

Breakfast Skipping Tendency among Undergraduate Students

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Abstract

Nutritional experts have referred to breakfast as the most important meal of the day; citing studies find that people who skip breakfast are disproportionately likely to have problems with concentration, metabolism, and weight.

The survey approach was selected since the study was designed to explore breakfast skipping tendency and to analyze the memory. By doing research on about 70 samples, the investigator could understand the depth of the problem.

Keywords: Nutrition; Metabolism; Metamorphosis.

Introduction

Food has been a basic part of our existence. Through the centuries we have acquired a wealth of information about the use of food as a part of our community, social, cultural, and religious life. It has been used as an expression of love, friendship, and social acceptance. It is also used as a symbol of happiness at certain event in life. When it comes to the traditional Indian breakfast, the general consensus is that it's time-consuming, oily and fatty, but tasty! A healthy breakfast or *nashta* has been historically considered important to people in India. For ages, north Indians have had *roti* and *parathas* for their breakfast accompanied by pickles and curd, whereas people of western India eat *dhokla* and milk. South Indians mostly have *idlis* and *dosas*, generally accompanied by various chutneys. In the eastern parts, flat rice mixed with curd or milk and dash of jaggery have been a staple diet.

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the most important meal of the day; citing studies find that people who skip breakfast are disproportionately likely to have problems with concentration, metabolism, and weight.

The earliest appearance in print of the idea that "breakfast is the most important meal of the day" occurs in the novella *Metamorphosis*, published in 1915 by Franz Kafka, which includes the line, "for Gregor's father, breakfast was the most important meal of the day". This is due to your body fasting for 6-9 hours the night prior, and one would need to break the fasting. Thus called break-fast.

Objectives

- To explore the breakfast skipping tendency among undergraduate students
- To analyze the memory by giving simple test
- To collect the data and draw inferences from the prepared questionnaire.

Limitations

- Subjected to students undergoing B.Sc. Nursing Course of M.K.S.S.S. College of Nursing for Women at Nagpur.

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- The benefits of eating breakfast are tremendous. A person who eats a healthy breakfast feels better, looks better, can produce more cognitively and for a longer period of time. Eating breakfast is a personal discipline that carries over into other areas of one's life.
- Eating a healthy breakfast staves off obesity, and other long-term health problems. A person who chooses not to eat breakfast cannot regain the nutritional loss experienced by omitting this meal. Eating breakfast should be a way of life.

Research Approach

Research approach is the basic procedure for the research of enquiry. The research approach helps the researcher to determine what data to collect and how to analyze it. It also suggests the possible conclusions to be drawn from the data.

The survey approach was selected since the study was designed to explore breakfast skipping tendency and to analyze the memory. By doing research on about 70 samples, the investigator could understand the depth of the problem.

Research Design

The Variables in the research design are age, type of family, education of parents, occupation of parents, annual income of the parents (independent variables) and height, weight, hip and waist measurements (Dependent Variables).

The Tool was developed and questionnaire was prepared which included the demographic characteristics, anthropometric measurements, breakfast history and breakfast skipping habits.

Description of the Tool

A questionnaire is a paper-and pencil instrument that a research subject is asked to complete. It is designed to gather data from individuals about knowledge, attitudes and beliefs and feelings. Questionnaire comprises of a series of questions prepared by the researcher that re annexed and filled in by all the respondents.

The tool used for data collection was a self instructed questionnaire which was developed by the investigator. The questionnaire had questions in different sections.

Results and Discussion

The data showed 41% of fathers have educational

qualification of graduation and above while 59% have educational qualification below graduation. 38% of mothers are qualified as graduation and above. 62% mothers have educational qualification below graduation level. As compared to mothers the percentage of graduate fathers is higher. As compared to fathers the percentage of below graduate mothers is more.

The data showed that 62% of fathers have occupation of service while 38% are occupied in others category. In case of mother it is observed that 25% are working women while 75% falls in others category (House wives). This shows the overall influence of the father's occupation is more in comparison with the mother's occupation.

The response was almost equal to both the categories with 51% of the samples falling in vegetarian category while 49% are non-vegetarians.

