

EVALUATION OF THE EATING BEHAVIOR OF TUM EMPLOYEES DURING THE LOCKDOWN

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Over the centuries, education has been hit by several challenges. The pandemic has affected education systems around the world, leading to widespread closures of educational institutions, which has affected not only students but academics as well [1]. The stress to which academics were subjected can have consequences on occupational health and quality of life, due to negative eating behaviors and due to lack of physical activity [2]. Research on the effects of pandemic restrictions on teachers is limited. Therefore, the respective study aimed to analyze the food behavior of UTM employees, in the context of the pandemic. A study was conducted, based on the questionnaires Adult Eating Behavior Questionnaire (AEBQ), on a group of TUM employees (n = 121). Respondents completed the questionnaire on the Google platform between 13.10.2021 - 25.11.2021, and the final database has been downloaded as a Microsoft Excel file. The results of the survey were analyzed by descriptive statistics. The Cronbach's alpha coefficient was calculated to determine the full reliability of the questionnaire. 34.7 % women and 65.3% men participated in the survey, the majority (58%) being between 31 and 60 years old. Some relationships have been observed between certain emotional states and food consumption. Nervousness and anxiety are conditions that have most caused overeating or undereating. The results of this study could be a way to study the behavioral phenotype associated with obesity risk. And the strong connection between nutrition and the immune system only heightens the imperative of this study. At the same time, the results could be used in further research to help develop strategies to help promote of academic's health and shape responses to the inevitable future pandemics.

Keywords: emotional eating, food consumption, university employees.

References:

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