DE LA SALLE UNIVERSITY

EATING HABITS: A REFLECTION OF PERSONALITY TYPE OF FRESHMEN STUDENTS FROM DE LA SALLE UNIVERSITY

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by
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CHAPTER FIVE
SUMMARY, CONCLUSION AND RECOMMENDATION

5.1 SUMMARY

The objective of this study is to find whether eating habits reflect personality type of freshmen DLSU students. The freshmen DLSU students were chosen in this study because the researchers assumed that this level is the most stressful stage of college life since it would involve adjustments to the trimestral system, new environment and college life. The stress factor was considered since researchers assumed that eating habits would be influenced by it. Eating habits was on a three point scale: LESS, AVERAGE and MORE. Likewise with personality type: TYPE A, TYPE B and INTERMEDIARY PERSONALITY. Further sex and college course were considered as variables in this study. The college course included were Colleges of Liberal Arts, Business and Economics, Computer Science, Engineering and Science.

The following null hypotheses were accepted:

Ho1: There is no significant relationship between eating habits and sex; and

Ho2: There is no significant relationship between eating habits and college course.
The third null hypothesis was rejected:

$H_{03}$: There is no significant relationship between eating habits and personality type.

Meaning, there is a significant relationship between eating habits and personality type. Chi-Square Statistical Test for two-independent groups was used to determine the various relationships between the variables. Alpha level was .05.

5.2 CONCLUSIONS

After knowing the results of this study, that is, accepting $H_{01}$ and $H_{02}$ and rejecting $H_{03}$, the researchers feel that there is a significant relationship between eating habits and personality type. The results revealed that Type As are less eaters, Type Bs are average eaters, and the Intermediary personality as more eaters. However, the researchers cannot generalize the results since the difference between the observed and expected frequencies are inconsistent. Moreover, Chi-Square statistical test does not give the direction of the relationship. The researchers therefore conclude that freshmen DLSU students with Type A, Type B or Intermediary personality have different eating habits.
5.3 RECOMMENDATIONS

After knowing the results of the study, the researchers suggest that it is necessary to do the following to be able to arrive at the following results.

Weight should be considered as one of the variables since the eating pattern of an individual may be dependent on his weight such that overweight persons would tend to eat more. Findings of such kind may be supported by the Psychosomatic or Schachterian theories.

The researchers must also consider the sample population. For future studies, a bigger sample population is suggested since small sample population could affect the results of the study, thus, produce non-significant relationships. For similar studies like this, they suggest that a purposive-quota sampling be used. That is, equal sample population for males and females under all the colleges.

It is also suggested that should similar studies be conducted again, permission of concerned authorities regarding information of population and listing of block sections should be taken ahead of time since this was one of the difficulty experienced by them.

Replication of this study would require eating
habits questionnaire that would reflect the eating habits when under stress and when not under stress so that there will be a point of comparison.

An additional variable which future researchers can consider is the frequency of meals being taken for a day. There is a review of related literature here whereby females eat as much as five meals a day compared to males who usually eat less than five meals a day.

The researchers suggest that the Intermediary personality should be excluded in the study since this personality type was only included to arrive at a larger population. Moreover, should the future researchers want to have better results regarding personality type, the researchers suggest that Type A-Type B personality questionnaire include the options ALWAYS and NEVER and remove the option SOMETIMES. In other words, make it a forced-choice.

Further, the researchers suggest a review of more related literature associating the variables used in this study.