



Journal of Recreation and Tourism Research

Journal home page: www.jrtr.org

ISSN:2148-5321

THE DETERMINATION OF MEAL SKIPPING OF UNIVERSITY STUDENTS: THE CASE OF SAKARYA UNIVERSITY LITERATURE ¹

Merve IŞKIN^a

Mehmet SARIİŞİK^b

^aSakarya Üniversitesi, Sosyal Bilimler Enstitüsü, Sakarya, Türkiye

^bSakarya Üniversitesi, İşletme Fakültesi, Sakarya, Türkiye (msariisik@sakarya.edu.tr)

EXTENSIVE SUMMARY

The main purpose of this study is identifying the reasons leading to participation in recreational activities by Korkmaz (2010: 404) stated that university students had the most skipping meal as a morning meal, and at least skipping meal as dinner. It is also emphasized that a significant part of the students are habitual snacks. Here, two determinations are also found in many studies. However, the same situation is not the case for intermittent meal habits. Snack habits are generally not available to students. It is the remedy for these skipped main meals.

The study by Vançelik et al. (2007: 246) on meals skipping is one of the two most important reasons for skipping meals. The reasons for skipping meals were evaluated as unplanned living and wrong eating habits. This opportunity is a more valid meals jumper than forgetting to find time. People may experience appetite due to fatigue, stress, illness, inactivity, especially with intense physical activities. These loss of appetite lays the groundwork for the skipping of the meals during the day and the suffering of some nutritional problems. Except those; Lack of habit and financial problems (Korkmaz, 2010: 405), not feeling hungry, getting up late and getting away from family (Özdoğan vd., 2012: 70), and the lack of a seated nutrition for some meals (breakfast) .

Methodology

The main aim of this research is to measure the attitudes and behaviors of university students about nutrition, meals and eating habits. Quantitative research methods have been used in the research. The eating habits of university students are determined by the perspective of Sakarya University students. Data were obtained from the students through questionnaires and the results of these data were reported. The outline of the scale used in the study has been the work done previously (Yılmaz and Özkan, 2007; Önay, 2010; Ministry of Health, 2011; Expert opinion was taken and joints were made to finalize the questionnaire. The overall universe of the study is all university students. However, according to current figures of the academic year 2015/2016 academic year, 40,65 undergraduate and graduate students are studying at Sakarya University (SAU, 2015). It is known that 384 participants will represent the working universe (Ceylan, 2011: 94, Can, 2014: 28, Coskun, et al., 2015: 136-137). However, because the people in the study community are easily accessible, it was targeted to reach 1000

¹ Bu çalışma "Üniversite Öğrencilerinin Beslenme Alışkanlıkları Üzerine Bir Araştırma: Sakarya Üniversitesi Örneği" isimli yüksek lisans tezinden geliştirilmiştir.

people and 1000 surveys were replicated for this purpose. The 622 surveys that were returned were evaluated, missing and incorrect surveys were conducted and the remaining 610 surveys were analyzed.

Results

Totally 61% of the respondents stated that they could not feed adequately and balanced. Approximately 47% of respondents stated that they eat up to two main meals a day. It was also observed that approximately 68% of the participants skipped the main meal. It is seen that the main meals that attendees skipped were large (36%) lunch meals. It is seen that 72% of the participants regularly have breakfast and most of the participants (50%) have breakfast at home. Approximately 64% of participants are regularly eating lunch. It is also understood that approximately 87% of the participants are regularly eating dinner. Approximately 31% of the participants had taken a meal twice, and about 34% had taken three meals twice a year. It is also observed that approximately 72% of the participants skipped lunch. Approximately 72% of the participants seem to have missed mid-winter and mid-winter meals. It is seen that 82% of the participants were eating away from home. In addition, 65% of the participants have lunch and a large meal (45%) have taken a meal a day outside. As a reason for skipping the main meal, the words "I do not have the time, I am late and have no habit" are considered very important. Besides, "I am late, I do not have habit, and I do not want to be depressed / I have been accepted as important. Finally, "I do not have a habit because I am not prepared and I do not want to be depressed / I feel depressed.

As a reason for skipping meals, "I have no habit, I do not have time, and I do not want my life / my appetite is considered very important. Besides this, it seems important that "I am late, I do not want my life / I do not have appetite and my habits". Finally, since I am not prepared, I do not have time and I do not want to feel depressed / appetite. However, in this study, the meals were performed without any breaks between meals and main meals.

Conclusions and Recommendations

University students are generally not fed adequately and balancedly. University students generally consume at least two main meals. At least the main lunch is the evening. This is because students may skip these meals because of the problem of sleeping in the morning and breakfast time, and in the lunchtime when they are usually at the derste. University students consume two meals at most, but the meals they consume the most are overnight. In fact, it is an important indicator of the social life of the students and triggers many health problems, especially weight. University students can skip both main and intermediate meals. Some of them are in the foreground with many reasons. As the main reasons for skipping meals, I do not have the first three ranks, I'm late, and my habits do not exist. As the main reason for skipping meals, I have no habit, no time, and I'm late. Nevertheless, the fact that no one prepares / prepares for food and appetite is a major reason why university students count as reasons for skipping meals.