



Attitude among students towards consumption of breakfast

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Abstract

The present study entitled “attitude among students towards breakfast” was conducted to study the breakfast habits among school going students of Sohna; to assess the attitudes of students towards consumption of breakfast; to intervene them about the importance of having breakfast. The sample of the study was 100 students in the age group of 14-17 years. Questionnaire was used to gather the information related the study. Results showed that majority of the students generally have their breakfast at home. Few of them skip their breakfast (i.e. girls) because of weight consciousness and some of them skip because of poor eating habits.

Keywords: breakfast, skipping, eating habits, diet conscious

Introduction

The word breakfast is derived from two words, “break” and “fast” fast is when you don’t eat food and all during the night you have been sleeping and not eating breakfast is the first meal taken after arising from a night sleep, most often eaten in the early morning before undertaking the day’s work.

Food was an essential requisite for life which enabled the body to function normally healthy diet was beneficial for health both physically and mentally. After 8 to 12 hour without a meal during sleep, the feeling of hunger in the morning signified low level of blood sugar. Breakfast was the first meal which assisted the body to refuel blood sugar level. When breakfast was skipped the body would bring out the carbohydrates from the liver to help provide energy, which, however, remained for a short time. Breakfast was essential for the brain and was the main energy source. It was important for school age children to have breakfast everyday as it boosted their attention span, concentration and memory.

Breakfast is the first meal of the day and its typically taken no later than mid-morning. It’s frequently branded as the most important meal of the day, owing to a number of benefits including prevention of overweight, obesity, and reduction in risk of cardiovascular disease. Skipping breakfast is a common practice by people around the world the 1999-2006 national health and nutrition survey of the united states reported that between 20% and 30% of children and adolescents skipped breakfast frequently. In India, the proportion of children skipping breakfast regularly was even higher (over 50%)

Breakfast is important in meeting the day’s nutritional needs. Children who consume breakfast are likely to, meet their energy and overall nutrient requirement compared to those who do not have breakfast In India, children between 14 and 17 years who consumed breakfast met about one quarter to one third of their daily energy and protein intakes of other nutrients. In a longitudinal study among girls 11-19 years, in which energy intake was adjusted for, breakfast cereal consumption was related to increased consumption of

fiber, calcium, iron, folic acid, vitamin C and zinc and a decrease in fat and cholesterol intake. Breakfast skippers in most cases are unable to compensate for the nutrients lost during the rest of the day.

The effect of skipping breakfast on the health of youths has been studied in numerous studies and an association with the inadequate intake of nutrients as well as being overweight and having a plasma cholesterol level has been reported. These findings imply that the current and possibly future health of children and adolescents can be improved by encouraging them to consume breakfast regularly. Identifying youth who are likely to skip breakfast to consume it regularly would be helpful for targeting intervention efforts for students. In addition, certain knowledge is thought to influence diet and eating habits, but studies among students are scarce. A few studies have reported an association between knowledge of nutrition and it’s related “attitudes or behaviors” among school children, but other types of knowledge regarding diet have not been assessed. The aim of the current study was to identify factors associated with irregular breakfast consumption among school student’s. Knowledge related to regional diet and dietary education was also explored to evaluate its association with student’s irregular consumption of breakfast.

For optimal growth, good health and well-being, good nutrition is considered to be the most important determinant. Eating breakfast not only provides energy to the brain but also helps to improve learning. The effect of glucose deprivation is noticeable by a fall in blood glucose level of sufficient degree, which is rapidly followed by disturbance in cerebral function the gap of about 10 to 12 hour between dinner and breakfast causes low blood glucose levels and habitually missing breakfast can adversely affect cognitive performance.

Importance of Eating Breakfast Regularly

There is a wide amount of evidence attesting to the importance of eating breakfast. It has been proved in various studies that the breakfast consumption is important element

in nutritional well-being, influencing the adequacy of total daily energy and nutrient intake both in children and adults. It has also been found that skipping breakfast can negatively interfere with cognition and school performance. On the other hand, eating breakfast has been associated the lower plasma cholesterol levels and improvements of nutritional status, both in children and adolescent. A recent study conducted in Japan claims that breakfast skipping is associated with some cardiovascular risk factors, including smoking, hypertension and hypercholesterolemia.

The importance of breakfast lies in the word itself. By eating breakfast, we are actually breaking in the fast or long gap after dinner, the previous night. By the time wake up in the morning, all our energy is used up and hence we need energy to go through our daily routine. Students who do not eat properly or skip breakfast on a regular basis are at a high risk of developing gastroenteritis and several other health related problems. Not only that students have to face a lot of challenges in school and an empty stomach may come in the way of their process. It is also observed that the children who do not have their breakfast before going to school or on time may have problems, like headache, sleepiness, stomach pain, muscle fatigue, etc.

