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A Study of Nutrition Habits and Probiotic Nutrition Consumption of High School Students

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Abstract

This study has been performed for the purpose of determining the nutrition habits and probiotic food consumption of adolescent students attending high school education. A total of 270 students consisting of 163 female and 107 male students attending high schools in the central quarter of the Kulu district in the province of Konya have participated in this study. The survey model has been utilized and anthropometric measurements and questionnaire form have been implemented as a data collection tool in this study. According to the findings obtained in the study, it has been determined that a large proportion of students skip meals and consume low amounts of probiotic foods. Accordingly, operational solution recommendations have been set forth.

Keywords: Adolescent, nutrition habits, probiotic nutrition consumption.

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INTRODUCTION

The intake of each nutritional element required for growth, renewal and functioning of the body at adequate and balanced amounts and their utilization in a relevant manner in the body is called adequate and balanced nutrition. Adequate and balanced nutrition is one of the prominent factors required for successful work and a healthy life (Demirci, 2002). There are a couple of stages in human life where adequate and balanced nutrition is crucial. One of these stages is the adolescence stage in which growth and development accelerates.

The adolescence stage is an important stage where the fastest growth after babyhood is experienced. Rapid growth and development, increases the nutritional element requirements of individuals. In this stage, where healthy and balanced nutrition is of great importance, individuals should be encouraged to consume nutritionally rich foods. Probiotics are the most prominent of these.

Probiotics are defined as organisms that are taken in orally and settle in the intestines and contribute positively to human health (Özçelik, 1998). The positive effects they provide to human health are among the leading roles of probiotics. In addition to this, probiotics also have therapeutic characteristics primarily for digestive disorders. Due to these reasons, the consumption of probiotic foods is of significance in terms of a healthy diet of individuals.

METHOD

Model of the Study

The survey model has been used in this descriptive study. Applications concerning the study have been implemented in the 2009-2010 academic year.

Universe and Sample of the Study

High schools in the central quarter of the Kulu district of Konya constitute the universe of the study. The questionnaire has been applied to 270 students selected through random sampling among 1348 students studying in the central quarter of Kulu. The study has been executed with data obtained from students studying at four different schools.

Data Collection Techniques

The data of the study have been collected by researchers through the questionnaire technique. Opinions of experts have been consulted to when preparing the questionnaire form and theses and studies concerning the subject have been examined. The questionnaire form has been implemented after obtaining the necessary authorizations.

Database Assessment

Data collected in the study have been analyzed by using the SPSS (Statistical Packet for Social Sciences) 15.0 package program. The findings have been specified in the tables in the form of females and males and based on the characteristics of variants, frequency (f), percentage (%), chi square, arithmetic mean (x) and standard

deviation (sd) have been used. For the purpose of testing differences, a 0.05 significance level has been taken.

FINDINGS

Findings pertaining to the Eating Habits of Students

In this section there are findings in relation to eating habits such as the student's number of meals a day, meal skipping statuses and food consumption frequency. The frequency of meals of students has been presented in Table 1.

