

Eating behaviours among postgraduate students

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1. Introduction

Maintaining healthy eating habits is crucial to our overall well-being. The term "eating behaviour" encompasses the various habits we adopt when it comes to selecting, planning, and consuming food (Kabir, Miah, and Islam, 2018). Poor eating habits, such as skipping meals, consuming foods lacking in nutrients, or eating at irregular intervals, can lead to a range of medical conditions and nutritional deficiencies over time (Paoli et al., 2019). It is, therefore, essential to pay attention to our eating behaviour and make necessary changes to ensure we maintain a healthy lifestyle (National Institute of Diabetes and Digestive and Kidney Diseases, 2018). In the opinion of Reuter, Forster, and Brister (2020), having healthy eating habits can improve academic performance.

This study aims to improve the healthy eating habits of postgraduates by conducting a focused group discussion. Its objective is to identify the reasons for unhealthy eating habits among students and promote healthy eating options. The report will analyse the research background, methodology, and study participants. It will also describe how data is collected and presented in the research discussion. Ethical considerations will be considered before presenting the research results and discussion. The study will collect primary qualitative data through focused group discussions with postgraduate students. Its findings will help students and educational institutions explore healthier eating options.

2. Rationale: Background to the study

University is a critical period for students' eating habits, and it can lead to adverse changes (Deshpande, Basil, and Basil, 2009). Using focus group discussions, the goal of this research is to investigate what factors have an impact on postgraduate university students' eating behaviours in addition to gather ideas and suggestions to help in the development of effective and well-supported intervention programmes aimed at increasing and improving university students' eating habits should be healthy. A healthy diet and the intake of high-quality foods, on the other hand, are beneficial in the maintenance of both mental and physical health. Eating nutritious food is often seen as an important aspect of the daily lives of university students.

Papadiki et al., (2007); Sprake et al., (2018); and Nelson et al., (2009) argues that individuals that transition into to university life, find that this transition can significantly impact their eating patterns and lifestyle behaviours. The research indicates that a variety Factors influencing dietary choices include autonomy, cost, social exposure, cooking skills, nutritional understanding, and test stress. Furthermore, Hafiz et al. (2023) stated that students from different nations and areas studying at UK universities will undoubtedly encounter significant contrasts, such as the availability and cost of local cuisines, lifestyle, environment, and culture. Pearcey & Zhan, (2018); Navarro-Prado et al., (2017) proclaims that regardless of country of

study culture/religion, or year of study, studies show that university students engage in dietary behaviours that are unlikely to be good in terms of their short or long-term health (Sprake et al., 2018). Chen Yun, Ahmad, and Soo Quee, (2018) also highlight that many students in university have unhealthy eating behaviours.

The diet of a university student is often low in nutrients and healthier choices like vegetables, fruits, and dairy products, but high in sugar, fat, salt, and alcohol, which are considered less healthy this has been highlighted by Deliens et al., (2019); Hilger et al., (2017); Zellner et al., (2006) and Kelly et al., (2013) they also state that high energy intake, snacks, and alcohol consumption increase the risk of noncommunicable diseases.

Personal attributes, cultural standards, university culture, and surroundings are all elements that influence university students' food intake, according to research on their eating habits. These factors influence their eating patterns and food intake, which in turn influences their comprehension and perception of food. Previous research on eating patterns among university students has found that a range of factors influence how students eat and food consumption.

- Personal characteristics (for example, cooking competencies, food preferences, cultural restrictions on food, and understanding and perceptions)
- Factors of society (impact of peers and societal norms)
- Factors related to the university (campus culture and examination frequency)
- Variables related to the environment (availability to cooking resources and facilities, food pricing, and financial restrictions)

Have all been identified to be significant elements that influence students' eating habits and food consumption (Kabir, Miah, and Islam, 2018; Sprake et al., 2018).

Sogari et al. (2018) research shows that students with healthy eating habits perform better academically if the students consume a healthy balanced diet and lifestyle is an essential component of being a university student.

1 Question:

What are the fundamental factors that influence the unhealthy eating behaviours among postgraduate students in public universities?

The goal of this study is to investigate the barriers and factors that lead to unhealthy eating habits and to promote healthy eating among postgraduate students through focus groups that encourage open discussion among just a few students.

