

- 1) .
- 2)

1. (Moses, Banilivy & Lifshitz, 1989; Lee & Kim, 1998).

(Moses et al. 1989; de Zwaan et al., 1994).

가 , 1980  
가 . 가

(Schlenker, 1984). 13-20  
10

(Beth, Tamara, 1998).

Ahn(1996)

가 (Lee & Kim, 1998), (1999),

(Hwang & Shin, 2000),

(Choi, 2002) 가 ,

(Park, Lee, Song, 1999).

가 ,

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1) 가 ( 1 )  
2) 가 ( E-mail: cspark@catholic.ac.kr)  
03. 11. 17. 03. 11. 22. 03. 12. 4.

2. 1) Lee (1980) , 13  
 ' 0 2 ' 1 ' 3 5 ' 2 , ' 6 7  
 ' 3 가 , 가  
 가  
 Cronbach  $\alpha$  .78 .

2) 2) Garner Garfinkel(1979)가  
 Eating Attitude Test-26( EAT-26)  
 Han (1990) .  
 (bulimia) (food pre-  
 occupation), (dieting) (oral  
 control) 6 26  
 ; '가 ' 0 , ' ' 1  
 , ' ' 2 , ' ' 3  
 0 78 20  
 가

(Garner, 1977).  
 Cronbach's  $\alpha$  가 .79 , Han (1990)  
 .82 Cronbach's  $\alpha$  .83 .

3) 3) Kim(1990)  
 2002 9 10 4  
 가  
 500  
 349 (69.0%)  
 (Kang, 1996)  
 6.8%(Lee et al., 2001),  
 0.04 , 95%  
 가 145

4) (distorted body image)  
 , ' ' 1 , ' ' 2  
 , ' ' 3 , ' ' 4 , ' ' 5  
 1  
 (Kg) (m)  
 (Body mass index: BMI) ,

(BMI<18), (18≤BMI<20), (20≤BMI<25), (25≤BMI<30), (BMI ≥30) (Grigg, Bowman & Redman, 1996) Mellin, Trwin Scully (1992) Grigg, Bowman Redman(1996) ' 5 , ' 4 , ' 2 , ' 1 가 4 ' 3 ; 2 ' 1 ' ; 0 가 ' 가

3.

SAS program

t-test ANOVA ANOVA Scheffe test EAT-26 EAT-26

1.

23.8±2.5 25 67.3%, 25 32.7% 48.4%, 51.6% 57.3% 가 34.7%, 8.0% 60.5% 가 가 , 46.7% 가 24.9% 가 77.7% 가 66.5% , 21 가 76.1% <Table 1>.

<Table 1> General characteristics of the subjects (N=349)

Characteristics	n (%)	
Age(years)	<25	235 (67.3)
	25≤	114 (32.7)
Sex	Male	169 (48.4)
	Female	180 (51.6)
Major	Liberal art	121 (34.7)
	Natural science & Engineering	200 (57.3)
	Music & Art	28 ( 8.0)
Religion	Yes	211 (60.5)
	No	138 (39.5)
Learnig experience of nutrition	Yes	163 (46.7)
	No	186 (53.3)
Smoking	Yes	87 (24.9)
	No	262 (75.1)
Alcohol drinking	Yes	271 (77.7)
	No	78 (22.3)
Accommodation	Living with family	232 (66.5)
	Apart from family	117 (33.5)
Pocket money (10,000 Won/month)	≤10	16 ( 4.6)
	11 20	83 (23.8)
	21 30	140 (40.1)
	31	110 (31.5)

2.

EAT-26 <Table 2> 14 38 25.70 EAT-26 0 39 6.47 5.88 20 12 (3.4 %) .

