Differences In Eating Habit Between Men And Women

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Introduction

There are differences in eating habits between men and women, and their eating habit is based on several factors. Studies have found that men tend to eat more compared to women. This study, therefore, intends to investigate the eating habits or patterns between men and women in the society among African society. It will focus on eating habits and what influences the eating habits of both men and women in society. It also investigates the number of food men and women eat to determine their habits of eating. In order to present a comprehensive study, the literature review captures the methodology of the study, data analysis and comprehensive conclusion.

Literature Review

Several studies have indicated that eating habits depend on various factors such as gender, age, and religious status (Leblanc, Louise, & Dodin, 2015, p. 25). Most people monitor their diet in order to their weight, as a result of doctors' advice due to a health condition, and some to keep fit due to fashion. There are differences in eating behavior between men and women in the society. It is evident that men and women have different traits when it comes to eating habits. Research has established that women tend to be very specific with what they eat, while men can eat anything that comes their way. Ladies consider a lot of things before they eat certain food, which men do not unless an individual is under health instruction by a doctor.

Mostly, ladies watch their eating habits more than men because of the fear of becoming overweight, which many ladies do not like. Males, being muscular, eat anything that comes their way as if it is food just to fulfill their hunger. Most men eat fast and do not consider dieting as much as ladies do on their meals. Men prefer to eat junk food and fish, meat and other kinds of oily food. Most ladies prefer to eat vegetables and fruits because ladies tend to monitor their weight. However, men who eat slowly are considered to be less muscular, therefore, the eating habit between men and women is very different. Research has also established that ladies eat food with fewer or no calories because many of them do not want to add weight (Creek, 2014, p. 14). Ladies are obsessed with their body size and weight and always feel that eating food that contains calories will make them shapeless and obese. It is because most of them are not satisfied with their body size and weight and would want to

lose them.

The result from a study conducted by GrubHub indicates a different result based on healthy eating. The report indicates that men have healthy meals in restaurants compared to ladies (GrubHub, 2018, p. 12). It further indicates that ladies prefer to eat salad and other junk food from restaurants, which have a lot of calories. Analysis of food delivery from the GrubHub network shows that most orders are usually placed by women and therefore, women eat a lot of restaurant food than men. The pizza, fries, and soda and most ordered by men and women, not men alone. It is, therefore, that women and men eat junk food alike, but the quantity of junk is what makes the difference. It has been established that men eat a lot of food compared to women (Slim, 2014, p. 5).

There are differences between men and women attaining weight loss. Men prefer to lose weight by doing exercise daily, and ladies achieve weight loss by dieting, and it is the reason ladies eat a lot of vegetables, fruit, and calorie foods. However, ladies prefer to lose weight to remain slim and become stylish simply because other people are doing similar. In this regard, the eating between men and women is different, and men eat a lot more than women. Research has shown that the people who become obese are not only because of poor eating habits but some as a result of genetics. It is common for African Americans, and it is the reason there are several obese among African Americans. However, the percentage of obese or overweight is common and growing at a higher rate in developed countries compared to other developing nations. It is a result of the poor eating habits of the majority of people from developed countries. Studies have established that people eat a lot of junk food in developed countries compared to other parts of the world (Shiferaw, Linda, & Hillary, 2012, p. 12).

Methodology

In order to complete the research accurately and comprehensively, quantitative and qualitative techniques shall be used to gather data and analyze it. The primary research was conducted from the field, where participants were given questionnaires to answer for further analysis. Secondary research involved the use of different literature from the cadmic journals, articles, and books. However, the research will be conducted using Google Scholar, Sage Journal, and a library, where books and other useful materials will be utilized to make sure that the objectives of the study are achieved.

Participants

The study was conducted in the community of British Africa, where 20 participants answered questions from questionnaires. However, to get a good representation that can reflect the view of society, the participants shall be aged between 17 and 45 years. The selection of the participants shall be based on age, family background, level of education, gender and marital status as well. The participants were recruited through telephones where they were invited to a community center where

questionnaires and discussion took place.