2.1 Aims:

- Increase healthy eating habits in university students?
- Identify specific factors that influence eating habits?
- Find out the barrier's students face that influence eating behaviours

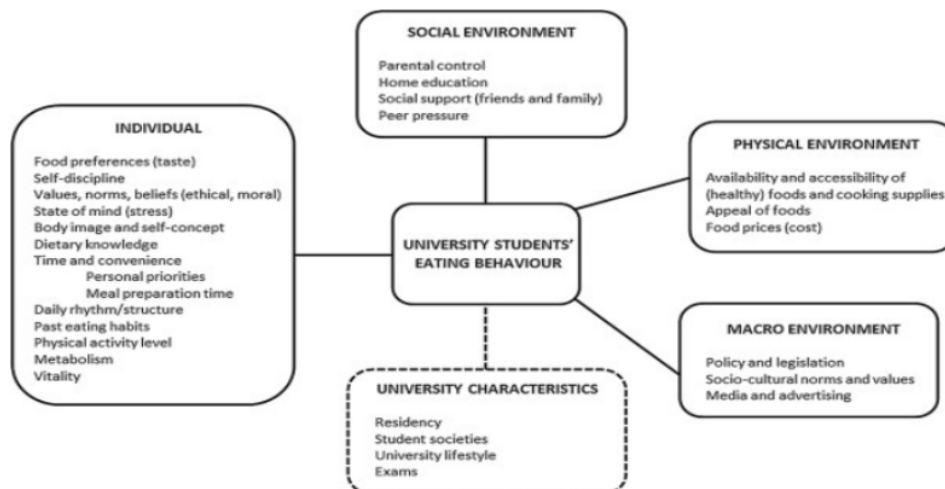
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The objective of this research is to investigate the factors that lead postgraduate students to choose unhealthy foods over healthy ones.

2.2 Hypothesis:

Majority of students engage in an unhealthy lifestyle, whilst a university. Based on the literature and anecdotal evidence, it is reasonable to speculate that many university students may engage in unhealthy lifestyles while studying because of academic pressures, stress, anxiety, social dynamics, and lifestyle changes. Poor dietary habits, irregular sleep patterns, and limited physical activity, all lead to these behaviours. Furthermore, the first time away from home can make it challenging to maintain a healthy lifestyle without the support of family and friends. These variables may lead to a decline in university students' physical and mental health. However, extensive research is required to investigate this idea to validate this hypothesis.

The figure below offers evidence and an expansion of all the variables that the writer believes will be included in the hypothesis.



Factors influencing eating behaviours of university students.

(Deliens et al., 2014)

3. Research Methodology

According to Sutton and Austin (2015), researchers can gain access to research respondents' feelings and thoughts through qualitative research, allowing them to create an understanding of the importance that people have on their experiences. Furthermore, in-depth information can be acquired through concentrated group discussions to highlight themes and patterns among university students, giving researchers insight into the resources needed to help students. Conducting qualitative research with open-ended questions can help identify factors contributing to unhealthy eating behaviours among postgraduate students at public universities. This approach allows for in-depth analysis of students' experiences, perspectives, and observations, enabling a more comprehensive understanding of the reasons behind unhealthy eating behaviours.

3.1 Research Method

A qualitative study aimed to encourage postgraduate students to adopt healthier eating habits using focus groups as the most effective method. This approach allowed participants to interact, share ideas, and generate data for thorough analysis. Focus group interviews provided insights into cultural attitudes and behaviours surrounding unhealthy eating patterns, allowing for participant observation, formal unstructured interviewing, and recording (Tausch and Menold, 2016). The focus group methodology was chosen because it was best suited to explore the context of unhealthy eating patterns and to gain insights from a group of participants.

3.2 Research design

The focus group is an unparalleled research method that allows for gathering valuable information alongside observing participants' emotions. It is sure to provide insightful results. The approach starts with establishing the study's main goal and key research objectives (QuestionPro, 2018). Based on the study objectives, a set of questions were created to guide each focus group discussion session. There were open-ended and direct unambiguous clear questions for the class focus group that had been expertly crafted for the topic. Ethical considerations were needed and confidentiality of the individuals taking part in the study, the students made informed consent to take part.

3.3 Recruitment

The participants were recruited at the university during an afternoon lecture on July 12th, eligible participants had to be postgraduate students of any age and ethnicity. Convenience and random sampling were both used in the recruiting since the students were conveniently available during the lecture and were also chosen at random to participate in the focus group.

The recruitment strategy could have been more effectively applied. A higher number of students may have participated if the students were drawn from several cohorts of postgraduate students and other public universities rather than just one and incentives could have been applied as a reward for the participants.

