

EXAMINE THE DIETARY PATTERN OF INDIVIDUALS RESIDING IN PAYING GUEST ACCOMMODATIONS OR HOSTELS

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ABSTRACT

Background:

The phase of emerging adulthood, often coinciding with college attendance, sees young adults leaving home for the first time, facing new challenges while experiencing increased independence. Research indicates that living arrangements impact dietary habits, especially for those in rented accommodations or college hostels with limited cooking facilities, leading to reliance on mess or cafeteria-style meals. This study aims to explore the dietary patterns and meal locations of individuals in such settings, aiming to understand factors influencing their food choices and promote healthier eating habits among students and working individuals living away from home.

Objective:

The primary objective of this study is to analyze the dietary preferences of individuals living in paying guest accommodations or hostels. This involves understanding what types of foods residents prefer to consume on a regular basis. The secondary objectives include identifying the specific types of food commonly consumed in these accommodations. This entails categorizing the foods typically available and preferred by residents, which could range from homemade meals to fast food options. Additionally, the research aims to examine the prevalence of homecooked meals versus outside food in the diets of individuals residing in paying guest accommodations or hostels.

Methodology:

The study was conducted as an observational study, involving individuals aged 18 to 40 years residing in paying guest accommodations or hostels in Nerul, Navi Mumbai. Participants were eligible for inclusion if they were either students or working individuals. Exclusion criteria included individuals with known diseases or disorders. Only participants who met the inclusion criteria and did not meet any of the exclusion criteria were considered for the study.

A total of 110 participants were selected using convenience sampling, ensuring representation from both student and working populations. Data collection was initiated after obtaining informed consent from each participant. Personal interviews were conducted using a structured questionnaire to collect data on demographic details and dietary patterns. The questionnaire covered various aspects, including dietary preferences, meal schedules, breakfast, lunch, and dinner choices, fruit consumption, and regular beverage preference.

Result:

The study surveyed 105 individuals in paying guest accommodations or hostels to understand their dietary habits. It found a balanced age distribution, with roughly half aged 18-25 and the other half 26-33, indicating a diverse clientele. Gender representation was also balanced, with equal numbers of males and females. Most guests were students (70.5%), with the rest employed. Non-vegetarian diets were preferred by 58.1% of respondents, while 29.5% were vegetarian, 11.4% egg vegetarian, and 1.0% Jain. Nearly half preferred self-cooked meals, and home-cooked food was favored for lunch and dinner. Around 30.5% included fruits daily, and 44.8% occasionally. Tea or coffee was the most

consumed beverage (65.7%), followed by soft drinks (20.0%) and fruit juices (13.3%). Overall, the study highlights a preference for homemade food and diverse dietary choices among individuals in such living arrangements.

Conclusion:

A study examining dietary patterns among individuals in paying guest accommodations or hostels found a diverse range of preferences, with 29.5% vegetarian, 58.1% non-vegetarian, 11.4% eggitarian, and one respondent Jain. Notably, no significant differences were found based on gender, age, or occupation. Most respondents were aged 18-25 and students, indicating a reliance on self-cooked meals. Homecooked meals were preferred for lunch and dinner, suggesting a preference for healthier options. Many included fruits in their daily diet, indicating a focus on balanced nutrition. Tea or coffee was the most consumed beverage, followed by soft drinks and fruit juices, indicating a preference for non-alcoholic options. These findings highlight the importance of home-cooked meals and personal food choices, informing efforts to promote healthy eating in similar living environments.

Keyword: - *paying guest and hostels, dietary pattern, food preference, eating habits, health and etc....*

