

Article

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A Study on Food Habits and its Impact on Post Covid-19 With Respect to Chennai City

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Abstract

A problem confronted by majority of people is loss of availability of wholesome foods or without difficulty organized ingredients for the duration of adolescence, Humans are assuming duty for their own consuming habits, health-associated attitudes and behaviours and their growing independence is regularly associated with unconventional ingesting styles. The aim of this observe became detecting the impact of information on nutrition and affecting healthy food picks on post COVID-19 in Chennai town. Nutrition education for students need to incorporate self-efficacy, applicable fitness values and limitations-to-trade, education approximately vitamins, and stepped forward get right of entry to healthy ingredients.

Keywords: Healthy foods, eating habits, Education on nutrition, Health values, COVID-19, Pandemic eating habits, dietary habits.

INTRODUCTION

Fat once considered a life saver in the olden times is now taking life of many and has taken new forms such as obesity and cholesterol. This has predominantly been caused by eating habits as well as what is being eaten, that is, the macro nutrition ratio. Establishing sensible eating habits from young is essential in shaping food preferences later in life. For any person to remain healthy and avert acquiring any diseases, it is extremely important for the person to develop a proper eating habit, especially in the days of pandemic. It is only when a person controls his diet and watches the food and drinks which go into the body that he would be able to protect him from any of the diseases. The youngsters nowadays are very selective about the food they eat. The age-old curries and Idlis and dosas are out of their preference, even though they have been brain washed right through about their good health effects. The varieties of meat products, pizzas, cheese alike are attracting their taste buds.

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Buying pre-cooked items is a trend that is slowly on the increase. With busy schedules, meal times too have become irregular. And when pangs of hunger strike, it is easier to pick up ready-to-eat snacks rather than prepare a hot meal. The market is constantly flooded with new food products, which are promoted attractively and this has greatly influenced the food habits of the youngsters. Eating out has become the order of life. Youngsters prefer aerated drinks and fast foods to homemade meals. This can be attributed mainly to the appealing advertisements carried out on televisions. Ads on television have had a marked effect on the choice of food items, especially among the younger generation.

OBJECTIVES OF STUDY

- To study and analyze about the food habits of people on post COVID-19.
- To know the eating habits of the of people on post COVID-19.
- To find out how much concerned the young generation is regarding the food quality they choose to eat on post Covid pandemic.

STATEMENT OF PROBLEM

India being a highly populous country and a fast growing economy it obviously becomes a major mishap for us to take good care of our health, and the way we live becomes a question mark, though we have about 24 hours we become in that state where we feel we are held up with something or we become so busy by not focusing on our health and other food habits, we tend to eat un healthy and other fast food, to rush for the day and finally we end up in some big health hazards. Again, it is we who are held up in this condition, if one man can change a country and we follow his footsteps why can't we follow healthy food habits and change, we need to have and allocate some time for ourselves. Health is Wealth.

REVIEW OF LITERATURE

A research study conducted by Bruening et. al., (2011) to identify predictors of breakfast consumption among adolescents. Finally, it was concluded that, early adolescence is an important time to establish regular breakfast consumption. Interventions aimed at increasing breakfast consumption should include messages about healthful weight management and ideas for quick, healthful breakfasts.

A study conducted by Burgess-Champoux T, et.al., (2010) on Whole- grain intake correlates among adolescents and young adults. The survey data indicate few adolescents or young adults consume whole grains in the amount recommended to prevent chronic disease and maintain a healthful weight. This study aimed to identify socio environmental, personal, and behavioral correlates of whole-grain intake among adolescents and young adults. The findings suggest that nutrition interventions should address the availability of whole-grain foods in homes and restaurants.

Larson Ni, Harnack L, Wall M, et. al., (2009) conducted a study to describe changes in calcium and dairy intake during the transition from middle adolescence to young adulthood and to identify baseline correlates of calcium intake in young adulthood. Result drawn was that during the transition to young adulthood, mean daily calcium intakes of females and males decreased by an average of 153 mg and 194 mg respectively. It was concluded that nutrition interventions are needed to counter longitudinal decreases in calcium intake. Interventions targeted to adolescents should address the availability of milk at meals and

other identified supports for healthful eating.

RESEARCH METHODOLOGY

Research methodology states what procedures were executed to carry out the research study.

Sample methodology:

1. Sample size – 110 respondents.
2. Sample unit – students, employees, professionals, etc.
3. Sample area – Chennai city
4. Sample technique– Snow ball sampling technique, convenience sampling.

DATA ANALYSIS & INTERPRETATION

ANOVA:

Ho Null Hypothesis: There is no significant difference between No. of meals taken on a day on the basis of age.

