

Food Choices in Areas in Which Research Has Revealed Consistent Behavioral Gender

Differences.

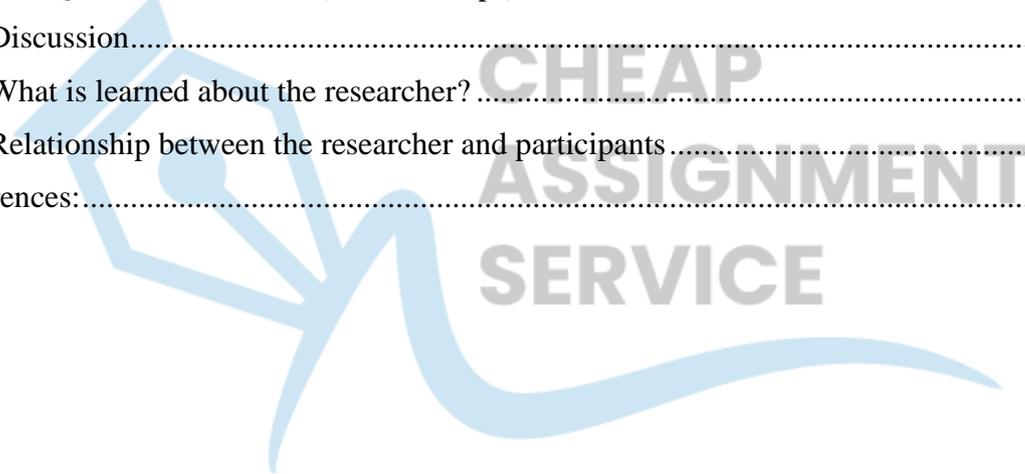
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## **Abstract**

Food Choices in Areas in Which Research Has Revealed Consistent Behavioral Gender Differences, is one area where research has demonstrated consistent behavioural variations between men and women. This study intends to discover whether sex differences in behaviour between men and women have any implications for nutritional consumption, as diverse studies by different investigators have shown. Food preferences are influenced by a number of elements that influence human behaviour in various ways. As a result, some goods are chosen while others are rejected. Commercial food choice research, with his one question: "Why do individuals eat the foods they eat?" Food is crucial in many aspects of our existence. The nutrients that enter the body are determined by the food choices people make. However, in today's world, nutrition is more than just food. People's eating choices are not simply based on biological requirements. Your options also address a variety of psychological and emotional issues. Finally, we do not always have to be hungry, we do not always choose our favoured foods, and some of our dietary affects can be unconscious (Baceviciene, et al, 2020).

## **1 Introduction:**

Dietary choices, in general, are complex human behaviours that are influenced by a variety of interconnected elements ranging from biological mechanisms and genetic profiles to social and cultural influences. Many evaluations examine certain issues of food selection from various angles and perspectives.

### **1.1 Significance of the Problem**

It is a noteworthy occasion that women outperform males in school. In a world where males are often thought to be superior to women in most areas of performance, particularly physically and cognitively, women outperform men in academics. Beyond the context of old prejudices and ideas, this success disparity indicates that "we as parents, teachers, communities, and nations, between boys and girls, What are we doing to address disparities in youth achievement? "Why do girls outperform boys, and what impact does this have on young men and women?"

## **2 Literature review:**

Despite the fact that the gender disparity shrank after correcting for diet and health beliefs, women still reported healthier eating habits than males, implying that additional variables must

be at play. One theory is that women are not only concerned about their health (as demonstrated by high adherence rates), but they are also more likely to put their beliefs into action. It is also possible that the situation is really sensitive (Zhong, 2020). Women's eating relationships are frequently portrayed as distinct from men's. Girls are more likely than boys to be in charge of family dinner preparation and grocery buying from a young age. As a result, young women can use these abilities to eat better.

In these analyses, smoking was accounted for because it varied by gender and was related with deteriorating eating behaviours. However, the associations held true for all food-choice behaviours, even when smoking was taken into account (Zhong, 2020). The generalizability of these findings is limited. All participants in the study were college students, and gender differences may differ in older or less educated populations. To overcome this issue, more research on various populations is required (Wang, et al., 2018).

Because the data were gathered using self-reported surveys, social desirability biases and exaggerated consistency between parameters tested at the same time periods may exist. However, these factors should not affect the assessment of gender differences, which is the objective of this study (Wang, et al., 2018).

There were also no critical behavioural items, such as sugar or snacking limitations. This is a disadvantage when using data from large health behavioural research, when the number of elements linked with a certain behaviour should be kept to a minimum. Furthermore, there was no tangible evidence that the stated food choices of the individuals were reflected in their actual dietary results (Wang, et al., 2018). The goal of this study, however, was not to compare men's and women's diets, but rather to evaluate behaviour in food decisions. It is a type of generalisation of food decision motivations that is frequently included in eating behaviour instruments. Despite these limitations, the findings add to and enhance the discussion of gender differences in health behaviour (Rodgers, et al., 2020).

