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Study of Eating Habits of College Students

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Abstract:

Choosing the right and balanced diet, healthy eating habits are important factors in maintaining good health and prolonging one's life. To know whether the eating habits and dietary choices of the youth are healthy was the main purpose of the study. To study eating habits, eating pattern and food choices of college students a researcher-made questionnaire of 15 multiple choice questions based on Time of eating, frequency of eating healthy and unhealthy food, food choice, and eating behavior (how to eat, eating pace and eating in pace) was administered on 256 college students of age between 18 to 25 years of affiliated colleges of Shivaji University, Kolhapur in online mode in the form of Google form. It was concluded that, most of the college students have healthy eating habits and healthy food choice. Eating habits of sports persons and non-sports persons do not show any difference except frequency of eating meat, fish and in food consumption when hungry. Sports person eat meat & fish more number of times than non-sportspersons and number of non-sports person consuming unhealthy food is more than sports person. It is also concluded that most of the students' daily consumption water is less than required quantity.

Keywords: Eating Habits, Food Choice, Healthy Eating

Introduction:

As we move into the 21st century, we Indians have made strides not only in science and technology but in all areas. With the help of science, medicines for many diseases have been discovered. Many diseases are extinct today. In the field of agriculture too, we are constantly striving to increase productivity through advanced tools and technology. In the health sector, there has been a radical change in health facilities. This is one side of the coin. We see today's young generation moving away from the pre-existing cultural and regional balanced and sattvic diet and moving towards fast food culture. Choosing the right and balanced diet, healthy eating habits are important factors in maintaining good health and prolonging one's life. Healthy eating has been defined as consumption patterns, practices and behaviors that are consistent with improving maintaining and /or enhancing health (Taylor, Evers and McKenna, 2005). Through personal preferences can lead to radical changes in eating habits and food choices.

India is known as one of the youngest countries in the world. More than 54% of the total population of India is under 25 years of age and some research studies, researchers have shown that food taste, food price, easy availability, happiness and contentment through eating and weight control are important factors for food / diet selection.

Many researchers in the field of dietetics have found that parents of young children develop habits of eating and drinking habits. Yet a person's dietary habits and choices are determined at a young age and that habit lasts a lifetime. At a young age, inadequate routine, dietary knowledge, misconceptions about weight control, friends and family and the average age of the Indian population is 29 years. Characteristic for the upliftment of the country especially economic upliftment, it is very important to improve the level of physical health of today's young generation to achieve the highest level of creativity and efficiency. If the eating habits of this young generation are healthy then it will automatically raise their level of health and they will be able to use their skills and abilities more efficiently. Hence, it becomes very important to know whether the eating habits and dietary choices of the youth are healthy and we have undertaken a research study in that regard.

Objectives of the Study:

1. To study eating habits of college students.
2. To compare eating habits of sports persons and non-sports persons
3. To study whether college students eat healthy food.
4. To find out food choices of college students.

Methodology:

To study eating habits, eating pattern and food choices of college students a researcher-made questionnaire consisted of 15 multiple choice questions based on Time of eating, frequency of eating healthy and unhealthy food, food choice, and eating behavior (how to eat, eating pace and eating in pace) was constructed. The questionnaire was send to college students of age between 18 to 25 years of affiliated colleges of Shivaji University, Kolhapur in online mode in the form of Google form. Total 256 college students responded and submitted the online questionnaire. The responses received in the form of excel sheet is then analyzed by using SPSS Sooftware.

Results:

Analysis of data is done by using frequency count, percentage, Pearson's Chi-square test with the help of SPSS version 16. Each item of the questionnaire has multiple options. Options are categorized in two categories viz., Healthy and unhealthy and analysis is done.

Table 1: Frequency of Eating

Sr. no.	Factors	Sportsperson		Non-sportsperson		Chi-square	Sig.
		Healthy habit	unhealthy habit	Healthy habit	unhealthy habit		
1	Eating breakfast	96.1%	2.9%	95.4 %	4.6%	0.885	0.642
2	Eating snacks	82.9%	17.1%	83.4%	16.6%	3.652	0.161
3	Daily consumption of -Fruits	42.9%	57.1%	49.7%	50.3%	1.154	0.283
4	Daily consumption of – Leafy vegetables	76.2%	23.8%	82.8%	17.2%	1.686	0.194
5	Daily consumption of – Cereals	52.4%	47.6%	67.5%	32.5%	6.009	0.014
6	Daily consumption of –Pulses	51.4%	48.6%	60.3%	39.7%	1.969	0.161
7	Daily consumption of -Milk	55.2%	44.8%	45.3%	54.7%	2.424	0.119
8	Daily consumption of –Dairy products	51.4%	48.6%	46.4%	53.6%	0.638	0.425
9	Daily consumption of -Eggs	50.5%	49.5%	46.4%	53.6%	0.421	0.517
10	Frequency of eating meat & fishes	67.6%	32.4%	53.0%	47%	12.262	0.007*
11	Frequency of eating fried food	71.4%	28.6%	70.2%	29.8%	0.045	0.832
12	Frequency of eating fast food	79.0%	21.0%	82.1%	17.9%	0.378	0.539