H1 Alternate hypothesis: There is significant difference between No. of meals taken on a day on the basis of age.

Table 1- No. of meals taken on a day &Age

| ANNOVA | | | | | |
|----------------|----------------|----|-------------|-------|------|
| | Sum of Squares | df | Mean Square | F | Sig. |
| Between Groups | .583 | 1 | .583 | 2.476 | .122 |
| Within Groups | 12.250 | 52 | .236 | | |
| Total | 12.833 | 53 | | | |

INTERPRETATION:

From the table 1, it is evident that the significant value falls to be .122, which is above 0.05. Hence, the null hypothesis is accepted. Thus, it can be concluded that there is no significant difference between No. of meals taken on a day on the basis of Age.

T-TEST:

Ho Null Hypothesis: There is no significant difference between No. of meals taken on a day on the basis of Gender.

H1 Alternate hypothesis: There is significant difference between No. of meals taken on a day on the basis of Gender.

Table 2 - No. of meals taken on a day&Gender

| T-test for Equality of Means | | | | | | | | |
|------------------------------------|-----------------------------|-------|--------|-----------------|-----------------|-----------------------|---|-------|
| | | T | df | Sig. (2-tailed) | Mean Difference | Std. Error Difference | 95% Confidence Interval of the Difference | |
| | | | | | | | Lower | Upper |
| How many meals do you eat in a day | Equal variances assumed | -.171 | 52 | .865 | -.033 | .190 | -.414 | .349 |
| | Equal variances not assumed | -.182 | 10.086 | .860 | -.033 | .180 | -.432 | .367 |

INTERPRETATION:

From the table 2, it is clear that the significant value falls to be .865, which is more than 0.05. Hence Null hypothesis is accepted. Thus, it can be concluded that there is no significant difference between No. of meals taken on a day on the basis of Gender.

CHI-SQUARE TEST:

Ho Null Hypothesis: There is no significant association between Frequency of consuming meals outside & Occupation.

H1 Alternate hypothesis: There is significant association between Frequency of consuming meals outside & Occupation.

Table 3 - Frequency of consuming meals outside & Occupation.

| CHI-SQUARE TESTS | | | | | | |
|------------------------------|---------------------|----|-----------------------|----------------------|----------------------|-------------------|
| | Value | df | Asymp. Sig. (2-sided) | Exact Sig. (2-sided) | Exact Sig. (1-sided) | Point Probability |
| Pearson Chi-Square | 16.452 ^a | 9 | .058 | .125 | | |
| Likelihood Ratio | 11.247 | 9 | .259 | .162 | | |
| Fisher's Exact Test | 12.543 | | | .207 | | |
| Linear-by-Linear Association | .003 ^b | 1 | .958 | .978 | .519 | .054 |
| N of Valid Cases | 54 | | | | | |

INTERPRETATION

From the above table, it is inferred that Significant value is .125 which is more than 0.05, so null hypothesis is accepted. From this it shows that Occupation is not associated with Frequency of consuming meals outside.

FINDINGS AND SUGGESTIONS

- ❖ There is no significant difference between No. of meals taken on a day on the basis of Age.
- ❖ There is no significant difference between No. of meals taken on a day on the basis of Gender.
- ❖ There is no significant association between Frequency of consuming meals outside & Occupation.
- ❖ Most of the people are ready to take nutrition base food on post COVID-19.
- ❖ Most of the people are strongly ready to take home cooked food on post COVID-19.
- ❖ Buy a healthy-recipe book, and cook for yourself. Chew gum when you cook so you won't be tempted to snack on the ingredients.
- ❖ Pack a healthy lunch and snacks for work. This lets you have more control over what you eat.

CONCLUSION

Good nutritional habits and a balanced diet aren't developed in one day, nor are they destroyed in one unbalanced meal. Healthful eating means a lifestyle of making choices and decisions, planning, and knowing how to make quick and wise choices when you haven't planned. Making the break from home cooking and becoming responsible for choosing the foods you eat is part of the challenge of becoming a mature and an independent adult. It is a challenge that should not be taken lightly. The nutritional habits you develop now will be difficult to change in the coming years when your body stops growing and your lifestyle may become more sedentary. Learning to make sensible choices from a confusing array of options is not easy, but the rewards are great. Eating nutritious and healthy food and maintaining proper body weight will contribute to a better performance in the classroom, in the gym, and on the dance floor. You will feel and look your best. In contrast, a poor diet can lead to insidious health problems that can interfere with success in academic and social performance and may eventually mean confronting a serious long-term illness, such as heart disease or diabetes. Knowing how much and what to eat is important knowledge. If you have control over your food king you can take control over everything.

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