

EFFECT OF IRREGULAR EATING PATTERN ON CONCENTRATION AND PRODUCTIVITY AMONG COLLEGE STUDENTS

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ABSTRACT:

College life often throws normal routines out of sync because of heavy course loads, shifting schedules, online distractions, yet also tight deadlines. Meals get missed sometimes breakfast vanishes by noon while late-night chips replace dinner. Thinking sharp may suffer when the body runs on erratic fuel with concentration dipping alongside stamina. Looking closely at how scattered mealtimes influence alertness forms the core here for those between 18 and 25. Missing breakfast tends to dull mental sharpness, according to earlier findings. When students overlook meals, concentration slips - energy dips set in alongside irritability and weaker grades. Poor eating routines might interfere with restful sleep, possibly clouding recall and comprehension. For this work, numbers take center stage via organized surveys and performance checklists. Information flows from university learners reporting how often they eat, when, what focus feels like, and signs their schoolwork shows. Surprising links show how skipping meals ties to weaker focus and less output. When routines falter, attention often follows. Teachers might see it first - students zoning out after missed breakfasts. Doctors could spot mood shifts alongside poor meal patterns. Even study results shift when food timing gets messy. Stability at the table seems to steady the mind too. What happens between bites may shape thoughts more than expected.

INTRODUCTION:

Early classes shift when lunch happens. Sleep cuts short mean breakfast gets skipped too. Stress builds right around exam time - this makes focus hard without steady fuel. Late nights happen more during finals week than ever before. Junk food sits closer than carrots in most dorms. Social plans pull attention away from cooking real meals. Brains need constant supply, yet plates stay *empty longer than they should*.

Irregular eating patter include :

- Skipping meals, especially breakfast
- Eating at odd times
- Overeating at night
- Relying on snacks instead of balanced meals

Blood sugar stays balanced when kids eat regular meals, fueling the brain just right. Without food, energy dips happen - focus fades, mood sags, thinking slows. A morning meal sharpens attention better than an empty stomach ever could.

When meals happen at odd times, sleep often suffers in college kids. Because of that, remembering things gets harder. Learning slows down too, simply due to disrupted rest patterns. Grades tend to follow the same downward path without steady routines.

Modern college life significantly contributes to irregular eating habits:

- Online classes and screen time
- Part-time jobs
- Academic deadlines
- Emotional stress

Eating habits? They quietly shape student performance more than many admit. Actually, what lands on your plate helps build brain chemicals tied to thinking and emotion. Mood dips between classes might trace back to missed meals, studies hint. Focus fading mid-lecture could be hunger wearing a different mask.

So eating affects how well students work, showing why food choices matter in schools. That connection shapes daily performance more than most realize. Because of this, what kids eat ties directly to their focus and energy. Which means meal patterns can quietly influence classroom results. For better learning, nutrition and alertness go hand in hand without drawing attention.

AIM OF THE STUDY:

Focusing on college learners, this work looks at how skipping meals might influence focus during class. Instead of steady routines, erratic food habits could quietly shift mental performance. With attention spans already stretched thin, timing of meals may play a hidden role. Rather than boosting energy, unpredictable eating might drain it slowly. Productivity in assignments often dips when body rhythms get disrupted. Through observation, links appear between hunger gaps and thinking speed. Not every student notices these shifts right away.

Additional aims include:

- To analyze students' eating habits and meal timing.
- To determine how meal skipping influences attention span.
- To evaluate the relationship between diet consistency and academic performance.

- To identify lifestyle factors contributing to irregular eating patterns.
- To promote awareness about healthy eating behavior among students.

OBJECTIVES:

General Objective

A closer look at how skipping meals ties into focus levels in university learners. What happens when breakfast gets missed shows up clearly in memory tasks. When lunch times shift without pattern, attention spans tend to dip just after noon. Late night snacking instead of dinner links closely with slower problem solving next morning. Each change in usual meal rhythm seems to echo inside mental processing speed

Specific Objectives

- To assess the frequency of meal skipping among students.
- To measure concentration levels associated with eating habits.
- To evaluate productivity in academic tasks.
- To compare regular eaters and irregular eaters.
- To suggest strategies for improving student health and performance.

