

## Research article

**Evaluation of eating habits of nursing and midwifery department first class girl of university students****Neslihan Lok<sup>\*1</sup>, Arzu Kocak Uyaroglu<sup>2</sup>**<sup>1</sup>Akdeniz University Faculty of Nursing Psychiatric Nursing AD, Antalya, Turkey.<sup>2</sup> Selcuk University Department of Nursing, Faculty of Health Sciences, Antalya, Turkey.**Abstract**

**Objective:** This study was cross sectionally carried out in order to evaluate the eating habits of female students in the first year of nursing and midwifery department in accordance with the related factors.

**Material and methods:** All of the first grade female students at Selcuk University, faculty of medical sciences, nursery and midwifery department in konya province were included the study. A total of 151 female students who agreed to participate in the study constituted the study group. During the collection of data, a questionnaire form that has been developed by the researchers and investigates the socio-demographic characteristics and eating habits and the hexade likert type Eating Attitudes Test (EAT) and used to measure possible eating disorders that exist in normal people. For the analysis of data Chi-square test and t test were used.

**Results:** The average age of the students was found as  $18.63 \pm 1.105$  and that of the Body Mass Index (BMI) as  $20.8980 \pm 2.85916$ . Those who received criticism about their bodies and their average YTT scores were found lower and the difference was statistically meaningful ( $\chi^2=6.771$ ,  $p=0.009$ ). when the relationship between BKI and eating behaviors is considered, possible eating disorders of people with normal kilos was significantly high ( $\chi^2=12.347$ ,  $p=0.002$ ).

**Conclusion:** As a result, being at a normal weight and body likely to receive criticism about the eating disorder can be defined as the risk group. Therefore, screening for possible eating disorder should be done regularly explained the importance of nutrition and preventive measures should be taken.

**Keywords:** Nursing, midwifery, students, eating, habits

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**1. Introduction**

Eating disorders are seen in more students. Physical, psychological and social aspects of a period of rapid growth and development to begin college, around the familiar, can force students to stay away from the family and live a more individual case. In terms of social life, which started to gain freedom for some people, is the period that began to meet new people entering the new environment. Some people such a case, changes to the environment may not be ready for a new start. In particular university for people who read from far away on their own and be independent family situation can be very intimidating. Students' ideas about their bodies,

perceptions, genetic factors, lifestyle, habits of people as one of the factors influencing the selection of healthy or unhealthy behavior [1]. Dining with physiological and psychological aspects and developed a form of learned behavior [2]. If the students are eating behavior is influenced by many factors in this process. Even eating disorders are generally known that the disease begins in the college age [3,4] Young people by the prevalence and increasing incidence of eating disorders in the WHO "medical care" that requires "significant medical condition" is defined as [5,6,7]. The beauty and charm of the standard deemed equivalent to the weak in society, has led to a change of normal eating behavior. Normal eating habits; has

recently begun to be understood as constantly dieting. In society "ideal body measurements" What restoring request, of the increase in the proportion of people who diet and even eating disorders can be shown as the reason for the spread [8,9,10] Kessler et al in different age groups located in university students' eating behaviors and evaluate their behavior in the poor group work more eating disorders than students in the other group of students has found that risk [11]. In a study conducted with university students in Japan, girls 62,0's% of students wants to be poor, 47.4% of male students do not want to be poor and it was reported that the difference was statistically significant. In this case, the girls are thought to result from the aesthetic [12].

University eating to know the attitude of the freshmen, socio-demographic factors and to determine the relationship between health status and cause of this is a guide to understanding the consequences [13]. Therefore, the study aimed to evaluate nursing and midwifery section of the eating habits of first-class girls

## 2. Material and method

This study was conducted in nursing and midwifery section cross-sectional descriptive study in order to evaluate in terms of eating habits related factors freshman girls. The research population Selcuk University Faculty of Health Sciences has created a first-class nursing and midwifery section 183 female students. Sampling all the unchartered of the universe in the study were included in the study. Participate in the study consisted of 151 female students who accept the working group. Datasheets questioning the socio-demographic characteristics and eating habits developed by researchers in the collection of data and six-point Likert-type for measuring potential disturbances in eating behavior in normal individuals have the Eating Attitudes Test (EAT) were used. A researcher created by forms based on the literature, socio-demographic characteristics and consists of questions to determine their eating habits. Eating Attitudes Test; although patients with anorexia nervosa eating food related behaviors and attitudes;

measures possible disturbances in eating behavior existing in normal individuals. For EAT of eating disorders is thought to be a good screening tool. With the level of psychopathology that is directly related to the total score. EAT the validity and reliability study in Turkey War and Erol [14] by the scale and Cronbach alpha reliability coefficient was found to be 0.70. This scale consists of 40 questions and answers to the question "always" and "never" is considered to be among the six Likert. Shear value is 30 points. Thirty points are evaluated on the field as individuals suspected of having an eating disorder. Rate increases directly indicate the severity of the pathology. Research data using SPSS for Windows 15.0 (Statistical Package for Social Science) was evaluated using the statistical package program. Number of study data analyzed using descriptive statistical methods; percentage, mean and standard deviation were used. Chi-square test was used to analyze the data. Results at 95% confidence interval and  $p < 0.05$  significance level was evaluated in. Institutional ethical approval and permission was to be surveyed. Data collection was initiated after obtaining permission and approval. Data in the classroom by the researchers were collected by face to face interviews. Clarification needed before the forms will be used in the study were made orally and attention is given to the creation of a quiet environment where there is little stimulus during application.

