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A comprehensive review on impact of social media on dietary choices of males

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Abstract

Dietary customs are mostly influenced by cultural conventions, social media, personal preferences, and socioeconomic standing. After completing high school, some young adults decide to further their education. Most of the time, they have to change their eating habits and lifestyle drastically. The purpose of this research was to examine the eating habits of non-traditional male college students. In terms of resources and techniques, the questionnaire for the research project was written out on a card. An anonymous survey was taken by 70 male college students who do not live at home with their families. Unsettlingly, the study results found that while the majority of male students eat twice a day, most of their snacking and beverage consumption occurred between meals. Despite the proliferation of online resources, educational institutions continue to serve as the key informational centers for young men aged 18-25 years seeking advice on how to maintain a balanced diet. The largest fraction of students who follow healthy eating recommendations. From a health perspective, male students see sugary meals as the most dangerous, whereas fried foods, fruits, and vegetables are viewed as the most helpful. The vast majority of young adults eat in or order takeout most nights. The majority of students understand the need of eating healthily, but only a substantial minority really follow this advice. Vastly young adults are affected by the influence of social media which in turn affects their dietary patterns tremendously. It's encouraging that schools and universities continue to be the primary locations where people acquire the knowledge they require. Even if they don't follow every healthy eating guideline, the majority of students have a good nutritional pattern and an honest perspective on their eating habits.

Keywords: Social media, young adults, dietary choices, university student

Introduction

The adolescent years are a vital time for the formation of dietary patterns that will be advantageous to a person throughout their whole life. These routines should be established during this time. As a consequence of this, it is very important that the person in their adolescent years establishes and maintains certain habits, such as including eating routines, choices in lifestyle, and patterns of behavior that may remain into adulthood, are formed at this period. These habits may continue into adulthood. Some examples of behaviors that develop during this time are the habits that individuals keep to themselves when they eat are good illustrations of this kind of ritual. Even though an increasing number of young people are placing a greater emphasis on leading a healthy lifestyle, maintaining proper nutrition, and engaging in regular physical exercise, the eating habits of young people have become increasingly unhealthy over the course of the last few years. Social media has been a reason of disturbed eating patterns in young adults. Increasing influence of social media is leading to unhealthy choices in dietary patterns. This is despite the fact that an increasing number of young people are becoming more health-conscious. Regardless of the fact that more and more young people are putting a higher focus on having a healthy lifestyle, this is still the case. Some examples of such procedures are that we still find ourselves in the situation that we are in today in spite of the fact that a large number of younger people are giving great attention to living a healthy lifestyle. Having reproductive problems, HIV or AIDS, participating in less physical activity, and, last but not least, having an unhealthy diet are some of the risk factors that will have a detrimental influence on the health of these young people. Having an unhealthy diet is also a risk factor. All of these factors will work together to bring about a general deterioration in health. The interaction of all of these separate variables will ultimately result in an outcome that is not ideal. Other aspects, such as having a progenitive condition, smoking, drinking alcohol, and having HIV or AIDS, may also put them at risk of contracting the virus. It is imperative that they exercise care if any of these apply to the situation.

Because of all of these different factors, there is a possibility that their likelihood of being infected with the virus may rise. A bad diet and a lack of time to participate in activities that involve physical activity are two more factors that contribute to an increased risk of contracting the disease. Both of these factors lead to an increased chance of becoming sick. Both of these elements are associated with an elevated likelihood of developing the illness. The investigation of this subject is of the utmost importance due to the fact that it is one of the goals that one ought to work toward in order to keep one's health and to extend one's life to a ripe old age. The maintenance of one's health and the extension of one's life into one's senior years are both significant objectives that one should work toward achieving and that ought to drive one to take action.

The influence of social media on diet consumption and obesity

The National Youth Plan (The National Youth Plan seeks to catalyze widespread action on youth development in five priority areas that are education; employment & entrepreneurship; youth leadership & development; health, fitness & sports; and social justice.) (2014-2020) has been revised, and the revised version of the plan is now being implemented after a review that has only recently been brought to a fruitful conclusion. Recent events have resulted in the review being brought to a fruitful close. This method explains the problems that are associated with nutrition when viewed from the perspective of age, along with the fundamental concepts and frameworks that constitute the basis for these explanations. When looked at from the perspective of age, the problems that are associated with nutrition are explained using this method. The participants in this study were asked to fill out a questionnaire about their eating habits. In order to gather information on the participants' eating routines, a questionnaire was given to them to complete out. A diet that allows an individual to have the experience of fullness and provides an adequate amount of nourishment not only lowers the overall amount of stress and the risk of health deterioration, but it also helps with the management of the mental and emotional strain that may be brought on by rigorous training and tests. Due to the fact that young men will one day be responsible for improving their own health as well as the opportunities that are available to them in the workplace, they need more attention due to this future commitment. They will, at some point in the future, be solely responsible for carrying this load. Because of the larger possibility that they may one day be expected to shoulder duties, young men in today's society need a higher level of care than in the past. They have to have this subject brought to their notice in a method that is both extremely clear and very brief in its explanation for it to be successful for it to be brought to their attention.