1. INTRODUCTION

Emerging adulthood, typically spanning ages, marks a period of increasing independence and self-sufficiency. Key markers of adulthood include accepting responsibility, making independent decisions, and achieving financial independence. In developing countries, this phase is often urban-centric, coinciding with college attendance. Many young adults leave home for the first time to live independently in rented accommodations or college hostels, experiencing greater freedom but also facing new challenges. Research shows that living arrangements impact lifestyle factors such as diet with independent living often associated with changing dietary habits. Few studies have examined the effects of different living arrangements on the dietary practices and nutritional status of emerging adults, prompting the need for further research.[1] Individuals living in paying guest or hostels frequently have limited access to cooking facilities, little time, and must rely on mess or cafeteria-style and self-cooked meals investigating the meal pattern and dietary choices. Most of the student and working individuals come away from their hometowns. Usually, they have their meal in college mess or Private mess. Many colleges and working individuals show some common unhealthy eating habits like eating out and fast-food consumption etc. because they are staying out of their hometown there are alterations in their eating patterns students may make poor choices which may affect nutritional status as they begin their university studies and this may continue through the university life [2] Adolescents who eat meals outside of their homes tend to have higher energy intake and poorer diet quality.[3] If food is taken into a serious consideration paying for facilities and hostellers' message have an impact learn to edit themselves to the changing taste and emerging trends.[4] This study aims to examine the dietary patterns, preferences, and meal locations of individuals residing in such accommodations. By investigating where residents source their meals and their overall dietary patterns, this research seeks to shed light on the factors influencing their food choices. Understanding these dietary behaviors can provide valuable insights into promoting healthier eating habits among students and working individuals living away from their hometowns. Additionally, the findings of this study can serve as a valuable resource for further investigations, helping to guide and enhance future research efforts in related fields.

2. METHODOLOGY

2.1- SETTING /SITE

The study was conducted in Hostels and Paying guest accommodation in Nerul, Navi Mumbai.

2.2- STUDY DESIGN

The study conducted was a Cross-sectional Observational Study.

2.3- STUDY DURATION

The study was for 6 months.

The Ethical clearance was obtained from the Institutional Ethical Committee prior to data collection.

2.4- STUDY PARTICIPANTS

Individuals residing in paying guest accommodations and hostels

2.5- SAMPLE SIZE

105

2.6- SAMPLING PROCEDURE

Convenience sampling

2.7- SELECTION CRITERIA

INCLUSION CRITERIA EXCLUSION CRITERIA

Individuals eligible for inclusion are students or working individuals residing in paying guest accommodations hostels (18-40 years).

EXCLUSION CRITERIA

Individuals include students or employed without any known diseases or disorders.

2.8- DEVELOPMENT OF TOOLS

The following tools and materials were used to carry out the study:

1. Define Objectives

- To aim is, to understand the dietary habits of individuals living in paying guest or hostels.

Primary Objective- To analyse the dietary preferences among individuals residing in paying guest or hostels.

• Secondary Objective-

- a) Identify the specific types of food commonly consumed in paying guest accommodations or hostels.
- b) Examine the prevalence of home cooked and outside food in the diets of an individuals.

2. Literature Review

- Review existing studies and questionnaires on dietary pattern of individuals residing in hostels or paying guest accommodations.

3. Questionnaire Design:

- Create questions that are clear, concise, and age- appropriate.
- Ensure questions cover the primary and secondary objectives.
- Include demographic questions for data segmentation

4. Question Types:

- Using multiple-choice questions for patterns, preference, prevalence and ensure ease of response and consistency in data collection.
- Include open-ended options where necessary to capture a wider range of responses.

5. Questionnaire Sections:

- Demographics: To gather basic information participants.
 - Name
 - Age
 - Gender
- **Dietary Pattern--**To understand the dietary habits of individuals living in hostels or paying guest accommodations.
 - 1.What is your dietary preference? With Options – Vegetarian, Non-Vegetarian, Eggetarian, Jain, Vegan.

Dietary Preferences - To understand the preferences of an individuals

2. Where do you usually get your meal? With Options – a] Hostel/Paying Guest, b] Self-cooked, c] Outside Restaurants d] Food Delivery Services. Preferable Meal- To understand the meal preference of an individuals.

3. What is your preferred meal schedule? With Options – a] Breakfast, Mid-Morning, Lunch, Snacks, Dinner b] Breakfast, Lunch, Snacks, Dinner c] Breakfast, Lunch, Dinner d] Specify: - Preferable Breakfast - To understand the breakfast preference of an individuals

4. What do you usually prefer in breakfast? With Options - Biscuits or Cookies, Cornflakes or Muesli, Bread, Toast, Butter, Freshly Cooked Meal (Poha, Upma, Dosa, Etc.) Preferable breakfast - To understand the breakfast preference of an individuals

5. What do you usually prefer for Lunch? With Options - Home cooked meal, Outside food, Canteen/Mess Preferable Lunch - To understand the lunch preference of an individuals

6. What do you usually prefer for dinner? With Options -Home cooked meal, Outside food, Canteen/Mess, Junk food Preferable Dinner - To understand the dinner preference of an individuals

7. What do you usually prefer for snacks? With Options - Fruits or Nuts, Any Fried Food (Wadapav, Samosapav, Etc.), Chaat (Panipuri, Sevपुरi), Other Preferable Snacking - To understand the snacking preferences of an individuals.

