大学生饮食健康现状调查研究



重庆大学课程论文

学生姓名：

任课教师：张梅教授

课程名称：英语学术论文写作

英语班级：001

**2024年4月**

**A Survey on the Current Status of Dietary Health among College Students**



Course Paper Submitted to Chongqing University

**By**

**Supervised by Professor Zhang Mei**

**Academic English Writing**

**English Class:001**

**April, 2024**

# 摘要

大学生的自主学习一直都是我国教育研究的重要课题和高等教育改革的重要着力点。

（小四，宋体，主语不用我或者我们，用本研究或者本论文）

(3-5个关键词)

**关键词：**新冠肺炎疫情；大学生；大学英语；网络自主学习

# Abstract

Autonomous learning has always been an important topic of educational research and a focus of higher education reform in China.

（小四，Times New Roman,主语不用I，最好用被动语态。）

**Key words****:** Novel coronavirus epidemic; College students; College; English; Web-based autonomous learning

# Table of Contents

**[摘 要 I](#_Toc11996)**

**[Abstract II](#_Toc25829)**

**Chapter 1 Introduction 1**

**1.1 Background of the study 1**

**1.2 Hypotheses or research questions 1**

**1.3 Methods and purpose of the study 2**

**1.4 Significance of the study 2**

**1.5 Organization of the thesis** 2

**Chapter 2 Research Methodology 7**

**2.1 Research questions 7**

**2.2 Participants 7**

**2.3 Instruments 8**

**2.4 Data collection 9**

**2.5 Summary 9**

**Chapter 3 Data Analysis 10**

**3.1 Reliability and validity analysis 10**

**3.2 Web-based autonomous learning** 10

3.2.1 Autonomous learning schedule 10

3.2.2 Autonomous learning method 11

3.2.3 Autonomous learning monitoring 11

**3.3 Comparisons on web-based autonomous learning** 12

3.3.1 Comparisons between male and female 12

3.3.2 Comparisons between urban and rural areas 13

3.3.3 Comparisons between student leader and non-student leader 15

3.3.4 Comparisons between students in different grades 16

3.3.5 Comparisons between students with different majors 17

**Chapter 4 Results and Discussion 17**

**4.1 Results and discussions for research question one 17**

**4.2 Results and discussions for research question two 18**

**4.3 Results and discussions for research question three 19**

**4.4 Summary** 21

**Chapter 5 Conclusion 23**

**5.1 Major findings 23**

**5.2 Implications 23**

**5.3 Limitations 24**

**5.4 Suggestions for future research** 24

**Acknowledgements 25**

**References 26**

**Appendices 27**

Appendix 1 Questionnaire items 27

Appendix 2 Interview outline **27**

# Chapter 1 Introduction

* 1. **Background of the study**

With the accelerated pace of life and the increasing academic pressure, the issue of dietary health among college students is becoming increasingly serious.

* + 1. **Importance of online learning**

The dietary habits of college students have garnered increasing attention due to their profound impact on overall health and academic performance. With the transition from home to university life, students often encounter significant shifts in dietary patterns and choices. Proper nutrition plays a pivotal role in maintaining physical health, cognitive function, and overall well-being. Moreover, research indicates that unhealthy eating habits during college years can lead to long-term health issues such as obesity, cardiovascular diseases, and nutritional deficiencies. Thus, understanding the dietary habits of college students and promoting healthy eating behaviors is crucial for fostering a healthier future generation.

* + 1. **Necessity of the Research**

Despite the growing awareness of the importance of healthy eating among college students, there remains a significant gap in our understanding of their dietary behaviors and the factors influencing these behaviors. Existing literature has identified various challenges such as limited access to nutritious foods, busy schedules, peer influences, and inadequate nutritional knowledge. However, many studies have focused predominantly on specific dietary aspects or populations, leaving certain aspects underexplored. Therefore, there is a pressing need for comprehensive research that addresses these gaps and provides insights into the complexities of college students' dietary habits.

* 1. **Hypotheses or Research Questions**

This study aims to address the following research questions:

1. Descriptive question:

What is the overall dietary structure and nutritional intake of college students?

1. Relational question:

What are the main factors influencing the dietary habits of college students? Is it the external environment, personal habits, or other factors?

1. Differential question:

Are there differences in dietary health among college students of different years, majors, and genders? If so, in what aspects are these differences manifested?

* 1. **Methods and Purpose of the Study**

To achieve the objectives outlined above, this study will employ a mixed-methods approach, combining quantitative surveys and qualitative interviews. The quantitative survey will assess participants' dietary habits, nutritional knowledge, access to healthy food options, and socio-demographic factors. Subsequently, qualitative interviews will provide deeper insights into the factors influencing dietary behaviors and the perceived barriers to healthy eating. The overarching purpose of this study is to provide a comprehensive understanding of college students' dietary habits and inform the development of targeted interventions to promote healthier eating behaviors.

* 1. **Significance of the Study**

This study holds significant implications for public health promotion and academic institutions. By elucidating the factors influencing college students' dietary behaviors, it can inform the development of evidence-based interventions and policies aimed at promoting healthier eating habits among this demographic. Additionally, insights from this study can guide universities in implementing campus-wide initiatives to improve access to nutritious food options and foster a supportive environment for healthy living.

