

A táplálkozáskontroll sajátosságai erdélyi középiskolásoknál

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Abstract

Adolescent eating behavior has an important role in the process of positive bio-psycho-social development, as well as in the development of a healthy adult lifestyle. The goal of our research is to consult through the variables of cognitive managing processes, family effects and transpersonal factors the eating-related consciousness which relates to eating-related behavior. Our sample consisted of 1977 9th to 12th grade students (age 16-18) from two cities of Transylvania, Romania. Data was collected using questionnaires. Results confirm specific gender and age differences in relation to eating control. It seems that eating-related consciousness is influenced (besides cognitive and control components) by family-related and transpersonal factors. Opposite to international research findings, our sample showed an antagonistic tendency of the social comparison toward eating control. The study emphasizes the strong influence which the paternal figure has on the female child's eating consciousness.

Keywords

adolescence, eating control, cognitive control factors, family factors, transpersonal factors