



Research for Investigating the Nutrition Status and Level of Knowledge of University Students: Mehmet Akif Ersoy University Sample Work

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Abstract: The research has been done with the aim of determining the dieting habits of university students. Mehmet Akif Ersoy University is the survey population; while students, having their education in different faculties, are sample groups. General information in the research has been obtained through literature scan, the information on research part, on the other hand, has been obtained through questionnaire. After providing intelligence of the poll which has been developed with regards to its aim, population validity and reliability; random sample technique has been applied to 250 participator students within the survey population. Of these, 233 participators who have filled the whole questionnaire without any mistakes have been taken to evaluation. Cronbach Alpha Reliability Coefficient of the poll has been found 0.76. This is a valid coefficient according to the researchers. The obtained data has been coded by SPSS packet program on computer environment for statistical operation. After the operation, comments have been made to determine (%) distribution and differences between opinions by accepting 0.05 as reliability gap for every questionnaire. As statistical operation, frequency (f), cross-table (Crosstab), and to test the differences x-square (X^2) operations have been applied. As a result; we can say that nutrition of participator students is poor and their level of dieting knowledge is at medium level, and their habit of dieting stems from the environment in which they are and their nutrition expenditures are not enough in terms of money.

Key Words: *Student, Nutrition, Habit*

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