

A STUDY ON RELATIONSHIP BETWEEN FOOD HABITS AND MENTAL HEALTH OF HIGH SCHOOL STUDENTS IN THIRUVALLUR DISTRICT

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ABSTRACT

This study examined the Relationship between Food Habits and Mental Health of High School Students in Thiruvallur District. This study adopted normative survey method of research participants were 272 high school students randomly selected from various schools Thiruvallur District. The Research Instruments used for data collection was Food Habits tool prepared by the investigator and Mental health status scale designed by Jagdish and A. K. Srivastava tested at 0.05 and 0.01 level of significance. 17.6% of them have low, 66.9% of them have moderate and 15.4% of them have high level of food habits. 16.9% of them have low, 68.8% of them have moderate and 14.3% of them have high level of mental health. There is significant relationship between food habits and mental health of high school students.

Keywords: Food habit, mental health, Gender, Sampling, Survey, Random Technique.

INTRODUCTION

Education becomes a vague and informal process aiming at nothing but allowing the child uncontrolled freedom for arbitrary activities. Through such a process it is not possible to social, moral and spiritual values in children. Thus both the processes are one sided and emphasize the two extremes. The real concept of education is a synthesis of these two processes. This synthesis will develop the child to the full according to his inherent tendencies which emphasis on concurrent development of society, of which he is an integral part of such a education will develop both the child and the society to higher and higher positions of glory and cultural eminence.

Nutrition education helps to make many wise decisions about food. Education helps us to make informed food choices which will provide the necessary nutrients for a healthy

body at a minimum cost. Education helps us to form certain food habits and change to others. For example, education can make us to decide to eat fruits at every meal because we have to learn about its nutritional benefits. Education can also make us to decide not to eat certain foods because of their harmful effect on our body.

Student mental health problems socially isolate themselves, and develop anxiety disorders and concentration problems. Good mental health ensures an all-round educational experience that enhances social and intellectual skills that lead to self-confidence and better grades. The foremost concern of education today is to produce mentally healthy persons and thereby well-adjusted personalities because mentally healthy persons are real assets of the society for the twenty-first centuries.

STATEMENT OF THE PROBLEM

Formally the problem can be stated as follows:

“A Study on Relationship between Food Habits and Mental Health of High School Students in Thiruvallur District”.

OPERATIONAL DEFINITIONS

1. Food Habits

Food habits is involves consuming primarily fruits, vegetables, and whole grains to satisfy caloric requirements, provides the body with essential nutrients, photochemical and fiber, and includes adequate water consumption.

2. Mental Health

Mental health refers to an individual's thoughts, feelings and actions, particularly when faced with life's challenges and stresses.

3. High School student

By High school student the investigator means the students who are studying in the high and higher secondary school schools in Thiruvallur District.

OBJECTIVES OF THE STUDY

1. To find out the level of Food Habits of High School students
2. To find out the level of Mental Health of High School students.
3. To find out the relationship between Food Habits and Mental Health of High School students.

Specific Objectives:**Food Habits of High School Students:**

1. To find out whether there is any significant difference between boys and girls High School students in their Food Habits.
2. To find out whether there is any significant difference between Tamil medium and English medium High School students in their Food Habits.
3. To find out whether there is any significant difference between IXth and Xth High School students in their Food Habits.
4. To find out whether there is any significant difference between rural and urban High School students in their Food Habits.
5. To find out whether there is any significant difference between hosteller and day scholar High School students in their Food Habits.
6. To find out whether there is any significant difference between Nuclear family and joint family High School students in their Food Habits.
7. To find out whether there is any significant difference among below & 1, 2 and above & 3 sibling High School students in their Food Habits.
8. To find out whether there is any significant difference among Government, Government aided and private High School students in their Food Habits.
9. To find out whether there is any significant difference between rural and urban institution students in their Food Habits.
10. To find out whether there is any significant difference among boys, girls and coeducation high school students in their Food Habits.
11. To find out whether there is any significant association between Food Habits and father's Education of High School students.
12. To find out whether there is any significant association between Food Habits and mother's Education of High School students.
13. To find out whether there is any significant association between Food Habits and father's occupation of High School students.
14. To find out whether there is any significant association between Food Habits and mother's occupation of High School students.
15. To find out whether there is any significant association between Food Habits and family monthly income of High School students.

