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Difference between college student athletes and registered dietitian training collage students emotional intelligence and eating behavior

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要旨

(Aims) The purpose of this study is to investigate the relationship between sports and diet as a factor that improves emotional intelligence and to determine the relationship between emotional intelligence and eating behavior by comparing college student-athletes majoring in sports science and college students majoring in health and nutrition. (Methods) EQS and two other questionnaires on exercise habits and eating behavior were administered in July 2019 to 333 participants: 85 male and 83 female students in A sports science department, and 85 male and 80 female students in B health and nutrition department. (Results) There was no significant difference in the relationship between emotional intelligence and eating behavior in both majors and genders. There were significant differences in the self-response (F-value 4.807, significance probability 0.029) and eating behavior (F-value 5.276, significance probability 0.022) between the two majors, and in the situational response (F-value 3.975, significance probability 0.047) between the two genders.(Conclusion) Although the relationship between emotional intelligence and eating behavior is trivial, sports may be a factor in enhancing self-response.

Keywords: EQ, Sports , Eating behavior