Review of Literature
Chapter 2

Review of literature

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2.0 Introduction :

In scientific research, review of literature is one of the important part. To give new ways to research, it is very useful. It becomes motivation for research and also determined it. It has a scientific rule that to study earlier research of relevant topics which gives innovative ideas and subjects. Earlier hypothesis and research improve the research.

Thus, review of literature becomes useful before starting the study, during the study and also after completing it.

Present study is about measurement of stress, health consciousness and eating attitude among diabetic, CHD patients and normal people. There were less studies done with matching of these three factors. Therefore, here are given review of literature relevant to the each factor of this study individually.

2.1 Review of literature of Stress :

2.1.1 A control case study of self-perceived psychological stress and ischemic stroke Katarina Jood, Petra Redfors, Annika Rosengren, Christian Blomstrand and Christina Jern

Objectives: In this study, investigated the possible association between ischemic stroke and self-perceived psychological stress.

Tools : Self perceived psychological stress questionnaire

Sample : 600 consecutive patients with acute ischemic stroke (aged 18 to 69 years) and 600 age-matched and sex-matched population controls were recruited.
Results: Permanent self-perceived psychological stress during the last year or longer was independently associated with overall ischemic stroke.

2.1.2 A study on stress and depression experienced by women IT professionals in Chennai, India. Balasubramanian Vimala, Chokalingam Madhavi.

Objectives: The present study aimed (1) to find out the level of stress and depression experienced by women IT professionals, (2) to understand the impact of age and experience on stress and depression, and (3) to study the relationship between stress and depression.

Tools: Stress and depression questionnaire

Sample: The study was conducted in Chennai, India with a sample of 500 women IT professionals.

Result: Results showed that the women IT professionals experience moderate level of overall stress and stress dimensions. This study also reveals that 84% of the respondents experience medium level of depression and also suggest that age and experience significantly influence the overall stress and depression experienced by the employees. Our study shows that there might be a strong relationship between overall stress and depression.
2.1.3 Midlife psychological stress and risk of dementia: a 35-year longitudinal population study.
Lena Johansson, Xinxin Guo, Margda Waern, Svante Östling, Deborah Gustafson, Calle Bengtsson and Ingmar Skoog.

Objectives: The present study aims to analyse the relationship between psychological stress in midlife and the development of dementia in late-life.

Tools: Psychological stress was rated according to a standardized question in 1968, 1974 and 1980. Dementia was diagnosed according to Diagnostic and Statistical Manual of Mental Disorders criteria based on information from neuropsychiatric examinations, informant interviews, hospital records and registry data.

Sample: A representative sample of females (n = 1462) aged 38–60 years were examined in 1968–69 and re-examined in 1974–75, 1980–81, 1992–93 and 2000–03.

Results: To conclude, here found an association between psychological stress in middle-aged women and development of dementia, especially Alzheimer’s disease.

2.1.4 The Relationship Between Stress and Eating Behaviors among Turkish Adolescence.
Nevon Sanloer and Ayse Dolek Ogtor.

Objectives: The study aims to investigate the effect of stress on body weight (BMI) and eating behaviors in Turkish adolescents.
**Objectives**

Type of coping with stress scale and eating behavior scale were used to detect their stress level and eating behavior.

**Samples**

889 Turkish students from age group of 14-25 were taken.

**Results**

The study found that female adolescents underwent stress more than male adolescents. Also, there were statistically significant differences between females who perceived more need for social support, eating with positive and negative moods than males. The males scored higher on being optimists than females with a statistically significant result.

2.1.5 Gender differences in the effects of eating attitudes and obligatory exercise attitudes on stress: Protective factors against perceived stress.

Kirsten Rene.

**Objectives**

The current study set out to characterize the association between exercise attitudes and stress measures, considering eating attitudes as well as gender as important moderators.

**Tools**

Assessing exercise, eating attitudes and perceived stress questionnaires were used.

**Samples**

A total sample of 54 students from Brandeis University and the surrounding area of Waltham were chosen.

**Results**

This exploratory study suggests eating attitudes do affect perceived stress over an above of eating behavior. Furthermore, it was found that having more positive eating attitudes acts as a protective factor against perceived stress for
females, and that having a higher commitment to exercise acts as a protective factor against perceived stress for males.