8. How often do you include Fruits in your daily diet? With Options – Daily, Occasionally, Rarely, Never Fruits frequency - To understand the fruits consumption of an individuals.

9. What beverages do you regularly consume? With options- Tea or Coffee, Soft Drinks, Fruit Juices, Alcohol Beverages Consumption of Beverages - To understand the consumption of beverages of an individual.

6. Validation and Pilot Testing:

- Pre-test the questionnaire with an individual to ensure clarity and comprehensibility.
- Revise questions based on feedback to address any ambiguities or difficulties.

7. Finalization:

- Review and finalize the questionnaire, ensuring it aligns with the study objectives.
- Format the questionnaire for ease of administration, whether paper-based or digital.

2.9 METHOD OF DATA COLLECTION

- **Study Design:** -This research employed a cross-sectional study design to examine the dietary patterns of an individual's residing in hostels or paying guest accommodations. Participant Recruitment: -Participants were recruited from hostels and paying guest accommodations within the target demographic area using a random sampling method. Informed consent was obtained from both participants prior to their inclusion in the study.
- **Sample Size:** A total of 105 individuals aged between 18 to 40 years were included in the study sample.

- **Data Collection:** Data was collected using structured questionnaires administered to the participants. The questionnaires were designed to collect information on various aspects of dietary pattern, including dietary preference, preferred breakfast, lunch, dinner, home cooked meals or outside meals, consumption of fruits and beverages consumption.

Variables Assessed:

1. Dietary preference: Participants were asked the dietary preference, whether they are Vegetarian, Non-vegetarian, Eggetarian, Jain, Vegan.

2. Meal Preference: Participants were asked which meal they preferred Home-cooked meal [self-cooked, hostel mess, paying guest mess, mess] or Outside meal [junk foods, online delivery services]

3.Meal Options: Participants were asked which meal options they usually have in Breakfast, Lunch, Snacking and Dinner

4. Consumption of Fruits and Beverages: Participants were asked whether they include fruits in their diet, and the beverages they consume daily.

Data Analysis: Descriptive statistics were used to analyse the data, including pattern, preference and percentages for categorical variables such as dietary preference, meal preference, consumption of fruits and beverages.

5.Ethical Considerations: This study adhered to ethical guidelines for research involving human participants. Informed consent was obtained from all participants, and confidentiality and anonymity of participants' responses were maintained throughout the study

2.10 METHOD OF DATA COLLECTION RELEVANT TO THE OBJECTIVE

Objective:

- Primary objective: -To assess the frequency of snacks consumption among the adolescent
- Secondary objective: -To assess the types, and portion sizes of snacks consumed by adolescents.

Study Design:

- Cross-sectional survey using a structured questionnaire.

Target Population

- Individuals age between 18-40 years residing in paying guest accommodations or hostels

Sample Size:

- 105 individuals residing in hostels and paying guest accommodations to ensure statistical significance and representativeness.

Sampling Method:

- Stratified Random Sampling: To ensure representation across different age groups, genders, individuals (students and working persons).
- Convenience Sampling: To include participants from hostels and paying guest accommodations.

Data Collection Instrument

- A structured questionnaire designed to capture data on dietary patterns. Procedure:

1. Preparation:

- Obtain ethical approval from the institutional review board.
- Prepare consent forms for participants, detailing the study's purpose, procedures, and confidentiality measures.
- To administer the questionnaire effectively and without bias.

2. Recruitment:

- Contact hostels and paying guest accommodation to seek permission for data collection.
- Distribute consent forms to potential participants through these institutions.
- Arrange specific times and places for participants to fill out the questionnaires.

3. Data Collection Steps:

- Step 1: Provide an overview of the study and instructions on how to complete the questionnaire.
- Step 2: Distribute the questionnaire and ensure each participant has sufficient time to complete it.
- Step 3: Collect the completed questionnaires and check for completeness and legibility.

4. Data Entry and Analysis:

- Data Entry: Enter data into a secure electronic database.
- Data Cleaning: Verify and clean data for any inconsistencies or missing responses.
- Statistical Analysis: Use descriptive statistics (frequency, percentages) to summarize the data. Using SPSS method.