In order for the children to be able to function at a high level, it is required for them to be able to meet quite particular requirements for the amount of vitality that is expected of them. For them to achieve their goals, this is an essential component. The term "social media" refers to Internet-based channels that enable users to participate in opportunistic and selective self-presentation, either in real time or asynchronously. This kind of presentation may take place either in actual time or non-synchronously, depending on the circumstances. Based on the specifics of the situation, this particular kind of demonstration has the chance of launching

at different times. There is no clear advantage to selecting one course of action over another. Engagements of this type are instances of something that is known as "opportunistic self-presentation," and they are the kind of thing that may be found in contexts such as these. The method in which talks of this kind take place may either take place in real time or asynchronously, depending on the specifics of the scenario that are being discussed and the questions that are being asked of those involved. The manner in which the situation was crafted would have an impact on the response that was given to this question.

According to the findings of the study as well as the findings of the poll that was conducted as a part of the research, more than one fifth of the individuals who responded to the survey admitted that they use social media to influence the dietary decisions that they make. As a component of the study, the survey was carried out. Participants in the research who had finished an education level that was lower than or comparable to a high school diploma were the ones who reported the least amount of effect from social media.

This was because these individuals are more likely to have a younger age demographic. On the other hand, individuals who had finished an education level that was equal to or greater than a bachelor's degree were the ones who reported the largest amount of impact from social media. This was the case because they were more likely to have access to several sources of information. Those who were overweight, people who frequently exercised, and people who had previously sought to decrease their weight by dieting were all more likely to be impacted by the condition. People who had never tried to lower their weight by dieting were the least likely to be affected by the disease. Those participants in the study who hadn't attempted to reduce weight by dieting before were at a lesser chance of having their decisions influenced by the results. The confidence interval for those odds was 1.37 all the way up to 2.34, with 1.37 being the lowest and 2.34 being the highest. There was a 1.79-to-1 risk ratio for people who were without a partner. When they come across a dish on any of the social media sites that they are interested in preparing in the future, they immediately look for the recipe and investigate the components that are required by it.

It was also noticed that ever since they started participating in a number of social networking sites, there has been a discernible rise in the amount of fast food that they consume. This information was brought to attention by a number of different sources. Those who followed social media influencers had a tenfold greater chance of having their lives transformed as a consequence of their exposure to the platform's material, as compared to people who did not follow social media influencers. One of the studies was carried out in the United Kingdom, which was the site of the place. There was a link between being married or divorced and an increased chance of being overweight or obese (odds ratio: 2.39; 95% confidence interval: 1.40–4.10). This association was found to be statistically significant. This association was deemed to be significant based on statistical analysis. The range of this confidence interval is illustrated by the following example: There was a correlation between living in a city and having a decreased chance of being overweight or obese. This is an example of the range of this confidence interval. It was shown in the form of a correlation that this is the case. This was shown by the fact that there were more people living in urban areas for every square mile of land. Another connection

was made through the possession of a degree from a college or university that is acknowledged in the field. On the other hand, higher probabilities were associated with either being married or having been divorced at some point in one's life. This was the case regardless of whether or not the individual had children. This association was seen in both those now married and those who had previously been separated from their spouses. People who worked out frequently (between three and four times per week) and made an effort to reduce their weight (between one and 1.61 pounds) were less likely to be affected by social media.

Methods

It is a mixed method systematic review. A systematic search of various databases of survey-based research articles published from 2015-2022, was conducted for this review article. Inclusion criteria were studies reporting social media engagement in male students who do not currently live with their families. All of the participants were adults. Studies that included figuring out the typical diet, a person's favorite foods, and whether or not they have a critical attitude toward their own eating habits were also considered. Exclusion criteria were studies reporting females and students/participants not using or engaging in any social media sites. There are two types of people who don't eat bread. Both of these types of people are excluded from the bread category. Two authors were individually screened and evaluated for methodological quality.

