

原著

大学生の食習慣と食に対する意識に関する研究

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A Study of the Eating Habits and Nutritional Awareness of University Students

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Abstract

The eating habits and nutritional awareness of 70 female university students were investigated. At the same time, the Japanese version of Horne & Ostberg's Morningness-Eveningness Questionnaire was distributed to the students. The responses from 68 students were used in the study. Answers were compared between students living at home and those living alone, and among morning, intermediate and evening type students. The results were as follows: 1. Eating habits and nutritional awareness were different between students living at home and those living alone. This suggests that household members influenced the eating habits and nutritional awareness of those students living at home. 2. The number of evening type students who had breakfast was significantly less than the other types of students. The evening type students also ate breakfast much later than the other types of students. Furthermore, the nutritional awareness of the evening type students seemed to be less than the morning type students.

要約

食習慣と食に対する意識調査を、女子大学生70人(有効回答数68人)を対象に実施した。同時に、日本語版朝型—夜型質問紙による調査も行った。得られた回答を、学生の居住形態別と朝型—夜型タイプ別に比較検討した結果、次のことがわかった。1. 居住形態別、つまり自宅か一人暮らしかによって、食習慣と食に対する意識に一部差がみられ、一緒に暮らす家族の影響が示唆された。2. 朝型—夜型別による比較では、夜型タイプの学生は朝食を抜く者が、他のタイプの学生に比べて有意に多かった。夜型タイプの学生は、他のタイプの学生よりも遅い時間に朝食をとっていた。また、夜型タイプの学生は、朝型タイプの学生に比べて食に対する意識が低いことが示唆された。
