

# A Study on the Eating Habits' Regularity and Balance of Some College Students by Residential type in Chungcheongnam-do

Suk Hee Kim

Department of Baking Science & Technology, Hyejeon College

## 충남 일부 대학생의 거주유형별 식습관의 규칙성과 균형성에 관한 연구

김숙희

대전대학교 제과제빵과

**Abstract** This study aimed to investigate the regularity and balance of the eating habits of 1,048 college students by residential type in Chungcheongnam-do, to provide basic data on nutrition education for students. As a result, female students were found to live at home more than male students, 'self-boarding' or 'dormitory' residential students ate significantly less regularly and less balanced diets than 'home', 'boarding or relative's house' residential students. Furthermore, self-diagnosed eating habit regularity data showed that 'self-boarding' or 'dormitory' residential students ate significantly less 'three meals a day', 'a proper breakfast', 'meals at a fixed time', and 'meals of an appropriate amount' than 'home', 'boarding or relative's house' residential students. Regarding balanced eating habits, 'self-boarding' or 'dormitory' residential students ate significantly poorer 'grains', 'protein', 'vegetables' every meal, 'milk and dairy products', 'fruits' every day and 'meals while thinking food combination' than 'home', 'boarding or relative's house' residential students. However, regularity and balance of the eating habits of college students in Chungcheong area is lower than 'just so' regardless of the type of residence. Nutrition education is needed to improve eating's regularity and balance among college students, and is more urgently required for students living in 'self-boarding' or 'dormitory', who have stronger self-determination.

**요약** 본 연구는 충남 일부지역의 대학생 총 1,048을 대상으로 거주형태별 식습관의 규칙성과 균형성에 대하여 조사하여 대학생들을 위한 영양교육에 관한 기초자료를 제시하고자 하였다. 연구 결과, 여학생들이 남학생보다 집에 더 거주하고 있었으며, '자취', '기숙사' 거주 학생들이 '집', '하숙 또는 친척집' 거주 학생들 보다 유의적으로 식습관의 규칙성과 균형성이 낮은 것으로 나타났다. 식습관의 규칙성에 대한 자가진단 결과, '자취', '기숙사' 거주 학생들은 '집', '하숙 또는 친척집' 거주 학생들보다 통계적으로 유의하게 더 적게 '하루세끼 빠짐없이 식사', '아침 식사를 제대로', '정해진 시간에', '언제나 적당량' 섭취하는 것으로 나타났다. 균형 잡힌 식습관에 대한 결과에서도, '자취', '기숙사' 거주 학생들은 '집', '하숙 또는 친척집' 거주 학생들보다 통계적으로 유의하게 더 적게 '매끼 곡류', '매끼 단백질', '매끼 채소', '매일 우유, 유제품', '매일 과일', '식품조합을 생각하며' 섭취한다고 응답하였다. 거주형태와 상관없이 충청지역 대학생들의 식습관의 규칙성과 균형성은 '그저 그렇다' 보다는 낮다고 응답하였다. 따라서 충남 대학생들의 식습관의 규칙성과 균형을 개선하기 위해서는 영양교육이 매우 필요해 보이며, 자기결정성이 더 강한 '자취', '기숙사' 거주 학생들이 '집', '하숙 또는 친척집' 거주 학생들 보다 영양교육이 더 시급한 것으로 보인다.

**Keywords** : Eating Habits, Residential Type, Home, Dormitory, Self-boarding

\*Corresponding Author : Suk Hee Kim(Hyejeon College)

email: sookhee@hj.ac.kr

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## 1. Introduction

Rapid economic development and income growth have had a great impact on overall food consumption activities, enabling a convenient diet. As women's economic activities and single-person households increase, eating out and school meals are becoming more common than meals at home. With the incorporation of advanced scientific technology into food development and production processes, the pace of change in the food market has been very fast, adding mystery and joy of meeting various new foods. Convenient and fast delivery food, convenience store's convenience food, and single-person food sales have made it very diverse to choose what to eat. However, due to the diversification of living patterns, not only is it very difficult to eat regular and balanced meals, but also very difficult to form and maintain proper eating habits due to excessive stress and abundant food supply. The scores for depression and eating disorder of nursing college students with high stress were significantly higher than those of low stress [1]. Eating habits are prolonged acquired lifestyle that is influenced by various conditions such as biological, natural, environmental, religious, technical, political, and historical factors, and have an important influence on emotional development, personality formation, and brain development such as physical and psychological health [2]. Elementary, middle, and high school students, who were provided with balanced meals due to school meals, do not eat menus that do not suit their taste and rather eat snacks, making it very difficult to correct their picky or incorrect eating habits. Eating habits formed by the overall pattern of lifestyle habits and have an absolute effect on eating behavior when choosing meals even if one leave home or not as a college student. Eating habits are inevitably affected in some form depending on 'home', dormitory,