Table 1 describes the frequency of eating breakfast, snacks between two meals and daily consumption of essential food groups. It is seen from above table that, most of the sportspersons and non-sports person's frequency of breakfast, eating snacks between two meals, frequency of eating fried food and fact food is good and it's a healthy habit. Percentage of students eating essential food groups daily is also seen well. The significant difference between frequency of eating meat & fish in sports person and non-sportsperson ($p=0.007$).

Table 2: Time of eating

Sr. no.	Factors	Sportsperson		Non-sportsperson		Chi-square	Sig.
		Healthy habit	unhealthy habit	Healthy habit	unhealthy habit		
1	Lunch	99.1%	0.9%	97.3%	2.7%	0.991	0.609
2	Dinner	68.6%	31.4%	60.3%	39.7%	1.847	0.174

Table no. 2 indicates students have their lunch in right time but some of them unable to take dinner in right time. There is no significant difference found between eating time of sports person and non-sportspersons.

Table 3: Type of Food consumption

Sr. no.	Factors	Sportsperson		Non-sportsperson		Chi-square	Sig.
		Healthy habit	unhealthy habit	Healthy habit	unhealthy habit		
1	Type of food in breakfast	76.2%	23.9%	76.2%	23.8%	0.991	0.609
2	Food consumption when hungry	36.2%	63.8%	22.5%	77.5%	5.729	0.017*

Table no. 3 shows both sports person and non-sports persons consume healthy food in their breakfast at home. However when they became hungry and they were outside the home they consume unhealthy food. There is significant difference found between the sports person and non-sportspersons.

Table 4: Food choice

Sportsperson		Non-sportsperson		Chi-square	Sig.
Healthy Choice	unhealthy Choice	Healthy Choice	unhealthy Choice		
93.3%	6.7%	92.1%	7.9%	0.148	0.701

From table no 4 it is clearly seen that majority of sports persons and non-sports persons choose healthy food. There is no significant difference between their food choices.

Table 5: Amount of water consumption

Sr. no.	Factors	Sportsperson		Non-sportsperson		Chi-square	Sig.
		Healthy habit	unhealthy habit	Healthy habit	unhealthy habit		
1.	Amount of water consumption	31.4%	68.6%	39.1%	60.9%	1.572	0.210

It is seen from above table that, most of the sports persons and non-sports persons have unhealthy habit of consuming water. They consume less amount of water than required amount. There is no significant difference between their water consumption.

Table 6: How to eat

Sr. no.	Factors	Sportsperson		Non-sportsperson		Chi-square	Sig.
		Appropriate	Inappropriate	Appropriate	Inappropriate		
1	How to eat	55.2%	44.8%	56.3%	43.7%	0.028	0.867
2	Eating pace	71.4%	28.6%	76.2%	23.8%	0.724	0.395

Table no. 6 show that about how to eat and eating pace most of the sports persons and non-sports persons eat in appropriate manner by sitting and calmly, eating pace of most of the student is also seen appropriate.

Table 7: Eating in Stress

Sportsperson		Non-sportsperson		Chi-square	Sig.
Over eating	Inadequate eating	Over eating	Inadequate eating		
39.0%	61.0%	38.4%	61.6%	3.789	0.150

Table no. 7 show that about 61 % sports persons and non-sports persons eats inadequately when they are in stress. No significant difference is seen between both the groups.

Findings:

It is found from data analysis,

- Most of the sportspersons and non-sports person's frequency of breakfast, eating snacks between two meals, frequency of eating fried food and fact food is good and it's a healthy habit. Percentage of students eating essential food groups daily is also seen well. Frequency of eating meat & fish in sports person is more than in non-sportsperson ($p=0.007$).
- College students (both sports person and non-sportsperson) have their lunch in right time but some of them unable to take dinner in right time.
- Both sports person and non-sports persons consume healthy food in their breakfast at home. However when they became hungry and they were outside the home they consume unhealthy food. Differences found in responses of sports person and non-sportspersons.
- Majority of sports persons and non-sports persons choose healthy food.
- Most of the sports persons and non-sports persons have unhealthy habit of consuming water. They consume less amount of water than required amount.
- Sports persons and non-sports persons eat in appropriate manner by sitting and calmly, eating pace of most of the student is also seen appropriate.
- About 61 % sports persons and non-sports persons eat inadequately when they are in stress. No significant difference is seen between both the groups.

