



What variables affect the practices levels on sustainable meal management at home from middle aged women ?

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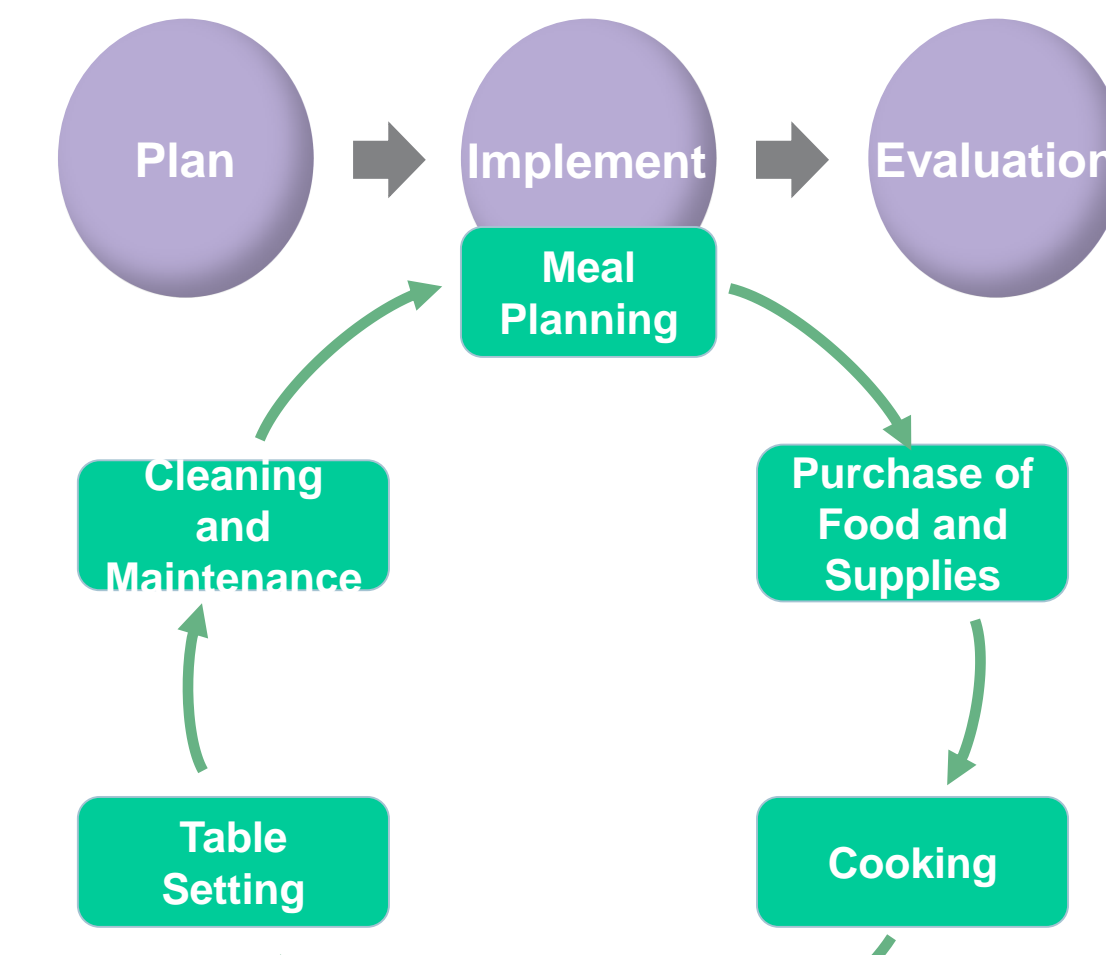
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Abstract

- For setting a strategy to promote practices of housewife on sustainable meal management at home, identifying factors to increase the levels of performance of sustainable meal management is critical.
- Interests on health, affordability and environment are important components of food consumption for sustainable diet.
- Definition of sustainable diets : defined as "diets with low environmental impacts which contribute to food and nutrition security and to healthy life for present and future generations".
- Sustainable meal practices mean that a meal planner in home plan, implement and evaluate her family's dietary life to be protective environment, culturally acceptable, economically affordable; nutritionally adequate, safe and healthy in process of purchasing, cooking, service and maintenance

Research Goals



This study aims to identify the relationship between demographic and social variables of middle-aged women and their levels of perception and performance on sustainable meal management

Methods

- Research method** : survey with questionnaire
- Respondents** : 438 housewives who live at four cities in South Korea