Mental Health of High School Student:

1. To find out whether there is any significant difference between boys and girls High School students in their mental health.
2. To find out whether there is any significant difference between Tamil medium and English medium High School students in their mental health.
3. To find out whether there is any significant difference between IXth and Xth High School students in their mental health.
4. To find out whether there is any significant difference between rural and urban High School students in their mental health.
5. To find out whether there is any significant difference between hosteller and day scholar High School students in their mental health.
6. To find out whether there is any significant difference between Nuclear family and joint family High School students in their mental health.
7. To find out whether there is any significant difference among below & 1, 2 and above & 3 sibling High School students in their mental health.
8. To find out whether there is any significant difference among Government, Government aided and private High School students in their mental health.
9. To find out whether there is any significant difference between rural and urban institution students in their mental health.
10. To find out whether there is any significant difference among boys, girls and coeducation high school students in their mental health.
11. To find out whether there is any significant association between mental health and father's Education of High School students.
12. To find out whether there is any significant association between mental health and mother's Education of High School students.
13. To find out whether there is any significant association between mental health and father's occupation of High School students.
14. To find out whether there is any significant association between mental health and mother's occupation of High School students.
15. To find out whether there is any significant association between mental health and family monthly income of High School students.

Correlation Co-efficient

16. To find out whether there is any significant relationship between Food Habits and Mental Health of High School students.

HYPOTHESES OF THE STUDY

1. The level of Food Habits of High School students
2. The level of Mental Health of High School students.
3. There is no relationship between Food Habits and Mental Health of High School students.

Food Habits of High School Students:

1. There is any significant difference between boys and girls High School students in their Food Habits.
2. There is any significant difference between Tamil medium and English medium High School students in their Food Habits.
3. There is any significant difference between IXth and Xth High School students in their Food Habits.
4. There is any significant difference between rural and urban High School students in their Food Habits.
5. There is any significant difference between hosteller and day scholar High School students in their Food Habits.
6. There is any significant difference between Nuclear family and joint family High School students in their Food Habits.
7. There is any significant difference among below & 1, 2 and above & 3 sibling High School students in their Food Habits.
8. There is any significant difference among Government, Government aided and private High School students in their Food Habits.
9. There is any significant difference between rural and urban institution students in their Food Habits.
10. There is any significant difference among boys, girls and coeducation High School students in their Food Habits.
11. There is any significant association between Food Habits and father's Education of High School students.

12. There is any significant association between Food Habits and mother's Education of High School students.
13. There is any significant association between Food Habits and father's occupation of High School students.
14. There is any significant association between Food Habits and mother's occupation of High School students.
15. There is any significant association between Food Habits and family monthly income of High School students.

Mental Health of High School Student

1. There is any significant difference between boys and girls High School students in their mental health.
2. There is any significant difference between Tamil medium and English medium High School students in their mental health.
3. There is any significant difference between IXth and Xth High School students in their mental health.
4. There is any significant difference between rural and urban area High School students in their mental health.
5. There is any significant difference between hosteller and day scholar High School students in their mental health.
6. There is any significant difference between Nuclear family and joint family High School students in their mental health.
7. There is any significant difference among below & 1, 2 and above & 3 sibling High School students in their mental health.
8. There is any significant difference among Government, Government aided and private High School students in their mental health.
9. There is any significant difference between rural and urban institutions students in their mental health.
10. There is any significant difference among boys, girls and coeducation High School students in their mental health.
11. There is any significant association between mental health and father's Education of High School students.
12. There is any significant association between mental health and mother's Education of High School students.

13. There is any significant association between mental health and father's occupation of High School students.
14. There is any significant association between mental health and mother's occupation of High School students.
15. There is any significant association between Food Habits and family monthly income of High School students.

Correlation Co-efficient:

There is no significant relationship between Food Habits and Mental Health of High School students.

RESEARCH DESIGN

METHODOLOGY

The study was through normative survey method of research and it is most suitable for the present study

SAMPLE

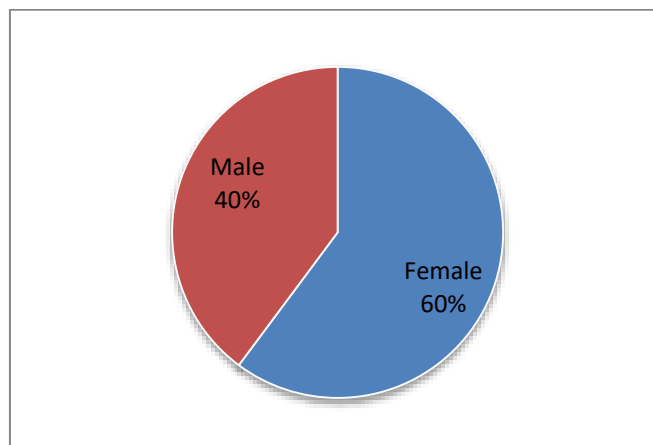
A stratified random sampling technique was adopted for the selections of Sample 272 high school students were taken for the present study.