5. Quality Control:

- Double-check a random sample of the data against the original questionnaires to ensure accuracy.
- Address any discrepancies found during data entry.

6. Ethical Considerations:

- Ensure voluntary participation with the option to withdraw at any time.
- Maintain strict confidentiality of all participants information.
- Use collected data solely for the purposes of this study and in accordance with ethical Guidelines

2.11 DATA ANALYSIS PLANS AND METHOD

SPSS software tool was used to statistically analyse the data obtained STATISCAL CONSIDERATIONS-

- Data collections were done as per the study specific data requirements.
- Data were shared as .xlsx file format (Microsoft Excel Version 2007 or above). Alternate data formats shall be a .csv file.
- Data received were checked for completeness, errors, and discrepancies.
- Data analyses were done using windows based statistical program Stata version 13.1 (StataCorp, USA).
- The data of all patients which satisfy the inclusion and exclusion criteria were included for analysis.
- The data of all Subjects which satisfy the inclusion and exclusion criteria were included for analysis.
- The statistical analysis was reported using summary tables, listings, and figures (TLFs).

DESCRIPTION OF DEMOGRAPHICS

The summary of demographic data was presented:

- o Age n (%)
- o Gender n (%)
- o Occupation n (%)
- o Dietary preferences (%)

In general, for categorical variables, the number and percentage of subjects within each category with the category for missing data as needed) of the parameter was presented. For continuous variables, the number of subjects, mean and standard deviation (SD) values were present Individual subject data was provided in the listings. Unless otherwise noted, tabulations of categorical data were present to those categories appearing in the data.

HANDLING MISSING VALUES

Missing data was treated as missing, and no imputation was done.

DESCRIPTION OF DEMOGRAPHICS

Effect of other factors like gender, age group, occupation, dietary Preferences, different beverages consumed by individuals residing in hotels or paying guest accommodations, Types of food commonly consumed by individuals, Prevalence of home cooked and outside food in the diets of the comparison between groups were done by analysis chi square test (X²).

3. RESULT AND DISCUSSION

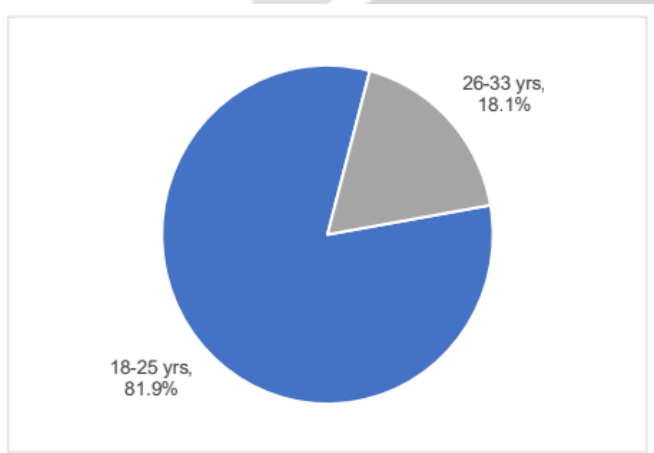
Demographics of paying guests

Table 3.1: Age group of paying guests (n=105)

	No.	%
Age (Yrs.)		
• 18-25 yrs.	52	49.5%
• 26-33 yrs.	53	50.5%
Total	105	

No. of count

Figure3.1: Age group of paying guests (n=105)



The data from Table 3.1 reveals that among the 105 paying guests surveyed, there is an almost equal distribution across two age groups. Specifically, 52 guests (49.5%) fall within the 18- 25 age bracket, while slightly more, 53 guests (50.5%), belong to the 26-33 age range. This suggests a fairly balanced representation of younger adults aged 18-33 among the paying guest.

Table3.2: Gender distribution of paying guests (n=105)

	No.	%
Gender		
• Male	52	49.5%
• Female	53	50.5%
Total	105	

No. of count

Figure3.2: Gender distribution of paying guests (n=105)

