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Relationship between happiness and breakfast in students of Qazvin University of Medical Sciences

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Abstract:

Background: Recently Happiness is an interesting subject among scholars and researchers. Happiness might be influenced by many factors such as family relationships, sports, high-quality foods Genetics, social and employment, happiness could promote health and as well as improve the function of immune system During the recent decades, increased happiness as prevention strategy of diseases could be executed in different societies.

Methods: A cross-sectional web based study was conducted. A questionnaire was created based on scientific literature then it assess to validity and reliability. The questionnaires included the following parts: Demographic characteristics, socio-economic questions, Happiness Oxford Questionnaire (OHQ), breakfast eating and other meals. The final questionnaire was designed in Google Drive and all students of Qazvin University were invited to participate and link address of the questionnaire was given to all of the participants. Moreover, this link was emailed to them several times. SPSS 22 software was used for statistical analyses.

Results: Out of 1086 sampled students, 541 participated in the study and filled out the web-based questionnaire (49.82% response rate). The mean and standard deviation of the participants' age was 24.14 ± 4.88 (18-46 years old age range). The mean of happiness score was 114.59 ± 18.31 (min: 44, max: 157). Happiness was significantly associated with marital status ($P=0.05$), socio - economic status ($P=0.009$), eating breakfast ($P<0.001$) and number of meals and snacks ($P=0.008$)

Conclusion: The students who always ate breakfast had the highest happiness score. So with eating breakfast and regular diet lead to health and also can be enhanced life satisfaction.

Keywords:

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