Table-1
DISTRIBUTION OF SAMPLE IN TERMS OF GENDER

Variable	Categories	N	Percentage
Gender	Male	103	37.9
	Female	169	62.1
	Total	272	100%

The above table shows that 37.9% male and 62.1 % female had constituted the sample.

DISTRIBUTION OF SAMPLE IN TERMS OF GENDER



RESEARCH TOOLS USED IN THE PRESENT STUDY

To verify the framed hypotheses the following tools and techniques were used in the present investigation

- Food Habits tool prepared by the **investigator**.
- Mental health status scale designed by **Jagdish and A. K. Srivastava (1983)**.

STATISTICAL TECHNIQUES

Following major statistical techniques are used by the investigator for analyze the data.

1. Mean
2. Standard deviation
3. Percentage analysis
4. Test of significance (t-test)
5. ANOVA test
6. Chi-square test
7. Correlation

MAJOR FINDINGS

Food Habit:

Hypothesis Testing

‘t’ test

In terms of Gender

- There is no significant difference between male and female high school students in their food habits.

In terms of Medium of Instructions

- There is no significant difference between Tamil medium and English medium of Instruction high school students in their food habits.

In terms of Class

- There is significant difference between IXth std and Xth std studying in high school students in their food habits.

In terms of Locality

- There is no significant difference between rural and urban who are living in high school students in their food habits.

In terms of place of residence

- There is significant difference between days scholar and hosteller who are studying high school students in their food habits.

In terms of type of family

- There is no significant difference between joint family and nuclear family high school students in their food habits.

In terms of Location of Institution

- There is significant difference between rural and urban area institution who are studying high school students in their food habits.

‘F’ - test

- There is no significant difference among high school students in their food habits with reference to sibling. Hence the null hypothesis is accepted.

In terms of type of Management

- There is significant difference among high school students in their food habits with reference to type of management. Hence the null hypothesis is rejected.

In terms of Nature of Institution

- There is significant difference among high school students in their food habits with reference to nature of institution. Hence the null hypothesis is rejected.

Chi -square Test

- There is association between father's education of food habits of high school student.
- There is no association between mother's education of food habits of high school student.
- There is no association between father's occupation of food habits of high school student.
- There is association between mother's occupation in their food habits of high school student.
- There is association between parental monthly income in their food habits of high school student.

Hypotheses Testing**Mental Health:****'t' - Test****In terms of gender**

There is no significant difference between male and female students in their regularity of habits, attitudes towards self, and an autonomy dimensions in their mental health. .

But there is significant difference between male and female students in their total of mental health.

In term of Medium of Instruction

There is no significant difference between Tamil and English medium of instruction students in their regularity of habits dimension and the total of mental health.

There is significant difference between Tamil and English medium of Instruction students in the attitudes towards self and the autonomy dimensions in the mental health.

In terms of Class

There is no significant difference between IXth Std and Xth Std who are studying in their all dimensions of mental health.

In terms of Locality

There is no significant difference between rural and urban who are living student in their all dimensions of mental health.

In terms of Place of residence

There is no significant difference between Days Scholar and Hosteller who are studying student in their attitudes towards self and autonomy dimensions of mental health.

There is significant difference between Days Scholar and Hosteller who are studying student in their regularity of habits dimension and total of mental health.

In terms of type of family

There is no significant difference between joint family and nuclear family who are living student in their attitudes towards self and autonomy dimensions of mental health.

There is significant difference between joint family and nuclear family who are living student in their regularity of habits dimension and total of mental health.

In terms of Location of Institution

There is no significant difference between rural and urban areas institution who are studying student in their regularity of habits and attitudes towards self dimensions of mental health.

There is significant difference between rural and urban areas institution who are studying student in their autonomy dimension and total of mental health.

‘F’ - Test**In terms of sibling**

There no is significant difference among high school students in their regularity of habits, autonomy dimensions and total of mental health with reference to their mental health.

