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

A Thesis

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Bachelor of Arts in Psychology

by

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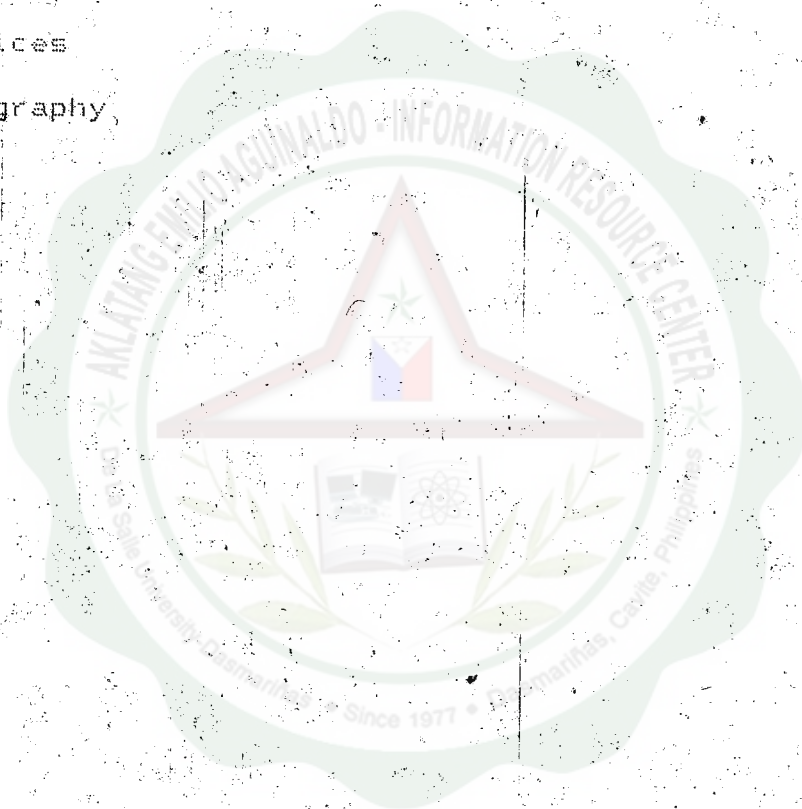
TABLE OF CONTENTS

	Page
Acknowledgments	
Abstract	
CHAPTER ONE Introduction	1
Statement of the Problem	4
Statement of the Hypotheses	5
Assumptions	5
Definition of Terms	6
Significance of the Study	7
Scope and Limitations of the Study	8
CHAPTER TWO Review of Related Literature	10
Foreign Sources	10
Local Sources	17
Synthesis	22
CHAPTER THREE Methodology	26
Research Design	26
Subjects and Sampling Design	26
Instruments	27
Procedure	29
Data Analysis	32
CHAPTER Four Results and Discussions	33
Results	33
Discussions	40



DE LA SALLE UNIVERSITY

	Page
CHAPTER FIVE: Summary, Conclusion and Recommendation	46
Summary	46
Conclusion	47
Recommendation	48
Appendices	50
Bibliography	



DE LA SALLE UNIVERSITY

LIST OF APPENDICES

	Page
APPENDIX A SAMPLE POPULATION	50
APPENDIX B TYPE A - TYPE B PERSONALITY TEST	51
APPENDIX C EATING HABITS QUESTIONNAIRE	53
APPENDIX D CALORIE CONVERSION TABLE	58
APPENDIX E COMPUTATION OF THE CHI-SQUARE VALUE OF RELATING EATING HABITS WITH SEX	60
APPENDIX F TABULATION AND COMPUTATION OF CHI-SQUARE VALUE OF RELATING EATING HABITS AND SEX FOR THE COLLEGE OF LIBERAL ARTS	61
APPENDIX G TABULATION AND COMPUTATION OF CHI-SQUARE VALUE OF RELATING EATING HABITS AND SEX FOR THE COLLEGE OF BUSINESS AND ECONOMICS	62
APPENDIX H TABULATION AND COMPUTATION OF CHI-SQUARE VALUE OF RELATING EATING HABIT AND SEX FOR THE COLLEGE OF COMPUTER SCIENCE	63
APPENDIX I TABULATION AND COMPUTATION OF CHI-SQUARE VALUE OF RELATING EATING HABITS AND SEX FOR THE COLLEGE OF ENGINEERING	64
APPENDIX J TABULATION AND COMPUTATION OF CHI-SQUARE VALUE OF RELATING EATING HABITS AND SEX FOR THE COLLEGE OF SCIENCE	65