* 1. **Organization of the Thesis**

This thesis is structured as follows: Chapter 2 offers a comprehensive review of the existing literature on college students' dietary behaviors, emphasizing the gaps in current knowledge. Chapter 3 delineates the methodology utilized in this study, encompassing the survey design, participant recruitment, and data analysis procedures. Chapter 4 unveils the findings derived from the study, succeeded by a discussion of the implications and recommendations in Chapter 5. Finally, Chapter 6 provides concluding remarks and offers suggestions for future research.

# Chapter 2 Research Methodology

**2.1 Research questions**

This study aims to address the following research questions:

**Descriptive question:**

What is the overall dietary structure and nutritional intake of college students?

**Relational question:**

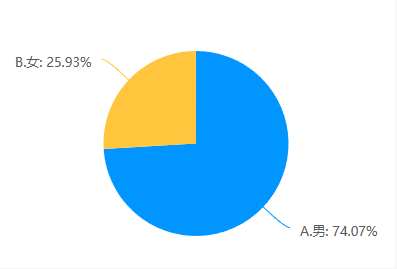
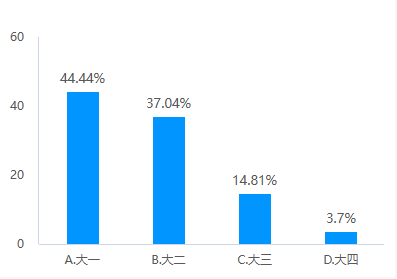
What are the main factors influencing the dietary habits of college students? Is it the external environment, personal habits, or other factors?

**Differential question:**

Are there differences in dietary health among college students of different years, majors, and genders? If so, in what aspects are these differences manifested?

**2.2 Participants**

The participants in this study will consist of undergraduate students from Chongqing University across all academic years, ranging from first-year to fourth-year students. This diverse sample will provide insights into the dietary behaviors of students at different stages of their university education.

**Figure1:Distribution of data sources**

**2.3 Instruments**

The questionnaire utilized in this study is titled "Survey on the Dietary Health of College Students". It is sourced from the Questionnaire Center of Tsinghua University.

The questionnaire comprises the following sections:

**Basic Information Section:** Collects participants' basic information such as age, gender, academic year, and major.

**Dietary Structure Section:** Explores participants' daily dietary structure, including the types of main food consumed, frequency of intake, and portion sizes.

**Nutritional Intake Section:** Assesses participants' nutritional intake, including the quantity of major nutrients consumed and the degree of dietary balance.

**Dietary Habits Section:** Investigates participants' dietary habits and preferences, including regularity of meals and preference for high-calorie foods.

**Influencing Factors Section:** Explores the primary factors influencing participants' dietary choices, including social environment, personal preferences, and economic factors.

**Opinions and Suggestions Section:** Solicits participants' opinions and suggestions regarding the dietary health of college students, as well as their views on improving the dietary environment.

The questionnaire comprehensively assesses the dietary health status of college students and the factors influencing their dietary behaviors, providing rich data for subsequent analysis.

**2.4 Data collection**

Data collection will involve the following procedures:

**Questionnaire Distribution:** The structured questionnaire and demographic information form will be distributed electronically to undergraduate students at Chongqing University through university communication channels such as email and online platforms.

**Participant Consent:** Participants will be provided with detailed information about the study's purpose and procedures, and their consent will be obtained before completing the questionnaire.

**Data Collection Period:** The data collection period will span several weeks to ensure adequate participation and representation across different academic years.

Data Management: Collected data will be securely stored and managed to ensure confidentiality and anonymity.

**2.5 Summary**

In summary, this research methodology involves the administration of a structured questionnaire to undergraduate students at Chongqing University to investigate their dietary patterns, factors influencing dietary choices, and differences in dietary habits based on academic year. The study will adhere to ethical guidelines and ensure participant confidentiality throughout the data collection process.

# References

[1] Brown, R., & Tiggemann, M. (2016). Attractive celebrity and peer images on Instagram: Effect on women's mood and body image. Body Image, 19, 37-43.

[2] Hartmann, C., Dohle, S., & Siegrist, M. (2018). Importance of cooking skills for balanced food choices. Appetite, 125, 564-571.

[3] Kelly, N. R., Mazzeo, S. E., Bean, M. K., & O'Connor, S. G. (2019). Environmental factors that increase the food intake and consumption volume of unknowingly presented food in college students. Appetite, 136, 22-28.

[4] Larson, N., Neumark-Sztainer, D., Laska, M. N., & Story, M. (2011). Young adults and eating away from home: Associations with dietary intake patterns and weight status differ by choice of restaurant. Journal of the American Dietetic Association, 111(11), 1696-1703.

[5] Laska, M. N., Larson, N. I., Neumark-Sztainer, D., & Story, M. (2012). Does involvement in food preparation track from adolescence to young adulthood and is it associated with better dietary quality? Findings from a 10-year longitudinal study. Public Health Nutrition, 15(7), 1150-1158.