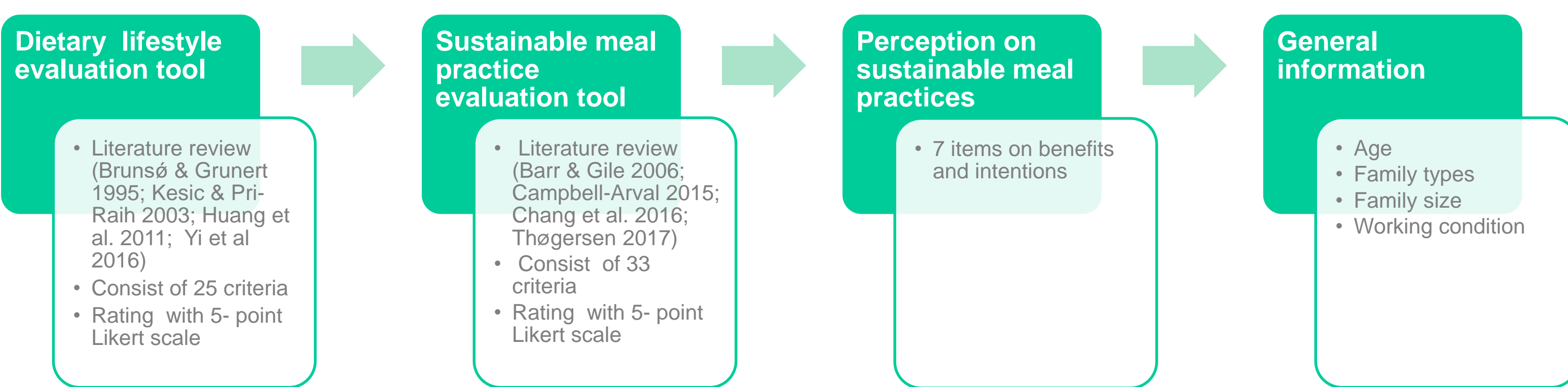


Fig 1. Methodology of the research

Statistic analysis

- Multiple regression (dependent variable - the performance level of sustainable meal management ; independent variables – perception on sustainable meal management, age, family types, and employee status of housewife (use of dummy variables)
- Cluster analysis with data on dietary lifestyle of middle-aged woman

