | 6    |
| Male    | 7    |
| Female  | 9    |
| Female  | 10   |
| Male    | 5    |
| Male    | 8    |
| Female  | 6    |
| Female  | 5    |
| Female  | 6    |
| Male    | 5    |
| Male    | 10   |
| Male    | 9    |
| Male    | 9    |
| Female  | 4    |
| Male    | 5    |
| Female  | 6    |
| Male    | 6    |
| Male    | 8    |
| Male    | 4    |
| Female  | 8    |
| Male    | 7    |
| Total   | 638  |
| Average | 6.38 |
|         |      |

| Gender | Number | Total score | Average | Highest score | Lowest score |
|--------|--------|-------------|---------|---------------|--------------|
| Males  | 54     | 336         | 6.22    | 10            | 1            |
| Female | 46     | 302         | 6.56    | 10            | 2            |

### Discussion:

This study indicates that dietary habits relate with the lifestyle. Lifestyle factors such as smoking, unhealthy diet, alcohol consumption seem to have a greater impact on diet than socio economic status. The students of saveetha university were invited to complete a questionnaire with interest and were told to answer on how their diet plan is in current situation. The sample size of 100 students were chosen on a random basis among all the students. Of that 54% were males and 46% were females.

were tabulated. The total score for the entire sample size was found to be 638 and their average was 6.38. The average for both males and females were found to be 6.22 and 6.58 respectively. The highest and the lowest score for male is 10 and 1 respectively whereas that for females is 10 and 2. This proves that females tend to have a healthy lifestyle than males.

### Conclusion:

From this study we come to the conclusion that dietary habits mostly relate with the lifestyle of an individual. The young individuals are advised to maintain their dietary habits, do exercise everyday in a regular basis for atleast 20 minutes and gradually reduce the amount of smoking and alcohol consumption and to have the best sleep wake cycle. A person must have atleast 7-9 hours of sleep to start a day with full potential. It is necessary to take a dietary and exercise counselling as a preventive strategy. The more healthy the diet the more healthier will be the lifestyle.

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After the completion of filling the questionnaire, the scores