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EATING HABITS OF STUDENTS IN VYŠKOV (THE CZECH REPUBLIC)

PRYZYWYCZAJENIA ŻYWIENIOWE STUDENTÓW W VYŠKOVĚ (REPUBLIKA CZESKA)

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This research was done among secondary school graduates who applied for study at the former Military University of the Ground Forces in Vyškov. Almost all students have breakfast (96 % of answerers) and dinner (97.5 % of answerers) regularly. Only 58 % of answerers have lunch regularly.

Key words: students, breakfast, mid-morning snack, lunch, snack, dinner

Słowa kluczowe: studenci, śniadanie, obiad, podwieczorek, kolacja

INTRODUCTION

Nowadays, it is generally acknowledged that one of the most important factors influencing the length and quality of human life is nutrition. Relationships between nutrition and population health have been proved to exist [5]. Nutrition also contributes to the emergence and development of diseases of civilization, such as – above all – obesity, diabetes mellitus, atherosclerosis, heart attack, stroke, osteoporosis etc. However, food can also have positive impacts on the human body [4]. Scientific knowledge of nutrition is already very extensive. Dietary recommendations have been formulated [2]. The question remains whether the population's eating habits are on a par with the current scientific knowledge.

MATERIALS AND METHODS

The aim of this study was to identify eating habits of today's young generation. The research was done among secondary school graduates who applied for study at the former Military University of the Ground Forces in Vyškov in June 1998.

Eating habits were identified using a questionnaire created at the Department of Economics and Food Hygiene, Military University of the Ground Forces in Vyškov. The questionnaire contained 40 questions; this paper mentions just some of them. In total there were 777 correctly filled in and further processed questionnaires, of which 59% were female respondents and 41% were male respondents. The majority of respondents were aged between 18 and 20 (694 of answerers in total, which means 89.3%). In 1998 when the data was collected, primary education was completed in eight years of study, which corresponds with the fact that the majority of respondents were 18 years old (Pupils usually study at primary school from 6 to 14 years of age and at secondary school from 14 to 18 years of age.).

RESULTS AND DISCUSSION

The research findings were processed using the statistical software Unistat and StatK25 [1]. Of the questions presented in the questionnaire, this thesis will only mention answers to questions related to the consumption of the individual daily meals.

The first question was focused on finding whether the students have breakfast. The results are presented in Figure 1.

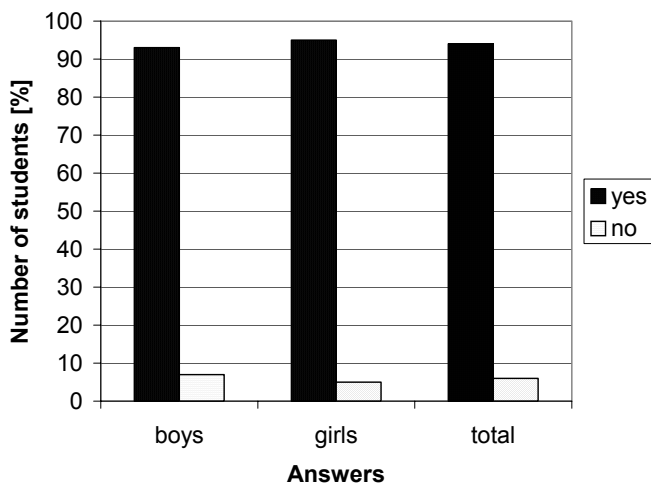


Figure 1. Percentage of students who eat breakfast

Almost all answerers (96% in total) start their day with breakfast, which is appropriate from a nutritional point of view.

Lunch is among the most frequently consumed meals. Figure 2 illustrates the percentage of answerers who eat lunch.

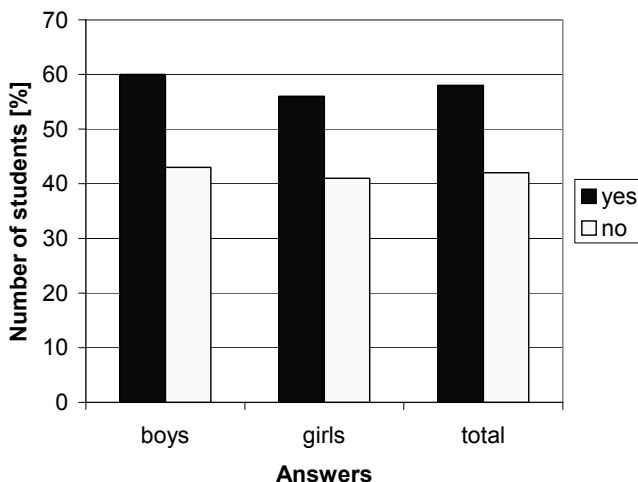


Figure 2. Percentage of students who eat lunch

Figure 2 implies that 58% of answerers have lunch regularly. 42% of respondents confessed that they did not eat lunch regularly. With a 95% certainty we can claim that 53.5% - 60.5% of answerers have lunch regularly and 39.5% - 46.5% irregularly. With a probability of 95% there is a statistically significant difference between these groups.

The time when dinner is eaten is ideal for the family to meet at the table. This is why we assumed that the majority of students would give an affirmative answer to the question whether they had dinner regularly. The students' answers are given in Figure 3.

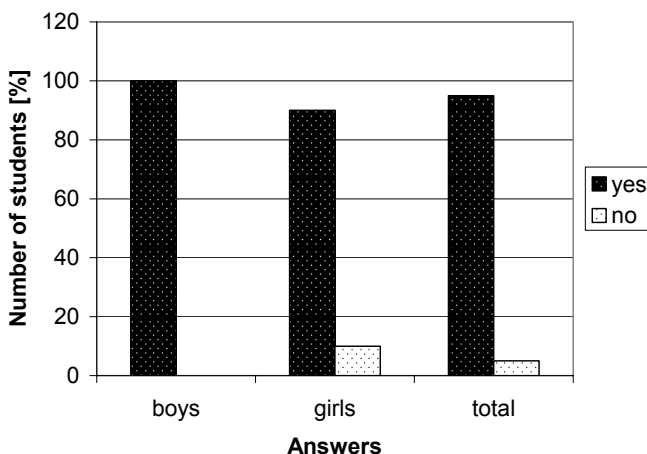


Figure 3. Percentage of students who eat dinner

The results have confirmed the assumption – the majority of students (all of the boys and 95% of girls) have dinner regularly.

CONCLUSIONS

The vast majority (96% of all students) have breakfast every day. The results relating to lunches are less positive: only 58% of answerers have lunch regularly, which is a small number. A similar study, performed among secondary school students in the Ivančice region, revealed that the percentage of respondents who eat lunch regularly was 96% rel. [3]. 94% of respondents acknowledged to have dinner regularly.

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Summary

This project monitored eating habits of 777 students. Most of the students were aged between 18 and 20. This paper presents answers to questions concerning their eating habits. Almost all students have breakfast regularly. 60% of boys and 67% of girls eat lunch regularly. All boys and about 90% of girls have dinner regularly.

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Streszczenie

Badania przeprowadzono w grupie studentów Wyższej Szkoły Wojskowej Wojsk Lądowych w Vyškově w Republice Czeskiej. Studenci byli głównie w wieku 18 – 20 lat. Badaniami objęto 777 osób, w tym 59 % kobiet i 41 % mężczyzn. Na pytania zawarte w ankiecie studenci odpowiadali anonimowo. W niniejszym opracowaniu podano ocenę tylko niektórych pytań. Większość studentów spożywa regularnie śniadania i kolacje. Obiady spożywa 60 % chłopców i 67 % dziewcząt.

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