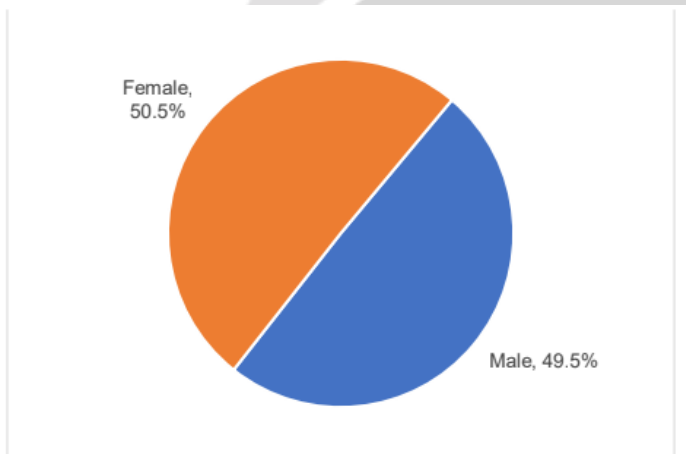


Table 3.2 illustrates the gender distribution among the 105 paying guests surveyed, revealing a nearly equal split between males and females. Specifically, 52 guests (49.5%) identify as male, while slightly more, 53 guests (50.5%), identify as female. This balanced gender representation indicates a diverse clientele among the paying guests, with both genders equally contributing to the guest population.

Table3.3: Occupation of paying guests (n=105)

	No.	%
Occupation		
• Student	74	70.5%
• Working	31	29.5%
Total	105	

No. of count

Figure3.3: Occupation of paying guests (n=105)

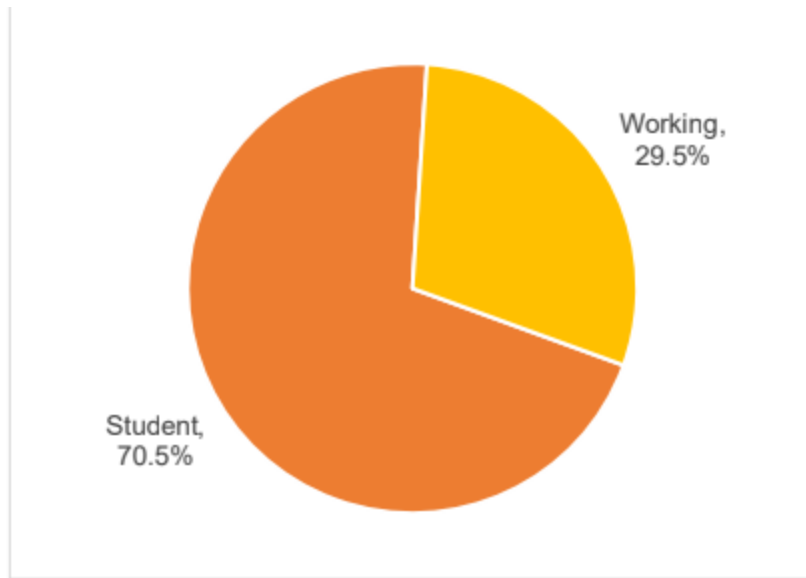


Table3.3 The majority of the paying guests and hostels, are 70.5% of students, while the remaining 29.5% are employed. This breakdown provides insights into the occupational composition of the guest population, indicating a large presence of students alongside a smaller but still notable portion of employed individuals.

Q1) What is your dietary preference?

Table3.4: Dietary preferences of paying guests (n=105)

	No.	%
• Vegetarian	31	29.5%
• Non-Vegetarian	61	58.1%
• Eggetarian	12	11.4%
• Jain	1	1.0%
• Vegan	0	0.0%
Total	105	

No.of count

Figure3.4: Dietary preferences of paying guests (n=105)