2.2 Review of literature of Health Consciousness:

2.2.1 A study of the relationship between health awareness, lifestyle behaviour and food label usage in Gauteng.

EL Kempen, H Muller, E Symington, T Van Eeden.

Objectives: The objectives of the study were to determine whether consumers who read food labels, were also more aware of health and lifestyle issues, in terms of nutrition and other health-related lifestyle behaviours, and whether there was a relationship between food-label reading, health awareness and lifestyle behaviour.

Tools: A quantitative descriptive (survey) design was selected to investigate the relationship between food-label reading on the one hand, and health awareness and lifestyle behaviour on the other.

Samples: Systematic sampling strategy was applied to select a sample of 357 Gauteng respondents to complete a telephonic questionnaire. Respondents who were most likely to read food label information were selected.

Results: A relationship was found between patterns of reading food labels, health awareness and lifestyle behaviour. People who often read food labels were more health-conscious, and maintained a healthier lifestyle.
2.2.2 Does socio-economic status and health consciousness influence how women respond to health related messages in media?

Anette Christine Iversen, and Pal Kraft

Objectives: The present study investigates whether health related messages represent a stressor, and whether coping responses increase levels of motivation or levels of negative affect.

Tools: A survey design was used to collect information.

Samples: A sample of 403 women aged 45 years were surveyed twice, at an interval of 4 weeks.

Results: The results indicate that less-educated women tend to respond more non-adaptively to health messages than more-educated women; for the former group, this has negative consequences in terms of increased levels of negative emotions and decreased levels of motivation to engage in healthy behaviours.

2.2.3 Health consciousness among tribal and rural population.

Dr. Shailaja Bhangle

Objectives: 1) to study the environmental level among tribal and rural population.

2) to study the role of environment on health consciousness among population

3) to highlight the problems of the health consciousness in the population.

Tools: health Consciousness Questionnaire and Environmental Questionnaire were used.

Sample: In this study survey method was used therefore people of Jalgaon district were taken as a sample.
Result: 1) In the study region there are variations in environment which influence health consciousness among the population.

2) Tribal population with lower environment score and low of awareness about nutritious food for health and health care awareness.

3) Rural population with higher environment score and higher level of awareness about nutritious food for health care awareness.

4) Environment is closely related with health consciousness in the study region.

2.3 Review of literature of Eating Attitude:

2.3.1 Association of Eating Attitudes Between Teenage Girls and Their Parents.

Aina A. Yanez, Maria A. Peix, Neus Atserias, Anna Arnau, Johannes Brug

Objectives: The main objective of the study was to determine the association of eating attitudes in adolescent girls with eating attitudes in their parents.

Tools: Eating Attitude Test (EAT-26) was used and height & weight of both the groups were taken.

Samples: A sample of 969 girls from Osona County (Barcelona, Spain) and their parents participated in the study.

Results: An abnormal eating attitude of the mother was identified as a potential risk factor in the development of eating disorders in female adolescents.
2.3.2 Influence of Biological, Social and Psychological Factors on Abnormal Eating Attitudes among Female University Students in Brazil.

Larissa da Cunha Feio Costa, Francisco de Assis Guedes de Vasconcelos, Karen Glazer Peres

Objectives: The objective of the study was to estimate abnormal eating attitudes influenced by associated factors among female students of the Universidade Federal de Santa Catarina, Florianópolis, southern Brazil.

Tools: Abnormal eating attitudes were investigated using the eating attitudes test (EAT-26). The body-image was assessed by the bodyshape questionnaire (BSQ-34). Body mass index, body-fat percentage, waist-circumference, food intake (24-hour food recall), and socioeconomic characteristics (monthly household income, monthly per-capita income, and parental schooling) were also investigated.

Samples: 220 students were participated in study.

Results: The results of this work highlight the importance of the planning of nutrition-education programmes in universities, aiming at assisting in the choices of food that comprise a healthful diet in a period of life of so many changes and decisions.
2.3.3 Relationships of Body Image, Body Stress and Eating Attitude, and Dietary Quality in Middle School Girls Based on Their BMI.
Kang MH, Choue R.