Students who have the habit of eating breakfast have been reported to have a better concentrating during lessons than those who do not. Breakfast is also beneficial for the memory of the students as they are able to remember and retrieve already information quickly as well as accurately. Even their problem solving ability is enhanced by eating breakfast on a regular basis.

Benefits of Eating Breakfast for Students

Eating a healthy breakfast before starting school day is linked to improved concentration, better test scores, increased energy, a higher intake of vitamins and minerals, and even healthier body weight. Breakfast is especially important for young students whose brains use up about half of the body energy.

Improved Concentration

Students who eat a healthy breakfast tend to have a better concentration than students who skip breakfast altogether.

Better test Scores

Students who eat breakfast before starting their school day don't just concentrate better, they tend to score better on academic tests in math and reading. Researches believes that this is because the breakfast provides the energy necessary to increase cognitive, or thinking speed and problem-solving skills

Increased Energy

When you sleep, you technically fasting, since you are going without food. Because of this, your blood sugar starts to drop overnight. On having breakfast, it provides you the glucose your body needs for energy to get through the day.

Healthy Skin

If you want healthy skin, eating essential breakfast ingredients along with a regular facial routine could help give you that glow you want.

Better Mental and Physical Performance

If we eat a long night's sleep, we will reenergize our mind and body for school. If we are write notes taking a test or trying to participate at our externship, then we do not to feel sluggish and tired.

Reason for Skipping Breakfast

Some people may wake up really late and it is lunch time.

- 1) Some people don't have an appetite in the morning.
- 2) Ran out of time and need to go to school/work.
- 3) Practice intermittent fasting for fat lose.
- 4) They wake up late.
- 5) They don't feel like eating anything in the morning.
- 6) It s too early to have food.
- 7) They are unaware about importance of having breakfast.

Problems Arising with Skipping Breakfast

- 1) Problems in metabolism
- 2) Risk of health problems
- 3) Unhealthy mid-day cravings
- 4) Makes exercise difficult
- 5) Weight gain
- 6) Reduces concentration

Objectives

- 1) To study the breakfast habits among school going students of Sohna
- 2) To assess the attitudes of students towards consumption of breakfast.
- 3) To intervene them about the importance of having breakfast

Research Methodology

Sample Description

- Sample students (14-17 year)
- Sample size 100 students
- Sampling technique –purposive random sampling technique was used to select the sample

Criteria for selection

- 1) School going students among between the ages 14-17 years were selected.
- 2) School students of Sohna were selected.

Tools used for data collection

- 1) Self-structured questionnaire

Data collection

Before the collection of data questionnaire was pretested on some of the sample. Questionnaire was administered on the sample to collect the information. Data was collected by visiting the school. Rapport was established with them in order to gather the related information. Participants were also questioned on their attitude among students towards breakfast. Informal discussion was also done where needed.

Data Analysis

In accordance with the kind of information and data collected, data was subjected to quantity and qualitative analysis. Categories for analysis were formulated; the responses were coded and tabulated with respect to

analytical category. They were analyzed according to the objectives of the present study.

Results and Discussion

Table 1

Do you eat your breakfast every day?	Respondents
Yes	80
No	20

It is evident from the table 1 that 80% of the respondents have their breakfast regularly and only 20 %did not have it regularly.

Table 2

Are you vegetarian	Respondents
Vegetarian	56
Non vegetarian	26
Eggetarian	18

Table 2 depicts that 56% of the overall sample were vegetarian; 26% of them were non vegetarian and only 18% of them were eggetarian

Table 3

What do you eat in the breakfast?	No of subjects
Milk	94
Cheese	0
Egg	0
Fruit /fruit juice	4
Other	2

Table 3 depicts that majority (94%) of the respondents drink milk in breakfast only 4%drink fruit /fruit juice and 2%consume other things for breakfast.

Table 4

Do you ever eat your breakfast from outside?	No of subjects
Yes	88
No	12

Table 4 shows that 88% of the respondents stated that it's not always but yes sometimes they have breakfast from outside where just 12% stated that they never had breakfast from outside as our family doesn't allow us to do the same

Table 5

How many days of the week, do you eat breakfast?	No of subjects
a) Once in a week	14
b) Twice in a week	2
c) Thrice in a week	2
d) Four times a week	10
e) all the days in a week	72

It is evident from table 5 that 14%of the students eat their breakfast once in a week, 2% twice a week, 2 % thrice in a week, 23% four time in a week and 6% five time a week.

Table 6

Do you feel hungry during the school days before lunch time?	No of subjects
Never	32
Sometimes	22
Usually	10
Always	36

Table 6 reveals that 36% of the respondents always feel hungry before the lunch break; 32% never feel hungry; 22% of them feel hungry but sometimes not always and 10% of them usually feel hungry during school hours.