Results

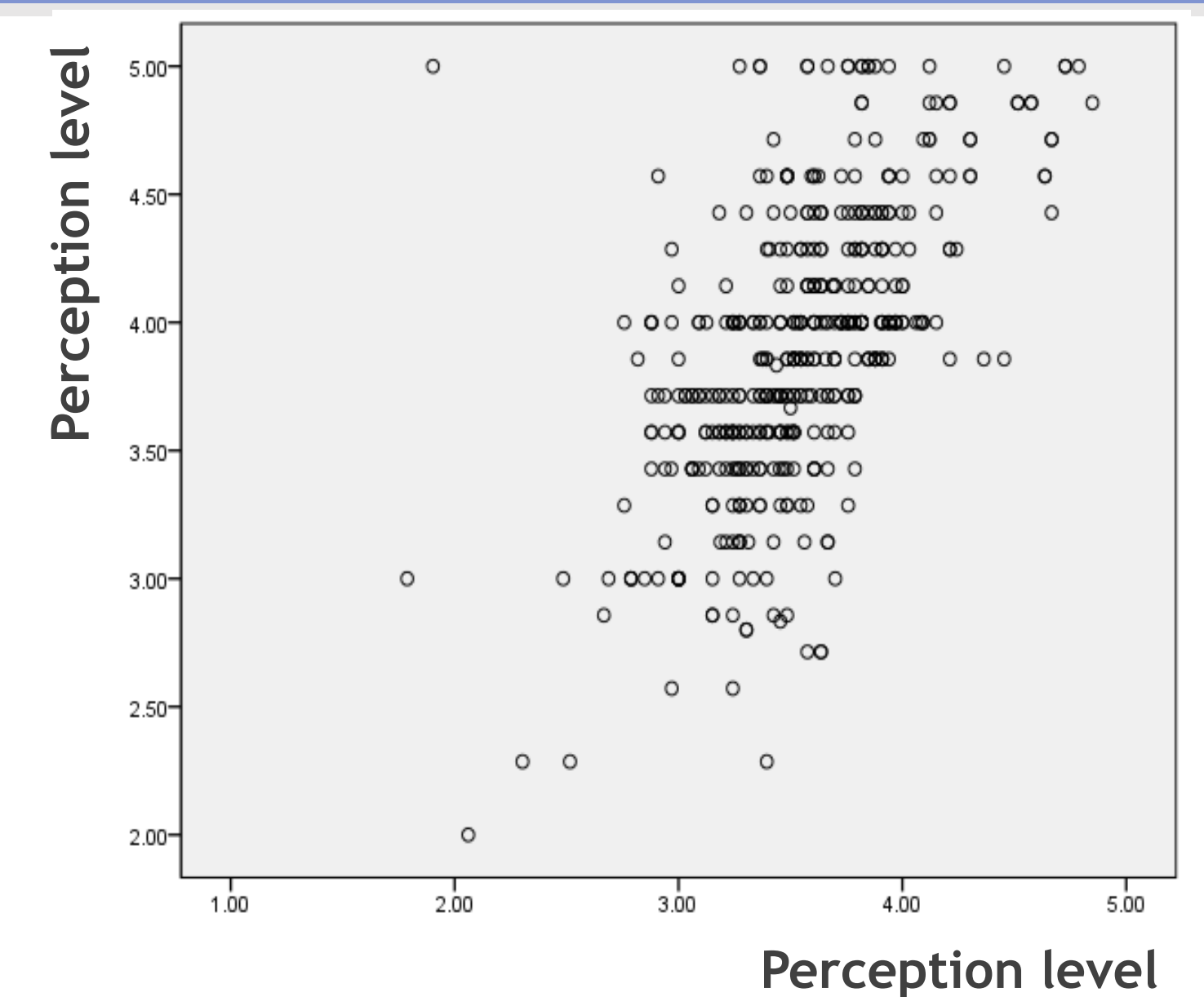


Fig 2. Relationship between perception and performance levels on the sustainable meal practices of middle-aged woman