- 72% subjects are able to concentrate well in the studies while 28% says that they are unable to concentrate.
- 84% of subjects feel that skipping breakfast is not a good way to lose weight. Only 16% feels that skipping breakfast is good way to lose weight.
- 90% agree that many people skip breakfast because they are short on time. 10% disagrees with the given statement.
- 64% of the subjects skip the breakfast sometimes followed by 32% occasionally. 14% of the subjects skip breakfast every day.
- 58% said that they sometimes skip the breakfast before coming to the college, followed by 32% stating that they always have their breakfast before coming. 10% said that they never have their breakfast before coming to the college.
- When asked about why the subjects are not having the breakfast, the following interpretations were observed:
 1. Not hungry: 17%
 2. Not enough time: 32%
 3. Breakfast not prepared: 13%
 4. Don't like food served: 25%
 5. On a Diet: 1%
 6. Don't want to gain weight: 3%
 7. Other reasons: 9%
- The most important reason for not having breakfast is that students don't have enough time to eat, followed by not liking the food which is served, followed by not feeling hungry.

- The categorization of two age groups according to the B.M.I. Status was done. Maximum numbers of subject (23) in the age group of 17 to 19 years are undernourished with B.M.I (16.0-18.5). 22 subjects in the age group of 17 to 19 years have Normal / Healthy weight (18.5-25). The numbers of subject (10) in the age group of above 20 years have Normal / Healthy weight (18.5-25).
- The percentage and frequency distribution of the subjects depending on the B.M.I. Status. In the age group of 17 to 19 years 46.94% of the subjects are underweight, followed by 44.89% having normal weight. 6.12% subjects are severely underweight while only 2.04% falls in the category of obese.
- In the age group of more than 20 years maximum number of 50% subjects have normal weight followed by 30% of the subjects are underweight. 5% subjects are severely underweight while 15% falls in the category of obese.

Major Findings

Meal Pattern Followed

Usually the three meal pattern is followed in Indian setting which includes breakfast, lunch and dinner. The meal pattern followed usually depends on the availability of the time, pattern of work, and preparation of meals. The importance of breakfast is seen from ancient time. The pattern of meal is also determined by the economic status.

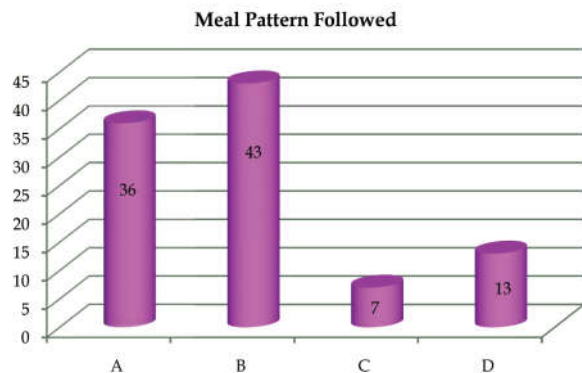


Fig. 1:

KEY:

A - Breakfast/Lunch/Snacks/Dinner C - Lunch/Snacks/Dinner

B - Breakfast/Lunch/Dinner D - Lunch/Dinner

Eating breakfast helps to do better: Several studies suggest that eating breakfast may help children do better in school by improving memory, alertness,

concentration, problem-solving ability, test scores, school attendance, and mood. Adult breakfast skippers, take a lesson – eating breakfast may help boost your brain power, too.

Eating Breakfast may Help us do Better in College

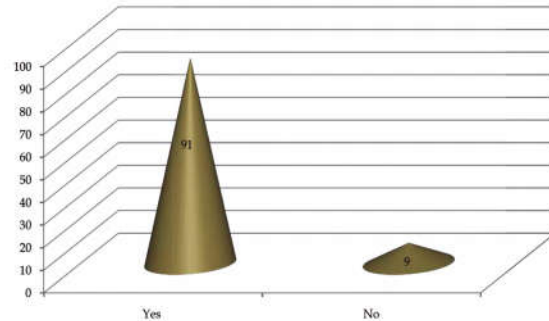


Fig. 2:

Observations in the figure2 states that 91% of the subjects feels that eating regularly may help them perform better in the college while only 9% don't agrees with this.

Habit of breakfast skipping

Individuals who skip breakfast may care less about their health than those who eat breakfast. People who skip breakfast also have these adverse health behaviours, especially children and old people. Eating breakfast improves the concentration levels and gives your body enough strength and prepares you for an unpredictable day. Research shows that many of us believe that it's the most important meal of the day – and there is plenty of science to support it. Still, more than half of us do not eat breakfast every day.