Table 7

Do you skip breakfast?	Respondents
Yes	12
No	88

Table no 7 depicts that majority (88%) of the respondents do not skip the breakfast and only 12%of them skip their breakfast.

Table 8

Who prepared your breakfast?	Respondents
Self	100
Brother /sister	
Mother/father	
School	
Other	

Table 8 depicts that 100 % of the students; breakfast is prepared by their parents.

Table 9

How does eating breakfast help you?	No of subjects
Gives me energy	74
Help me to be healthy	
Help me to be attentive and active	
Help me to be in better mood	
It does not help me	
Others	8

The above table reveals that 74% of them perceive that eating breakfast gives energy;12% of them believe that it helps them to be healthy; 8%them stated that it is for the better mood where as only 6% of them believe that it helps them to attentive and active

Table 10

How do you feel when you do not eat breakfast?	No of subjects
Feel hungry	46
Feel tired	32
headache	20
Feeling low	2

It is evident from the above table that majority (46%) of the respondents feel hungry when they do not eat breakfast while 32%of them feel tired, 22% of them have headache and only 2% of them feel low in energy.

Table 11

Parameters	Frequency (n=100)	Percentage
Did you eat breakfast every day?		
Yes	80	80
No	20	20
Are you vegetarian 0	56	56
Non vegetarian	26	26
Eggetarian	18	18
What do you eat for breakfast?		
Milk	94	94
Cheese	4	4
Egg	2	2
Fruit/fruit juice		
Other		
Do you ever eat your breakfast from outside?		
Yes	12	12
No	88	88
How many days of the week, do you eat breakfast?		
Once a week	14	14
Twice a week	2	2
Thrice a week	2	2
Four times a week	10	10
Everyday	72	72
Do you feel hungry during the school days before lunch time?		
• Never	32	32
• Sometimes	22	22
• Usually	10	10
• Always	36	36
Do you skip breakfast?		
Yes	88	88
No	12	12
Who prepared your breakfast?		
Self		
Mother/father	100	100
Brother/sister		
School		
Other		
How does eating breakfast help you?		
Gives me energy	74	74
Help me to be healthy	12	12
Help me to pay attention	6	6
Help me to be in better mood	8	8
It does not help me		
Others		
How do you feel when you do not eat breakfast?		
I am hungry	46	46
I am tired	32	32
I have a headache	20	20
I do not have energy	2	2

Discussion

This study shows that majority of the sample in the study consume breakfast regularly. The probable explanation is that girls especially adolescents are more concerned about their weight and therefore more likely to skip their breakfast with the intention of keeping their weight under control. However, some studies have shown that skipping breakfast may not result in weight loss. The reason being that skipping breakfast resulted in poor eating habit such as inappropriate snacking food which could lead to excess energy consumption and subsequently being overweight.

As was expected, more of the children had their breakfast at home (87%) than at school or on the way to school (12%). Children are most likely to eat street foods if they are not fed at home. However, among those who skipped breakfast, lack of time (15%) on the part of parents and children was one of the reason children not having breakfast. Among 95% children have their breakfast at home, indicating an

effort on of parents to ensure that their children took breakfast. In this study, without breakfast, many of the children would not have met their daily nutrient requirements, due to difficulty to compensate for energy and nutrients lost in the morning when conscious effort is not made to place nutrients lost. Some also found that breakfast consumers had significantly higher intakes of micronutrients like vitamin A, thiamine, vitamin C, iron, calcium and zinc. Among Sohna school children breakfast meal did not contribute significantly to calcium intake. This is not surprising as milk and milk products as rarely consumed as part of the breakfast meal in the rural area. The relatively high cost of milk and milk products consumption, even among young children.

Conclusion

Consumption of breakfast is a common practice among the Sohna school children. children who had breakfast generally

had significantly higher nutrient intakes than children who did not. Encouraging breakfast consumption among school children is a way to ensure that they meet their daily nutrient and energy intakes parents and caregivers should also be educated on the benefits of breakfast for children. This should include what makes a nutritious breakfast to ensure that the children are not only fed breakfast but also one that enhances their nutritional status. Breakfast is an important factor to give us a good kick to start a beautiful day with strength. During this study it has been observed that majority of the students are conscious about their health and they took their breakfast regularly. But many students found that they take their breakfast regularly and many of them did not take breakfast at all. Many of them believed that skipping breakfast will help to reduce weight rather than making them feeling hungrier and eat more at any other meal Skipping breakfast is more common among students who did not live with her family and also who get up late. This study was done only on Sohna school students. The data would be effective if more data were collected from different school students.

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