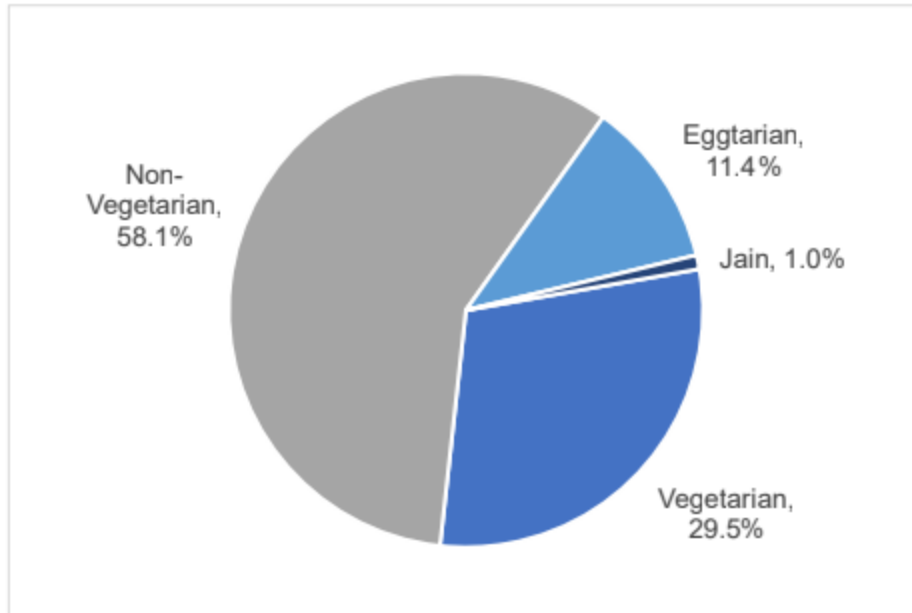


Table3.4 outlines the dietary preferences of the 105 paying guests surveyed. The majority, comprising 61 guests (58.1%), identify as non-vegetarian, indicating a preference for consuming both meat and vegetables. Meanwhile, 31 guests (29.5%) prefer a vegetarian diet, abstaining from meat but including other animal products like dairy and eggs. A smaller portion of the guests, 12 individuals (11.4%), identify as Eggetarian, indicating a diet that includes eggs but excludes meat. Interestingly, only one guest (1.0%) identifies as Jain.

Q2) Where do you get your meal?

Table3.5: Source of meal for paying guests (n=105)

	No.	%
• Self-Cooked	49	46.7%
• Hostel/Paying guest	40	38.1%
• Food delivery services	10	9.5%
• Outside restaurants	6	5.7%
Total	105	

No.of count

Figure3.5: Source of meal for paying guests (n=105)

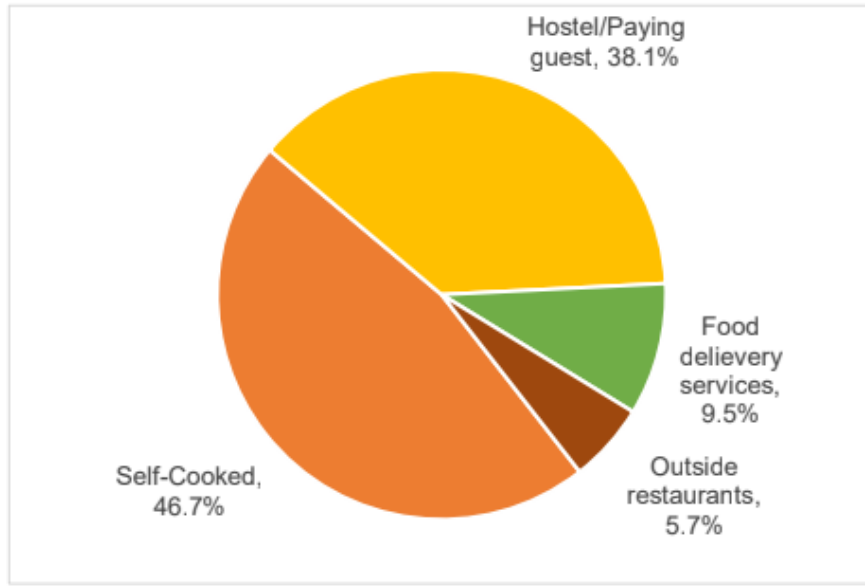


Table 3.5 presents the sources of meals for the 105 paying guests surveyed. The majority, comprising 49 guests (46.7%), opt to cook their meals themselves, indicating a preference for homemade food. Meanwhile, 40 guests (38.1%) rely on hostel or paying guest accommodations for their meals, suggesting they may have meal plans or communal dining options provided by their living arrangements. A smaller portion of the guests, 10 individuals (9.5%), utilize food delivery services, likely ordering from external vendors for convenience.

Additionally, only 6 guests (5.7%) choose to dine at outside restaurants, indicating a minority preference for eating out. This breakdown provides insights into the diverse meal sourcing habits among the surveyed paying guests.

Q3) What is your preferred meal schedule?

