CHAPTER 3:
OBJECTIVES
and
WORKING HYPOTHESES
OBJECTIVES OF THE STUDY:

This is partly an explanatory social research that intends to explain the social practice of ‘eating out’ among the urban, educated, middle-class people. The explanatory social research will enable to highlight the various factors associated with the social phenomenon of eating out. As the subject chosen is a relatively new and unstudied one, explanatory study coupled with exploratory dimensions may be the best choice. Together the explanatory study with the exploratory approach will analyze, explain, describe and demonstrate or list the following objectives. Object then becomes to elicit answers about the following questions:

- The practice of ‘eating out’ from the sociological perspective.
- The prevalence, extent, routinity and endemicity involved in ‘eating out’ practices.
- The concentration of the reallocation of cooking and eating practices from the private (home) to the public sphere (as in restaurants).
- The role of globalization in conditioning the availability-consumption of food and engagement in the practice of ‘eating out’ [(dis)/ locating in time-space].
- The role of various discourses specially the global and local media dictating as well as constantly defining and redefining the individual choices of food.
- Eating out practices as an expression of excessive consumerist tendency.
- The role of religion (as expressed through the prescriptions, proscriptions and prohibition of food items) in conditioning eating out habits in urban, cosmopolitan setting.
- The dimensions of liquid modernity operative in society as can be mapped through eating out practices.
• The interrelations of eating out with social-cultural dimensions of class, status, universalization etc.

• Food and embodiment, i.e. eating in relation to the body, eating for the tongue or the stomach.

• The influence of excessive eating out on nutritional intake.

• The influence of eating out practices on health and well-being.

• The phenomenon involved in the institutionalization of restaurants as ‘public setting’ interrogating the norms, values, etiquettes exhibiting social cohabitation that guide behaviour at those settings.

• Examining the contours and dialectics of consumer sovereignty and consumer trust.

• Outlining of initiatives that can be undertaken by the government in terms of policy formulation and licensing that seeks to ensure healthy ‘eating out’ practices by guarantying minimum food quality standards.
HYPOTHESES:

In the present research the researcher makes the following hypotheses:

**Measures of eating out are related to the corrosion of primary kinship ties.**

In a word, the first hypothesis is that ‘the Measures of eating out are related to the corrosion of primary kinship ties, leads to a relationship between Measures of eating out and the corrosion of primary kinship ties.’

**Measures of eating out are related to the constant agony of indecision.**

In a word, the second hypothesis is that ‘the Measures of eating out are related to the constant agony of indecision, leads to a relationship between Measures of eating out and the constant agony of indecision.’

**Measures of eating out are related to the unending gratification of desires.**

In a word, the third hypothesis is that ‘the Measures of eating out are related to the unending gratification of desires, leads to a relationship between Measures of eating out and the unending gratification of desires.’

**Measures of eating out are related to the experiences of excessive consumption.**

In a word, the fourth hypothesis is that ‘the Measures of eating out are related to the experiences of excessive consumption, leads to a relationship between Measures of eating out and the experiences of excessive consumption.’
Measures of eating out are related to the experiences of religiosity.

In a word, the fifth hypothesis is that ‘the Measures of eating out are related to the experiences of religiosity, leads to a relationship between Measures of eating out and the experiences of religiosity.’

Measures of eating out are related to the observance of religious rituals.

In a word, the sixth hypothesis is that ‘the Measures of eating out are related to the unending gratification of desires, leads to a relationship between Measures of eating out and the unending gratification of desires.’

Measures of eating out are related to the observance of fasts on days of religious significance.

In a word, the seventh hypothesis is that ‘the Measures of eating out are related to the observance of fasts on days of religious significance, leads to a relationship between Measures of eating out and the observance of fasts on days of religious significance.’

Measures of eating out are related to the consumption of prohibited foods as prescribed by the respondent’s religion.

In a word, the eighth hypothesis is that ‘the Measures of eating out are related to the consumption of prohibited foods as prescribed by the respondent’s religion leads to a relationship between Measures of eating out and the consumption of prohibited foods as prescribed by the respondent’s religion.’
Measures of eating out are related to the experiences of sharing meals with people from other religious backgrounds.

In a word, the ninth hypothesis is that ‘the Measures of eating out are related to the experiences of sharing meals with people from other religious backgrounds leads to a relationship between Measures of eating out and the experiences of sharing meals with people from other religious backgrounds.’

Measures of eating out are related to the nutritional status of the respondents.

In a word, the tenth hypothesis is that ‘the Measures of eating out are related to the nutritional status, measured in terms of Body Mass Index (BMI) leads to a relationship between Measures of eating out and Body Mass Index (BMI).’

Measures of eating out are related to the experiences of lifestyle oriented health disorders.

In a word, the eleventh hypothesis is that ‘the Measures of eating out are related to the experiences of lifestyle oriented health disorders, leads to a relationship between Measures of eating out and the experiences of lifestyle oriented health disorders.’

Measures of eating out are related to erratic food habits of the respondents.

In a word, the twelfth hypothesis is that ‘the Measures of eating out are related to the erratic food habits, measured in terms of skipping meals leads to a relationship between Measures of eating out and erratic food habit.’
Measures of eating out are related to the experiences of embodiment.

In a word, the thirteenth hypothesis is that ‘the Measures of eating out are related to the experiences of embodiment, leads to a relationship between Measures of eating out and the experiences of embodiment.’

Measures of eating out are related to the ideas of distinctiveness.

In a word, the fourteenth hypothesis is that ‘the Measures of eating out are related to the ideas of distinctiveness, leads to a relationship between Measures of eating out and the ideas of distinctiveness.’