Table 1. Distribution of meal frequency of students according to gender

Meal	G	Everyday		5-6 times a week		3-4 times a week		1-2 times a week		Never		Total		χ^2	p
		f	%	F	%	f	%	f	%	f	%	f	%		
Breakfast	M	82	76.6	4	3.7	6	5.6	7	6.5	8	7.5	163	100.0	14.659	0.005
	F	93	57.1	7	4.3	19	11.7	33	20.2	11	6.7	107	100.0		
	T	175	64.8	11	4.1	25	9.3	40	14.8	19	7.0	270	100.0		
Brunch	M	4	3.7	3	2.8	7	6.5	16	15.0	77	72.0	163	100.0	5.674	0.225
	F	19	11.7	5	3.1	7	4.3	23	14.1	109	66.9	107	100.0		
	T	23	8.5	8	3.0	14	5.2	39	14.4	186	68.9	270	100.0		
Lunch	M	84	78.5	13	121	5	4.7	3	2.8	2	1.9	163	100.0	7.518	0.111
	F	128	78.5	10	6.1	5	3.1	15	9.2	5	3.1	107	100.0		
	T	212	78.5	23	8.5	10	3.7	18	6.7	7	2.6	270	100.0		
Tiffin	M	19	17.8	2	1.9	14	13.1	31	29.0	41	38.3	163	100.0	6.873	0.143
	F	37	22.7	9	5.5	19	11.7	29	17.8	69	42.3	107	100.0		
	T	56	20.7	11	4.1	33	12.2	60	22.2	110	40.7	270	100.0		
Dinner	M	94	87.9	9	8.4	1	0.9	1	0.9	2	1.9	163	100.0	5.558	0.235
	F	138	84.7	8	4.9	8	4.9	4	2.5	5	3.1	107	100.0		
	T	232	85.9	17	6.3	9	3.3	5	1.9	7	2.6	270	100.0		
Before going to bed	M	13	12.1	4	3.7	13	12.1	26	24.3	51	47.7	163	100.0	12.063	0.017
	F	13	8.0	5	3.1	6	3.7	32	19.6	107	65.6	107	100.0		
	T	26	9.6	9	3.3	19	7.0	58	21.5	158	58.5	270	100.0		

When Table 1 is examined, it can be observed that the rate of having dinner is at the top with a rate of 85.9 %. This is followed by lunch with a rate of 78.5% and breakfast with 64.8%. With regards to snacks, the rate of having tiffen everyday was the highest with 20.7% and it was followed by brunch with 8.5% and 9.6% before going to bed. While the rate of students that do not have breakfast was 7%, this rate was 2.6% for lunch and dinner.

When the frequency of having breakfast for students is examined, it can be observed that there is a statistically significant difference ($p<0.05$). It can be said that this difference results from the rate of having breakfast everyday for males being higher than the rate for females. Again, it can be observed that the difference for the frequency of eating before going to bed is significant ($p<0.05$). According to the data, it can be said that in general, students have lunch and dinner everyday. On the contrary, it is striking that the rate of students not having breakfast is higher than the other main meals.

The number of meals of students in a day, their meal skipping status, the f and % values of skipped meals according to gender have been presented in Table 2.

Table 2. Distribution of number of meals, meal skipping status and skipped meals according to gender

Number of meals	Females		Males		Total		χ^2	p
	F	%	F	%	f	%		
2 Meals	23	14.1	15	14.0	38	14.1		
3 Meals	104	63.8	64	59.8	168	62.2		
4 Meals	27	16.6	22	20.6	49	18.1	0.735	0.865
5 Meals and Higher	9	5.5	6	5.6	15	5.6		
Total	163	100.0	107	100.0	270	100.0		
Meal Skipping Status								
Yes	60	36.8	21	19.6	81	30.0		
Sometimes	92	56.4	76	71.0	168	62.2	9.127	0.010
No	11	6.7	10	9.3	21	7.8		
Total	163	100.0	107	100.0	270	100.0		
Skipped Meals								
Breakfast	93	61.2	40	41.2	133	53.4		
Lunch	38	25.0	51	52.6	89	35.7	20.189	000
Dinner	21	13.8	6	6.2	27	10.8		
Total	152	100.0	97	100.0	249	100.0		

In Table 2, the number of meals students have in a day according to gender has been presented and it has been determined that 62.2% have 3 meals, 18.1% have 4 meals, 14.1% have 2 meals, and 5.6% have 5 meals or more. When observed gender wise, it has been determined that 63.8% of female students and 59.8% of male students have 3 meals a day. In general, it can be observed that more than 50% of students consume 3 meals and proportionally this is followed by 4 meals. It has been determined that 62.2% of students skip some meals, 30% constantly skip meals, and 7.8% never skip meals. According to the chi square test performed, difference between the meal skipping status of students has been considered to be significant ($p<0.05$).