3.4 Sampling and Study Participants

Random, purposive and convenience sampling were used to find subjects for the study. Purposive sampling is a method of random sampling that study specific groups while drawing from a larger population, with the most effective application in small sample sizes and homogeneous populations (Collaborators, 2022). The convenience sampling technique, is low-cost, can be used when the researcher only has access to a limited number of participants, is efficient because it is based on the participant's availability, and simple to use (Dudovskiy, 2012). The sampling technique was created to ensure that the participants reflected the popularity of the goal. The study can benefit from both sampling strategies because the question being studied is directed at a specific group of people, postgraduate students at a public university, and the researcher does not have access to a comprehensive list of the population. This strategy can help to boost the representativeness of the sample while also making participant selection easier. The focus group consisted of four female postgraduate students, one of whom became the moderator, that were chosen at chance within the lecture that took place on the 12th of July 2023 in the afternoon lecture. This provided a selection of individuals who could provide meaningful information on the research subject. The students all gave informed consent to take part in the focus group interview and understood that that the results were going to be used in a study. More students were to participate but due to absences of the students the group was exceedingly small.

4. Material/s Data collection Method

The materials used was participant observation, formal and unstructured interviewing and recording were used to collect data for the study. The semi structured guide was also used to facilitate the focus group session.

The focused group took place in a classroom at the university, with four chairs and a table for the students and moderator to sit comfortably. Obtained consent from the participants, Using the following resources were use, a mobile phone device was utilised to capture the audio, done so by the by the moderator as well as a pen and a book to take down any notes, observations, non- verbal cues, and tone of the participants during the interview.

Video recording would have been an additional option that might have aided in transcribing and observing the body language of the members while answering and questioning throughout the group discussion.

The open structured question guide was applied in the study to choose the important questions for the research problem. The guide was designed to be flexible enough to allow for open discussion and side questions, which can help gather more comprehensive information from the students. The questions were prewritten ³⁴for the purpose of the focus group and study. The students ³⁴that took part in the discussion gave informed consent and changed their names and location for the purpose of the interview.

The audio was then required to be transcribed, which takes time because you had to listen to the recording several times before transcribing out the conversation. The audio was played five times. This method of not employing transcriptive software may not capture all the subtleties of the debate due to misinterpretation and the barriers posed by the participants' accents and the quality of the audio.

Following the transcription of the data, coding was required, which was done based on the ⁵³research questions, replies, and themes that arose from the data. The coding was carried out manually.

5. Data analysis technique

After the focus group interview, the audio needed to be processed, which entailed ¹⁷marking and coding the transcription to discover ³⁵the correlations between categories (concepts, themes, and ideas) and subjects. The data was collected using thematic analysis which is a technique for identifying patterns and themes in qualitative data. It involves identifying recurrent patterns of meaning across a dataset of transcripts. These patterns are grouped together ⁵⁵to form overarching themes that help to explain the research question (Braun and Clarke, 2012).

6. Ethical considerations

The ethical considerations for focus group discussions involve acquiring informed consent from participants, ensuring participants' confidentiality and anonymity, avoiding pressure or coercion to participate, giving an opportunity for those participating to withdraw from the study, and ensuring participants' safety and well-being. Furthermore, researchers must guarantee that the focus group discussion is handled in a respectful and non-judgmental manner, during the discussion the participants were given the choice to withdraw or not answer any questions they felt uncomfortable with. and that no participants are injured or put in danger in any way.

The student gave consent and changed their names and location for the purpose of the focus group and research. The research that took place had not done any harm to the participants.

7. Results

The line-by-line encoding of the transcript was evaluated, and the written content was sorted. The script's questions were used as introductory categories in the first stage, and the principal categories formed after a comprehensive and systematic reading of the transcript. The researcher used an inductive coding strategy to find relevant messages to categorise into core themes and sub-themes.

From the results the findings uncovered a list of factors that influence unhealthy eating behaviours amongst postgraduate students.

EXTRACT OF RESPONSES	CODING	THEMES
Eating choices, and activity levels are all poor.	Poor eating choices	UNHEALTHY
Stress eating is one of my weaknesses	Stress eating	STRESS
I don't have time to cook a nutritious meal	Don't have time	TIME

The overall findings of the focus group revealed that students eat an unhealthy diet owing to a variety of variables such as the time required to prepare a nutritious meal, finances, amenities, the hectic pace of university life and stress.

8. Discussion

The study's purpose was to investigate the barriers and factors that influence postgraduate students' unhealthy eating habits in public universities.

Furthermore, we obtained ideas and recommendations to help improve and facilitate the development of effective and targeted interventions aimed at improving the healthy eating habits of university students.

This study identified that all the participants in the focus group reported that they all ate unhealthily, especially since starting university. The limits of academic life have made life stressful at times, which has led to poor eating habits.

In the terms of unhealthy eating behaviours, the students stated that whilst at university the amenities surrounding the Birmingham, University of Wales Trinity Saint David campus are poor to have the option to buy healthy food or are extremely expensive, even the vending

machines does not have healthy options. So, unless you have the time to prepare a meal to take to university then the only availability, accessibility and affordable option is to consume an unhealthy diet.

