

スポーツ健康科学系大学生の食生活と食に関する知識の理解度についての研究

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【目的】

スポーツ健康科学系大学生の現在の食生活と、過去の食育経験や食に関する知識の理解度について調査し、実態を明らかにすることを目的とした。

【方法】

スポーツ健康科学系大学生1～4年生のうち、健康関連科目を受講する590名にGoogleフォームを用いたオンラインアンケート調査を行った。そのうち同意が得られた520名(88.1%)を分析対象とした。

【結果】

過去の学習経験において520名のうち、食育を学校で学んだと回答した者は424名で、そのうち中学校で学んだと回答した者が多く274名(52.7%)であった。一方で、96名(18.5%)の約2割の者が学校で食育を学んでいないと回答した。朝食の摂取と食に関する知識の理解度では、「おもにエネルギーになる栄養素」「おもに体の組織を作る栄養素」「おもに体の調子を整える栄養素」「6つの食品群(6つの基礎食品群)」「朝食の欠食」についての5項目で、朝食欠食群に比べて摂取群で「理解がある」と回答した者の割合が有意に高かった。また、主食・主菜・副菜がそろった食事の摂取と食に関する知識の理解度では、「日本人の食事摂取基準」「3つの食品群(3食食品群)」「6つの食品群(6つの基礎食品群)」「6つの食品群別摂取量の目安」「日本型食生活」の5項目で、主食・主菜・副菜がそろった食事を実施していない群に比べて実施している群で「理解がある」と回答した者の割合が有意に高かった。

【結論】

スポーツ健康科学系大学生のうち、約2割が学校で食育を学んでいないと回答したものの、過去に食育の学習経験がある者ほど知識の理解度は高く、現在の食生活にも繋がっていることが示唆された。

A Study on the Understanding of Dietary Habits and Food Knowledge among Health and Sports Science Students

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[Purpose]

This study aims to examine the dietary habits and food knowledge of students from the Department of Health and Sports science, as well as their prior experiences with nutrition education.

[Methods]

A total of 590 first- to fourth-year university students enrolled in health-related courses participated in an online survey, with 520 respondents (88.1%) providing consent for analysis.

[Results]

Of these, 274 (52.7%) reported receiving nutrition education during junior high school, while approximately 20% of the respondents had no formal nutrition education.

With regard to the respondents' understanding of breakfast intake and their food knowledge, a significantly higher percentage of respondents in the intake group than in the breakfast deprivation group answered "understand" in the five categories of "Mainly nutrients for energy," "Mainly nutrients for body organisation," "Mainly nutrients for body conditioning," "Six food groups" and "Skipping breakfast" than in the breakfast deprivation group. This percentage was significantly higher in the breakfast intake group than in the breakfast deprivation group. Furthermore, the number of students who responded with "understand" was considerably higher in the intake group compared to that in the group who skipped breakfast. These students demonstrated higher food knowledge in categories such as "consumption of a complete meal with staple, main, and side dishes" and "knowledge of food" in the five categories of "Dietary Reference Intakes for Japanese," "three food groups," "six food groups," "guideline of intake by six food groups" and "Japanese dietary pattern" compared to the breakfast deprivation group. The proportion of respondents who selected 'I understand' was significantly higher in the group implementing a Japanese-style diet than in the control group.

[Conclusion]

Approximately 20% of these students indicated that they had no formal school education in nutrition, suggesting that those who received formal education in the past, had gained a higher level of understanding on the subject, impacting their current eating habits.