

The real condition of adolescent's skipping a meal and the acceptance of instant food in South Korea

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1. Introduction

An adolescent period as the second growth phase is the fundamental step into healthier adults. Just in case of the absence of meal and improper acceptance of nutrition will be happened during that period, they would be caused the imbalance so that they could have the extremely bad influence on those who maintain and sustain the healthy life in adolescent period[1]. Also, the absence of each meal could result in overeating in next meal and increasing the frequency of snack's acceptance[2]. Mostly, these kinds of food should be made up of not only higher calories but also lower in the status of nutrition[3]. In addition, the over acceptance, in particular, of sugar and fat types could be the cause of chronic disease such as an extremely obese by increasing the weight[4]. As it is following above, by tracking the absence rate in meal and the acceptance rate of instant food among the adolescence, this assessment is to provide the data which could be fundamental in the education for adolescence.

2. Research plan

The research as descriptive and vertical research is to explore the condition of the habitual diet among the adolescence.

2.1. The sample target and the method of data collection

In total, 72,435 students, who were varied from middle school to high school, participated in 9th Korea Youth risk Behavior web based survey. The data was collected from the sample schools which were 400 middle schools and 400 high schools respectively. When it comes to method, self answering or ticking method was carried out under the condition which was following as below a school with internet access available, in the computer lab, taking up a hour during class and a sample collected per grade.

2.2. Contents of research and the method of analysis

In terms of demographic characteristics, it was researched by gender, grade, the level of parent's education, the level of economic and the type of residence as causes. The specifications regarding causes were following by; gender (male and female), grade (middle schools and high schools), the level of parent's education (certificated 1~4, certificated 5~7, certificated 7~10 and not educated) and the type of residence. Regarding the habitual diet behavior, the frequency, proportion and cross-analysis to the response were conducted with SPSS 18.0 program. The response was following as for a recent week, checking whether being absent or joining in breakfast, lunch and dinner every day, for a recent week, checking the instant food acceptance in daily (at least more than once) and for a recent week, checking the response with no fruit and vegetable

3. Results

3.1. General characteristic of the sample

General characteristic of the sample is following by gender male students (52.3%) and female student 47.7%, middle school students 50.4% and high school students 49.6% respectively. In terms of the education level of fathers and mothers, undergraduate was accounted for 47.8% and 38.8% in total. In the economic level, 47.4% of participants were belong to middle class and it was 96.1% in the type of residence with parents.

3.2. The rate of skipping meal in participants and the real condition of the acceptance of instatant food

For a more recent week, 13.4% of students did not participate in every breakfast. in the case of the absence of lunch and dinner. 7.3% and 6.7 in total students did not take a participation in respectively. In addition, in terms of

the acceptance of fast food, it was accounted for 1.2% of students and 1.9% of student did have a noodle. A bit more students were more likely to have a snack as a food following by 5.2% in total. Except for that, 9.9% of students did not accept fruit and in the case of accepting side vegetable dish, 3.7% of students were occupied in total [Table 1].

[Table 1] The rate of skipping meal in participants and the real condition of the acceptance of instatant food

Item	N	%	
Meal (Never intake for a week)	Breakfast	9.808	13.4
	Lunch	5.422	7.3
	Dinner	5.004	6.7
Instant food (Daily intake at least more than a time)	Fastfood	904	1.2
	Ramen	1.360	1.9
	Snack	3.904	5.2
Etc (Never intake for a week)	Vegetables	2.670	3.7
	Fruits	7.351	9.9

3.3. The rate of skipping meal and the acceptance of instant food according to General characteristic

In the case of the absent of breakfast, there was remarkable difference following as gender ($p < .001$), the education level of fathers ($p < .001$), the education level of mothers ($p < .001$), the economic level ($p < .001$), the type of residence ($p < .001$). In terms of the acceptance of instant food (fast food, ramen, snack), fruits and vegetable, all of them were differentiated following by gender ($p < .001$), grade ($p < .001$), the education level of parents ($p < .001$), the economic level ($p < .001$), the type of residence ($p < .001$).

4. Conclusion

In terms of the frequency of the absence meal (breakfast, lunch and dinner) and the acceptance of instant foods (noodle, fast food and snack), they all are much higher in male than in female. The students in middle school are more likely to have an acceptance of noodle and snack and less likely to participate in lunch and dinner compare to students in high school. Also, in terms of vegetable and fruit's acceptance, it tended to be insufficient acceptance among the student. Furthermore, male students were more likely to accept instant food and female students were seldom likely to accept fruit and vegetable for a week in the proportion. Most of student should have spent a lot of time on preparing university entrance examination so that the occur[6]. Immune system could be lower and body could be acidification as the reason of over acceptance of fast food. So, in order to solve the problem caused by the pressure from study loads and the relationship, fruit and vegetable, which contain sufficient vitamin and mineral, should be encouraged to accept among students[7]. On the basis of them, it should help make its pressure lower and sustain psychological sense more stable.

5. References

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