Results

1. Dimension of sustainable meal practices and the performance level of middle-aged women

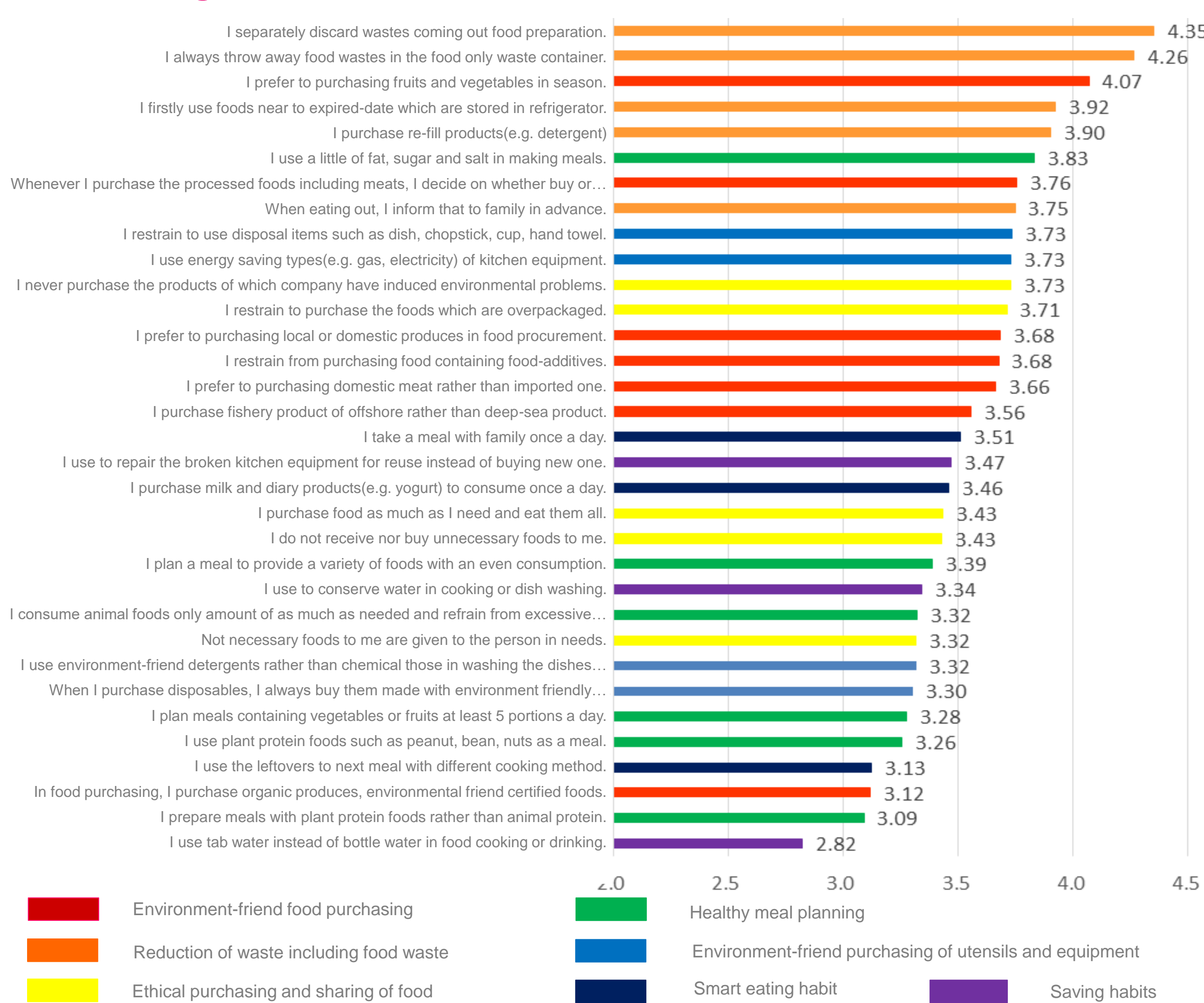


Fig 3. Dimension of sustainable practices of middle-aged woman at home and their performance

1) Principle component analysis with the rotation method of varimax; Bartlett's test of sphericity=4346.381 (p<0.001), df=528, Kaiser-Meyer-Olkin(KMO)=0.878
2) A 5-point Likert scale (1: strongly disagree to 5: strongly agree)

2. Performance level of sustainable meal practice dimension by dietary lifestyles of middle-aged woman



Fig 4. Performance level of sustainable meal practice dimension by dietary lifestyles of middle-aged woman