## 3. Results

Health sciences, nursing and midwifery research section 151 girl students. The average age of  $18.63 \pm 1.10$  and Student Body Mass Index (BMI) was found to be  $20.89 \pm 2.85$  averages. Of students %52.6 and of long metropolitan / city where, 92.1 economic status% moderate / good as it detects that the regular income of the family of 65%, the father of 43.6% primary school graduates and 58.3% of worker-owned self-employed, elementary school of the mother was found to be 62.9% and 91.4% of housewives. Students lived with the family of 83.4%, 42.4% were found to be the first and only child.

With family members of the 94.03% of the students ate dinner together, 67.5% of the EU is

that the junk food eating habits, eating habits is the night of 82.1% and 38.3% ate three meals and the skip meals, received criticism about the size of 72.1%, also received criticism from most friends, the discovery of the 66.8% proportional to body size and is determined not to be satisfied with the size of 76.1%. Students ranked first among the EU is described as junk food chocolate (66.9%), respectively, after the hamburger (47.3%), arm (37.8%), chips (35.6%) are located. YYT mean score of students'  $16:12 \pm 10:07$ . 82.1% of students from EAT <polled 30 points. The economic status of the students good/moderate detect smokers (76.8%), the family of regular income in that (53.6%), mother of elementary school in which (31.7%), the rest at home (30.4%), junk food eating habits in the (57.6%), body criticism related areas (62.91%), and not satisfied with their body (64.9%) had an eating disorder and it was found that the difference was statistically significant ( $p < 0.05$ ). We also examined the relationship between BMI and eating behaviors of those with normal weight mean possible EAT scores were found to be significantly lower ( $\chi^2 = 12.347$ ,  $p = 0.002$ ). A possible eating disorder in which eating habits with their families were found to be significantly lower ( $\chi^2 = 1.556$ ,  $p = 0.012$ ) (Table 1). Age of the students, birthplace, father education of the parents job, living with the people, number of siblings and the count of that child, night eating habits and body a significant correlation between the proportion to find cases with eating disorders was found ( $p > 0.05$ ).

#### 4. Discussion

In this study, college students suspected eating disorder prevalence was found to be 17.9%. Unsal et al. [15], 9.5% of high school students in his study; Larson and colleagues [16] In the study conducted among university students was reported to be 12.3%. Our study is higher than the cause of Larson's work, welded to their college students; away from home, usually to stay at home and not able to live can connect difficulties in adapting to the new school and new environment due to their first class. Because it takes the third place among those with chronic health problems adolescent eating disorders, we believe there would be a significant contribution to the assessment of the

current status of the findings of this study. The average age of students in the study were found to be  $18.63 \pm 1.105$ . Larson et al [16] were  $20:32 \pm 2.14$  in the study. Age group of the participants in our study is similar to this study. In our study, students BKI  $20.8980 \pm 2.85916$ . According to the Ministry of Health and WHO data "enters the normal weight" group. However, BMI value of "weak" group that has been overlooked in closer. The eating disorder is suspected in 27.82's% of those with normal weight difference was statistically significant ( $p < 0.05$ ). Kessler et al. [11] in a study to evaluate the eating attitudes and behaviors of university students who in different age groups BKI "weak" students in the group than students in the other group more eating disorder was found that risk. In our study, BMI "normal" in the group, but "weak" were found closer to the border. Power et al [17] of the participants in the study are expressed as BMI  $26.34 \pm 1.63$ . This study's findings are similar to our current study findings show. The characteristics of the individuals in the sample, our findings differ from the operation of the Power and friends can be explained by the fact that different. In our study, mothers with eating disorders in primary school graduates more than the risk of seeing and it was found that the difference was statistically significant ( $p < 0.05$ ) (Table 1). Our current research findings and Erenoğlu Ayrancı [18] is similar to the findings of the study. However Royn and et al. [10] Eating in the children of mothers with high school and later graduated from the malfunction is reported that more visible. These findings showed differences with our work. In the present study family in dormitories or more can be seen eating disorder than those who stay at home with friends and the difference was statistically significant ( $p < 0.05$ ) (Table 1). Ayrancı and Erenoğlu [18] is similar to the findings of the study. Students will be eating family or friends staying at home with the disorder have reduced the risk of seeing. Therefore, the acquisition of appropriate eating habits and revealed the importance of maintaining the home environment. Family members eating habits together with less risk than those without eating disorders seen in patients with the differences were statistically significant ( $p < 0.05$ ) (Table 1). Our current research findings are similar to the literature [4] Family of young people eat more

