

ON EATING HABITS AND PHYSICAL ACTIVITY OF THE FIRST YEAR STUDENTS IN PRE-COVID ENVIRONMENT

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Relevance: The number of obese people has increased for the last time. Striving for ideal look, students pay attention to their appearance and physical parameters, resulting in eating disorders and psycho-emotional deviation.

Objectives: The research is aimed at revealing restricting, emotional, external eating habit (EH) signs, and evaluating the level of physical activity (PA) of the first year students.

Materials and methods: We have questioned 30 students at the age of 17 and 19, the respondents' gender was 25 females and 5 males; corresponding to the total gender correlation at the University. We have used a questionnaire of eating habits (Eating attitudes test — 26), Dutch eating behavior questionnaire (DEBQ), a questionnaire for physical activity, and a questionnaire to determine physical activity (IPAQ — International physical activity questionnaire).

Results: Firstly, EAT-26, a widely used screening for symptoms caused by abnormal eating habits, refers to cognitive, behavioral and emotional spheres. A high score means risk groups for anorexia and bulimia, requiring a specialized medical consultation in the field of mental health. 33.2% (26.6% female respondents, 6.6% male respondents) were included in the scale of bulimia and binge eating, two female respondents had the highest level in the scale 30 and 40 respectively.

Secondly, the Dutch questionnaire revealed restrictive, emotional, external eating habits 2.86, 2.36, 3.33 respectively. All the indicators have increased. The level of restrictive eating habit varies between 1.00 and 4.5; the level of emotional eating habits varies from 1.00 to 4.8 and the level of ineffective restrictive eating habit varies from 1.7 to 4.0.

Thirdly, the level of physical activity depends on motivation. 80% of the first year students try to be physically active. They try or do intensive or moderate physical activities but not regularly. 13% of respondents have physical activities 3 times a week or more for the last 5-6 months. The rest 6.6% do not do any physical activities and are not planning to.

Fourthly, the questionnaire for evaluation physical activity is valid for epidemiologic investigations in revealing hypodynamic respondents; it is confirmed with the numbers of scores that show less than 21. We have estimated physical activity for 7 days and time spent for physical activity (moderate, high and intense) the activities were divided into 5 kinds: physical activity in a workplace, walking during a daytime, physical activity at home, physical activity in free time and sitting. 64% of female respondents were within the normal indices, 12% were on the borderline and 24% showed with deviant norms. 20% of male respondents are within the normal indices, 20% on the borderline, 60% showed elevated indices indicating hypodynamia.

Conclusion: The third part of female respondents shows abnormal symptoms of eating habits referring to cognitive, behavioral and emotional spheres. The level of physical activity is insufficient in 80% of respondents, 60% show the signs of hypodynamia.

References

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