3. Perception on the sustainable meal practices

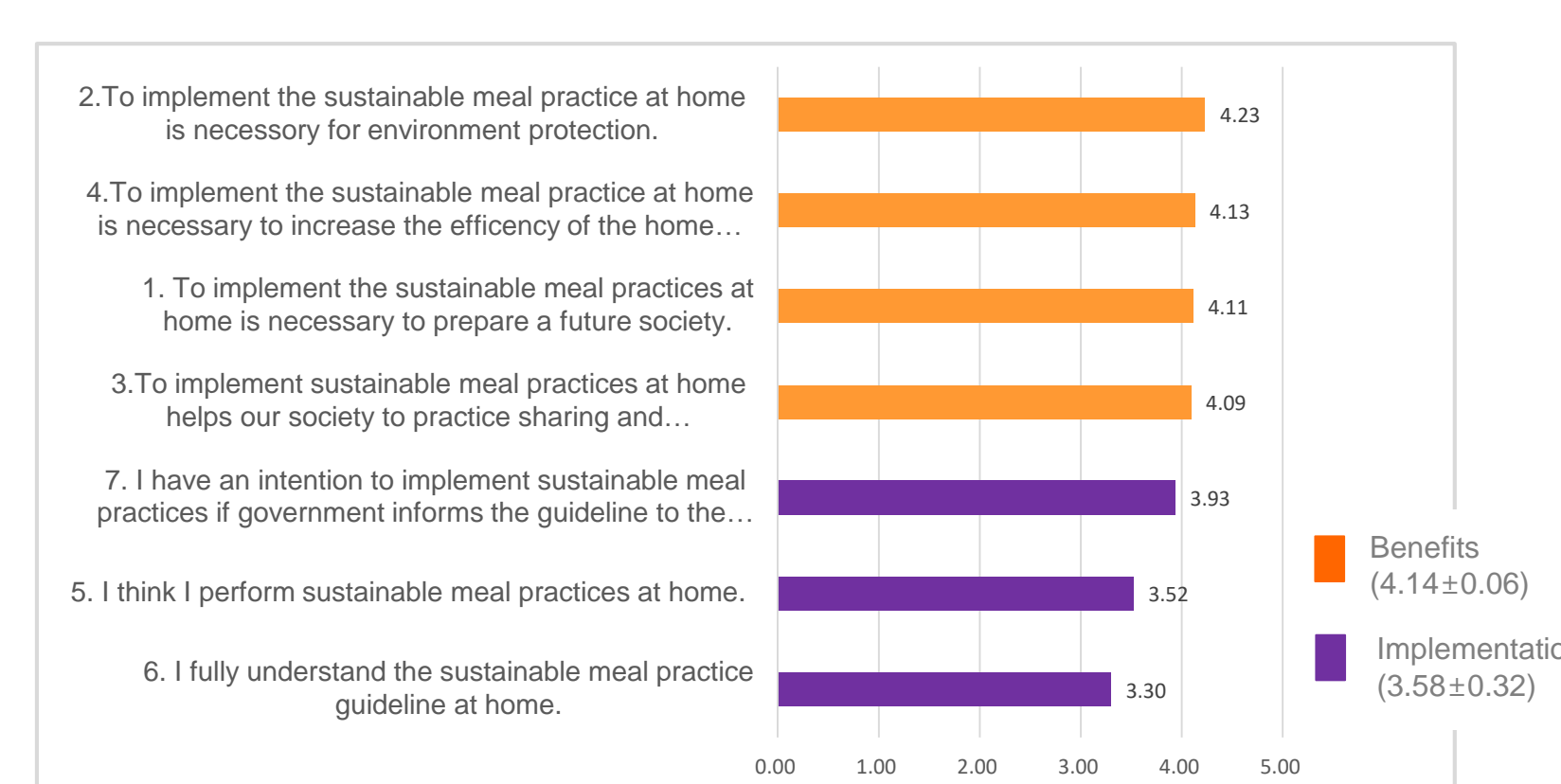


Fig 5. Perception on the sustainable meal practices

4. Variables affecting the performance of the sustainable meal practices

Table 1. Determinants of performance level on sustainable meal practices

	Standardized β	Standard error	P Value	Standardized β	Standard error	P Value
Perception	.560	13.564	.000	Full-time & 35 less	.042	.933 .351
Part-time & 35-49	-.092	-2.175	.030	Housewife & 50-69	.055	.630 .529
Full-time & to-69	-.091	-1.819	.070	Single	-.138	-.922 .357
Part-time & 35 less	-.008	-.156	.876	Couple	-.081	-.312 .755
Part-time 50-69	.037	.618	.537	Two Generation	-.147	-.516 .606
Full-time & 35-49	-.028	-.625	.532	Three Generation	.005	.035 .972
Full-time & 50-69	.012	.132	.895			

Conclusions

- Among 33 criteria of sustainable meal practices in home the highest performance criteria was "separate discarding waste" (4.36), followed by "discarding food waste into food waste container" (4.27), "purchasing seasonal fruit and vegetables" (4.07), "first use of food materials remained a few date of expiration date" (3.93). Five criteria showed the lowest performance level are as follows: "use of tap water as drinking water" (2.82), "use of plant protein instead of meat protein in meal planning" (3.08), purchasing organic produce or eco-friendly certified produce (3.13), "application of leftover with unique cooking method" (3.13), "use of plant protein including nuts as a meal" (3.24).
- With cluster analysis of dietary lifestyle of middle-aged woman, three segments are classified as "low-interest dietary life meal manager" (N=164), "health and quality pursuit meal manager" (N=113) and "convenience and eating-out pursuit active meal manager" (N=158). The cluster of "health and quality pursuit meal manager" showed the higher performance level on 5 dimension of sustainable meal practices (environment-friendly food purchasing, reduction of waste including food, ethical purchasing and sharing of food, healthy meal planning, environment-friendly purchasing of utensils and equipment, and smart eating habit) except saving practice dimension rather than "low-interest dietary life meal manager" (p<0.001).
- The perception of housewife on sustainable meal management was rated as 3.89 out of 5 points and classified two dimensions: benefit (4.13 point) and implementation (3.58 point).
- The relationship between perception and performance was found that the higher levels of perception on sustainable meal management for middle-aged women, the higher levels of performance on sustainable meal practices (β=0.582, t=-14.802, p<0.001).
- The factors influencing the performance on sustainable meal practice were revealed as perception on sustainable meal practices of middle-aged woman (β=0.56 p<0.001), meanwhile factors of part-time worker aged 35 to 49 (β=-0.092, p<0.05) and full-time worker aged 50 to 69 (β=-0.091, p<0.1) have negatively influenced the performance levels of sustainable meal practices.
- From this study, to improve the sustainable meal management at home, a strategy, especially, for housewife aged 35 to 49 as well as full-time worker aged 50 to 69 should be urgently prepared in terms of increase of the perception and performance levels on sustainable meal management.

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