

The Examination of Eating Attitudes of Fitness Individuals in Terms of Some Variables

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Abstract

In this study, it was intended to examine the eating attitudes of individuals who do fitness in terms of some variables. Voluntary participation of 151 fitness individuals selected by random methods was ensured in the study. Information form of personal and Eating Attitude Test (YTT-40) were used to measure the eating attitudes of the individuals participating in the study. The Eating Attitudes Test (YTT-40) is a 6-point (Always, Very Often, Often, Sometimes, Rarely, Never) Likert-type scale consisting of 40 items based on self-report. It was developed to identify adolescents with eating disorders by Garner and Garfinkel (1979) and to measure the symptoms of anorexia nervosa, which can be applied to people older than eleven years of age, and the Turkish adaptation of this scale in Turkey was made by Savasir and Erol (1989). To determine the distribution of the participants' socio-demographic information; Since descriptive statistics and T test and Anova test were used because the data showed normal distribution. As a result, it was determined that the eating attitudes of the participants showed an important difference in terms of gender and regularly participating in a bodybuilding program.

Keywords: Fitness, Eating attitude, Nutrition, Athlete

1. Introduction

Nutrition is a lifelong impulsive need. All the behaviors that emerge because of this need starting with birth and gaining repetition and continuity are defined as eating attitude (Katirci,

2018). “With the changing and developing technology, cultural habits and lifestyle are changing and this causes changes in eating attitudes. Eating disorders can be seen because of changing eating attitudes.

The main factor in the formation of eating disorders is the deterioration in eating attitudes (Gurel, 2020). This situation arises with the combination of biological, psychological, and social causes. Today, the prevalence of eating disorders in society is increasing and it is beginning to be seen at younger ages” (Batum, 2008).

Eating disorders are defined as pica, rumination disorder, avoidant/restrictive food intake disorder, anorexia nervosa, in the DSM-5 published by the American Psychological Association (APA). Bulimia nervosa (BN), binge eating disorder, and other defined feeding and eating disorders (APA, 2013).”

The Eating disorders in the society is at an important level (Kessler et al., 2014; Micali et al., 2017). The lifetime eating disorder prevalence was found to bein women 8.4% and in men 2.2% (Galmiche, 2019).

In addition to the standard treatment methods in eating disorders, awareness of eating has recently come to the fore (Beccia et al., 2018; Mantzios et al., 2018). “Eating awareness is defined as eating by noticing how and why the eating process occurs rather than what is eaten, internalizing the concept of physical hunger-satiety, being aware of the effect of emotions and thoughts, focusing on the food that will be consumed at that moment without being affected by environmental factors and judging food preferences (Kose et al., 2016).”

It has been reported that awareness of eating can help reduce eating attacks and provide body weight control (Kristeller, 2011). “Besides, it has been found in studies that short-term mindfulness practices reduce energy intake, increase eating pleasure and support healthy eating attitudes (Arch et al., 2016). In one review, significant weight loss was observed in studies using an eating awareness approach, but its relationship with eating awareness could not be proven. This suggests that eating awareness is likely to be associated with weight loss, but more research is needed (Olson et al., 2015).”

Fitness is also described as the state of the body to perform physical activities without distress or injury (Voigt & Boening, 1998). Fitness means talent, work, coping with the challenges we face. Fitness refers to adapting to life in general. Existing fitness for intended actions is expressed by the term fitness. in sports physical and motoric fitness has a significant importance. Fitness is expressed with values such as youth, beauty and performance. Concepts such as health are concepts that develop together with the concept of fitness (Pehlivan et al., 2017).

In this information of knowledge, in this study, it was intended to examine the eating attitudes of individuals participating in the fitness program of some variables.

2. Method

2.1 Research Model

This study is in the relational screening model. This screening model can be defined as “research models aiming to determine the existence and/or degree of co-variance between two or more variables” (Karasar, 2007). In addition, research; It has a descriptive nature since it will be determined about attachment styles in the relations between the coach and the athlete.”

2.2 Research Group

The research group, while the participating in bodybuilding programs, the sample of the research of 151 participants who participated in bodybuilding programs in Yozgat and were selected by random methods.

