

**EFFECT OF FOOD HABITS ON PERSONALITY AND ACADEMIC
PERFORMANCE OF COLLEGE GOING STUDENTS**

**A Thesis submitted to Devi Ahilya Vishwavidyalaya
for the degree of Doctor of Philosophy
(Ph. D.) in Home Science**

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16. Two way Analysis of Variance (ANOVA) was used for studying the effect of Food Habits, Residential Background and their interaction on Academic Performance of College going students.

5.12.0 Findings

The following were the findings of the present study.

1. Good food habits students found to be significantly more Extrovert in their personality.
2. There is no significant difference found into good and poor food habits students in terms of their Ambivert Personality.
3. Poor food habits students found to be significantly more Introvert in their personality.
4. There is a positive and significant correlation found to be in-between Food Habits and Personality.
5. There is a positive and significant correlation found to be in-between Food Habits and Academic Performance.
6. Good Food Habits was found to be significantly superior to the Poor Food Habits group students in terms of Academic Performance.
7. Science discipline students were found to be significantly superior to the Arts discipline students in terms of Academic Performance.
8. Science discipline students were found to be significantly superior to the Commerce discipline group students in terms of Academic Performance.
9. There is no significant difference found to be Arts and Commerce discipline group students in terms of Academic Performance.
10. Science discipline and Good Food Habits group students found to be significantly higher in terms of Academic Performance that of their other counterparts.
11. Female students were found to be significantly superior to the Male students in terms of Academic Performance.
12. Female gender and Good Food Habits group students found to be significantly higher in terms of Academic Performance that of their other counterparts.
13. General caste students were found to be significantly superior to the SC caste students in terms of Academic Performance.

14. General caste students were found to be significantly superior to the OBC caste students in terms of Academic Performance.
15. General caste students were found to be significantly superior to the ST caste students in terms of Academic Performance.
16. OBC caste students were found to be equally well in Academic Performance with SC caste students.
17. OBC caste students were found to be equally well in Academic Performance with ST caste students.
18. ST caste students were found to be equally well in Academic Performance with SC caste students.
19. There was no significant effect found of resultant of interaction of Food Habits and Caste on Academic Performance.
20. Professional students were found to be equally well in Academic Performance with Non-Professional students.
21. Non-Professional and Good Food Habits group students found to be significantly higher in terms of Academic Performance than of their other counterparts.
22. The Urban students were found to be significantly superior to the Rural students in terms of Academic Performance.
23. Rural Residential Background and Good Food Habits group students found to be significantly higher in terms of Academic Performance than of their other counterparts.

5.13.0 Suggestions for Further Researches

On the basis of present study, suggestions for further research are as follows-

1. The present study is restricted to the College going students of Indore Division. It can be conducted to the different level of students like Primary school, high school, higher secondary.
2. The present study can also be replicated with a different larger sample of College going students of MP.
3. The effectiveness of food habits can also be tested for different variables such as Learning Styles, Self-Concept, Achievement Motivation, Level of Aspiration etc.

4. The studies related to effectiveness of food habits in terms of achievement can also be undertaken for rural and slum areas students.
5. The effectiveness of food habits can also be tested for different affective domain variables.

Educational Implications

Following are the educational implications of the present study:

1. It will surely help in making students more concern about their eating habit and its effect on their body.
2. Early age health problem in youth will decrease in number as they will become more aware about good eating habits and its benefits.
3. This study will interest college going students as they will come to know about how their food habits is related to their personality.
4. College going students will understand that the food which they are eating is affecting their academic performance.
5. The research will be beneficial for working parents, they will try to understand food habits of their children and will try to improve it.