



Nocturnal Eating Pattern among Nursing Students

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ABSTRACT

Late night indulgence is part of normal life, yet for some, night time eating is regular occurrence that leads to health issues and feeling of low self esteem. It is estimated that anywhere from 1.5% to 10 % of population suffers from night eating syndrome (NES) which is defined as an eating disorder in which 25 % or more of an individual's daily calorie intake is consumed after the evening meal. If you have this eating pattern you will find it characterized by symptoms like waking at night to eat or feeling as if you cannot go back to sleep unless you eat something. Need for the study: prevalence of obesity is increasing day by day due to faulty eating habits hence it was felt that it is important to know faulty eating habits among high risk population. Research question: How many students have nocturnal eating pattern?

Objectives: To assess the nocturnal eating pattern among nursing students in selected colleges of Pune.

Methodology: A quantitative non experimental descriptive exploratory method was adopted for the present study. Study was conducted on 1st and 2nd year MSc nursing students of Sinhgad College of Nursing, Pune. The study samples are 25 students from 1st year MSc nursing students of Sinhgad College of Nursing Pune. Non probability purposive sampling technique was used. Data analysis and Result: Result of the study showed that there is no any nocturnal eating pattern present among the selected samples.

KEYWORDS

Nocturnal Eating Pattern, Nursing Students

INTRODUCTION

'Eat to fuel your body not to feed your emotions.'¹

We like to eat food mostly of our likes and in order to pleasure our taste buds. We often neglect whether the food is healthy or not, such tasty food stuffs are easily available at our will hence we tend to have it when we feel to eat no matter what the time is.

BACKGROUND OF THE STUDY

A Study was conducted on binge eating disorder and night eating syndrome in adults with type 2 diabetes. The eating disorders examination questionnaire, night

eating questionnaire and phone interviews was used as a tool for collecting the data of 845 participants. Findings was 12 were diagnosed with binge eating disorder. Thirty two were diagnosed with night eating syndrome, 3 participants had both binge eating disorder and night eating syndrome. Participants with eating disorders were younger, heavier and reported more eating pathology than those without eating disorders.²

A study was conducted on Nocturnal eating: Association with binge eating, obesity and psychological distress .The sample size was 285 women who had participated in a two-stage screening for



binge eating was utilized. Forty one women reported one or more nocturnal eating episodes in the past 28 days on the eating disorder examination and women who did not report nocturnal eating was 244 both were compared on eating disorder symptomatology, body mass index and on measures of psychosocial adjustment. Nocturnal eaters were significantly more likely to report binge eating and differed significantly from non-nocturnal eaters on weight and shape concern, eating concern, self-esteem, depression and functional impairment, but not on body mass index or dietary restraint. This study confirms the association between nocturnal eating and binge eating previously found in treatment seeking samples yet also suggests that the elevated eating disorder symptoms and decreased psychosocial adjustment observed in nocturnal eaters.³

NEED OF THE STUDY

Individuals with night eating syndrome feel like they have no control over their eating patterns, and often feel shame and guilt over their condition. Night eating syndrome affects an estimated 1.5% of the population, and is equally common in men and women, according to the National Institute of Mental Health⁴.

Individuals with night eating syndrome have symptoms of morning anorexia and

difficulty staying asleep and experience depression mostly in the evening. Nighteater's average two awakenings per night and those awakenings are associated with food intake. The prevalence of night eating syndrome has been estimated to be 1.5% in the general population, 8.3% in the obese population and 27% among severely obese population seeking surgical treatment (Strunkard and Allison, 2003)⁵

The rate of obesity among children has doubled in the last decade. Although EDs are increasing all over the world; there is evidence to suggest that western women are at greater risk for developing them. With the help of above information and literature it is evident that the researcher felt it useful to assess the nocturnal eating pattern among nursing students.

PROBLEM STATEMENT

'Assessment of nocturnal eating pattern among first year M.Sc. Nursing students in selected colleges'

OBJECTIVES:

To assess the nocturnal eating pattern among nursing students in selected colleges of Pune.

METHODOLOGY:

Methodology of research indicates the general pattern for organizing the procedure for empirical study together with



the method of obtaining valid and reliable data for the problem under investigation .Quantitative approach was adopted to conduct the study. On experimental exploratory descriptive design was chosen and non-probability purposive sampling technique was used to select the

participants (n=25).Nursing students from first year MSc Nursing.Age group of 23 and above. The tool is organized as part 1 demographic variable and part 2 checklist.Validity was done by 7 experts from nursing department. Reliability is done by split half method.

RESULTS

Table 1 Frequency and percentage distribution of demographic variables among nursing students

Sr. No	DEMOGRAPHIC VARIABLES		FREQUENCY	PERCENTAGE
1	age	23-24	15	60%
		25-26	9	36%
		26& above	1	4%
2	gender	male	7	28%
		female	18	72%
3	religion	Hindu	16	64%
		Muslim	1	4%
		Christian	6	24%
		Any other	2	8%
4	Family income	5000-15000	3	12%
		15001-25000	4	16%
		25001- above	18	72%
5	Type of diet	vegetarian	7	28%
		non vegetarian	18	72%

Table 2 Nocturnal eating pattern among Nursing Students

	RAN GE	FREQUE NCY	PERCENT AGE
NOCTUR NAL EATING PATTERN ABSENT	10-15	25	100%
NOCTUR NAL EATING HABIT PRESENT	16-20	0	0

Table 1 shows that majority were in the age group of 23-24 year (60%),72% were female.64% were from Hindu religion,72% were having family income above Rs 25001 and 72% were non vegetarian

Table 2 shows that none of the student were having nocturnal eating habit

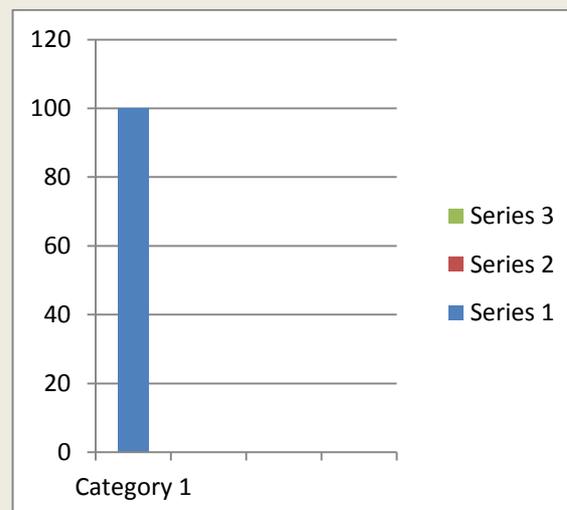


Fig 1



CONCLUSION:

Study showed that there is no any nocturnal eating pattern present among the selected samples.



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