Students also stated that stress ¹⁰ was a factor in their unhealthy eating habits. They discovered ¹⁰ that they were unable to keep or have a stable weight throughout university. Every student has gained weight, and it has been difficult to make healthy meals, especially when studying. With assignment deadlines to meet, time management has been a huge concern, as has balancing work and personal life.

The study found ²⁴ comparable results that were consistent with earlier investigations made by ⁸ Wongprawmas et al., (2022); Hilger-Kolb and Diehl, (2019); Sogari et al., (2018); Ashton et al. (2015); Hilger, Loerbroks and Diehl (2017); Deliens et al. (2014) stating that the personal barriers to eating well include time constraints, financial resources, and a predilection for unhealthy meals. Objective restrictions include commercial and financial difficulties, as well as societal pressures such as food education and culture.

Time restrictions have been recognised as ³¹ a barrier to healthy eating in numerous research (Sogari et al., 2018 and Ashton et al. (2015). Participants reported that their hectic schedules prevented them from properly preparing or eating. Because university students place a higher value on academics and family time, they commit more time and resources to these challenges than to issues such as proper diet (Deliens et al. 2014 and Amore, Buchthal and Banna, 2019). Time constraints and an imbalanced or unvarying diet are critical changes that affect all individuals.

Students recommended that the university look at healthier food promotion at affordable price such as a vending machine with healthier snacks. For the university to adopt the canteen lady that used to come into the university with a selection of fresh sandwiches, salads and healthier snacks ²⁴ that were an affordable meal that met cultural differences. As implied by earlier research ²⁴ Hilger-Kolb and Diehl, (2019); Deliens et al. (2014); Amore, Buchthal and Banna (2019); Menozzi and Mora, (2012) altering the students' dietary environment is a particularly promising technique for encouraging healthy eating. The modifications included providing health products across the campus (for example, providing healthy snacks rather than high-calorie foods in vending machines).

The present study had many limitations, the fact that we used student ³³ volunteers is the first drawback of this study. We must note that participants had an interest in this topic, which ³³ could have resulted in a bias in selection. More planning was needed, the moderator could have been clearer, as well as well-prepared and knowledgeable about the research ³⁷ aims, to properly steer the discussion. Furthermore, the moderator should have used ³⁷ more open-

ended questions and active listening approaches to enable participants to express their opinions and feelings.; her capacity to probe for additional details was limited, and she had little control. Finally, the moderator should have been more adaptable and flexible in unforeseen scenarios, such as when participants deviate from the topic or when there are opposing viewpoints.

To provide a more representative profile of student eating determinants, the sampling frame should have included a larger number of participants, having mixed-gender groups, had more cohorts of postgraduates who attend the university. The study could also have been expanded over other universities postgraduate students, this could have produced a greater variety of responses and better discussion. Furthermore, only female students took part in this focus group, which could be a source of prejudice.

Principe (2022) states that a vibrant flow of discourse amongst numerous persons is essential in focus groups. The influx of thoughts, ideas, and feedback obtained in an online or in-person session could assist researchers gain significant insights for better decision-making with the correct number of respondents. When selecting participants for focus groups, moderators always aim for the 'happy medium.' This is because having too few or too many individuals in the discussion may be damaging to data quality. However, another crucial factor to consider is the amount of people who took part in the discussion, which was only three, it is widely believed that six to eight people are adequate according to Krueger & Casey, (2000), and more than one focus group should have taken place with a range of people to be able to have a more beneficial study on the factors that contribute to unhealthy eating behaviours in postgraduate students. Many of the challenges, as described by Hennink, Kaiser, and Weber (2019), require data from multiple focus groups to be understood, with each focus group revealing additional features of a code until a fuller understanding of the issue is obtained.

Despite the limitations, the discovered relationship between academic stress, time constraints, amenities, and finances and unhealthy eating appears to be, particularly pertinent to unhealthy food consumption and has a significant impact on the chance of adverse health consequences, particularly in groups of people (like higher education students).

9. Conclusion/recommendation

This study discovered that postgraduate students have poor eating habits because of stress, time restrictions, financial constraints, and limited amenities. It implies that university variables that involve the availability of nutritious food alternatives, the cost of food retailers, culture, and examinations might all influence eating behaviours. The study supports multilevel nutritional interventions to promote healthy eating habits, such as providing healthier food alternatives in

campus canteens and vending machines. It also emphasises the significance of listening to students' perspectives and experiences while developing interventions. This can help promote good eating habits among postgraduate students, improving their health, well-being, and academic success.