There is significant difference among high school students in their attitude towards self dimension of mental health with reference to sibling.

In terms of Type of Management

There no is significant difference among high school students in their regularity of habits and autonomy dimensions of mental health with reference to their type of management.

There is significant difference among high school students in their attitude towards self dimension and total of mental health with reference to their type of management.

In terms of Nature of Institution

There no is significant difference among college students in their autonomy dimension and total of mental health with reference to their nature of institution.

There is significant difference among high school students in their regularity of habits and attitude towards self dimensions with reference to their nature of institution.

Chi - Square Test

- There is no association between father's education of attitude towards self and autonomy dimensions of high school students in their mental health.
- There is significant association between father's education of regularity of habits dimension and total of mental health of high school students.
- There is no association between mother's education of attitude towards self and autonomy dimensions of high school students in their mental health.
- There is significant association between mother's education of regularity of habits dimension and total of mental health of high school students.
- There is no association between father's occupation of attitude towards self, autonomy dimensions and total of mental health of high school students.
- There is significant association between father's occupations of regularity of habits dimension in their mental health of high school students.
- There is no association between mother's occupation of attitude towards self, autonomy dimensions and total of mental health of high school students.
- There is significant association between mother's occupation of regularity of habits dimension in their mental health of high school students.
- There is no association between monthly income of attitude towards self, autonomy dimensions and total of mental health of high school students in their mental health.
- There is significant association between monthly income of regularity of habits dimension of high school students in their mental health.

Correlation Test

There is no significant relationship between food habits and mental health with reference to boys and girls student, Tamil and English medium of Instruction student, IXth and Xth Std student, rural and urban student, Days scholar student, Nuclear and Joint family student, below & 1 and above & 4 sibling, rural and urban area institutions student, government, government aided and self financed management student, boys, girls and coeducation institutions student.

There is significant relationship between food habits and mental health with reference to hosteller student and having the 2-3 sibling high school students.

**RELATIONSHIP BETWEEN FOOD HABITS AND MENTAL HEALTH
WITH REFERENCE TO BACKGROUND VARIABLES**

S. No	Variable	Categories	N	df	Calcula	Table	Resu
1.	Gender	Boys	103	101	0.144	0.195	NS
		Girls	169	167	-.028	0.138	NS
2	Medium of Instruction	Tamil	161	159	0.104	0.138	NS
		English	111	109	-.078	0.195	NS
3	Class	IX	159	157	0.044	0.138	NS
		X	113	111	0.020	0.195	NS
4	Locality	Rural	153	151	0.031	0.138	NS
		Urban	119	117	0.038	0.195	NS
5	Place of Residence	Days Scholar	195	193	-.007	0.138	NS
		Hosteller	77	75	0.231	0.217	S*
6	Type of family	Nuclear	213	211	0.088	0.138	NS
		Joint	59	57	-0.162	0.250	NS
7	Sibling	Below & 1	143	141	-0.029	0.195	NS
		2-3	85	83	0.234	0.217	S*
		Above & 4	44	42	-0.137	0.297	NS
S. No	Variable	Categories	N	df	Calcula	Table value	Resu
8.	Location of Institution	Rural	147	145	0.047	0.195	NS
		Urban	125	123	-0.036	0.195	NS
9.	Type of Management	Government	104	102	0.005	0.195	NS
		Govt. Aided	83	81	0.008	0.217	NS
		Self -	85	83	0.079	0.217	NS
10.	Nature of Institution	Boys	62	60	0.058	0.250	NS
		Girls	106	104	-0.050	0.195	NS
		Coeducation	104	102	0.120	0.195	NS

**LEVEL OF THE FOOD HABITS OF THE
HIGH SCHOOL STUDENTS**

Variable	Low		Moderate		High		Remarks
	N	%	N	%	N	%	
Food Habits (N= 272)	48	17.6	182	66.9	42	15.4	Moderate (66.9)

