

Investigation of the Effects of Nutritional Habits at Bezmialem Vakıf University Faculty of Medicine Students on Academic Achievement



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Introduction

World Health Organization formulated its definition of health as: “Health is a state of complete physical, mental and social well being and not merely the absence of disease or infirmity.” One of the important factor to achieve this state of well being is a healthy nutrition. Therefore, in this study we aim to investigate the effect of nutritional habits’ on academic achievement in students at Bezmialem Vakıf University Faculty of Medicine.



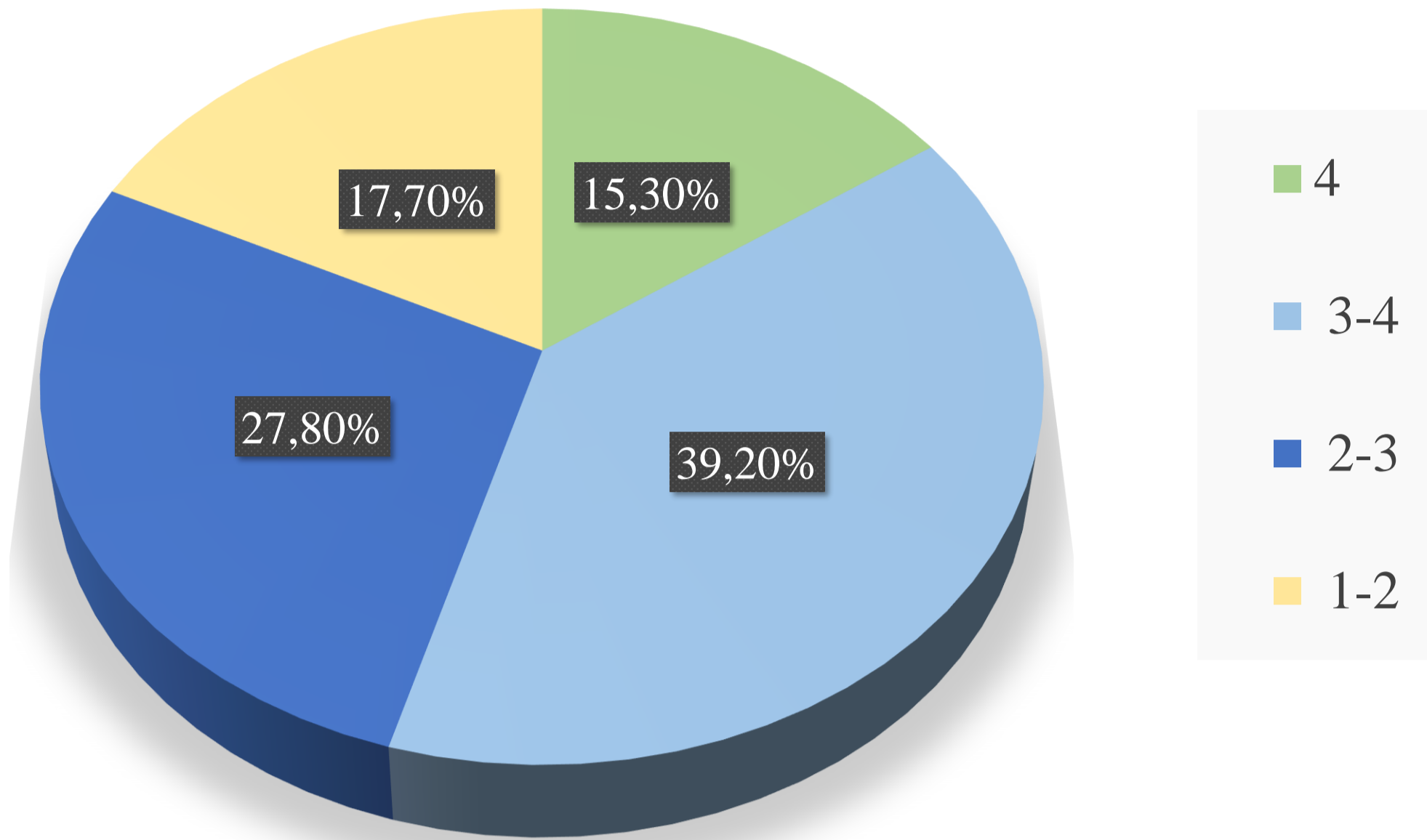
Material & Method

The survey will be done online via the Google Forms platform. In order to determine the relationship between the variables in the statistical analysis based on previous studies, the sample size of n=70 was determined. The questionnaire will consist of questions prepared by us and questions derived from existing surveys. (Project EAT-II Survey for Young Adults, Health and Behaviour Survey). Percentage calculations and Fish-Freeman Halton t-tests and chi-square tests will be used in data analysis and all statistical analysis will be performed using IBM SPSS statistics.

