Abstract
ABSTRACT

Healthy eating behaviour is believed to play an important role in an individual's health and quality of life. As adolescents mature into young adults, increasing time constraints due to school or college work can begin to impact eating habits in a negative way and this leads to requirement for energy and nutrients. Practicing healthy eating behaviours can help young adults to meet these dietary requirements, which results in a better health and quality of life. However, limited information is available about determinants of eating behaviours and its promotion among young adults. This study examines the psychosocial factors of eating behaviour and its promotion among young adults. To understand the psychological predictors of eating behaviours a cross-sectional descriptive survey was conducted on 412 colleges going students in phase-1 of the study. To promote the eating behaviours among young adults a psycho-education was conducted in the phase-2 of the study. In the phase-2 of the study the subjects were divided in to two groups, Group -1 consists of psycho education (N=65) and Group -2 is a Control Group (N= 65) and they were assessed at pre-intervention, post-intervention and at follow-up. A series of questionnaires consisting of Three Factor Eating Questionnaire (TFQ-R-18), Eating Attitudes Test (EAT-26), Body Awareness Questionnaire (BAQ), Dieting Beliefs Scale (DBS), Self-Esteem Scale(SES), Multidimensional Scale of Perceived Social Support(MPSS), Beck Depression Inventory(BDI) and Survey of Recent Life Experiences(SRLE) was used to assess study variables. Results from Hierarchical multiple regression revealed that Daily Hassles, Self-Esteem, Dieting Belief and Eating attitude as significant predictors of eating behaviours. The results from repeated measure ANOVA revealed that intervention groups showed significant improvement in cognitive restraint and significant reduction in Uncontrolled and Emotional Eating showing the positive impact of Psycho-Education on enhancing Eating Behaviours in young adults. This study implies Psycho-Education as a comprehensive, holistic approach to health promotion.

Keywords: Psycho-Education, Eating Behaviours, Eating Attitudes, Dieting Beliefs, Young Adults