It can be observed that 53.4% of students skip breakfast, 35.7% skip lunch, and 10.8% skip dinner. It is striking that a majority of females (61.2%) skip breakfast and a majority of males (52.6%) skip lunch. According to these data, the difference between the meals that have been skipped by students skipping meals according to gender has been determined to be significant ($p<0.05$). When the reason for skipping meals has been asked to the students, it has been observed that they responded as loss of appetite, absence of someone to prepare meals, lack of time, wish to lose weight, economic inadequacy, and habits.

Another source of data with regards to the eating habits of students is the type of nutrients consumed by students and frequency of consumption of these nutrients. While this data is being collected, nutrients have been analyzed under the 7 different titles of milk and dairy products, meat and meat products, vegetables and fruits, cereal products, fat, sugar and sweets, beverages, and fast food products. Accordingly, white bread has taken the lead with consumption everyday at a rate of 74.1%. While the rate of being consumed everyday has been 72.6% for tea, cheese has been determined as 63.7%. At the top of the list for nutrients that are never consumed there is offal at 72.6%, whole-wheat bread at 61.5%, butter at 21.5%, and milk at 18.5%. For the consumption of vegetables and fruits, it has been determined that tomatoes have been consumed every day at a rate of 58.1%, fruits in general at a rate of 53.7%, green leaved vegetables at a rate of 37%, and citrus fruits at a rate of 40.4%. It has been determined that there is a significant difference in gender for the consumption of salami, sausage, eggs, pasta, tea, ayran, cola-soft drinks and fast food ($p<0.05$). The reason for this has been considered as the fact that male students spend more time outside compared to female students.

Findings on the Status and Attitudes in relation to the Consumption of Probiotic Foods

In this section, there are findings such as the status of students consuming probiotic foods, their reasons for consumption, factors influencing their consumption and frequency of consumption of probiotic foods. The status of students consuming probiotic foods and factors influencing their consumption has been presented in Table 3.

Table 3. **Distribution of probiotic food consumption and reasons for consumption according to gender**

Consumption Status	Females		Males		Total		χ^2	p
	F	%	f	%	F	%		
Consumes	52	31.9	32	29.9	84	31.1		
Does not consume	111	68.1	75	70.1	186	68.9	0.120	0.729
Total	163	100.0	107	100.0	270	100.0		
Reasons for Consumption								
Advertisements	16	30.8	7	21.9	23	27.4		
Health Problems	7	13.5	5	15.6	12	14.3		
Suggestion	15	28.8	14	43.8	29	34.5	2.468	0.481
Other	14	26.9	6	18.8	20	23.8		
Total	52	61.9	32	38.1	84	100.0		

When Table 3 is examined, it can be observed that 29.9% of males and 31.9% females consume probiotic foods and 70.1% of males and 68.1% of females do not consume probiotic foods. A rate of 27.7% of those consuming probiotic foods consume these products because they were influenced by advertisements, 14.3% because of health problems, 34.5% because of suggestions and 23.8% because of other reasons (taste and desire). The rate of males (43.8%) consuming these products due to suggestions is higher than females (28.8%) and rate of females (30.8%) consuming these products with the influence of advertisements is 21.9% higher than males.

As it can be observed in the table, a large proportion of students, do not consume probiotic foods. When the reasons for students not consuming probiotic foods has been asked, it has been determined that 35.5% do not consume them because they do not know them, 23.1% because they do not need them, 22.6% because they do not consider them to be natural, 10.8% because they consider them to be expensive, 8.1% because they do not taste good. It has been determined that 41.3% of male students and 31.5% of female students do not consume these products because they do not know what they are. This data has been presented in Figure 1 below.