Table 3.6: Preferred meal schedule of paying guests (n=105)

	No.	%
• Breakfast, Mid-Morning, Lunch, Snacks, Dinner	17	16.2%
• Breakfast, Lunch, Snacks, Dinner	56	53.3%
• Breakfast, Lunch, Dinner	30	28.6%
• Breakfast, Dinner	1	1.0%
• Lunch, Snacks, Dinner	1	1.0%
Total	105	

No.: No of count

Figure 3.6: Preferred meal schedule paying guests (n=105)

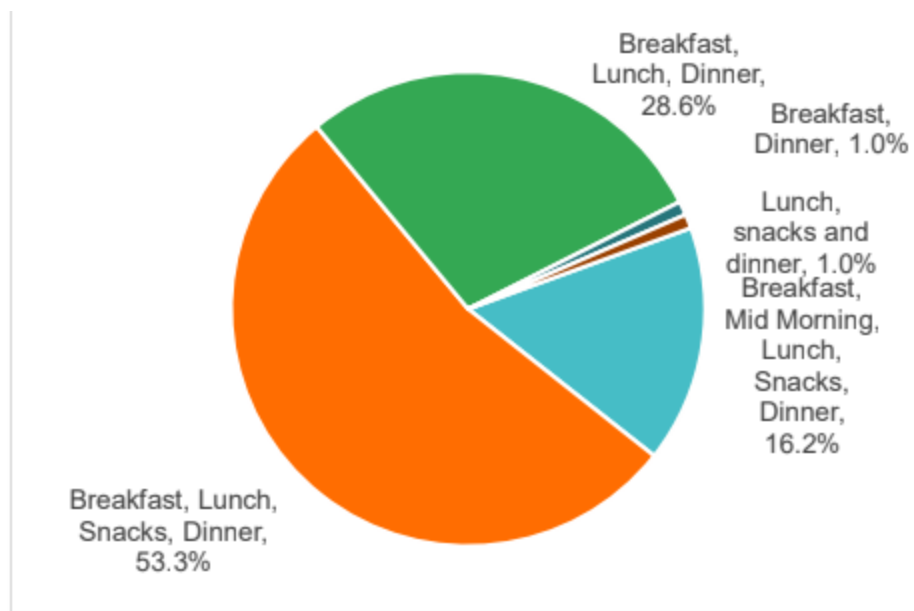


Table3.6 outlines the preferred meal schedules of the 105 paying guests surveyed.

The most common schedule, chosen by 56 guests (53.3%), includes breakfast, lunch, snacks, and dinner, indicating a preference for four meals throughout the day. Meanwhile, 30 guests (28.6%) opt for a three-meal schedule, comprising breakfast, lunch, and dinner. A smaller portion of guests, 17 individuals(16.2%), prefer a more frequent eating pattern, incorporating breakfast, mid-morning, lunch, snacks, and dinner. Interestingly, only one guest each (1.0%) chooses a schedule consisting of breakfast and dinner, and another guest opts for lunch, snacks, and dinner.

Q4. What do you usually prefer in breakfast?

Table3.7: Preference for breakfast of paying guests (n=105)

	No.	%
• Biscuits or Cookies	23	21.9%
• Cornflakes or Muesli	17	16.2%
• Bread, Toast, Butter	21	20.0%
• Freshly Cooked Meal (Poha, Upma, Dosa, etc.)	44	41.9%
Total	105	

No. of count

Figure3.7: Preference in breakfast of paying guests (n=105)