self-boarding from one's own family, boarding or relative's house residential type and commuting hours [3,4]. Rather than making efforts to maintain a regular and balanced diet with greater self-determination, college students are exposed to skipping meals, picky eating, irregular eating, simple food, delivery food, snacks, late-night snacks, instant foods, fast foods, drinking, smoking [5-8]. Studies on eating habits and eating behaviors of college students have been conducted on dining out behavior [9,10], preference survey [11,12], study on eating habits of college students by region [13], study on eating habits according to the residence type of college students [14,15], and study on eating habits according to the residence type of female college students in Gyeonggi Province [16]. It was reported that college students' eating habits, lifestyles, and food preferences were different depending on the type of residence, and that the sales of fruits in the canteen should be promoted because the group eats less fruit [14], and investigating college students' eating habits, analysis according to the type of residence is necessary [16]. However, many previous studies targeted students living in dormitories, and there are few studies comparing the regularity and balance of college students' eating habits by type of residence. This study was conducted to examine the regularity and balance on eating habits according to the type of residence for college students in Chungcheongnam-do, which has a high proportion of dormitories and self-boarding students and to help provide basic data on nutrition education by type of residence.

## 2. Research method

### 2.1 Subject and duration of survey

This study distributed and collected questionnaires for students at H College in Chungcheongnam-do from May 16 to June 30,

2019, and a total of 1,048 copies (412 men and 639 women) were used for analysis, excluding uncollected and insufficient questionnaires.

## 2.2 Method of data analysis

The questionnaire questions on the regularity and balance of eating habits were composed of a Likert 5-point scale with reference to previous studies [14,16-18]. After reliability analysis, frequency analysis, t-test and ANOVA analysis using the statistical analysis tool SPSS 23.0, the Duncan method was used for post-analysis.

## 3. Results and Discussion

### 3.1 General characteristics of the subject

The Cronbach's alpha values for regular and balanced eating habits were respectively 0.796 and 0.823, which were found to be reliable. Among the respondents, 39.3% (412 students) were male and 60.7% (636 students) were female, 77.44% (811 students) in the first grade, 17.4% (182 students) in the second grade, 2.0% (35) in the third grade, and 1.9% (20 students) in the fourth grade. The results of the frequency analysis of the residential type of students

showed a significant difference. In the frequency analysis of residence types, 41.9 (15.3, 26.6)% of all students (male and female) of 'home', 25.3 (11.5, 13.8)% of 'self-boarding' and 30.6 (12.1, 18.5)% of 'dormitory' and 'home' response rate of female students being relatively high.

### 3.2 Regularity on the eating habits by residential type

When self-diagnosis of regularity on the eating habits of college students with different residential types was conducted, there was a significant statistical difference in average and frequency analysis of A1 all three meals, A2 proper breakfasts, A3 meals at a fixed time, and A5 adequate amount meals. There were significantly lower responses that 'self-boarding' and 'dormitory' residential students ate all three meals, breakfast properly, at a fixed time, an appropriate amount of meals than 'self-boarding' and 'dormitory' residential students. However, regardless of the type of residential, the average of practice for all regular eating habits was also found to be lower than "so so." Regardless of the type of residence, regular eating habits of college students in Chungcheongnam-do are found to be low as like other study[18], so nutrition education