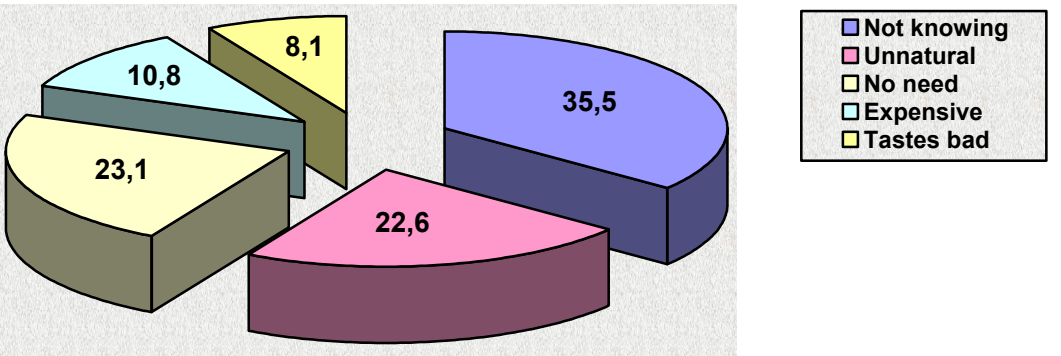

Figure1. Distribution of reasons for not consuming probiotic foods

As is known, probiotic foods have a therapeutic characteristic for human health. Thus, when the health issues causing students to consume these products were asked, it was determined that 52.4% consumed these products due to digestive problems, 17.9% due to support to the immune system, 15.5% due to stomach problems, 9.5% due to other reasons (strength, protection against disease etc.), and 4.8% due to heart problems. The chi square test performed determined a statistically significant difference between males and females in the health problem causing them to consume probiotic products ($p < 0.050$). Data pertaining to the probiotic foods consumed by students have been presented in Table 4.

When the probiotic products consumed by the students are examined, as it can be observed in Table 4, it is determined that probiotic yoghurts are consumed at the rate of 31.1%, probiotic milk at the rate of 11.5%, kefir at the rate of 6.7%, and kumis at the rate of 1.9% among all the students participating in the study. It is observed that probiotic yoghurt has been consumed once a day in males at the rate of 26.7% and in females at the rate of 33.3% and that among the other probiotic milk products the daily consumption of probiotic milk, kefir, and kumis is rather low. Whilst probiotic milk is rarely consumed by 67.7% of the students, kefir is rarely consumed by 15 students in total and kumis is consumed by 5 students in total. Among the probiotics yoghurt is mostly consumed and this is because it is found more easily than the others in supermarkets.

Table 4. Probiotic products consumed by students according to genders

Probiotic Foods		Once a day		2-3 times a day		Once a week		Once in 15 days		Once a month		Very rarely		χ^2	p
		F	%	f	%	f	%	f	%	f	%	f	%		
Probiotic Yoghurt	M (n=30)	8	26.7	8	26.7	4	13.3	2	6.7	2	6.7	6	20.0		
	F (n=54)	18	33.3	9	16.7	10	18.5	5	9.3	3	5.6	9	16.7	1.857	0.869
	T (n=54)	26	31.0	17	20.2	14	16.7	7	8.3	5	6.0	15	17.9		
Probiotic Milk	M (n=12)	-	-	1	8.3	-	-	1	8.3	1	8.3	9	75.0		
	F (n=19)	1	50.3	-	-	2	10.5	1	5.3	3	15.8	12	63.2	4.055	0.542
	T (n=31)	1	3.2	1	3.2	2	6.5	2	6.5	4	12.9	21	67.7		
Kefir	M (n=7)	-	-	-	-	-	-	-	-	-	-	7	100.0		
	F (n=11)	-	-	-	-	-	-	1	9.1	2	18.2	8	72.7	2.291	0.318
	T (n=18)	-	-	-	-	-	-	1	5.6	2	11.1	15	83.3		
Kumis	M (n=1)	-	-	-	-	-	-	-	-	-	-	1	100.0		
	K (n=4)	-	-	-	-	-	-	-	-	-	-	4	100.0	-	-
	T (n=5)	-	-	-	-	-	-	-	-	-	-	5	100.0		

CONCLUSION AND SUGGESTIONS

Conclusion

According to the findings obtained in the study, when eating habits are examined, it is concluded that most of the high school students eat three meals a day and generally skip a meal, mainly breakfast, and mostly have dinner. It is determined that white bread comes first among the foods consumed by students. When the status and the attitude towards probiotic food consumption is examined, it can be observed that a large majority of high school students do not consume probiotic foods and that the main reason is they do not know these foods. It is determined that students consuming these foods consume yoghurt the most and that digestive problems are the main reason for them to consume these foods. In light of all these data, it is concluded that high school students that are in their adolescence period have some deficiencies and wrong information on balanced nutrition and for this purpose some suggestions have been presented.