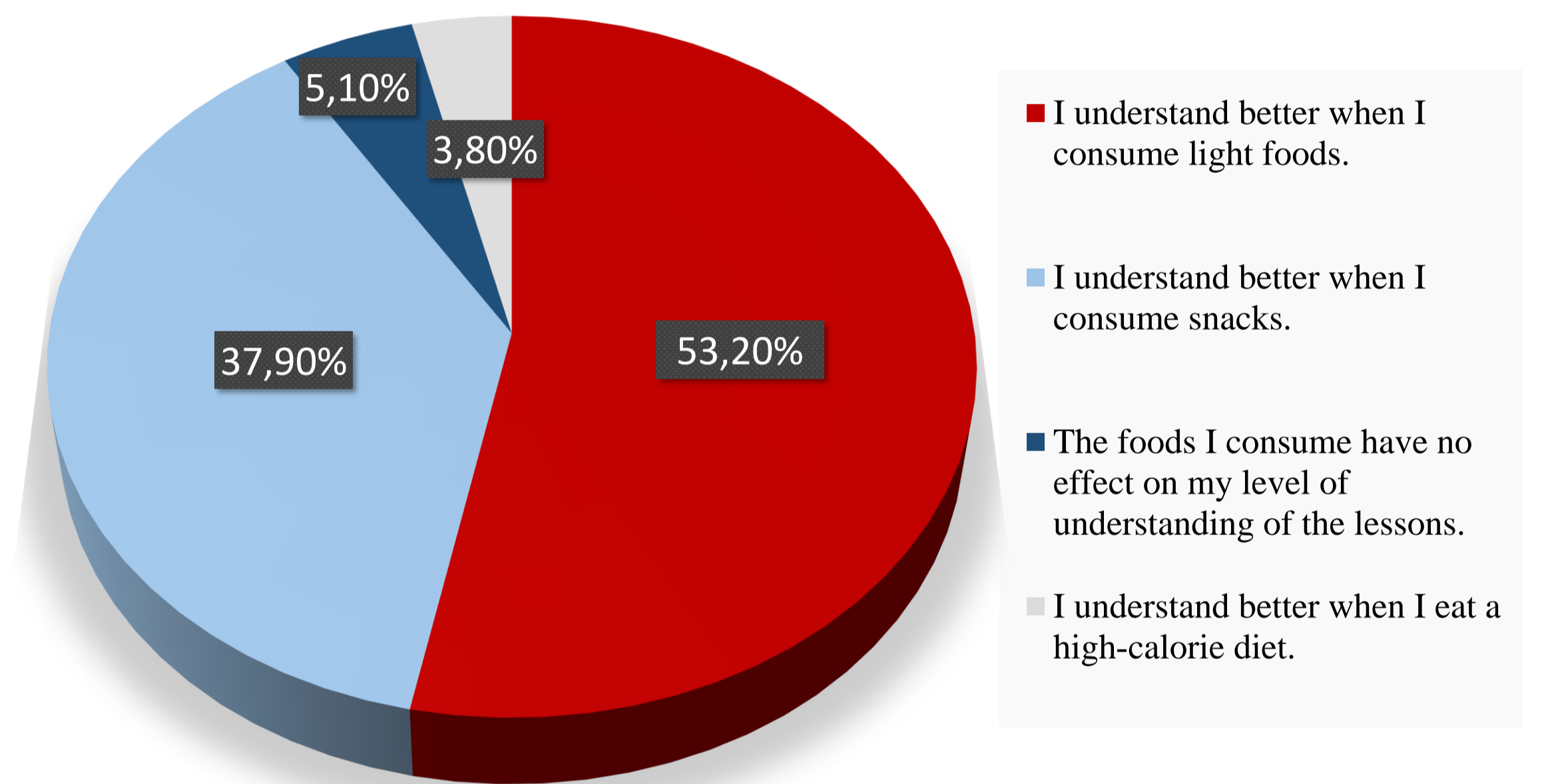
Results

79 people participated in the study. It was found statistically significant that most of the students with a GPA of 3-4 (91.7%) and 4 (8.3%) focused better when they went to university by having breakfast ($p<0.01$). The GPA of the students who consume high-calorie food or snacks at lunch (33.3%) shows a lower distribution than the GPA of the students who consume low-calorie and healthy food (60.2%) ($p<0.01$). The GPA of the students who had a balanced and healthy diet during the exam period (91.7%) was found to be higher than those who had an unbalanced diet (8.3%) ($p=0.033$).

What is your grade points average (GPA)?



How do the foods you eat at lunch affect your understanding at the afternoon lessons?



Conclusion

As a result of the our study, show that students' nutritional habits have a significant effect on their academic achievement and it has been determined that the students who have balanced and healthy nutritional habits are more successful than those who do not. Studies with larger populations are needed to better elucidate the study.

Keywords: Nutritional habits, academic achievement, grade point average

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