Objectives: This study investigated the body image, body stress, eating attitude, and dietary quality in middle school girls.

Tools: Body image, body stress, eating attitude, dietary quality and body mass index were assessed.

Sample: Questionnaires were administered to one hundred fifty seven middle school girls in Seoul area.

Results: These results indicated that middle school girls who have higher BMI seemed to have more body image distortion, body stress and risk of eating disordered.

2.3.4 Stress, coping, and disturbed eating attitudes in teenage girls.
Stephanie Fryer, Glenn Waller, Biza Stenfert Kroese

Objectives: This study explored the relationship between stressors and disturbed eating attitudes among adolescent females, assessing the moderating role of coping and the mediating influence of poor self-esteem.

Method: Two hundred eighty-six teenage girls were recruited from local schools, and completed standardized measures of stressors, coping, self-esteem, perfectionism, and disturbed eating attitudes. Regression analyses were used to test for moderating and mediating effects.

Results: Stressors and emotion-focused coping were found to be associated with low self-esteem, which in turn was strongly
associated with disturbed eating attitudes. Stressors were also directly related to disturbed eating attitudes.

2.3.5 An ethnic comparison of eating attitudes and associated body image concerns in adolescent South African schoolgirls.
A. A. Caradas, E. V. Lambert and K. E. Charlton

Objectives : The purpose of this study was to investigate whether differences exist in eating attitudes and body shape concerns amongst adolescent schoolgirls.

Tools : The Eating Attitudes Test, Body Shape Questionnaire and a Body Silhouettes Chart, was administered.

Samples : 228 South African schoolgirls (60 black, 83 mixed race and 85 white) aged 15±18 years from secondary schools in the greater Cape Town area were taken.

Results : These findings suggest that the prevalence of abnormal eating attitudes is equally common in South African schoolgirls from different ethnic backgrounds.

2.3.6 Influence of Biological, Social and Psychological Factors on Abnormal Eating Attitudes among Female University Students in Brazil.
Larissa da Cunha Feio Costa, Francisco de Assis Guedes de Vasconcelos, and Karen Glazer Peres

Objectives : The objective of the study was to estimate abnormal eating attitudes influenced by associated factors among female students of the Universidade Federal de Santa Catarina, Florianópolis, southern Brazil.
Tools: The Eating Attitude Scale, The Body Shape Questionnaire and Body mass index, body-fat percentage, waist-circumference, food intake were also assessed.

Samples: 220 students were taken as a sample.

Results: The results of this work highlight the importance of the planning of nutrition-education programmes in universities, aiming at assisting in the choices of food that comprise a healthful diet in a period of life of so many changes and decisions.

2.4 Importance of the present study:

Nowadays, health problems are taking place in every person's life after 40. At this age, they compete with certain health disabilities. In which, mostly the health problems are like heart attacks, diabetes, blood pressure etc. In our surrounding society, it sounds that most of the people or our relatives are suffering from this type of disease.

As said 'Body and Mind related with each other', these health problems are also related with individuals' mind and mental health. And also with their behavioral habits because what they think and behave it directly affect to their body. So, many times we comes to hear that someone is passing through the mental stress therefore his sugar level has increased or he comes to know that he has high blood pressure.

So here, this research study aimed to know how people's health problems are related with their mental condition and with their behavior. It
is very important cause for any disease, because everyday person increasing his mental stress and tension as well as also increasing their health problems. Especially, in this study tried to know persons's health behavior and his stress level affecting his body or not. As a health behavior, here health consciousness and eating attitudes were taken. One’s health behavior is dependent on his stress level or mental condition and also stress affects his health behavior. So these both things related or affect diabetic and CHD patients or not are the aim of the study.

This title is the new combination for the study. Thus, in above less number of studies are presenting this type of research topic. So, here related studies of individual topics are given. Moreover, health consciousness and eating attitude are new topics therefore it is difficult to get a same combination.

By keeping in view all these factors, here tried to know how stress affect health consciousness and eating attitude among diabetic and CHD patients and normal people. This study gives new vision and way of thought how this behavioural type and our body work together.