Apparatus Or Materials

Several materials were used to make sure that the research was done and completed within the time required. Therefore, notebooks, laptops, statistic software known as SPSS and Excel and pens were used to conduct the research and to make sure the study was completed within the time given.

Procedures

The primary research was conducted through a questionnaire whereby participants were given questionnaires to answer and submit. Each participant was expected to answer the questionnaire and submit it back for analysis. No participants were expected to leave the interview center with questionnaires to make sure that the information obtained was accurate. First, the participants were grouped based on age, marital status and level of education. This was done to make sure that the information obtained was a good representative of the community (Brian, 2016). Each participant handed over his or her questionnaire to the interviewer.

However, the secondary data or literature was done through research using various academic databases such as Google Scholar and Sage. First, a search was conducted using keywords and the result shall be analyzed to make sure that the best and relevant academic journals and articles are obtained. The first search was subjected to critical analysis based on data publication, qualification of the author and the topic of the article so that only relevant and accurate information is used to complete the study.

Analysis And Presentation Of Primary Data

The result of the data obtained shows that 80% of women practice dieting or watch their eating habits, while only 40% of men watch their eating habits. It also established that the majority of women who monitor their eating habits are white British at an average of 40%, followed by British Asians at 36%, British Caribbean at 305, British African at 25%, Black African at 15%, and the rest at 14%. It is also obtained that the majority of women eat fast food compared to men. The analysis of the data revealed that 48% of women eat fast food at lunchtime compared to men at 41%. The data also indicates that men take a lot of 43% of men take s sandwiches compared to women 385 and, therefore, it means that men eat a lot of sandwiches when compared to women. The study also indicates that many men prefer homemade food at 47 % compared to women at 45%, and therefore, the majority of women eat from restaurants compared to men.

The study also revealed that religion also determines the eating habits of people. It is revealed that 60% of participants respect their religion and are also guided by their religion when it comes to the

type of food they eat. The study indicates that Muslims and Hindus are majorly affected, and they do not eat certain foods because of their religion. It is also established that the majority of people consider the food they eat as important. According to the study, 70% of people consider the food they eat as important. However, 60% of men do not consider the food they eat as important, while 80% of women consider the food they eat as important. The study indicates that 80% of ladies do like to eat food, while only 55% of men eat fruit more often. And when it comes to vegetables, 60% of women prefer vegetables, es while 40% of men prefer eating a vegetable. It is clear that the majority of men prefer eating heavy food compared to women. The study indicates that 70% of men eat heavy food, especially during lunch and supper, while 48% of women eat heavy food.

The analysis of data also revealed that most ladies consider their eating habits healthy compared to men. It is indicated that 45% of women think their eating habits are healthy, while 34% think it is not, and the rest do not know. However, the majority of men believe their eating habits are not healthy, and according to the study, 48% of men think their eating habits are not healthy, 30% think it is healthy, and the rest do not care. Therefore, the study revealed a common trend that is happening in society, and it is clear that women monitor their eating habits more than women.

Reflection Of Observation

It is observed that men eat more food than ladies, and a majority of ladies observe their weight to keep them fit and slim. It is also observed that men eat more carbohydrates and protein food and this is due to the kind of work they do. However, ladies prefer vegetables and fruits. Through the study, it is observed that ladies eat more often but in less quantity compared to men.

Conclusion

Based on the result of the study, it is evident that men and women have different eating habits. The result indicates that men eat food with a lot of calories compared to women. It also discovered that women eat a lot of fruits and vegetables to maintain their body size and to avoid adding more weight. Analysis of the literature revealed that eating too much food with a lot of calories adds weight and can cause some diseases; therefore, men exercise to remove calories. In brief, the eating habits of men and women are different, and it depends on the age of an individual, health status and the kind of lifestyle an individual is having. However, a proper balance should be practiced by everyone to avoid getting a disease related to an unbalanced diet and to keep fit as well.

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