A Follow-up Study of the Influence of Dietary and Sleep Habits during Primary School Age on Life Satisfaction in Adolescence

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Objective:
The objective of this study is to clarify the influence of dietary and sleep habits during primary school age on life satisfaction in adolescence.

Methods:
The subjects were schoolchildren who aged 6 to 12 years old (2002) and adolescents who aged 12 to 18 years old (2008) living in suburban farm villages. Data gathered by signed self-administered questionnaires, retained and collected by household visits. Survey contents included dietary and sleep habits, and life satisfaction, etc. One hundred thirty-five subjects (62 male and 73 female) were selected for analysis, whose questionnaires had no missing data in the main items among the 199 responders in both survey years.

Results and Discussion:
During primary school age, 34.1% of the subjects responded that they “live a regular life”, 94.1% said that they “eat breakfast almost every day” and 75.6% said that they “get enough sleep”. In adolescence, 85.9% of the subjects responded that they “are happy with the present life”, 63.7% felt that they “are well just as before”, 69.8% felt that their “life is getting gradually worse” and 64.4% of them said that they “cannot sleep because of worries and concerns”. We carried out the chi-square test to examine the relations between the lifestyle during primary school age (basic, diet, sleep habits) and the items concerning satisfaction in adolescence, it was found that “life satisfaction” in adolescence was significantly high in groups who “live a regular life (p=0.020)”, and who “eat breakfast (p=0.014)” and “get enough sleep (p=0.020)” almost every day during primary school age. In addition, those who “cannot sleep because of worries and concerns” in adolescence were significantly less in the group who “eat breakfast (p=0.024)” almost every day during primary school age. We carried out the multiple logistic regression analysis with “life satisfaction” in adolescence as the dependent variable, “live a regular life”, “breakfast” and “enough sleep” during primary school age as independent variables and gender, age and health status (current) in adolescence (ill, handicapped, etc.) as moderator variables, showed that the risk of “life satisfaction” in adolescence was 10.6 times higher (2.0—55.5, p=0.005) in the group who “do not eat breakfast almost every day” and 3.7 times higher (1.2—11.1, p=0.022) in the group who “do not get enough sleep”.

Conclusions:
This study suggests that the habits of breakfast and sleep during primary school age have influence on life satisfaction in adolescence.

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