Results

The process of gathering information about how to lead a healthy lifestyle in the modern world is easy and quick thanks to advancements in information technology and the application of scientific discoveries in a variety of scientific fields, including medicine, biochemistry, and chemistry, among others. We may count this as one of the numerous advantages of living in the present day. Students rely on the internet more than any other source for information on healthy eating (82.94 percent). While the reach and impact of social media postings continues to grow, it may be challenging to determine whether the information being shared is reliable. Despite the growing importance of online postings, this trend persists. It's important to remember that 70.7 percent of survey respondents rely on reputable sources like universities and colleges for their knowledge. Young individuals with higher levels of education are more likely to adopt healthy lives. This pattern is likely to persist. Several public awareness programs promoting nutritious diets have been launched in recent years. A nutritionist or dietitian is a trained professional who advises clients on how to get the most out of their food by maximizing its nutritional value and reducing its negative effects on their bodies. Since then, almost all respondents have reported an understanding of healthy eating principles. While just 7.15 percent of students really fail to follow the healthy eating requirements, the vast majority (74.36 percent) believe they at least somewhat respect these rules. According to custom, we eat at least three times a day, with the chance to have two additional meals in the gaps. Daily stress from a packed academic schedule is a real possibility for today's students. The degree of physical and emotional comfort people enjoy during the day is directly related to how the meal size is distributed throughout the day. The survey found that just 60% of male students eat twice

daily, which is a worrying trend in terms of daily nutrition. Being unable to eat properly is a serious health risk and this kind of behavior is rather common. Half of the population, a staggeringly high figure, consumes candy on a daily basis. Consuming food from a wide variety of categories is essential to building a balanced and nutritious diet. In one of the studies, they looked at the diets of college-aged men to see what kinds of foods they ate, how often they ate, and what kinds of meals they ate. The bulk of the vitamins, minerals, fiber, and sugar the body needs may be found in fruits and vegetables. These meals contribute to a healthy weight while also helping to maintain and enhance health. A similar proportion (62%) of respondents say they eat fruit often, and a similar proportion (63%) say the same about eating vegetables. The majority of respondents believed that fruits and vegetables provide the most health advantages. None of the poll's respondents identify as vegetarian. The rising popularity of low-fat, low-sugar, and minimally processed diets has resulted in a surge in interest in kitchen gadgets that simplify the preparation of healthful meals. Increased intake of fresh fruit and smoothies is one example of a healthy lifestyle choice that young people are making. About a third of the participants who filled out the study regularly consume a smoothie composed of fruit and vegetables. This sizable demographic typically consumes fruit and vegetable dishes cooked using the techniques described. Men who did not respond to the first survey were asked whether they would eat fruit and vegetables prepared in this manner provided they had access to the necessary cooking equipment. This inclination has the potential to lead to misunderstanding. To maintain healthy gums, teeth, face muscles, and the rest of your digestive system, it's important to chew your food completely. Taking your time to chew your meal is a great way to increase your satisfaction with every bite. Even if it's easier to obtain your daily dose of fruits and veggies when they're raw or pureed into a smoothie, your teeth and gums still need to be properly cared for by chewing all of your meals. Milk and other dairy products are great places to get protein, calcium, and a host of other minerals. Nearly half (44%) of respondent's report drinking milk every day, and 59% say they regularly consume other types of dairy products. Milk and other dairy products are used. It turns out that over half of all young men (44%) eat meat at least once a week, and another 30% eat it every day, according to the survey. Many people are worried about the potential side effects of preservatives, and they are speaking out. Bread plays an important role in the traditional cuisines that has been handed down through the centuries. Nutritionally, bread has been a staple for many decades and generations. The study findings showed that young men tend to limit their daily bread intake. Less than 40% of respondents seldom or never eat bread. For these people, bread is not a daily need. People who consume bread have shown a preference for loaves made with whole grains, on the grounds that they consider it to be more nutritious. There is some evidence that eating whole grain bread is associated with improved life outcomes for young adults. Evidence from bakery sales suggests that almost everyone eats this kind of food, and that nearly no one does not (about 50 percent). When trying to maintain a healthy diet, it is important to know both the types of foods that are beneficial and those that are detrimental. The method by which the preparation is accomplished also has considerable weight. Nearly six in ten male students (58.63%)