DE LA SALLE UNIVERSITY

	Page
APPENDIX K COMPUTATION OF CHI-SQUARE VALUE OF RELATING EATING HABITS AND COLLEGE COURSE	66
APPENDIX L COMPUTATION OF CHI-SQUARE VALUE OF RELATING EATING HABITS AND PERSONALITY TYPE	67
APPENDIX M TABULATION AND COMPUTATION OF CHI-SQUARE VALUE OF RELATING EATING HABITS AND PERSONALITY TYPE FOR THE COLLEGE OF LIBERAL ARTS	68
APPENDIX N TABULATION AND COMPUTATION OF CHI-SQUARE VALUE OF RELATING EATING HABITS AND PERSONALITY TYPE FOR THE COLLEGE OF BUSINESS AND ECONOMICS	69
APPENDIX O TABULATION AND COMPUTATION OF CHI-SQUARE VALUE OF RELATING EATING HABITS AND PERSONALITY TYPE FOR THE COLLEGE OF COMPUTER SCIENCE	70
APPENDIX P TABULATION AND COMPUTATION OF CHI-SQUARE VALUE OF RELATING EATING HABITS AND PERSONALITY TYPE FOR THE COLLEGE OF ENGINEERING	71

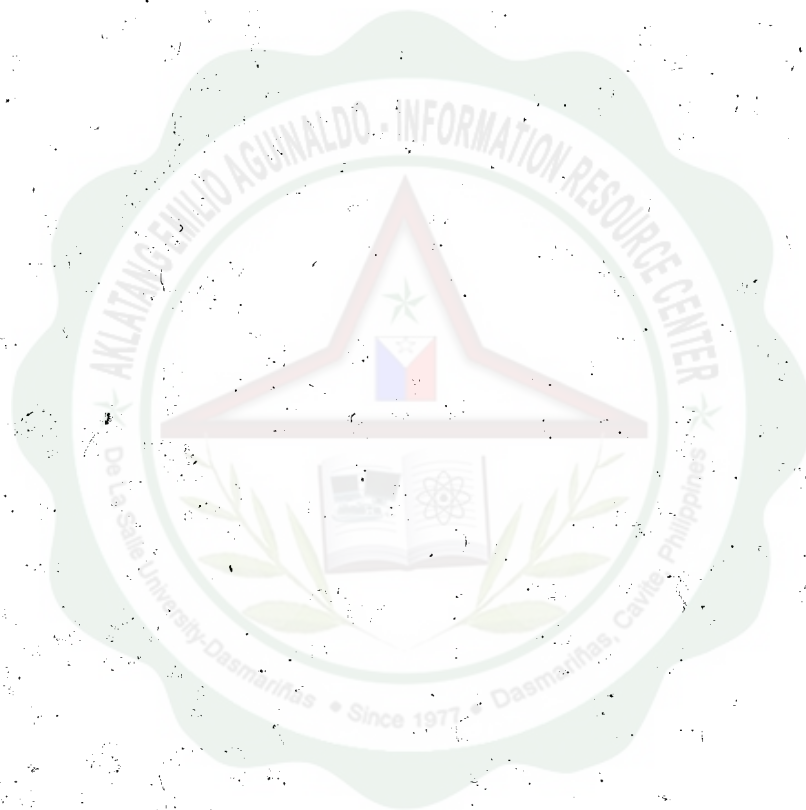


DE LA SALLE UNIVERSITY

Page

72

APPENDIX B TABULATION AND COMPUTATION OF
CHI-SQUARE VALUE OF RELATING
EATING HABITS AND PERSONALITY TYPE
FOR THE COLLEGE OF SCIENCE



DE LA SALLE UNIVERSITY

LIST OF TABLES

	Page
Table 4.1 Frequency and Percentage Distribution Table of Personality Type According to Sex	34
Table 4.2 Frequency and Percentage Distribution Table of Personality Type According to College Course	34
Table 4.3 Frequency and Percentage Distribution Table of Eating Habits and Sex	35
Table 4.4 Frequency Distribution Table of Eating Habits and College Course	37
Table 4.5 Frequency Distribution Table of Eating Habits and Personality Type	38



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CHAPTER 1

INTRODUCTION

To satisfy one's hunger is one of the basic needs of man. Maslow considers it a physiological need of all human beings. True, eating is basic in life. It is one of the means to live. It is essential to life for no person can survive without eating. It is an everyday activity of all human beings such that sometimes eating is taken for granted. Eating the right kind and amount of food is much better than eating anything in large quantities. An article by Mike Kirsch (1973) stated that a man, George Young, 60 years old, stays slim, youthful and able to run up the escalator two steps at a time. This is the result of his being careful on his diet. His diet is called 'George Diet'.