<Table 2> Scores of eating habits and EAT-26 (N=349)

Variables	Mean (SD)	Range
Eating habits	25.70 (4.14)	14- 38
EAT - 26	6.47 (5.88)	0-39

<Table 3> Differences in eating habits and EAT-26 by general characteristics (N=349)

General characteristics	Eating habits			EAT-26		
	Mean±SD	F or t	P	Mean±SD	F or t	P
Age(years)						
<25	25.66± 4.03			7.16±6.56		
25≤	25.78± 4.37	0.27	0.791	5.06±3.78	3.77	0.000
Sex						
Male	26.08± 4.25			5.66±4.94		
Female	25.34± 4.00	1.67	0.096	7.24±6.57	2.55	0.011
Major						
Liberal art	25.43± 4.24			6.32±5.55		
Natural science & Engineering	26.10± 4.02a	3.72	0.025	6.55±5.81	0.06	0.941
Music & art	23.96± 4.10a			6.57±7.75		
Religion						
Yes	25.76± 4.16			6.76±5.89		
No	25.59± 4.11	0.37	0.710	6.04±5.86	1.12	0.263
Learning experience						
Yes	25.73± 4.10			7.37±6.17		
No	25.67± 4.18	0.14	0.887	5.68±5.51	2.71	0.007
Smoking						
Yes	24.56± 4.39			6.17±5.96		
No	26.07± 3.98	2.98	0.005	6.57±5.86	0.55	0.583
Alcohol drinking						
Yes	25.62± 4.19			6.54±6.30		
No	25.96± 3.96	0.64	0.521	6.23±4.11	0.52	0.606
Accommodation						
With family	26.02± 3.97			6.35±5.91		
Apart from family	25.05± 4.44	2.08	0.038	6.72±5.84	0.55	0.581
Pocket money(10,000won/month)						
≤10	24.50± 4.05			5.50±4.10		
11-20	26.16± 3.87			6.35±6.11		
21-30	25.66± 4.08	0.83	0.479	6.46±5.67	0.22	0.882
31	25.56± 4.41			6.72±6.23		

<Table 3> . EAT-26 5.06±3.78 25 7.16±6.56 (t=3.77, P=.000), 가  
 , 5.66±4.96 7.24±6.57 (t=2.55, P=.011), 가  
 가 23.96 가 26.10 가 5.68±5.51 (F=3.72, P=.025), 7.37±6.17 (t=2.71, P=.007).  
 24.56 26.07 P=.005). 가  
 25.05 가 3. (t=2.08, P=.038). <Table 4> . , 34.7%  
 EAT-26 , , , 41.5% 가  
 가 . 25 EAT-26 86.5%가

&lt;Table 4&gt; Eating habits and EAT-26 by weight reduction practice (N=349)

Variables	N(%)	Eating habits			EAT-26		
		Mean±SD	F or t	P	Mean±SD	F or t	P
Concerns about wt. reduction							
Very much	36(10.3)	26.11± 3.73			14.69±9.49abc		
Much	121(34.7)	24.66± 4.10a			6.22±4.93a		
Moderate	145(41.5)	26.52± 4.10a	3.65	0.006	4.95±3.92b	29.03	0.000
Little	39(11.2)	25.64± 4.28			4.54±4.09c		
Never	8( 2.3)	24.75± 3.58			10.25±3.37		
Trying to lose tw. now							
Yes	106(30.4)	26.38± 4.31			9.10±7.92		
No	243(69.6)	25.40± 4.03	2.04	0.042	5.33±4.26	4.63	0.000

wt.: weight

a, b, c : Scheffé test (Means with the same letter are significantly different)

13.5% .042). EAT-26  
30.4% 14.69±9.49 6.22±4.93 ,  
4.95±3.92 ,  
EAT-26 4.54±4.09 (F=29.03, P=  
가 .000), 9.10±7.92  
26.52±4.10 5.33±4.26  
(F=3.65, P= .006), (t=4.63, P= .000).  
(26.38±4.31 )가 8 EAT-26  
(25.40±4.03 ) (t=2.04, P= 10.25±3.37 가

&lt;Table 5&gt; Differences of eating habits and EAT-26 by weight variables (N=349)

Variables	N(%)	Eating habits			EAT-26		
		Mean±SD	F or t	P	Mean±SD	F or t	P
Perceived body size by self perception							
VUW	10( 2.9)	27.60±4.01			10.30±4.03		
UW	56(16.0)	26.20±3.96			7.00±4.81		
Normal	91(42.1)	26.14±4.20	2.53	0.037	4.99±4.42a	5.05	0.001
OW	126(36.1)	24.88±4.15			7.49±7.36a		
Obese	10( 2.9)	24.70±2.11			8.70±6.04		
Actual body size by BMI categories							
VUW	30( 8.6)	25.00±4.13			7.10±6.99		
UW	109(31.2)	25.59±3.87			7.16±5.46		
Normal	191(54.7)	25.79±4.29	0.71	0.585	5.77±5.51	1.85	0.119
OW	17( 4.9)	26.82±4.29			8.29±9.01		
Obese	2( 0.6)	23.50±0.71			11.00±8.49		
Distorted body image							
Same	123(35.2)	26.77±4.11ab			5.85±5.57a		
Mild	174(49.9)	25.40±4.15a			6.63±5.70b		
Moderate	50(14.3)	24.12±3.50b	5.77	0.001	6.60±5.83c	9.71	0.000
Severe	2( 0.6)	24.50±6.36			27.50±3.54abc		

a, b, c : Scheffé test (Means with the same letter are significantly different)