2.3 Data Collection

In the study, Personal information form developed by the researcher and Eating Attitude Test (YTT-40) were used in the study.

Eating Attitude Test (YTT-40) “It is a 6-point (Always, Very Often, Often, Sometimes, Rarely, Never) Likert-type scale consisting of 40 items based on self-report. It was developed by Garner and Garfinkel (1979) to identify adolescents with eating disorders and to measure the symptoms of anorexia nervosa, which can be applied to people older than eleven years of age, and this scale was adapted into Turkish in Turkey by Savasir and Erol (1989).”

2.4 Data Analysis

In the study, Table 1, “When the skewness and kurtosis coefficients are examined, it has been determined that the scores are in the range of ± 2 . While Cooper-Cutting explains that the skewness and kurtosis values are in the range of ± 2 , it is a suitable situation in terms of normality, while Buyukozturk interprets that these values are in the range of ± 1 as there is no deviation from normality.”

Table 1. Normality distributions of the data

	N	Skewness	Kurtosis
Eating Attitude Total	151	0.942	-0.794

3. Results

Table 2. Frequency analysis of the demographic information of the participants

		f	%
Gender	Man	71	47
	Woman	80	53
Age	15-18	8	5.3
	19-24	76	50.3
	25-27	27	17.9
	28-30	5	3.3
	31 and over	35	23.2
Education Level	Primary school	3	2
	Middle School	3	2
	High school	29	19.2
	University	98	64.9
	Graduate	18	11.9
Job	Student	65	43
	Public employee	26	17.2
	Freelancer	46	30.5
	Not working	14	9.3
Monthly Income	0-4500	87	57.6
	4501-10000	34	22.5
	10001-15000	22	14.6
	15001-20000	8	5.3
Do you regularly participate in a bodybuilding program?	Yes	75	49.7
	No	76	50.3

47% of the participants in the study are men and 53% are women. 5.3% of the participants are 15-18 years old, 50.3% are 19-24 years old, 17.9% are 25-27 years old, 3.3% are 28-30 years old and 23.2% are while the majority are in the age range of 31 years and above.

When the educational status of the participants is examined, it is seen that 2% of them are primary school, 2% are secondary school, 19.2% are high school, 64.9% are university and 11.9% are postgraduate education. 43% of the participants are students, 17.2% are public employees, 30.5% are self-employed and 9.3% are unemployed. In addition, 57.6% of the participants earn 0-4500 TL, 22.5% earn 4501-10000 TL, 14.6% earn 10001-15000 TL, 5.3% earn between 15001-20000 TL. While 49.7% of the participants regularly participate in bodybuilding programs, 50.3% do not.

Table 3. The results of the analysis between the eating attitudes of the participants and the gender variable

	Gender	N	X±Ss	t	p
YTT	Man	71	18.27±5.45	2.583	0.00*
	Woman	80	24.49±9.39		

Note. $P < 0.05$.

Determined that there was a statistically important difference between the gender variable and the eating attitude, the scores of women were significantly higher than the scores of men.

Table 4. The results of the analysis between the eating attitudes of the participants and their age ranges

	Age range	n	X±Ss	F	P	Tukey HSD
YTT	15-18 age ¹	8	12.47±5.27	0.435	.24	
	19-24 age ²	76	11.95±5.37			
		17	13.48±4.85			
	25-27 age ³	5	12.94±4.95			
	28-30 age ⁴	35	13.38±4.47			

Note. $P < 0.05$.

Determined that there was no statistically important difference between the age variable and the eating attitude.

Table 5. The results of the analysis between the eating attitudes of the participants and their educational status

	Educational Status	n	X±Ss	F	P	Tukey HSD
YTT	Primary school ¹	8	14.26±4.27	0.237	.27	
	Middle school ²	76	16.36±5.35			
		17	15.32±5.32			
	High school ³	5	15.21±.6.53			
University ⁴	35	14.73±4.24				

Note. P < 0.05.

Determined that there was no statistically important difference between the eating attitude and the educational status of the participants.