Suggestions

- Attention should be paid to eating periods at school, canteens and dining halls at schools must be put in order, and necessary environments must be created for young people to eat a healthy and balanced diet.
- Necessary training must be provided for families, teachers, and children about nutrition during the adolescence period and the topics concerning nutrition must be included in the content of the training and educational programs in certain classes of schools.
- Seminars for the students, teachers, and the parents must be organized by experts at schools at certain and regular intervals concerning healthy and balanced nutrition.
- Dieticians, nutritionists, and particularly the producing firms must raise the awareness of the public concerning the therapeutic and protective characteristics of the probiotics.
- It would be useful for probiotic food producers to provide information on health problems on product labels instead of using scientific terms.
- People must be informed on probiotic products and the firms must consider the consumers' desires and needs.

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Lise Öğrencilerinin Beslenme Alışkanlıkları ve Probiyotik Gıda Tüketimleri Üzerine Bir Araştırma

Özet

Vücudun büyümesi, yenilenmesi ve çalışması için gerekli olan besin öğelerinin her birinin, yeterli ve dengeli miktarda alınması ve vücutta uygun biçimde kullanılmasına yeterli ve dengeli beslenme denir. Yeterli ve dengeli beslenme, başarılı çalışma ve sağlıklı bir yaşam için gerekli etmenlerin başında gelmektedir (Demirci, 2002). İnsan yaşamında yeterli ve dengeli beslenmenin çok önemli olduğu birkaç dönem vardır. Bu dönemlerden biri de büyüme ve gelişmenin hızlandığı adölesan dönemdir.

Adölesan dönem, bebeklikten sonra en hızlı büyümenin olduğu, önemli bir dönemdir. Hızlı büyüme ve gelişme bu dönemde bireylerin besin öğesi gereksinmelerini arttırır. Sağlıklı ve dengeli beslenmenin büyük önem taşıdığı bu dönemde bireyler besin değeri yüksek olan gıdaları tüketmeye özen göstermelidirler. Bu gıdaların başında probiyotikler gelmektedir.

Probiyotikler ağız yoluyla alınan, bağırsaklara yerleşerek insan sağlığına olumlu katkıda bulunan organizmalara olarak tanımlanmaktadır (Özçelik, 1998). Probiyotiklerin başlıca görevleri arasında insan sağlığına sağladığı olumlu etkiler gelmektedir. Bunun yanı sıra probiyotik gıdaların başta sindirim rahatsızlıkları olmak üzere tedavi edici özelliği de bulunmaktadır. Bu nedenlerden ötürü probiyotik gıdaların tüketimi bireylerin sağlıklı beslenebilmeleri için önem taşımaktadır.

Son zamanlarda bu ürünlerin üretimi hızla artarken, toplumun bu ürünleri tüketim durumları üzerine araştırmalar çok kısıtlı olduğu dikkati çekmektedir. Bu nedenle yapılmış olan bu araştırmanın, lise öğrencilerinin beslenme alışkanlıkları, yeme tutumları ve günümüzde kullanımı artan probiyotik gıdaları tüketim durumlarını ve tutumlarını tespit ederek, arzu edilen noktaya gelebilmek için, alınması gereken önlemler ve atılması gereken adımlar üzerinde durulması, bu noktadan hareketle ilgili kurumlara önerilerde bulunulması bakımından önem taşıdığı düşünülmektedir.

