Impact of skipping breakfast among university students

Jyoti
Assistant Professor, Sociology,
Lovely Professional University.

Abstract

This study investigate the importance of breakfast, impact of skipping breakfast and why we should get healthy breakfast among students in university. By randomly administering a questionnaire to twenty students, the primary data were collected when you get breakfast daily, which gives vital nutrients to your body. A study conducted by the Food Science and Action Center report shows that students who eat breakfast perform better on exams and can also see cognitive benefits, attention and problem solving skills, breakfast skipping mainly affects learning of university students. The result of this study shows most of university students skipped their breakfast because not have enough time to eat or less time to manage it. As a conclusion, students who skip the breakfast are not paying attention clearly and they have less concentration. It can affect their academics and health performance.

Key Words - Breakfast, skipping, students concentration

Introduction

Breakfast is very essential meal of the entire day and it helps us stay for a long time. By skipping breakfast, we have to face number of negative consequences. Many students may think that it is normal, but they will suffer the consequences later. And also skipping breakfast can lead to many illnesses Normally, university students skip breakfast, for a number of reasons Educational things, limit of time, and unaware of the hunger are the major reasons for it. Furthermore, avoiding breakfast is one at the leading causes of gastritis. According to Afolabi W, TowobolaSK, Oguntona CR, et al. estimated that 48 percent of Nigerian university students, 19 percent and 13 percent, respectively, skipped meals due to lack of time, appetite and cooking ability. Around 20 percent of Nigerian university students and 16 percent of them cited fasting faith and money as a reason for missing meals. Nearly half of Saudi Arabia's university students skip meals and when they were, they didn't feel hungry, although one-third of them didn't have time and 1/5th of them skip their meal to control their weight and are on dieting.

Eating breakfast can improve brain skills, functions and cognitive function students who eat a balanced breakfast improve memory and reduce signs of frustration. Eating breakfast helps maintain a healthy weight for students. Breakfast is important for the body to refuel with energy and nutrients A good breakfast can provide a child up to one third of their daily nutritional requirements. The students who eat a healthy breakfast have a better concentration than those who skip breakfast altogether. Students can concentrate on the assignment easier as the day begins with breakfast and the outside impact and interest of other students can be diverted. Since they miss breakfast, they can't quickly grasp what's being learned and maintain the new knowledge Breakfast is considered the most important meal of the day, providing vital nutrients for infants, teenagers, daytime activities. When the day begins with breakfast, students can focus on the task better and the outside influence and other students' attention may be distracted. Because they skip breakfast, they cannot easily understand what is being taught and retain that new information.

Breakfast is (Nicklas et al 1993). The popular saying in English implies 'Eat breakfast like a king, lunch like a princess and dinner like a poor guy. Breakfast is the first meal taken after waking from a night's sleep, most often consumed early in the morning before beginning working days. Eating a healthy
breakfast is the best start of the day, but understanding which foods can give you the lasting energy can be hard. Therefore, everyone should take their breakfast as far as they can.

- Breakfast and Learning.

Breakfast affects more than direct learning. It also affects learning and behavior in the classroom environment, khan said in his research. Regular breakfast consumption is associated with better attendance and better classroom behavior and alertness, which facilitates learning. Kids or university students who did not eat breakfast at home or at school were less able to learn. Obesity can lead to poor math scores, concentration issues and behavior, emotional and behavioral difficulties. In addition, studies indicate that kids who are chronically hungry are more likely to repeat grades. Murphy (2007) notes that substantial new research has documented the link between breakfast eating and learning over the past five years. Recent studies indicate that breakfast skipping is fairly normal among children in the U.S. and other industrialized rations, and is correlated with quantifiable adverse effects on the functioning of academic performance, cognitive, physical and mental health.

Objectives

This research study was established to identify the influence of skipping breakfast on students' academic performance and functions of the body.

1. To know about the importance of breakfast
2. To find out the effects if they skip their breakfast
3. To investigate whether the students are aware with the importance of breakfast
4. To identify the reasons why some of the students skipped their breakfast
5. To know about the how breakfast effect for learning.
6. To find out health problems faced by students, by skipping breakfast.

Research Methodology

This research study is based on a sample of twenty students of university. The project studies about Girls Hostel 2, Lovely Professional University. This is done by providing a questionnaire to twenty girls, who are studying different programmes and they learn from English Medium. This research is conducted to find more information about impact of skipping breakfast, how many students get breakfast and also how many students aware about the importance of the breakfast.

The questionnaire consists of nine questions and students are randomly selected from the hostel. This questionnaire will be collected within a day. As well as, this study is carried out taking into account their views. Furthermore, Data Analysis and results are discussed in detail in that discussion. The findings are discussed according to the data sections of the questionnaire.

Results and Discussion

The purpose of this study was to identify how many students aware of the importance of breakfast and how many students skip the breakfast. Data collected from students shows that the all participants aware about the importance of the breakfast but majority of the respondents not eat breakfast regularly. There are only five students those who eat breakfast daily. Data also revealed that those who eat breakfast daily not eating healthy food every day. There are several reasons that shows delay and skipping of breakfast among students. Due to less time to eat breakfast and not feeling hungry in morning. Students shared that some of them do not like food in the morning. On the other hand some of the participants revealed that good breakfast helps them to be attentive and active in the class room. Out of 20 students 7 student’s results clearly shows that those who skip their breakfast face many problems like, headache, stomachache and trouble in pay attention in classroom.

Conclusion and findings:
• Majority of the respondents aware about the importance of the breakfast
• Majority of students did not eat breakfast regularly.
• Most of students do not get healthy food in breakfast.
  • Students skip their breakfast as they wake up late in the morning and did not get time for breakfast.
  • All the respondents agreed that breakfast is essential and is very helpful but due to their negligence, they are not able to have their food on time.

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