More research on this subject is needed because a larger number of participants, as well as more focus groups conducted over a longer period, are required for a deeper understanding of these problems.

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11. Appendix

11.1 Transcribed Audio

Exploring the factors that influence eating behaviour among postgraduate students in a public university: a focus group discussion.

Audio-20230712-WA0012

Moderator Speaker 1: 0:01

Hello, welcome to our focus group.

So, you are all here today you have been randomly selected to take part in a focus group discussion, where we will be exploring the factors that influence eating behaviours among post amongst postgraduate students in a public university. And you have all given consent to be recorded and to be here having the discussion with us today. I will start off with an introduction. So, who you are and where you are from, and then we will start with the questions.

Hi, I'm Kira from Coventry.

Hi, I'm Laura from Birmingham.

I'm Janet from Coventry.

Moderator Speaker 1: 0:35

The first question that I'd like to know from you is can you describe a healthy person.

Kira: Speaker 2: 0:44

Healthy individual eats a well-balanced diet, and they also exercise regularly, while practising an active way of life.

Janet: Speaker 3: 0:55

Yes, a healthy individual is physically active, has a strong immune system, is disease-free, maintains a healthy weight, and has normal blood pressure.

Laura: Speaker 4: 1:09

A healthy person who does not have a medical condition is a regular person who exercises and eats healthily.

Moderator Speaker 1: 1:11

Okay, and what comes to your mind when you think of the health of a university student?

Janet: Speaker 3: 1:29

The most important thing is that university students engage in more physical exercise, as well as promote more nutritious meals for students.

Kira: Speaker 2: 1:43

Unhealthy behaviours are also affected by age; if they are young, they are more prone to indulge in drinking and social activities. Furthermore, elderly adults who have more structure are likely to be healthier. So, I believe it depends.

Moderator Speaker 1: 2:04

Anything else? When you think of the health of the university student what comes to mind?

Laura: Speaker 4: 2:09

Sleeping patterns, eating choices, and activity levels are all poor.

Janet: Speaker 3: 2:17

students they should be more concerned regarding their health.

Moderator Speaker 1: 2:24

These are the key questions: Okay. And since you became a university student has your body weight or your body composition changed?

Kira: Speaker 2: 2:30

Yes, I have ups and downs because when I am worried, I can eat unhealthily or lose my appetite. It all depends on the circumstances. I overeat to the point where I can feel stress on my shoulders.

Janet: Speaker 3: 2:48

I'm in agreement with Kira, although stress eating is one of my weaknesses. Plus, my weight fluctuates due to poor eating habits and not having enough of time to prepare meals. It must constantly be balanced. I'm also an emotional stress eater, which has been my biggest problem since starting university.

Laura: Speaker 4: 3:01

I don't have time to cook a nutritious meal, so I occasionally eat garbage since it's easier and more efficient for me, because I don't have time to get into the kitchen and prepare a healthy meal that's needed for my health.

Moderator Speaker 1: 3:16

So, you would say your body weight has changed?

Janet: Speaker 3: 3:20

Yes, change because of stress, poor eating habits, and weight increase.

Kira: Speaker 2: 3:21

Changes dramatically with weight gain and stress.

Laura: Speaker 4: 3:22

My body weight has changed because of poor eating habits, a ¹ lack of time, and stress.

Moderator Speaker 1: 3:23

Since you entered university, has your eating behaviour changed?

Janet: Speaker 3: 3:24

Yes, I eat late because I lack time management to make a good dinner.

Moderator Speaker 1: 3:25

What barriers of healthy eating behaviours can you identify?

Janet: Speaker 3: 3:26

44

Lack of time can be a barrier to healthy eating.

¹

Laura Speaker 4: 3:28

Yes, I agree with Janet that a lack of healthy food options can be a barrier.

Kira Speaker 2: 3:31

Money problems are one of the hurdles to healthy eating habits.

Moderator Speaker 1: 3:32

What enablers of healthy eating behaviours can you identify?

Janet Speaker 3: 3:34

Enabling eating habits, in my opinion, ¹ should have awareness of good eating habits and the availability of health food selections.

Kira Speaker 2: 3:38

¹ Some healthy eating facilitators should have easy access to good food selections as well as positive attitudes towards healthy eating.

Laura Speaker 4: 3:40

Other enablers of healthy eating practices, in my opinion, ¹ include social support and the ability to plan and prepare nutritious meals.

Moderator Speaker 1: 3:42

Do you have any suggestions, additions?

Kira Speaker 2: 3:32

Yes, I believe that university students should prioritise themselves more. When we have children, though, it might be stressful. So, I prioritise my household while also doing my tasks,

studying, and working. As a result, because most adults find these tasks difficult and are unable to feed their children on time, we plan to eat later, grabbing an unhealthy snack because we are too tired to prepare nutritious meals.

