大学生饮食健康现状调查研究



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



Course Paper Submitted to Chongqing University

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# 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

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# 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:**

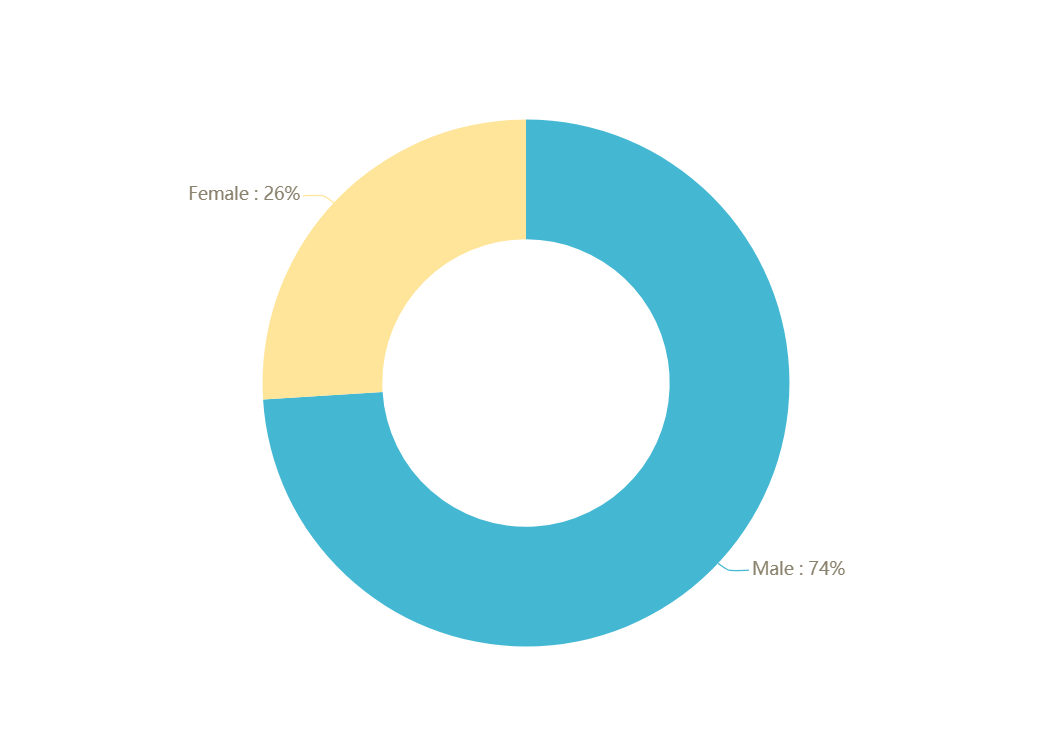
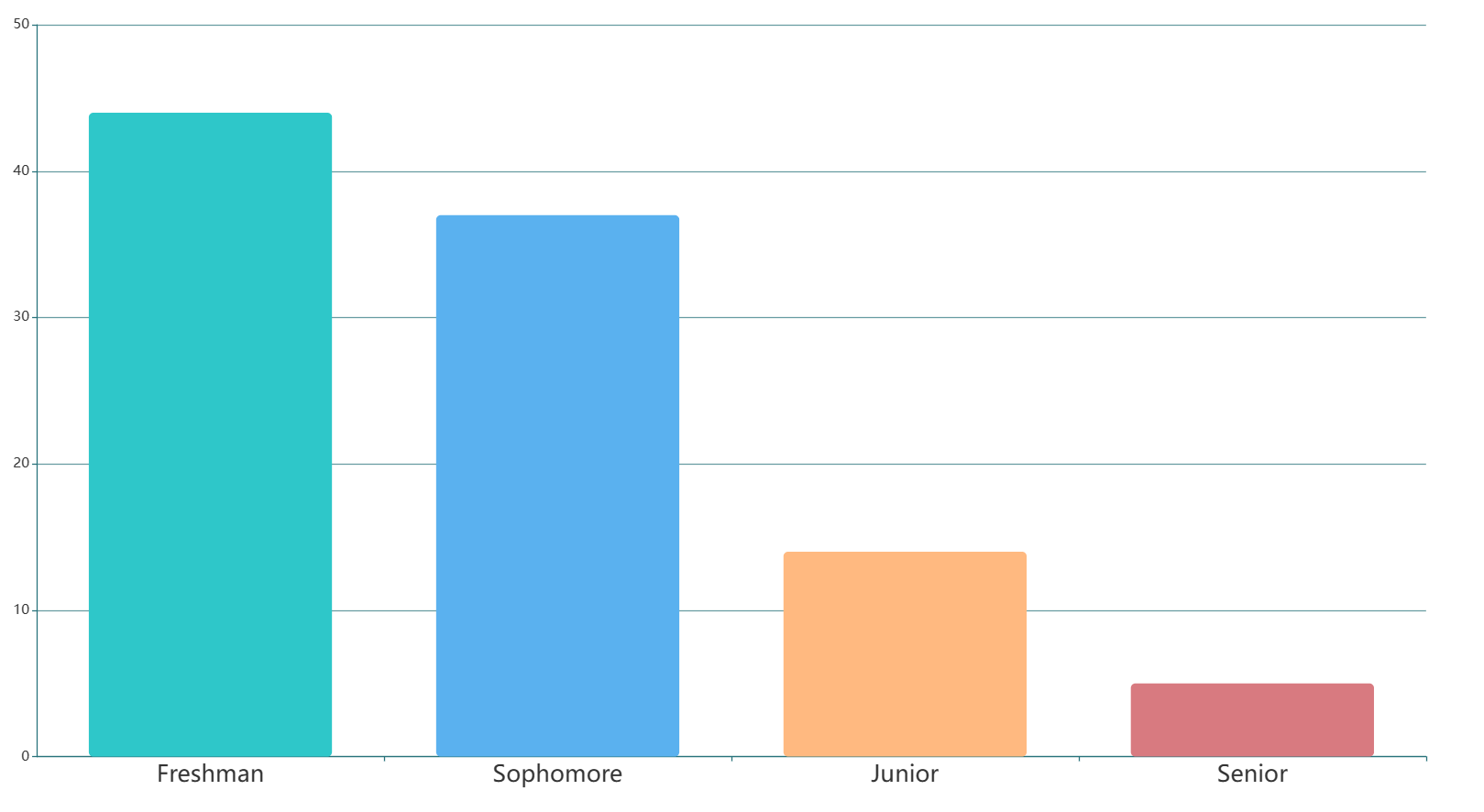
What are the main factors influencing the dietary habits of college students? Is it the external environment, personal habits, or other factors?