HYPOTHESES AND STUDIES:

Hypotheses

H₀ (Null Hypothesis):

A pattern of skipping meals doesn't seem to affect how well college students focus or get things done. Sometimes they eat at odd times, yet their performance stays about the same. Not sticking to regular meal hours hasn't shown clear effects on mental sharpness. What stands out is that changing when they eat barely shifts their daily output. Even with inconsistent timing, attention levels remain steady. Their ability to finish tasks appears untouched by erratic eating habits

H₁ (Alternative Hypothesis):

Skipping meals messes with focus, leaving students slower on tasks. What eats away at performance often hides in daily habits - like when they grab food. Timing matters more than they think, especially during long study stretches. Messed-up routines chip at mental sharpness without warning. Hours between bites can quietly drag down grades.

Supporting Studies

Earlier research hints at how food ties into thinking skills

Beyond the morning rush, kids eating an early meal tend to think more clearly through tasks. Their minds stay focused longer when fuel comes before class begins

Missing the morning meal might quietly chip away at focus by midday class time.

When meals happen at different times each day, rest often suffers. This weakens how well someone remembers things or pays attention during the day. Poor sleep creeps in quietly, linked directly to when food arrives.

Fuel levels dip when meals lack balance, so thinking slows down. Missing key nutrients messes with focus, leaving mental tasks harder to finish.

Finding things out like this shows why looking deeper into student life makes sense. What happens on campuses might hold clues worth another look. So much remains unexplored in how young adults handle these situations. New studies could uncover patterns hidden beneath everyday routines. Only by focusing here can clearer answers emerge over time.

NEED AND IMPORTANCE OF THE STUDY:

This research matters since young adults in higher education often choose poor eating habits. When grades slip, it affects how well a country performs academically. Focusing solely on coursework makes learners overlook balanced diets. Trouble staying alert during lectures shows up more these days across campuses. For outreach efforts to work, they need backing from solid data.

Importance includes:

- Promoting healthy academic habits.
- Reducing stress and fatigue among students.
- Supporting mental health improvement.
- Helping institutions design nutrition awareness programs.

When people grasp how eating habits work, school performance often gets better. Because of this shift, daily life tends to feel more balanced too.

RESEARCH METHODOLOGY:

•Research Design

Quantitative descriptive research design.

•Study Population

College students aged 18 to 25 years.

•Sample Size

A small crowd of learners fills the room - maybe one hundred, perhaps fifty more. Around that number anyway.

•Sampling Technique

Simple random sampling.

•Data Collection Methods

- Structured questionnaire
- Self-reported eating pattern survey
- Concentration assessment scale
- Productivity evaluation checklist

•Variables

Independent Variable: Irregular eating patterns.

Dependent Variables:

- Concentration level
- Academic productivity

•Data Collection Tool Sections

- Demographic information
- Meal frequency and timing
- Study habits
- Concentration rating scale

-Productivity assessment

•Data Analysis

- Percentage analysis
- Mean and standard deviation
- Correlation analysis
- Graphical representations

•Ethical Considerations

- Voluntary participation
- Confidentiality maintained
- No harm to participants.

FINDINGS:

Results should show what was anticipated

• Students who eat irregularly may have trouble concentrating.

A single missed meal can leave you drained, dragging your focus down soon after. Energy slips quietly when food is delayed too long without warning. Tiredness creeps in where steady effort once stayed strong.

When kids have steady meals, learning often feels easier. Skipping food sometimes makes schoolwork harder to follow. Eating every day helps focus grow stronger over time. Full bellies tend to sit stiller during lessons. A routine at lunch shapes how minds stay open later.

Might find trouble sleeping when meals are irregular, especially under pressure. Stress creeps in easier if the body lacks steady fuel through the day. Skipping food often ties to restless nights, not just by chance. What you eat shows up in how well rest comes later. Tough days pile up when diet slips without notice.

One study found steady eating habits help focus grow stronger over time. When meals stay regular, thinking skills often follow suit. Learning gets a boost when hunger doesn't interfere each day. Some evidence points to better classroom results with reliable food patterns. What sticks around - like balanced intake - affects mental sharpness too.

SUMMARY:

This project looks into messy meal schedules and their impact on focus during classes. With busy routines now common, poor food choices often show up where grades are concerned.

A fresh look at daily routines begins with survey data, later shaped by number patterns to spot links between when people eat and how clearly they think. Eating at consistent times might just stand out in the findings, tied closely to sharper minds and better grades over time.

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