Figure-1

**LEVEL OF THE FOOD HABITS OF THE
HIGH SCHOOL STUDENTS**

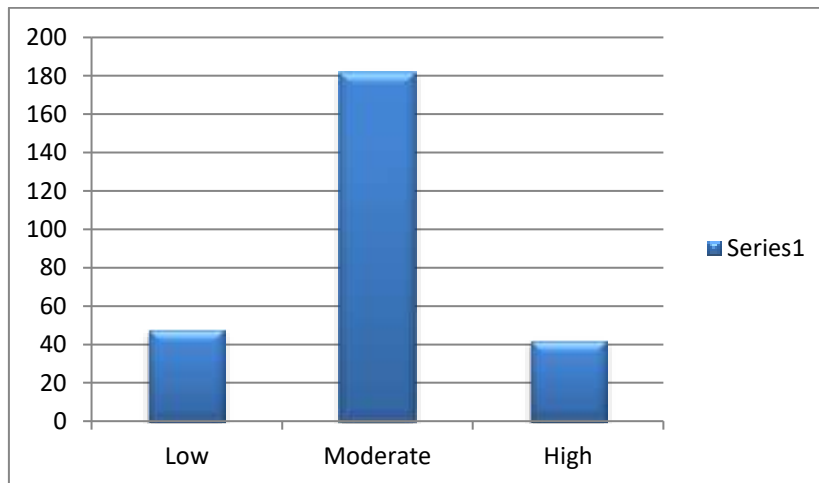
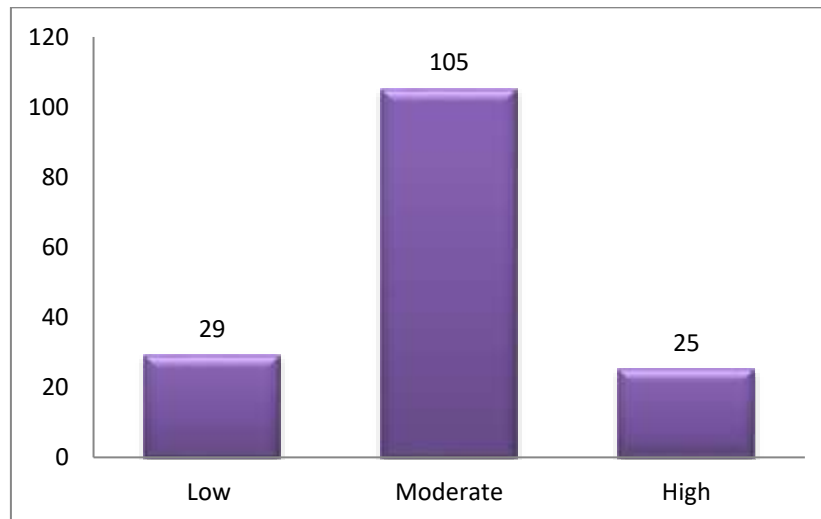


Table-2

**LEVEL OF THE MENTAL HEALTH OF THE
HIGH SCHOOL STUDENTS**

Variable	Low		Moderate		High		Remarks
	N	%	N	%	N	%	
Mental Health (N= 272)	46	16.9	187	68.8	39	14.3	Moderate (68.8)

Figure-2
LEVEL OF THE MENTAL HEALTH OF THE
HIGH SCHOOL STUDENTS



EDUCATIONAL IMPLICATIONS

Following are some of the educational implications to increase the study on food habits and mental health of high school students:

- ❖ This study helps to know the food habits and mental health of high school students.
- ❖ This study stresses the importance of the food habits among the adolescence.
- ❖ This study paves way to fill the gap in the present educational research.
- ❖ This study guides the student teaches to mould their students in a better way.
- ❖ This study helps the parents and teachers to improve the student food habits and prevent the mental health oriented problem.

CONCLUSION

Food is necessary for growth and maintenance of body. If nutrition is received by any individual, his brain may develop to the optimum extent. Therefore, to have good mental health one should have nutritional vegetarian food. Healthy eating is essential for students to achieve their full academic potential, mental growth, and lifelong health and well-being. When children are receiving proper nutrition they are able to reach their full potential. Schools need to educate parents and children on how to live a healthy lifestyle that includes

proper nutrition. Schools can help school-aged children develop healthy eating habits by emitting a consistent health message by ensuring that healthy food choices are offered at school. School administrators need to provide opportunities for staffs to receive education on good nutrition and health in the school environment. Schools should establish committees that include parents and community members to promote a healthy school atmosphere by focusing on nutrition and vending policies.

Making healthy food choices available to students is important as is educating students, parents, teachers, food service staff, administrators, and the community. Schools need to promote a healthy eating environment and seek out student input to be used when planning a healthy menu. The goal is to meet the dietary needs so that students are able to reach their potential physically and cognitively.

“Early to bed and early to rise, makes a man healthy wealthy and wise” said by Benjamin Franklin.

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