

Community based survey on young adults about the irregularity in their food habit

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ABSTRACT

OBJECTIVE

A questionnaire-based survey was conducted to know about the irregularity in their food habit which effectively infected the young student population of age between 16-20 years.

METHODS

The study was conducted on December - January 2009-10 on questionnaire-based survey in some colleges of Bangalore where the people from all over India studies. Total number of volunteers (male and female) was One fifty one (151).

RESULTS

The percentage population who don't have regular breakfast is 44%, lunch is 3.68%, and evening food is 17.03%. They have given the basic reasons behind their irregularity of food habits were late wake up (71.52%), early college timing (28.47%), not hungry (43.69%) The present survey also provide us the information about diseases due to irregular food habit like Pimples (45%), stomach pain (29%), Acidity (19%), constipation (16%), and loose motion (5.3%).

CONCLUSION

From the above data we can conclude that majority of young student community is not following healthy food habit which may strongly effect their future health. Today's minor symptoms may be tomorrow's major disease. Hence, there is a need to educate the youth regarding healthy food habits.

Key word: food habit, young college student, irregularity.

INTRODUCTION

The basic need of human being is food. In the present silicon world, people are changing their life style¹ along with that their food habits are also changing especially among the young generation. A good regular food habit include morning breakfast², lunch, evening snacks and dinner which comprises of the adequate amount of calories required by the body in the form of carbohydrates, proteins, lipids, vitamins and minerals. But with the changing world people especially the young adult have gone through a lot of changes especially they have irregular food habit³⁻¹ which are leading them to the house of diseases and illness. The main reasons for the

irregularities³⁻² in their food habit is modern and competitive life style, school and colleges timing, deviation from basic food to fast-food etc. and these all together act as the main reason behind the complaints of young generation of being tired and several type of acute⁴ and chronic form of disease⁵.

MATERIAL AND METHOD

The present survey aims at finding out the percentage of youth who follows healthy eating habits and life style. Hence indirectly we also obtained the no. Of candidates who do not follow healthy eating habits and to what difficulties they face. A survey was conducted on 151 of young

adults of age (16 to 20) and sex (M-33.33% and F-66.66%) about their food habits. The study was done in different colleges of Bangalore (Kormangala) starting from 10+2 to bachelor degree. The study was done over a month from 15th Dec. To 15th Jan. Of 2009-10.

RESULTS AND DISCUSSION

The data collected from survey was arranged analyzed and statically validated. Total number of volunteers are 151 both male and female. After the analysis of data it was found that the

Table 1: Irregularity in normal food habit

| Irregularity in break fast | Irregularity in lunch | Irregularity in evening food |
|----------------------------|-----------------------|------------------------------|
| 44 % | 03.68 % | 17.03 % |

Table 2: Reason of irregularity in food habit

| Break fast | | Lunch | | Evening food | |
|--------------|----------------|--------------|----------------|--------------|---------------------------------|
| lack of time | college timing | lack of time | college timing | Not hungry | No habit of taking evening food |
| 71.52 % | 28.47 % | 26.45% | 73.54 % | 43.69 % | 56.3 % |

Table 3: Common health problem

| Pimples | stomach pain | Acidity | constipation | loose motion |
|---------|--------------|---------|--------------|--------------|
| 45 % | 29 % | 19 % | 16 % | 5.3 % |

percentage population who don't have regular breakfast is 44%, lunch is 3.68%, and evening food is 17.03% Table-1, Figure-1. The basic reasons behind not having the break fast due to lack of time

(71.52%) and college timing (28.47%), reasons behind not having lunch due to lack of time (26.45%) and college timing (73.54%), reasons behind not having evening food due to not hungry (43.69%)

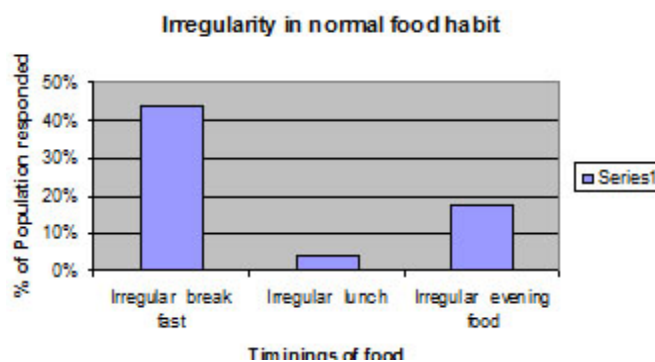


Fig. 1:

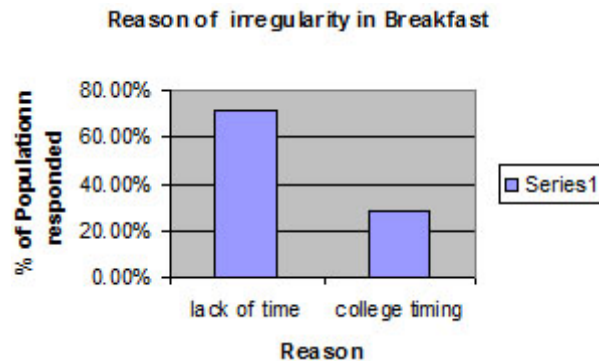


Fig. 2:

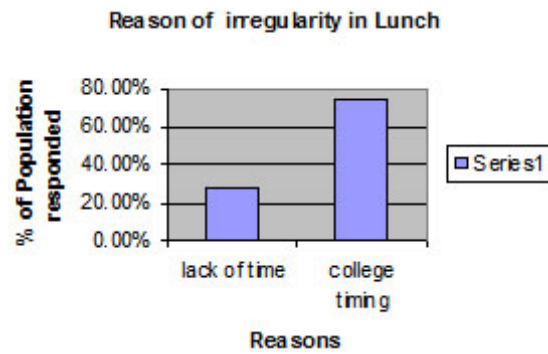


Fig. 3:



Fig. 4:

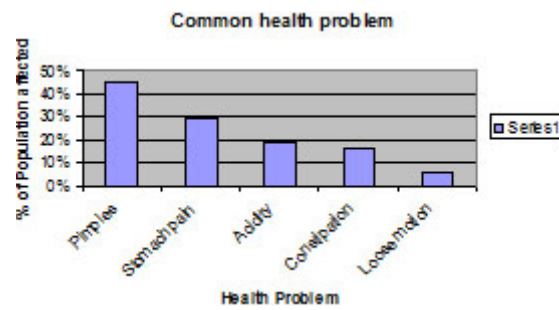


Fig. 5:

and no habit of taking evening food (56.3 %) Table-2, Figure-2, 3, 4. The present survey also helps us to find out the details of certain kind of disease because of irregular food habit like Pimples (45%), stomach pain (29%), Acidity (19%), constipation (16%), and loose motion (5.3%) Table-3, Figure-5.

CONCLUSION

Often young people complain of being tired and complain of different types of diseases which are attributed to not eating well or as said unhealthy food habits. Young generation needs to be educated about food and healthy food habits like not skipping meals, having food from all generation of food .if they want to have snack, it should be healthy items

like cheese, fruits, yoghurt & not fried items like puffs ,samosa, chips which will give extra calories and fattyness without any nutrition. In college, there should be nutrition experts who can guide students to eat healthy & remain fit and fine for long.

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