Janet Speaker 3: 3:35

I've found that staying on top of everything has become more difficult recently. Part of it, I believe, is due to my social life and the fact that I've been spending more time with friends. It's wonderful to have such a strong support system, but I've also realised that I've gained some weight. It is something I need to work on, but I am optimistic I'll be able to make some positive adjustments in the future.

Laura: Speaker 4: 3:40

I absolutely understand your point of view. When you're anxious or overwhelmed, it might be difficult to make good decisions. You may try bringing your own liquids to campus, such as a reusable water bottle or a thermos filled with your favourite tea. This way, you will always have a healthier option on hand and won't be tempted by sugary drinks. Remember that tiny modifications can have a large impact in the long run.

Moderator Speaker 1: 3:50

What advice can you give on how to promote healthy eating behaviours in students?

Janet Speaker 3: 3:51

By providing healthy food alternatives, we can encourage students to make healthy food choices and promote healthy eating habits.

Laura Speaker 4: 3:55

Educating students about nutrition and developing a healthy eating environment.

Kira: Speaker 2: 4:00

Agree, we can also encourage physical activity and involve students in meal planning and preparation.

Moderator Speaker 1: 4:01

What can university do to promote healthy eating habits among students?

Kira: Speaker 2: 4:02

I believe that having a supportive social atmosphere that supports healthy eating behaviour, such as planning health eating challenges or sharing healthy recipes, is beneficial.

Janet: Speaker 3: 4:10

I believe that having a supportive social environment that encourages healthy eating habits, such as organising health eating challenges or exchanging healthy recipes, is important.

1

Laura Speaker 4: 4:20

Agreed, the university should give resources and support to help students deal with other problems that can influence good eating habits, such as stress, time constraints, unhealthy eating, and financial constraints.

Moderator Speaker 1: 4: 22

What factors do you think are influencing your healthy eating habits at universities? So, what are the factors that are making you have these new habits,

Kira: Speaker 2: 4:23

University factors and eating habits. Unscheduled eating habits might be influenced by stress, boredom, or a lack of organisation in one's daily life.

Janet: Speaker 3: 4:30

Stress, a hectic schedule, and peer pressure are factors that I believe influence my eating habits.

Laura: Speaker 4: 4 :42

Janet, I understand your point of view. Fast food may appear to be the more enticing option at times, especially if it is handy or the environment around us is inviting. However, we must also consider the long-term consequences for our health and well-being. Perhaps we can strike a balance and make better choices while yet enjoying a fast-food dinner now and then.

1

Moderator Speaker 1: 4:59

Are there any social factors influence your healthy eating habit.

Janet Speaker 3: 5:09

Yes, social influences can have an impact on healthy eating habits.

Peer influence, cultural standards, and social support, for example, can all have an impact on one's food choices and eating habits.

Kira Speaker 2: 5:14

Individuals can maintain good eating habits with the help of social support from friends, family, or the community.

1

Laura Speaker 4: 5:14

Making healthy choices can undoubtedly improve our general well-being. When making dietary and lifestyle decisions, it is critical to consider all elements, including social factors. It's wonderful to see a growing push towards healthy eating habits, and I hope we can keep moving forward in this direction.

Moderator Speaker 1: 5:25

What are the environmental factors influencing your healthy eating at the university?

Janet Speaker 3: 5:30

Some environmental factors influence my healthy eating habits, such as the cost of healthy food, the availability of healthy food selections, and the ease with which I can get healthy meals.

Laura Speaker 4: 5:35

Food choices can also be influenced by the physical surroundings, such as the design of the campus cafeteria or the presence of vending machines.

Kira Speaker 2 5:25

It can be difficult to make healthy choices, especially when money is an issue. It is critical to keep our budget in mind and to educate ourselves on economical solutions. Instead of spending £12 on a single meal, we may choose a less expensive choice that still fits our nutritional needs. We can make healthier choices without breaking our pocket and cook with a little information and planning.

Moderator Speaker 1: 5:43

Please explain what enables you to make a better healthy eating choice?

Laura Speaker 4: 5:48

It is always a plus when the canteen provides healthier food options at a lesser cost. It is a win-win situation to be able to make better choices without breaking it being expensive. It is critical to take advantage of these possibilities and to make an intentional effort to choose the healthier option whenever available. We can improve our general health and well-being while maintaining within our budget by doing so.

Janet: Speaker 3: 5:56

It is critical to prioritise our health and well-being, and having access to healthy vending machines is one way to do so.