Many other research have identified gender disparities in dietary characteristics, and our findings back up these findings. Many of these research are infrequently cited in health behaviour reports in the literature. If women all over the world are reporting healthier habits (or at least attempting to make healthier choices), it suggests that the explanation for the disparities is not local cultural factors, but rather gender differences. Data on beliefs demonstrate remarkable international consistency, implying that dietary choices are more important to women globally than to males. This phenomena, which suggests self-assurance in

specific areas, warrants additional investigation. Do women tend to be more health-conscious or risk-averse in this area? or does it play a role as a nutrition guardian before taking on the task of caring for a family? Given the importance of health behaviours in many of the major causes of morbidity and death, as well as the well-known gender variations in health, it appears that research into the reasons of gender differences in health behaviours has been overlooked. These findings have prompted other academics to explore beyond just focusing on gender differences, to comprehend them, and to determine how men might gain the most. This is consistent with a study from the Institute of Medicine (6). We hope you will look into ways to make regular health a possibility (Rodgers, et al., 2020).

Because major diseases in adults have a strong behavioural component, investigations of gender differences in health behaviour may be useful in understanding gender differences in health and disease. I mean A study of cardiovascular disease mortality in 24 countries discovered that gender variations in five risk factors accounted for more than 40% of mortality differences. Men are more prone than women to engage in risky behaviour and are less likely to engage in a variety of health and hygiene behaviours, according to a number of health behaviour research (Rodgers, et al., 2020). A recent study discovered that males made less healthier choices than women in more than 30 health habits, ranging from wearing seatbelts and smoking to seeing the doctor and exercising.

Such broad behavioural variations may play a significant role in sex disparities in morbidity and mortality. Gender differences in health behaviour would be expected to result in a large body of work on causal processes, but as a recent study showed, gender aspects may be relevant to other groups. They, like factors, have received little attention in behavioural research (Turel, 2018).

One area where consistent behavioural variations have been identified is food selection. Many studies have found that boys and men consume fewer fruits and vegetables, fewer high-fiber foods, fewer low-fat foods, and more soft beverages than women.

Reported disparities in dietary preferences are not always mirrored in differences in the proportion of energy spent as fat or fibre, but this may be related in part to gender differences in alcohol consumption. Yes, and it can provide a large quantity of energy in the form of "calories to drink." Women's diets are higher in micronutrients than men's after accounting for energy intake. In nutrition-specific analyses, men evaluate several health activities, including food-choice behaviour, as less essential than women (Turel, 2018).

He doesn't worry about his weight, diet, or cleanliness when he's cooking. It has been demonstrated that males prioritise health over other factors such as flavour and convenience when making dietary decisions. As a result, opinions concerning the value of healthy eating may aid in explaining gender disparities in food preferences. Women's heightened interest in weight management and dieting frequency may also contribute to gender inequalities in diet. Almost all weight and diet attitudes research show that women are more concerned about and attempt to control their weight than males (Turel, 2018). This is true for pre-adolescents as well as poor, rich, developing, and industrialised countries. Since low-fat, low-sugar food choices and increased fruit and vegetable intake are important aspects of many weight-management diets, dietary differences may partially explain gender differences in food choices. Yes, especially food choices such as fat restriction lead to dieting.

### **3 Methods**

Alcohol, meat, and hefty serving sizes are connected with muscle, while potatoes, fruit, and sour dairy products are associated with femininity, according to studies of current Western culture. Gender disparities in nutritional preferences were also discovered in a hominid collection village in Tanzania, with men preferring more meat and women preferring more fruit. Overall, our assessment of the literature revealed the most significant explanations of gender variations in dietary choices in contemporary Western societies: the association between eating habits and health awareness, and the relationship between eating behaviour and weight regulation. We analysed the current literature describing studies on gender-specific dietary profiles to further investigate the association between food intake and nutrient intake. Men consume more energy, fat, and cholesterol, but less carbohydrates and fibre, than women. The majority of research also discovered that women consume more fibre. According to data from the National Health and Nutrition Survey, men consume more calories and fat than women.

#### **3.1 Qualitative method (focus groups)**

Qualitative approaches are excellent tools for gathering and evaluating numerical data. This is an excellent method for providing extensive study of the phenomenon (Hancock et al., 2016). Focus groups are being used in current research. The focus group will consist of five of her members who have been chosen to represent the broader public. Furthermore, in order to make the most of the focus group, participants were given the opportunity to express themselves

freely while the facilitator documented the event and thoughts. Focus groups were an appropriate method since they allowed researchers to determine respondents' views and prejudices and construct exact pauses.

### 3.2 Describe the focus group sample and data collection process:

Five ninth-grade students participated in the focus group. Moderators had earlier requested respondents to present their meal choices as part of their assignment. The following day, data were collected in the classroom. The data gathering procedure allows moderators to pose open-ended questions to respondents while recording their responses. This method is critical for minimising outside influence while allowing facilitators to discover respondents' motivations and opinions. Respondents are assigned a number ranging from 1 to 5. Diets were also labelled as fresh fruit, fat-free, sugar- and gluten-free, granola bars, and salads.