**Table 1:** Students' evaluation of the relationship between socio-demographic and eating habits by eating attitude test means score

Variables	Eating disorders (EAT Score)		Statistical values
<b>Perceived economic situation</b>	Yes n (%)	No n (%)	$\chi^2 = 3.581$ $p=0.02^*$
Good / moderate	116 (76.82)	23 (15.23)	
Bad	8 (5.29)	4 (2.64)	$\chi^2 = 0.894$ $p=0.04^*$
<b>Regular income of the family</b>			
There are regular income	81(53.64)	18 (11.92)	$\chi^2 = 0.894$ $p=0.04^*$
No regular income	43 (28.47)	9 (5.96)	
<b>Maternal education level</b>			$\chi^2 = 8.845$ $p=0.02^*$
Illiterate	9 (5.96)	1 (0.66)	
Primary school graduate	48 (31.78)	17 (11.25)	
Secondary School	27 (17.88)	2 (1.32)	
High school and higher	40 (26.49)	7 (4.63)	
<b>Where they live now</b>			$\chi^2 = 2.457$ $p=0.00^*$
With the family	5 (3.31)	22 (14.56)	
At home with friends	41 (27.15)	8 (5.29)	
in The Dormitory	46 (30.46)	39 (25.82)	
<b>BMI data</b>			$\chi^2 = 12.347$ $p=0.002^*$
Normal weight (18.5 to 24.9)	63 (41.72)	42 (27.82)	
Overweight (> 30)	10 (6.62)	36 (23.84)	
<b>Eating habits with family</b>			$\chi^2 = 1.556$ $p=0.012$
Yes	24 (15.89)	118(78.14)	
No	6 (3.97)	3 (1.98)	
<b>Junk food eating habits</b>			$\chi^2 = 2.158$ $p=0.00^*$
Yes	87 (57.61)	15 (9.93)	
No	37 (24.5)	12 (7.94)	
<b>Night eating habits</b>			$\chi^2 = 0.975$ $p=0.323$
Yes	106 (70.19)	18 (11.92)	
No	25 (16.55)	2 (1.32)	
<b>Take criticism about body</b>			$\chi^2 = 6.771$ $p=0.009^*$
Yes	95 (62.91)	14 (9.27)	
No	29 (19.20)	13 (8.60)	
<b>Finding proportional status of body</b>			$\chi^2 = 0.116$ $p=0.944$
Yes	14 (9.27)	36 (23.84)	
No	93 (61.06)	8 (5.29)	
<b>The state of being satisfied with their body</b>			$\chi^2 = 0.449$ $p=0.00^*$
Yes	29 (19.20)	7 (4.63)	
No	98 (64.92)	17 (11.25)	

balanced and to have a healthy life, but also helps prevent the development of bad eating habits. Moreover, to protect young people from fast-food type food. In our study, the habit of eating junk food eating disorder is not the ratio is greater than the prevalence among students, and the difference was statistically significant ( $p <0.05$ ) (Table 1). Royn et al [10] shows similarity with this aspect of the study findings. The lack of eating habits of the majority of

students with family members, such as reasons to stay in the dormitory of the overall EU is seen as too much junk food eating habits of the students. Our current research findings are similar to the literature [4,18,21]. And more aware of eating disorders and body are not satisfied with the criticism about her body was found to be statistically significant ( $p <0.05$ ). Our finding is similar to the literature [19,20,21], despite the fact that the majority of students

with normal weight and eating disorder is not satisfied to express that received criticism from his own body suggests that it is directly related.

## Conclusion

In conclusion, this study has determined that carry the risk of eating disorders in 17.9% of the students. These findings are of great importance. Result in eating disorders in our study from other studies is a major health problem among young people. Require a multidisciplinary approach. Therefore eating disorders in larger samples should be done in terms of the surveys and prevalence must be determined. After you determine the prevalence of Nurses must create target groups identified as risk and should plan related initiatives. Eating disorder help prevent the behavior (such as eating habits along with family members) should support families in terms of behavior and should be encouraged to develop positive behaviors. Mother of primary school graduates who study, staying at home, junk food eating habits, which are related to the body of criticism and risk of developing an eating disorder, is not satisfied from the body. Female students studying at the University of possible psycho-social, is a risk factor for eating disorders because of psycho-cultural and economic pressure. Therefore, working in community mental health nurses should plan periodic training for girls and protective measures must be taken.

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