Table 6. The results of the analysis between the eating attitudes of the participants and the variable of occupation

	Job	n	X±Ss	F	P	Tukey HSD
YTT	Student ¹	65	13.46±.5.31	2.037	.03*	1-3*
	Public Employee ²	26	14.27±5.24			
	Freelancer ³	46	17.46±4.23			
	Not Working ⁴	14				

Note. P < 0.05.

It is clear that there is a statistically significant difference between the eating attitude and the occupation variable (.03). Moreover, it is seen that this difference is between the 1st and 3rd professions.

Table 7. The results of the analysis between the eating attitudes of the participants and their monthly income

	Monthly income	n	X±Ss	F	P	Tukey HSD
YTO	0-4500 TL ¹	87	11.36±4.32	0.353	.56	
	45001-10000 TL ²	34	12.73±4.64			
	10001-15000 TL ³	22	11.37±5.35			
	15001-20000 TL ⁴	8	13.24±5.53			

Note. $P < 0.05$.

Determined that there was no statistically important difference at the alpha level between the eating attitude and the monthly income variable.

Table 8. The results of the analysis between the eating attitudes of the participants and their participation in a regular bodybuilding program

		N	X±Ss	t	p
Do you regularly participate in a bodybuilding program?	Yes	75	21.39±7.43	2.578	0.01*
	No	76	18.46±8.64		

Note. $P < 0.05$.

Determined that there was a statistically important difference between the eating attitude and the regular bodybuilding variable. When the scores were examined, it was seen that the scores of those who regularly participated in the bodybuilding program were significantly higher than the scores of those who did not participate in the program.

4. Discussion and Conclusion

As a result of the research, determined to there was a statistically crucial difference between the gender variable and the eating attitude, and the scores of women were significantly higher than the scores of men. In the study conducted by Cok, the average of the YTT-40 scale total scores of female participants was found to be higher than that of males. According to the YTT-40 scale score, the rate of high risk and medium risk in women was found to be higher than in men (Cok, 2020). In Ozkahya's study of 1972 people who took an online diet, it was determined that 263 of those in the high-risk group were women and 129 were men, and the YTT-40 score in women was higher than that of men (Ozkahya, 2015). These results support the result of our study.

Determined that there was no statistically important difference between the age variable and the eating attitude. In the study of Cok, it was found that YTT-40 score increases as age increases (Cok, 2020). In the study conducted to determine the susceptibility of university students to eating disorders, it was determined that there was no important relationship between the ages of the students and their YTT-40 scores (Ozgur & Aksoy, 2016). Kazkodu (2010) found that students in the 17-23 age group are at higher risk for eating disorders than students in the 24-29 and 30-42 age group in his study with university students (Jain & Yilanli, 2021). It has been determined that the results obtained from the literature contrast with the results obtained from our study. Determined that there was no statistically important difference between the eating attitude and the educational status of the participants. In the formation of this difference, it can be considered that the study we carried out was directed only to individuals who do fitness, which is a specific group, and that the eating habits of this group are similar.

Determined that there was no statistically important difference between the eating attitude and the educational status of the participants. When the literature is examined, no study investigating seen that, whether there is an important difference between the variable of educational status and eating attitude, and it is thought that the result obtained will contribute to the literature. According to Table 6, It is clear that there is a statistically significant difference between the eating attitude and the occupation variable (,03). Moreover, it is seen that this difference is between the 1st and 3rd professions. Determined that there was no statistically important difference at the alpha level between the eating attitude and the monthly income variable. When the literature is examined, it is seen that there is no study investigating whether there is an important difference between the monthly income variable and eating attitude, and it is thought that the result obtained will contribute to the literature.

As a result of the analyzes, it was determined that there was a statistically important difference between the eating attitude and the regular bodybuilding variable. When the scores were examined, it was seen that the scores of those who regularly participated in the bodybuilding program were significantly higher than the scores of those who did not participate in the program. In line with these results, individuals who do fitness sports: To be informed more about the eating attitude, it may be suggested to provide information about nutrition in fitness centers and to raise awareness of the participants. It is thought that such studies are important to understand the importance of eating attitudes and behaviors in terms of people's health. Sampling in the studies to be carried out in this field. In addition to increasing the number of patients, it is recommended to examine the relationship with different parameters. It is also envisaged that preventive measures can be taken by directing them.

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