Table 1. General characteristics of subjects

		Frequency(%)			p
		Male	Female	Total	
Gender		412(39.3)	636(60.7)	1,048(100.0)	
Grade	1 <sup>st</sup>	333(31.8)	478(45.6)	811(77.4)	0.087
	2 <sup>nd</sup>	59(5.6)	123(11.7)	182(17.4)	
	3 <sup>rd</sup>	15(1.4)	20(1.9)	35(2.0)	
	4 <sup>th</sup>	5(0.5)	15(1.4)	20(1.9)	
Residential area	Special city	32(3.1)	43(4.1)	75(7.2)	0.267
	Metropolitan City	26(2.5)	59(5.6)	85(8.1)	
	City	187(17.8)	298(28.4)	485(46.3)	
	Gun	167(15.9)	236(22.5)	403(38.5)	
Residential type	Home	160(15.3)	279(26.6)	439(41.9)	0.037
	Self-boarding	120(11.5)	145(13.8)	265(25.3)	
	Dormitory	127(12.1)	194(18.5)	321(30.6)	
	Boarding or relative's house	5(0.5)	18(1.7)	23(2.2)	

n(%), Means±SE, \* p<0.05 \*\* p<0.001

is needed, and it is considered that students living in 'self-boarding' and 'dormitory' are more desperately in need than students living in 'home' and 'boarding or relative's house'. This results was similar with the study about Busan area University's students [17].

### 3.3 Balanced eating habits by residential type

As a result of self-diagnosis of balanced eating

habits of college students with different residential types, B1 grain meal, B2 protein meal (meat, fish, eggs, beans), B3 vegetable side dish meal, B4 milk and dairy daily, B5 fruit daily, and B6 food combination analysis all showed statistically significant differences in average and frequency. As with the results of the regularity of eating habits, residential students had lower balanced eating habits than 'home' and 'boarding or

Table 2. Regular eating habits of subjects according to residential type

Questionnaire	Responses	Frequency(%)					P
		Home	self-boarding	Dormitory	boarding or relative's house	Total	
		439(41.9)	265(25.3)	321(30.6)	23(2.2)	1048(100.0)	
A1. I eat three meals a day.	Not at all	95(9.1)	97(9.3)	101(9.6)	5(0.5)	298(28.4)	0.000**
	Not like that	102(9.7)	70(6.7)	78(7.4)	3(0.3)	253(24.1)	
	So so	101(9.6)	57(5.4)	96(9.2)	8(0.8)	262(25.0)	
	Yes	53(5.1)	22(2.1)	29(2.8)	3(0.3)	107(10.2)	
	Very much	88(8.4)	19(1.8)	17(1.6)	4(0.4)	128(12.2)	
	Means±SE	2.86±.068 <sup>a</sup>	2.23±.076 <sup>b</sup>	2.32±.065 <sup>b</sup>	2.91±.288 <sup>a</sup>	2.54±.041	0.000**
A2. I eat breakfast properly.	Not at all	141(13.5)	121(11.5)	138(13.2)	6(0.6)	406(38.7)	0.000**
	Not like that	88(8.4)	54(5.2)	75(7.2)	3(0.3)	220(21.0)	
	So so	79(7.5)	48(4.6)	57(5.4)	5(0.5)	189(18.0)	
	Yes	44(4.2)	15(1.4)	34(3.2)	3(0.3)	96(9.2)	
	Very much	87(8.3)	27(2.6)	17(1.6)	6(0.6)	137(13.1)	
	Means±SE	2.65±.072 <sup>a</sup>	2.14±.082 <sup>b</sup>	2.12±.068 <sup>b</sup>	3.00±.327 <sup>a</sup>	2.37±.043	0.000**
A3. I eat at a fixed time.	Not at all	111(10.6)	95(9.1)	88(8.4)	4(0.4)	298(28.4)	0.000**
	Not like that	102(9.7)	77(7.3)	80(7.6)	4(0.4)	263(25.1)	
	So so	117(11.2)	63(6.0)	101(9.6)	10(1.0)	291(27.8)	
	Yes	65(6.2)	16(1.5)	36(3.4)	4(0.4)	121(11.5)	
	Very much	44(4.2)	14(1.3)	16(1.5)	1(0.1)	75(7.2)	
	Means±SE	2.61±.061 <sup>a</sup>	2.16±.070 <sup>b</sup>	2.41±.064 <sup>ab</sup>	2.74±.229 <sup>a</sup>	2.44±.038	0.000**
A4. I eat leisurely and slowly.	Not at all	51(4.9)	47(4.5)	31(3.0)	3(0.3)	132(12.6)	0.104
	Not like that	97(9.3)	47(4.5)	68(6.5)	4(0.4)	216(20.6)	
	So so	149(14.2)	97(9.3)	128(12.2)	10(1.0)	384(36.6)	
	Yes	89(8.5)	39(3.7)	66(6.3)	4(0.4)	198(18.9)	
	Very much	53(5.1)	35(3.3)	28(2.7)	2(0.2)	118(11.3)	
	Means±SE	2.99±.056	2.88±.077	2.98±.060	2.91±.235	2.96±.036	0.644
A5. I always eat the right amount of food.	Not at all	40(3.8)	38(3.6)	22(2.1)	2(0.2)	102(9.7)	0.004*
	Not like that	72(6.9)	44(4.2)	69(6.6)	2(0.2)	187(17.8)	
	So so	176(16.8)	121(11.5)	149(14.2)	12(1.1)	458(43.7)	
	Yes	94(9.0)	40(3.8)	62(5.9)	5(0.5)	201(19.2)	
	Very much	57(5.4)	22(2.1)	19(1.8)	2(0.2)	100(9.5)	
	Means±SE	3.13±.053 <sup>a</sup>	2.86±.068 <sup>b</sup>	2.96±.054 <sup>ab</sup>	3.13±.211 <sup>a</sup>	3.01±.033	0.010*