Kira Speaker 2: 6:01

On your university campus, healthier vending machine options should be provided. Furthermore, you noted that there may be limited availability to healthful food in the area.

Moderator Speaker 1: 6:35

Yeah. And do you have any other suggestions, things that could be changed.

Janet: Speaker 3: 6:39

1 There is already far too much negative marketing of unhealthy eating on university campuses. Better planning or preparation, such as a meal plan, is required to increase the availability of healthy food selections.

Kira Speaker 2: 7:14

Opening a canteen with healthy food selections would be an excellent way to promote healthy eating habits on campus. 1 I absolutely understand where students are coming from and believe that it is critical to have diverse food options that cater to different cultures. It's always nice to have options

Moderator Speaker 1: 7:34

Okay, and can you give us some advice on how to promote healthy eating behaviours? So, you mentioned a couple of things.

Janet: Speaker 3: 7:41

Healthy eating habits are being promoted on university campuses. It's a terrific idea to give seminars that teach people about what to eat and how to prepare meals for the day. This might be an excellent method to encourage children to make healthier choices and maintain energy levels throughout the day. 1

Kira: Speaker 2: 8:01

While having healthy food alternatives is vital, it is also beneficial to provide knowledge and resources on how to make healthy choices and cook meals. This can enable people to make informed nutrition selections, which can lead to long-term healthy behaviours. 1

Giving out vouchers for nutritious meals is an excellent approach to encourage people to make healthier choices. Furthermore, providing education and resources on healthy food options might help to support these initiatives.

1
Moderator Speaker 1: 8:16

And would you say there is any individual factors so for you personally, that affects your healthy eating habits at university?

Kira Speaker 2: 8:27

1 I personally think, we've covered that.

Moderator Speaker 1: 8:35

And are there any social factors then that influence your healthy eating habits?

I think we need to have different preference.

Janet Speaker 3: 8:44

When promoting healthy eating habits on campus, it is critical to address the social and cultural components. Offering a variety of healthy meal options, in addition to vending machines, can assist people in making healthier decisions. Using extra room for healthy food options is a terrific way to encourage healthy eating habits.

Moderator Speaker 1: 8:59

Okay, and are there any environmental factors.

Moderator Speaker 1: 9:04

influencing your healthy eating habits at the university, the stress the environment of individuals and diverse cultures sometimes bring that down? Have you eaten stuff that you're not supposed to be?

Laura Speaker 4: 9:05

Yes

Moderator Speaker 1: 9:27

Is there anything else anybody else would like to add.

Kira Speaker 2: 9:36

It is critical to evaluate how healthy eating habits can benefit students academically when promoting them on campus. Eating healthy can boost cognitive function and help people focus and manage their time more effectively. We can encourage a culture of healthy eating on campus by providing a choice of healthy food alternatives and making extra space available for these options.

Janet Speaker 3: 10:01

A possible solution is to offer various healthy food options and allocate more space for them. By doing so, it could encourage the formation of a healthy eating habit within the campus community. This can have positive impacts on students' academic performance by improving their cognitive abilities and concentration.

Kira Speaker 2: 10:15

One of the most significant things is that you care about is our health, so you want us to complete all these assignments and everything intellectually. Being present to feed that brain will benefit it in the long term. So, we are studying right now, and there are unhealthy goodies at campus vending machines. We have Pizza Hut or KFC and nothing else that can help with our specific eating habits, especially after a long day at university. We only have brief pauses; yes, I am aware. Things may be brought into eating, but only a few have the time to do so as university students, where bad eating, stress, and time restrictions come into play.

Moderator Speaker 1: 10:16

Thanks for your answers and focus group discussion we have completed the session. We appreciate your input, and this will help us improve our product and services.

11.2 Coding

P	Comment scope	Comment text	Author	Date
1	well-balanced diet	Well-balanced diet	Chantelle Simmonds (1914402)	20 19-Jul-2023
1	strong immune system,	Strong immune system, healthy	Chantelle Simmonds (1914402)	19-Jul-2023
2	Unhealthy behaviours are also affected by	Unhealthy behaviour	Chantelle Simmonds (1914402)	19-Jul-2023
2	eating choices, and activity levels are all poor.	Eating choices poor	Chantelle Simmonds (1914402)	19-Jul-2023
2	more concerned regarding their health.	Concerned	Chantelle Simmonds (1914402)	19-Jul-2023
2	because when I am worried, I can eat unhealthily or lose my appetite	Unhealthy worried overeat stress	Chantelle Simmonds (1914402)	19-Jul-2023
2	stress eating	stress	Chantelle Simmonds (1914402)	19-Jul-2023
2	poor eating habits	Poor eating habits stress	Chantelle Simmonds (1914402))	19-Jul-2023
2	emotional	Emotional eater	Chantelle Simmonds (1914402)	19-Jul-2023
3	I don't have time to cook	Lack of time	Chantelle Simmonds (1914402)	19-Jul-2023
3	eat junk food	Unhealthy eating	Chantelle Simmonds (1914402)	19-Jul-2023
3	of stress, poor eating habits, and weight increase	Stress, poor eating habits, weight increase	Chantelle Simmonds (1914402)	19-Jul-2023
3	weight gain and stress	Weight gain stress	Chantelle Simmonds (1914402)	19-Jul-2023