Psychosomatic concept suggests eating as a learned coping response associated with anxiety reduction (Mckenna, 1972 and Kaplan, 1980). Some people cope with stress or anxiety through eating. Thus, some people under stress would tend to overeat. On the other hand, result of the study of Beck (Baucom and Aiken, 1981) revealed that clinical state of depression leads to a loss of appetite



DE LA SALLE UNIVERSITY

2

and reduced anxiety. Regardless of weight, depression generally leads to decreased eating.

Stress and anxiety are so prevalent in our society today that sometimes they are observed as a "black shroud" clothing an individual. A person under stress undergoes an undesirable torture of the mind. Anxiety is a disturbance of the mind regarding some uncertain events. Anxiety is synonymous with worrying but this should not be mistaken for fear because in fear there is a recognition of specific tension and apprehension that often cannot be pinned down. Like fear, stress sets similar body processes in motion for protection. An individual experiencing stress is called upon to deal or react to the situation. According to previous researches one way of doing this is the psychosomatic concept.

Type A personality is characterized as hard-driving, competitive, impatient and time urgent (Goldband, 1980). Since Type A's are continuously engaged in immediate struggle to overcome time, great stress is the result (Pelletier, 1977). In a way psychosomatic concept would view Type A's as resorting to eating since they experience stress more often than Type B. Type B personality is



characterized as free of frantic sense of time urgency so typical of Type A. Type B works for personal satisfaction rather than beating it out with competition. Type B individuals allow themselves time for quiet contemplation in a self styled meditation (Goldband, 1980).

Adolescence is one phase in human development which is of considerable importance as far as eating habits is concern. In this stage, a boy or a girl gains weight and height rapidly and they are likely to be extremely active. Although they may eat the same types of food previously eaten, they should eat considerably larger quantities. Boys at this age are always "starve" and if plenty of food is available, they are likely to eat all they can. Girls, on the other hand have a different kind of appetite and may fail to get enough food they need and during this stage they are more conscious of their physical appearance. The problem among adolescents is to see that enough of the proper kinds of food is eaten to meet the greatly increasing energy needs. Taking snacks had always been a part of a teenager's eating habits, therefore they could play an important role in an adolescent's dietary habit. The likelihood of eating food is determined by knowledge of such food since childhood on familiarity or experience of having eaten them.



Stress can be experienced by different individuals at different levels. Thus, they have different eating habits. The freshmen De La Salle University (DLSU) students under the different colleges (Liberal Arts, Business and Economics, Computer Science, Engineering and Science) will be taken into consideration in this study. There is this notion that the level of stress experienced by Computer Science and Engineering are different from those students under the Colleges of Liberal Arts, Business and Economics and Science and males usually ate more as compared to females.

The researchers therefore are trying to find out the eating habits of freshmen DLSU students in relation to their personality type, namely Type A, Type B and Intermediary personality. Further, they are to associate sex and the different colleges of the said university to eating habits of freshmen students.

1.1 Statement of the Problem

The primary purpose of this study is to find out the eating habits of male and female freshmen DLSU students belonging to the five different colleges of the university in relation to personality type. Specifically, the study wishes to shed light on the following problems:



1. What is the personality type of freshmen students according to sex and college course?
2. What are the eating habits of freshmen students according to sex and college course?
3. Is there a significant relationship between eating habits and sex?
4. Is there a significant relationship between eating habits and college course?
5. Is there a significant relationship between eating habits and personality type?

1.2 Statement of the Hypotheses

In this study the following null hypotheses were considered:

H01: There is no significant relationship between eating habits and sex.

H02: There is no significant relationship between eating habits and college course.

H03: There is no significant relationship between eating habits and personality type.

1.3 Assumptions

1. Some people tend to overeat when under stress (Psychosomatic Concept).