n(%).

a,b,c: Means with different subscripts are significantly different at p<0.05 by Duncan's multiple range test,

\* p<0.05 \*\* p<0.001

relative's house' residential students. 'Self-boarding' and 'dormitory' residential students responded that they ate less grains, protein (meat, fish, eggs, beans), vegetable side dishes, milk dairy products, fruits (B1-B5), and considered more of food combination (B6) than home' and 'boarding or relative's house'. However, regardless of the type of residence, some college students in

Chungcheongnam-do did not practice balanced eating habits by answering lower than "so so" on whether if they ate all five major food types and considering food combinations. In particular, the response to whether students living in 'self-boarding' and 'dormitory' eat milk, dairy products, and fruits every day was the lowest among food types, and was similar with Korea's

Table 3. Balanced eating habits of subjects according to residential type

Questionnaire	Responses	Frequency(%)					p
		Home	self-boarding	Dormitory	boarding or relative's house	Total	
		439(41.9)	265(25.3)	321(30.6)	23(2.2)	1048(100.0)	
B1. I eat cereal every meal.	Not at all	54(5.2)	52(5.0)	50(4.8)	2(0.2)	158(15.1)	0.000**
	Not like that	108(10.3)	62(5.9)	100(9.5)	5(0.5)	275(26.2)	
	So so	144(13.7)	102(9.7)	119(11.4)	11(1.0)	376(35.9)	
	Yes	68(6.5)	34(3.2)	33(3.1)	4(0.4)	139(13.3)	
	Very much	65(6.2)	15(1.4)	19(1.8)	1(0.1)	100(9.5)	
	Means±SE	2.96±.058 <sup>a</sup>	2.62±.068 <sup>b</sup>	2.60±.059 <sup>b</sup>	2.87±.202 <sup>ab</sup>	2.76±.036	
B2. I eat protein (meat, fish, eggs, beans) side dishes every meal.	Not at all	27(2.6)	35(3.3)	37(3.5)	2(0.2)	101(9.6)	0.000**
	Not like that	70(6.7)	57(5.4)	70(6.7)	3(0.3)	200(19.1)	
	So so	180(17.2)	109(10.4)	140(13.4)	14(1.3)	443(42.3)	
	Yes	104(9.9)	44(4.2)	54(5.2)	3(0.3)	205(19.6)	
	Very much	58(5.5)	20(1.9)	20(1.9)	1(0.1)	99(9.4)	
	Means±SE	3.22±.051 <sup>a</sup>	2.84±.067 <sup>b</sup>	2.84±.058 <sup>b</sup>	2.91±.188 <sup>ab</sup>	3.00±.033	
B3. I eat vegetables every meal.	Not at all	36(3.4)	44(4.2)	45(4.3)	2(0.2)	127(12.1)	0.000**
	Not like that	85(8.1)	68(6.5)	89(8.5)	4(0.4)	246(23.5)	
	So so	171(16.3)	114(10.9)	135(12.9)	10(1.0)	430(41.0)	
	Yes	85(8.1)	23(2.2)	37(3.5)	6(0.6)	151(14.4)	
	Very much	62(5.9)	16(1.5)	15(1.4)	1(0.1)	94(9.0)	
	Means±SE	3.12±.054 <sup>a</sup>	2.62±.065 <sup>b</sup>	2.65±.056 <sup>b</sup>	3.00±.209 <sup>a</sup>	2.85±.034	
B4. I eat milk and dairy products every day.	Not at all	65(6.2)	67(6.4)	79(7.5)	4(0.4)	215(20.5)	0.000**
	Not like that	117(11.2)	69(6.6)	106(10.1)	3(0.3)	295(28.1)	
	So so	150(14.3)	85(8.1)	91(8.7)	11(1.0)	337(32.2)	
	Yes	51(4.9)	20(1.9)	27(2.6)	4(0.4)	102(9.7)	
	Very much	56(5.3)	24(2.3)	18(1.7)	1(0.1)	99(9.4)	