3	poor eating habits, a lack of time, and stress.	Poor eating habits time stress	Chantelle Simmonds (1914402)	19-Jul-2023
3	I lack time management	time	Chantelle Simmonds (1914402)	19-Jul-2023
3	barrier to healthy eating	barriers	Chantelle Simmonds (1914402)	19-Jul-2023
3	a lack of healthy food options	Lack of healthy food	Chantelle Simmonds (1914402)	19-Jul-2023
3	Money problems	money	Chantelle Simmonds (1914402)	40 19-Jul-2023
4	Enabling eating habits, in my opinion, should have awareness of good eating habits and the availability of health food	Enable eating habits, availability awareness	Chantelle Simmonds (1914402)	19-Jul-2023
4	lections be stressful. So, I prioritise my household while also doing my tasks, studying, and working. As a result, because most adults find these tasks difficult and are unable to feed their children on time, we plan to eat later, grabbing an unhealthy snack because we are too tired	Stressful tired unhealthy time	Chantelle Simmonds (1914402)	19-Jul-2023
4	become more difficult recently. Part of it I believe, is due to my social life and the fact that I've been spending more time with friends. It's wonderful to have such a strong	Time	Chantelle Simmonds (1914402)	19-Jul-2023

support system, but
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 some weight. It's
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 to make some
 positive adjustments
 in the future

- | | | | | |
|---|--|---|------------------------------|-------------|
| 4 | you're anxious or overwhelmed, it might be difficult to make good decisions. | Stress, healthier option temptation | Chantelle Simmonds (1914402) | 19-Jul-2023 |
| 5 | make healthy food choices and promote healthy eating habits. | Healthy food choices promote | Chantelle Simmonds (1914402) | 19-Jul-2023 |
| 5 | healthy eating behaviour, | Healthy | Chantelle Simmonds (1914402) | 19-Jul-2023 |
| 5 | resources and support to help students deal with other problems that can influence good eating habits, such as stress, time constraints, unhealthy eating, and financial constraints | Influence support stress time unhealthy finance | Chantelle Simmonds (1914402) | 19-Jul-2023 |
| 6 | eating habits
Unscheduled eating
habits might be influenced by stress, boredom, or a lack of organisation in one's daily life | Eating habits stress boredom organisation | Chantelle Simmonds (1914402) | 19-Jul-2023 |
| 6 | Stress, a hectic schedule, and peer pressure are factors that I believe influence my eating habits. | Stress pressure habits | Chantelle Simmonds (1914402) | 19-Jul-2023 |

6	Fast food	Fast food	Chantelle Simmonds (1914402)	19-Jul-2023
6	, social influences	Social influences	Chantelle Simmonds (1914402)	19-Jul-2023
6	social factors	Social factors	Chantelle Simmonds (1914402)	19-Jul-2023
7	environmental factors influence my healthy eating habits, such as the cost of healthy food, the availability	Cost availability	Chantelle Simmonds (1914402)	19-Jul-2023
7	difficult to make healthy choices, especially when money is an issue	Difficult cost	Chantelle Simmonds (1914402)	19-Jul-2023
7	having access to healthy vending machines is one way to do so.	Access	Chantelle Simmonds (1914402)	19-Jul-2023
7	limited availability to healthy food in the area.	Limited availability	Chantelle Simmonds (1914402)	19-Jul-2023
8	already far too much negative marketing of unhealthy eating on university campuses.	Easily accessible unhealthy food	Chantelle Simmonds (1914402)	19-Jul-2023
8	Healthy eating habits	Eating better	Chantelle Simmonds (1914402)	19-Jul-2023
9	social and cultural components	Difference in culture	Chantelle Simmonds (1914402)	19-Jul-2023
9	. Eating healthy can boost cognitive function and help people focus and manage their time more effectively	Better choices	Chantelle Simmonds (1914402)	19-Jul-2023
10	unhealthy choices at campus vending machines. We have Pizza Hut or KFC and nothing else that	Limited Food choice	Chantelle Simmonds (1914402)	19-Jul-2023

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Eating behaviours among postgraduate students

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