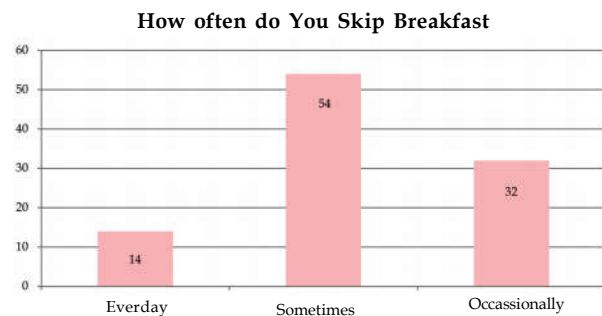


Fig. 3:

Analysis of the data showed that 64% of the subjects skip the breakfast sometimes followed by 32% occasionally. 14% of the subjects skip breakfast every day.

Do you take breakfast before coming to college? Missing breakfast can be seen as a way of saving time in the morning, or of losing weight. But the Finnish

researchers say those who miss breakfast tend to smoke more, drink more alcohol and take less exercise than those who make time for the meal, and those who missed the meal were likely to be fatter, possibly because they are more likely to have unhealthy snacks mid-morning to boost their energy levels. They were also likely to be less well-educated, making it harder for them to get a job.

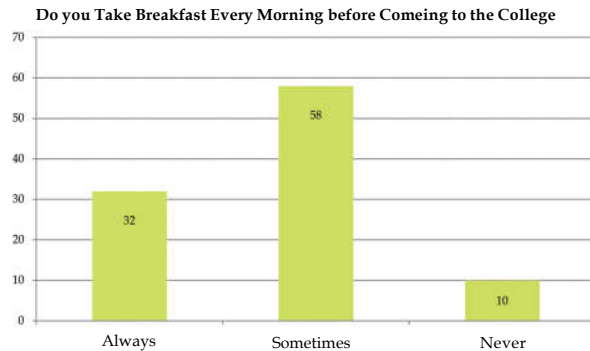


Fig. 4:

When asked about having breakfast every day, 58% said that they sometimes skip the breakfast before coming to the college, followed by 32% stating that they always have their breakfast before coming. 10% said that they never have their breakfast before coming to the college.

Reasons for not Having Breakfast

Some common reasons for skipping breakfast include:

- Not enough time
- Too tired to bother
- Wanting to spend the extra time dozing in bed
- No readily available breakfast foods in the house

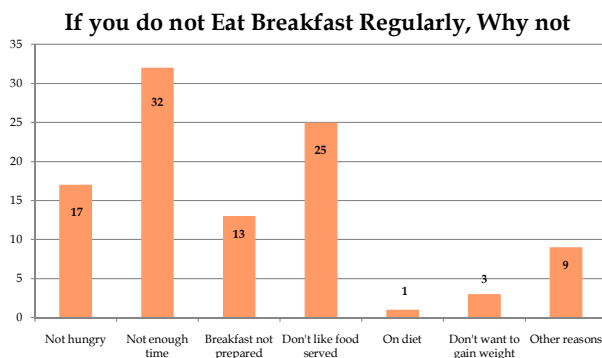


Fig. 5:

When asked about why the subjects are not having the breakfast, the following interpretations were observed:

- a) Not hungry: 17%

- b) Not enough time: 32%
 c) Breakfast not prepared: 13%
 d) Don't like food served: 25%
 e) On a Diet: 1%
 f) Don't want to gain weight: 3%
 g) Other reasons: 9%

The most important reason for not having breakfast is that students don't have enough time to eat, followed by not liking the food which is served, followed by not feeling hungry.

Recommendations

1. Continue to research the long-term health benefits that result from eating a healthy breakfast.
2. Continue to examine the breakfast eating habits of all undergraduate students.
3. Research innovative, cost effective ideas to provide nutritious snacks during the college day.
4. Continue to research the relationship of nutrition with success in the classroom and interpersonal relationships.
5. Offer a nutrition workshop once a year to promote the benefits of breakfast.
6. Place posters throughout the college showing foods rich in various nutrients.
7. The study can be extended to all the nursing undergraduate students, all type of undergraduate students.

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