### 3.3 Describe the process used to analyze the qualitative data

Thematic analysis was employed as a data analysis method. Researchers can use theme analysis to examine focus group recordings and develop themes from their research (Castleberry & Nolen, 2018). This method enables researchers to divide enormous datasets into smaller ones by discovering commonalities between them. Fresh fruit, fat-free, sugar-free, gluten-free, granola bars, and salads were identified as the primary themes in the current study.

### 3.4 Quantitative Methods (YRBSS Survey)

YRBSS stands for Youth Risk Behavior Surveillance System. The purpose of this study is to identify risky behaviours that predispose adolescents and young adults to disease and permanent impairment (Safa et al., 2019). The study looked at a variety of factors, including poor eating choices. This survey is an excellent way to learn about the influence of respondents' food choices.

## **4 Results**

Women were more prone than males to avoid dietary fibre and fruits, high-fat foods, and salt limitation, according to the findings of this study. However, there was no gender difference in fat. Health beliefs explain approximately 40% of the variance in each eating behaviour, and

collectively approximately 50%. Gender differences in food preferences appear to be related to women's greater weight control participation and strong belief in healthy eating.

#### 4.1 Quantitative Results (Focus Groups)

Men of all ages ingested more saturated fat and dietary cholesterol than women, according to one study. Many women of all ages had dietary cholesterol levels that were within the age-appropriate range. According to one study, gender differences in food consumption do not always correspond to differences in the amount of energy expended as fat or fibre intake. This could be related to gender disparities in alcohol use, which could account for a significant amount. Women have greater dietary micronutrient profiles than men when energy intake is taken into account. Aside from milk-derived calcium, women's meals were generally more healthy, containing dietary fibre and a variety of minerals (Hwang, 2019).

### **5 Discussion**

A more modern view splits the variables influencing food choices into three categories: the food itself, the individual making the choice, and the external financial and social circumstances in which the choice is made. Chemical and physical components of foods can influence sensory choices. However, recognising sensory characteristics in a diet does not always imply preferring to take that food. In modern Western countries, psychological variations, gender inequalities in diet and nutrition, and personality all influence food choices. This covers social, cultural, religious, and demographic characteristics as well as subsidy variables. In various consuming settings, individuals select foods from accessible choices (Bishop, et al., 2020).

They are designed for a range of daily use situations, such as goods purchased to take home for the family, items consumed at cafeterias, and items chosen from menus when dining out. Food choices, time, place, and society can all be used to portray deliberate circumstances in context (Wilson, et al., 2022). There is a large range of acceptable and diverse nutrient alternatives available in Western societies. Food and diet have been used to describe nature and culture in anthropological and sociological writings (Mathew, et al., 2020). As previously said, this literature demonstrates that eating and its relevance extend much beyond the need to meet a "physiological demand" to recognise appearances, utterances, community interactions, and disparities in status and gender demonstrate its importance in the display of ratios. As a result, ingesting behaviour may be susceptible to a wide range of social influences, including the urge

to behave in a socially desirable manner. According to research, food choices communicate one's view on life. Furthermore, the current prominence of dieting and slimming down in Western values encourages standards that define "when and when" to eat and what a person should look like. These reasons, taken together, demonstrate that what we consume has significant ramifications for societal decisions (Wilson, et al., 2022).

Furthermore, social developments, such as greater female labor-force involvement, have limited the time available for food selections and meals, further complicating food choices. Fashionable consumers have food and health fears and tensions, as well as social standards around food and diet structure, and they lack food and diet structure (Wilson, et al., 2022). Much writing argues that various variables can influence eating behaviour, but their interrelationships make distinguishing between their effects challenging. Analyzing the impact of single or numerous causes is hampered further because eating behaviour is not a continuous symptom but fluctuates according to individual circumstances and experiences. Why do girls surpass their male counterparts in high school remains a mystery (Hwang, 2019).

## **6 What is learned about the researcher?**

Throughout the article, you can discover a lot about the researcher. The researcher demonstrated his open-mindedness by presenting an argumentative method that utilised critical thinking to establish reasonableness in making certain decisions. It captures the reader's attention by identifying the significance of medical male circumcision and explaining why the aim of gaining 80 percent approval has yet to be fulfilled. Researchers are also engaged in the issue they are presenting since they explain the topic and acquire supporting data using a qualitative approach (Hwang, 2019). The numerous references used by researchers throughout their studies demonstrate mastery of the material. Researchers were innovative in their approach to scientific topics and made major contributions to disseminating research findings to readers.

## **7 Relationship between the researcher and participants**

The qualitative data gathering technique is used in this investigation. Researchers committed to self-disclosure to study participants through the research report and directly during data collection while employing a qualitative research approach. Researchers are more likely to develop personal ties as a result of the intimacy developed during the study, which had a reflecting component throughout. Because researchers typically seek data from participants, the relationship between researchers and participants is highly intimate.

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