Araştırma, Konya İli Kulu İlçesi'nde liseye devam eden adölesan çağındaki öğrencilerin, beslenme alışkanlıklarını ve günümüzde kullanımı giderek artan ve sağlık üzerine olumlu etkileri olan probiyotik gıdaları tüketim durum ve tutumlarını saptamak amacıyla planlanmıştır Araştırmaya katılacaklara; beslenme alışkanlıkları ve yeme tutumları ile ilgili sorular sorulmuş, probiyotik gıdalar konusunda tutumları ve bu gıdaları ne kadar tükettikleri sorularına cevap aranmıştır.

Tarama modeli kullanılan araştırma ile lise öğrenimine devam eden öğrencilerin beslenme alışkanlıkları, probiyotik gıdaları tüketim durumları ve tutumları belirlenmeye çalışılmıştır. Araştırma verileri anket tekniği ile araştırmacı tarafından toplanmıştır. Veri toplama aracı olarak geliştirilen anket formu, veri toplamada uygun araç olduğu için tercih edilmiştir. Anket formu hazırlanırken uzman görüşleri alınmış konu ile ilgili tezler ve araştırmalar incelenmiştir Anket formu, araştırmaya

katılan öğrencilere bizzat araştırmacı gözetiminde uygulanmıştır. Araştırmanın evrenini; Konya'nın Kulu İlçe merkezinde bulunan liseler oluşturmuştur ve anket ilçe merkezinde öğrenimine devam eden 1348 öğrenci arasından tesadüfi örnekleme yolu ile seçilen 270 öğrenci üzerinde uygulanmıştır.

Araştırmanın problemi çerçevesinde cevapları aranan alt problemlere yönelik olarak toplanan veriler, önce bilgisayarda veri kodlama tablolarına işlenmiştir. Daha sonra veriler üzerinde gerekli istatistiksel çözümlemeler konunun uzmanlarından da yardım alınarak SPSS (Statistical Packet for Social Sciences) 15.0 paket programı kullanılarak yapılmıştır. Bulgular, tablolarda kız, erkek seklinde belirlenmiş, sayı ve yüzde olarak gösterilmiştir. Öğrencilerin kişisel ve ailevi özelliklerinin belirlenmesinde frekans (f), yüzde (%), kullanılmıştır. Çalışmanın diğer bölümlerinde, değişkenlerin özelliklerine bağlı olarak; frekans (f), yüzde (%), ki kare, aritmetik ortalama (x) ve standart sapma (ss) kullanılmıştır. Farklılıkların test edilmesi için 0,05 anlamlılık düzeyi alınmıştır.

Araştırmada elde edilen bulgulara göre öğrencilerin beslenme alışkanlıkları incelendiğinde lise öğrencilerin genelinin günde 3 öğün yemek yedikleri, genel olarak kahvaltı başta olmak üzere öğün atladıkları ve ana öğünlerden en fazla akşam yemeğini tükettikleri sonucuna varılmıştır. Öğrencilerin tükettikleri besinler arasında beyaz ekmeğin ilk sırada yer aldığı belirlenmiştir. Probiyotik gıda tüketme durum ve tutumları incelendiğinde ise öğrencilerin büyük çoğunluğunun probiyotik gıdaları tüketmedikleri ve bunun başlıca nedeninin bu gıdaları bilmemeleri olduğu görülmüştür. Bu gıdaları tüketen öğrencilerin ise en fazla yoğurdu tükettikleri ve sindirim rahatsızlıklarının bu gıdaları tüketmelerine neden olan başlıca sağlık problemi olduğu belirlenmiştir. Tüm bu veriler ışığında adölesan dönemde yer alan lise öğrencilerinin sağlıklı ve dengeli beslenme konusunda birtakım eksiklikleri ve yanlışları olduğu sonucuna ulaşılarak birtakım öneriler sunulmuştur.

Anahtar Sözcükler: Lise öğrencileri, beslenme alışkanlığı, probiyotik gıda tüketimi.