

The comparative study on the dietary life style between university students and their mothers in Japan and Korea



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Objective: The dietary life style differs in times, culture and individual household. Onodera (2014) found the definite similarities in the dietary life styles between Japanese university students and their mothers, furthermore those who felt positive feelings towards mothers showed positive dietary life styles. The purposes of this study were to examine the following three points: ① the similarities of the dietary life styles between Korean university students and their mothers and compare them with Japanese Data. ② to analyze the relationships between dietary behaviors and the feelings towards mothers. ③ to compare five dietary behavior factors between two countries.

Method: Subjects: The data was collected from 254 pairs of Japanese university students and their mothers (66 sons - mothers and 188 daughters and mothers) and 303 pairs of Korean university students and their mothers (104 son-mothers and 199 daughters-mothers). The mean ages were as follows: Japanese students: 20.2 years old ($SD=1.64$) • mothers: 50.7 years old ($SD=4.24$). Korean students: 23.9 years old ($SD=2.60$) • mothers: 52.8 years old ($SD=4.66$). **Questionnaire** was consisted of 18 dietary life style items (Onodera, 2013) and 10 items about feelings to their mothers. **Survey Time:** Japanese survey was conducted in November and December, 2013 and Korean survey in September and October, 2015.

Table 1. Correlations between children's five factors and mothers' and their feelings to mothers

University students mothers	Family Meals		Healthy Meals		Like to Cook		Convenient Foods		Snacks and Frozen Foods	
M-Family Meals	.47***	.36***		.17**	.12*	.20***	-.12*	-.14*	-.17**	
M-Healthy Meals	.12*	.23***	.24**	.37***		.15*		-.17**		-.16*
M-Like to Cook	.12*					.17**				-.15*
M-Convenient Foods	-.17**						.18**	.34***	.35***	
M-Snacks (only Japan)										.20**
Positive to Mother	.37***	.39***	.13*	.20*		.13*				
Negative to Mother	-.27***	-.35***					.15*		.15*	.13*

* $p<.05$, ** $p<.01$, *** $p<.001$

Results

- As the result of the factor analysis for Korean dietary items, 5 factors were induced: "Convenient Foods" "Healthy Meals" "Snack and Frozen Foods" "Family Meals" "Like to Cook", which were identical with Japanese samples.
- University students' scores of "Convenient Foods" "Healthy Meals" and "Family Meals" tended to exhibit the significant correlation with those of mothers (Table 1).
- Children with high scores on "Family Meals" and "Healthy Meals" felt positive feelings to mothers. However, children with high scores on "Snacks and Frozen Foods" felt negative feelings to mothers.
- Korean samples exhibited significantly higher scores for "Convenient Foods" and "Healthy Meals" than Japanese samples, but Japanese samples indicated higher scores for "Snacks and Frozen Foods" and "Family Meals" (Table 2).

Conclusion: The results of this study suggest that university students and their mothers tended to take the similar dietary behaviors both in Japan and Korea and also suggest that dietary behaviors may have transmitted from generation to generation even in the different culture.

Table 2. Compare five factors' scores between two countries		Mean	SD	t score
1. Convenient Foods 		2.68	.60	3.80***
		2.46	.61	
2. Healthy Meals 		2.78	.73	2.63**
		2.58	.79	
3. Snacks and Frozen Foods 		2.27	.63	5.65***
		2.58	.62	
4. Family Meals 		2.95	.57	2.77**
		3.10	.73	
5. Like to Cook 		2.44	.80	.39
		2.41	.79	

** $p<.01$, *** $p<.001$

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