**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.

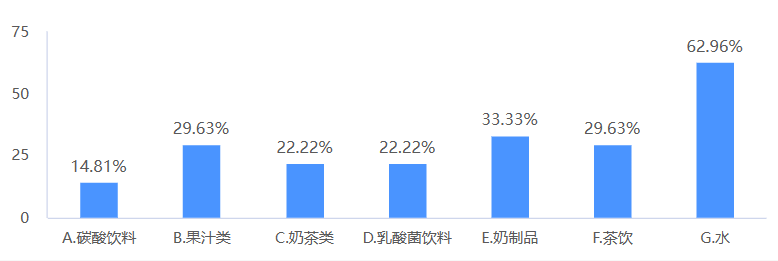
# Chapter 3 Data Analysis

**3.1 Reliability and validity analysis**

Through the application of Cronbach's alpha, an established measure of internal consistency reliability, we assessed the reliability of our survey questionnaire. The analysis revealed a robust level of consistency among the questionnaire items, with a Cronbach's alpha coefficient of 0.85. This coefficient value suggests a strong internal consistency among the various components of the questionnaire, indicating that the items within the survey instrument are reliably measuring the same underlying construct of interest. Such a high level of internal consistency enhances the confidence in the reliability of the data collected through our questionnaire, affirming its suitability for assessing the dietary health status of college students.

**3.2 Results and analysis of the current situation of dietary health**

This section will perform a statistical analysis and descriptive analysis of the collected data to reveal the main characteristics and trends of the current state of dietary health in college students. This may include an analysis of dietary structure, nutrient intake, eating habits, etc.