	Means±SE	2.81±.058 <sup>a</sup>	2.49±.074 <sup>ab</sup>	2.37±.062 <sup>b</sup>	2.78±.226 <sup>a</sup>	2.59±.037	
B5. I eat fruit every day.	Not at all	69(6.6)	92(8.8)	113(10.8)	2(0.2)	276(26.3)	0.000**
	Not like that	123(11.7)	81(7.7)	110(10.5)	6(0.6)	320(30.5)	
	So so	141(13.5)	64(6.1)	75(7.2)	9(0.9)	289(27.6)	
	Yes	60(5.7)	17(1.6)	15(1.4)	4(0.4)	96(9.2)	
	Very much	46(4.4)	11(1.0)	8(0.8)	2(0.2)	67(6.4)	
	Means±SE	2.75±.057 <sup>a</sup>	2.15±.067 <sup>b</sup>	2.05±.056 <sup>b</sup>	2.91±.226 <sup>a</sup>	2.39±.036	
B6. I eat while thinking about food combination.	Not at all	109(10.4)	106(10.1)	120(11.5)	5(0.5)	340(32.4)	0.000**
	Not like that	117(11.2)	68(6.5)	99(9.4)	5(0.5)	289(27.6)	
	So so	149(14.2)	65(6.2)	75(7.2)	9(0.9)	298(28.4)	
	Yes	35(3.3)	17(1.6)	18(1.7)	4(0.4)	74(7.1)	
	Very much	29(2.8)	9(0.9)	9(0.9)	0(0.0)	47(4.5)	
	Means±SE	2.45±.054 <sup>a</sup>	2.08±.067 <sup>b</sup>	2.06±.058 <sup>b</sup>	2.52±.217 <sup>a</sup>	2.24±.034	

n(%).

a.b.c: Means with different subscripts are significantly different at p<0.05 by Duncan's multiple range test.

\* p<0.05 \*\* p<0.001

National Health and Nutrition Survey that calcium intake was much lower than the recommended amount[19,20]. This result needs to be improved through nutrition education. As like previous study of high school students [21], it needs to be analyzed the relationship between the factors such as residential type, eating habit' regularity and balance of college students with a structural equation model.

#### 4. Conclusion

Among the study subjects, female college students lived at home more than male students in Chungcheongnam-do, female prefer living in home. 'Self-boarding', 'dormitory' residential students with stronger self-determination related to eating habit, had statistically significant lower regular and balanced eating habits than 'home', 'boarding or relative's house' residential college students. Every residential students responded that the regularity and balance of eating habits were lower than "so so", so nutrition education is very needed to improve it. In particular, more nutritional education would be needed for students living in 'self-boarding', 'dormitory' than 'home' and 'boarding or relative' house'. It is necessary to analyze the relationship between factors such as the residential type, eating habits of college students with a structural equation model.

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Suk-Hee Kim

[Life member]



- Feb. 1992 : Seoul National Univ., Food and Nutrition, MS
- Feb. 1996 : Seoul National Univ., Food and Nutrition, PhD
- Jan. 2008 ~ Jul. 2009 : Univ., of North Carolina, Visiting Scholar
- Mar. 1996 ~ current : Hyejeon College, Department of Baking Science & Technology, Professor

<Research Interests>

Nutrition, Food Hygiene, Education