Conclusion:

It is concluded from the results of the study that, most of the college students have healthy eating habits and healthy food choice. Eating habits of sports persons and non-sports persons do not show any difference except frequency of eating meat, fish and in food consumption when hungry. Sports person eat meat & fish more number of times than non-sportspersons and number of non-sports person consuming unhealthy food is more than sports person. It is also concluded that most of the students' daily consumption water is less than required quantity. It is suggested that, college should spread awareness in students about how much and what should be eaten by arranging expert lectures.

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**Effect of Omkar Chanting on Concentration of School Students of Grade IX to
Grade XII Students**

Mr. Sudarshan Nagare

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Abstract:

The present study was aimed to provide beneficial effect of OM chanting on memory; It is conducted through online mode by above mentioned name at Ashoka Universal School, Arjun Nagar, Nashik. A total 60 healthy students of Grade IX to Grade XII were included in the study. Students were asked to sit in padmasana / vajrasana or Sukhasana and to inhale deeply and while exhaling students were asked to chant OM (AUM) until further inhalation. This Omkar Chanting process was performed by group participants once in a day for 25 minutes daily, between 7.50 AM to 08.15 AM, for 12 weeks under the supervision of yoga teacher. Significant improvement was observed in students. Our study further supports the beneficial effect of OM chanting on concentration ability of students. We recommend adopting this OMkar chanting on daily basis in school for a better understanding and quality of life.

Keyword: Omkar, Om, AUM, Chanting, Concentration.

Introduction

Pranayama may be a yogic practice where the topic prolongs and controls the breath, which helps to bring the conscious awareness in breathing; to reshape breathing habits and patterns¹. OM is one among the elemental symbols utilized in the yoga tradition. It's Combination of A, U (O) and M, which symbolizes the three states of consciousness i.e., waking state, dream state and deep sleep respectively. Vibrations due to sound of OM represent the primal vibration². The OM chanting is an important exhalation exercise³. The continuous chanting of Omkar produces frequencies and further the sympathetic overtones is generated, which have a vibration pattern of their own and influences autonomic nerves, and influences the 2 hemispheres of the cerebral cortex⁴. Earlier studies reported that, OM chanting significantly decreased pulse and rate of respiration and skin resistance⁵. An existing yogic and omkar literature supports that diverse yogic practices like meditation, asana, pranayama, and are often used as an intervention to reinforce memory and concentration⁶. However, very few literatures are exists to support effect of OM chanting on memory. Hence, this study was aimed to supply scientific evidence for beneficial effect of OM chanting on memory.

MATERIALS AND METHODS

Participants: The present study was conducted online at Ashoka Universal School, Nashik, Maharashtra State, India. A total of 60 healthy school children aged 15-18 years, were included in the study after obtaining informed consent, following inclusion and exclusion criteria. Disinclined participants and with any diseases were excluded from the study. Those who were selected they were randomly assigned into two groups.

Group A: (n=30) Control group (Neither OM chanting nor any meditation was performed)

Group B: (n=30) Intervention group (OM chanting was performed once during a day, daily for 12 weeks)

OM chanting: Participants were asked to sit in Sukhasana or in Padmasana or in vajrasana and to inhalation deeply and then while exhaling should produce sound (chant) OM with the ability to continue until further exhalation isn't possible. Intervention group participants performed OM chanting once during a 25 Minutes daily, between 7.50 AM to 08.15 AM, for 12 weeks under the supervision of yoga teacher.

Outcome measures:

Assessment of memory: Spatial and verbal memory test, described in the literature were used. The test was conducted in consultation with the psychiatrist/Counsellor of the school^{7,8,9}

Ethical consideration: The study was performed in accordance with the "Ethical Guidelines for Biomedical Research on Human Participants, 2006" by the Indian Council of Medical Research and the Declaration of Helsinki, 2008.

Data analysis: Data was presented as mean \pm SD. Data was analysed by SPSS 20.0. Tests used are student t test. P value<0.05 was considered as significant.

RESULTS

Table 1 presents demographic data of the participants. No significant difference was observed in demographic data of the participants. Table 2 presents spatial and verbal memory scores before