believe that fried or sugary meals are the unhealthiest options. Despite the fact that 82% of students report eating their meals at home, the vast majority of students (58.63%) still rely on takeout influenced by social media and food delivery apps. This modern technology in today's era has made it easier to avail healthy and unhealthy, both options at any time of the day. The great majority of male college students living in dormitories either lack the necessary cooking supplies, are unable to cook for themselves, or just do not want to. Sometimes it's because they're too busy or lazy to prepare their own meals, but sometimes it's because they're poor. The "Hot Showcase" section of supermarkets and fast-food restaurants provide the bulk of people's daily caloric intake. In addition to the lower prices and greater availability of seats, the convenience of these pre-prepared meals makes them quite popular. even when the food is of lower quality. The survey uncovered a pattern that should raise some red flags: sixty percent of the male students eat twice a day, with the majority of their snacking occurring in between meals consisting of sweets and carbonated beverages, and forty-five-point seven percent of those individuals consume sweets on a daily basis. This is a pattern that should be cause for concern. Even though the majority of young men get the knowledge they need from school or university (70.07%), the Internet and social media is still an extremely important source of information on healthy food for students (82.94%). The vast majority of students (74.36 percent) say that they at least partially follow the principles of a good diet, while only 7.15 percent of students say that they do not respect the notions of a healthy diet. According to the findings of the poll, just 23% of young men have a habit of eating meat, whereas 44% of young men take milk on a daily basis. A bit less than half of those who participated in the survey confessed that they either do not eat sausages at all or only eat them on a very seldom basis. It was determined that around forty percent of the student body is constituted of males who either eat bread or do not consume it at all. Those individuals are classified as "bread eaters" or "bread non-consumers." Products sold in bakeries were recommended for consumption by roughly the same number of individuals who did not purchase or consume these products themselves. A fresh juice or smoothie containing fruit and vegetables is consumed on a daily basis by approximately one-third of those who took part in the survey, and approximately the same number of individuals do so on a weekly basis. A comparable amount of students report that they do not possess the essential tools for their preparation and, as a direct result, do not consume. According to the views of the Male students (about 60% of the time), the sorts of foods that are the unhealthiest overall are meals that are high in sugar and foods that are fried in oil. The respondents are of the opinion that the sorts of foods that are most beneficial to one's health are fruits and vegetables, and about sixty percent of them consume these types of meals on a daily basis. Even though they often have their meals brought to them, 82% of the students choose to have their meals in the comfort of their own homes.

Conclusions

The findings of the study indicate that students have an understanding of the fundamental concepts that are the basis for a healthy diet; however, the study also indicates that a significant portion of students do not adhere to these notions. This suggests that students' understanding of the fundamental

concepts that are the basis for a healthy diet is limited. The internet is also an important resource in this regard, and it is fortunate that schools and/or universities are the primary locations where one can receive the necessary knowledge. This is something that should be recognized and celebrated in some fashion. Even though the vast majority of students do not follow all of the recommendations for good nutrition, the extensive preponderance of students do have a correct dietary pattern and have a critical attitude toward their own eating routine. This is because most students are aware of the importance of good nutrition. Despite the fact that the overwhelming majority of students do not adhere to all of the recommendations for healthy nutrition, this is still the case. It is a very important step in the process of protecting and strengthening personal and public health, particularly in children and young people. As they need to go through the process of developing and practically implementing international and national strategies and programs for healthy lifestyles, including healthy nutrition. In the process of enhancing the personal and public health of children and young people, this is one of the most significant steps that can be taken. In light of the fact that this is of the utmost significance with regard to the wellbeing of young people and children, it is imperative that you do not forget about it. Young people who will need to build their own health and employment capacity in the future should be the primary focus of attention. This attention should be directed toward young people as a whole. The younger generation should be given the most attention at this point. This is something that should apply to younger adults in particular. This is something that should apply to younger adults. When a person is still a toddler, they should start cultivating reasonable eating habits and a healthy lifestyle, and they should continue to do so throughout the entirety of that person's life. These habits should not be abandoned at any point. This is of utmost significance during the preschool and kindergarten years. Social media plays a salient role in the dietary choices of young individuals, particularly males. Young individuals are consistently influenced by the advanced technology which aids in easy availability of healthy and unhealthy foods. Social media is a major platform affecting overall dietary choices in young adults. It is easier for individuals to avail cheap, less time consuming and easily accessible healthy and unhealthy foods. Social media and advanced services have made this feasible.

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Declarations of Interest

We wish to confirm that there are no known conflicts of interest associated with this publication.

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