VUW: very under weight, UW: under weight, OW: over weight

4.

EAT-26 <Table 5> 가 (Jang & Kim 1999)  
 가 2.9%, 가 가 (Nieman,  
 가 16%, , 42.1% Butterworth & Nieman, 1992)  
 . 36.1%  
 2.9%  
 39.0%가  
 BMI (Seymour, Hoerr & Huang,  
 8.6%가 , 31.2%가 1997)  
 , (4.9%) (0.6%) 가 가  
 5.5%  
 49.9%가 , 14.3% 가  
 , 0.6% , 35.2% (Lee & Kim, 1996; Lee & Kim,  
 1998).  
 EAT-26 (Allan, 1989),  
 가  
 가  
 가 가  
 가 (24.70±2.11 ) (Wiseman, Gray, Moismann & Ahrens, 1992).  
 (27.60±4.01 )가  
 (F=2.53, P=.037),  
 26.77±4.11 가  
 25.40±4.15 , 24.12±3.50 25.70  
 (F=5.77, P=.001).  
 EAT-26 (23.96 ), (24.56 ), 가  
 4.99±4.42 가 , (25.05 ) 가  
 (10.30±4.03 ) 가 ,  
 (8.70±6.04 ) 가  
 가 (F=5.05,  
 P=.001). 가

가 (Kim, 2003), (Heidi, 1995; Choi & Lee, & Lee, 2003) 가 “ (Park, Lee 1997; Lee & Kim, 1998). ” 86.5%가 가 , 가 30.4% , 가 가 , 가 Shin(2000) Hwang (EAT-26) 6.47 가 38% , Lee Kim(1998) 20 가 3.4% 6.8%( 2.8%, 8.7%) Lee (2001) 25 (5.06), (5.66), (5.68) Na(1999)가 , 42.1% 10.2 39.0% , 가 11.7% , BMI (8.6%) (31.2%) 가 EAT-26 64.8% (14.69) 97.9%가 (9.10) , (8 ) 81%가 ‘ , (10.25) 94.7%가 Hong (1997) 62.7%가 , 36.5% , , 0.6, 0.1% Han Na(1999) (1990) , Shin(1997) 17-25 . 16.5% . Lee , EAT-26 Kim(1998) (14.69) 가 50.6%, 39.6% (9.10) 가 , BMI (8 ) 60.4%, 37.4%, 0.4%, (10.25) 1.4%, 0.4% , Na(1999)





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- Abstract -

**Eating Habits, Trend of  
Disordered Eating, Weight  
Reduction Practice and Body Size  
Evaluation of College Students in  
Seoul**

*Sohng, Kyeong Yael) · Park, Chai Soon1)*

**Purpose:** To provide the epidemiological information for developing preventive programs

encourage appropriate eating and weight control behaviors. **Method:** 349 college students in Seoul were administered self-report questionnaires to examine eating habits, trend of disordered eating, weight reduction practice and body size evaluation from September to October 2002. Data were analyzed by SAS program for frequency, t-test, ANOVA with Scheff test. **Result:** The mean eating score was moderate and it differed by subjects' characteristics. The mean score of EAT-26 was relatively lowered, and 3.4% of the subjects score showed disordered eating behavior. It differed significantly by subjects' general characteristics. 30.4% of total sample were currently trying to lose weight and had interested in trying to lose weight. EAT-26 was significantly different by weight reduction practices and interest. Perceived body size differed by the score of eating habit and EAT-26. **Conclusion:** It can be suggested weight preoccupation have a relation to eating habits, weight control practice and disordered eating. Further study is recommended educational interventions targeting at-risk subjects.

Key words : Eating habits, Disordered eating, Weight reduction practice

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