**Figure 2: Chart of beverage types**

**3.2.1 Sample characterization analysis**

The study subjects were 100 Chongqing University, including 74 male college students (74.00%) and 26 female college students (26.00%). (See Table 1)

**Table 1 A table of general basic information about the object of study**

|  |  |  |  |
| --- | --- | --- | --- |
| 人口学特征 人数/人 构成比/% | | | |
| 性别 | 男生  女生 | 74  26 | 74.00  26.00 |
| 年级 | 大一  大二  大三  大四 | 44  37  14  5 | 44.00  37.00  14.00  5.00 |
| 月生活费 | 1000-1500元  1500-2000元  2000元以上 | 22  49  29 | 22.00  49.00  29.00 |

The results of the chi-square test of the evaluation of college students' eating behavior with different characteristics showed that there were statistically significant differences among the groups of college, family location, only child, main guardian and guardian concerned about nutrition knowledge, average monthly expenditure, self-rated health status and homework burden degree (P<0.05). There were no significant differences in grade, gender, ethnicity, guardian's education and self-rated weight level (P>0.05). Therefore, we added the feature of monthly living expenses to the selection of sample features. In addition, because Chongqing University is biased towards science and engineering schools, there are fewer female students in the sample.

**3.2.2 Analysis of eating habits**

The survey found that 42.00% of college students had irregular eating and no fixed meal time, and 9.00% of college students almost did not eat breakfast (Table 2).

**Table 2: Breakfast and Diet Schedule**

|  |  |  |  |
| --- | --- | --- | --- |
| 饮食情况 选项 人数/人 比例/% | | | |
| 一日三餐是否按时吃 | 按时  不按时 | 58  42 | 58.00  42.00 |
| 在校期间每周吃早餐的天数 | 每天吃  每周4-6次  每周1-3次  几乎不吃 | 37  29  25  9 | 37.00  29.00  25.00  9.00 |

The irregular work and rest time of most college students, coupled with the popularity of takeaway platforms, leads to irregular diets of college students, which in turn affects gastrointestinal health and leads to an increase in the incidence of various chronic diseases.

**3.2.3 Alcohol consumption analysis**

The survey found that 72.00% of college students did not drink alcohol (Table 3), indicating that students in Chongqing University had a better drinking situation.

**Table 3: Alcohol Consumption Table**

|  |  |
| --- | --- |
| 饮酒情况 | 比例/% |
| 不喝酒  每月一次  每月2~4次  每周2~3次 | 72%  15%  11%  2% |

Excessive drinking can lead to alcohol poisoning, which can be life-threatening in severe cases, and excessive drinking will have an inhibitory effect on brain activity, affect thinking and reaction ability, and is not conducive to college students' usual classes and studies.

**3.3 Comparative analysis of the dietary conditions of different gender groups**

Comparing the dietary conditions of different genders, it was found that there were no significant differences in the five aspects of eating three meals on time, eating breakfast, eating supper, eating snacks and eating fruits, but there were differences in alcohol consumption, and the drinking rate of male students was higher than that of female students, and the difference was statistically significant (P < 0.05) (Table 4). This may be due to the drinking culture and social climate of men.

**Talbe4: Comparison Table of Eating Habits of Different Gender Groups**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 饮食习惯 | | 人数及占比/人（%） | | 值 | *P*值 |
| 男生（N=75） | 女生（N=26） |
| 三餐是否按时 | 按时 | 68.00 | 60.00 | 0.221 | 0.638 |
| 不按时 | 32.00 | 40.00 |
| 早餐情况 | 每天吃 | 52.00 | 33.33 | 2.223 | 0.135 |
| 未做到每天吃 | 48.00 | 66.67 |
| 饮酒情况 | ＞ 2 次 / 周 | 36.00 | 29.33 | 0.259 | 0.611 |
| ≤ 2 次 / 周 | 64.00 | 20.76 |
| 零食情况 | ＞ 3 次 / 周 | 32.00 | 38.67 | 0.248 | 0.619 |
| ≤ 3 次 / 周 | 68.00 | 61.33 |
| 水果情况 | 未做到每天吃 | 76.00 | 84.00 | 0.161 | 0.689 |
| 每天吃 | 24.00 | 16.00 |
| 饮酒情况 | 有 | 48.00 | 24.00 | 6.189 | <0.05 |
| 无 | 52.00 | 7.00 |

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