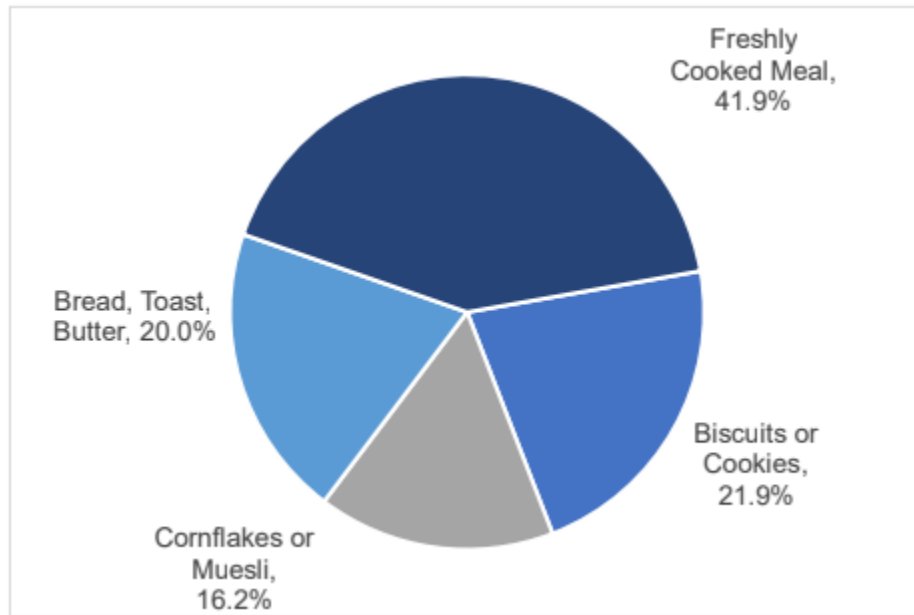


Table 3.7 illustrates the breakfast preferences among the 105 paying guests surveyed. The majority, comprising 44 guests (41.9%), opt for a freshly cooked meal such as Poha, Upma, or Dosa, indicating a preference for hot and savory breakfast options. Meanwhile, 23 guests (21.9%) prefer biscuits or cookies for their morning meal, while a similar proportion, 21 guests (20.0%), opt for bread, toast, and butter. Cornflakes or muesli are favored by 17 guests (16.2%), representing a preference for lighter and more convenient breakfast options. This breakdown highlights the varied breakfast preferences among the surveyed paying guests, ranging from traditional cooked meals to quick and easy choices.

Q5) What do you usually prefer for lunch?

Table3.8: Preference in lunch of paying guests (n=105)

	No.	%
• Home cooked meal	63	60.0%
• Outside food	10	9.5%
• Canteen/Mess	32	30.5%
Total	105	

No.of Count

Figure3.8: Preference in lunch of paying guests (n=105)

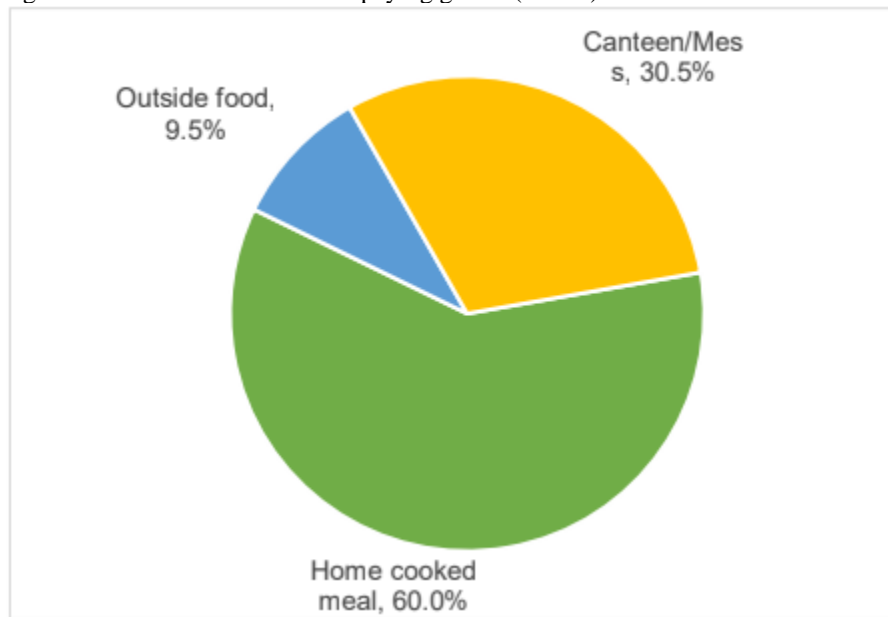


Table 3.8 outlines the lunch preferences among the 105 paying guests surveyed. The majority, comprising 63 guests (60.0%), prefer home-cooked meals for their lunch, indicating a preference for homemade and possibly healthier options. Meanwhile, 32 guests (30.5%) opt for meals provided by canteens or mess facilities, suggesting they may be residing in settings with communal dining arrangements or meal plans. A smaller portion of guests, 10 individuals (9.5%), choose to have outside food for lunch, possibly indicating a preference for variety or convenience. This breakdown highlights the diverse lunch preferences among the surveyed paying guests, with a significant emphasis on homemade meals.

Q6) What do you usually prefer for snacks?

Table3.9: Preference in snacks of paying guests (n=105)

	No.	%
• Fruits or Nuts	27	25.7%
• Any Fried Food (Wadapav, Samosa pav, etc.)	39	37.1%
• Chaat (Panipuri, Sevपुरi)	32	30.5%
• Other	7	6.7%
Total	105	

No. of count

Figure 3.9: Preference in snacks of paying guests (n=105)

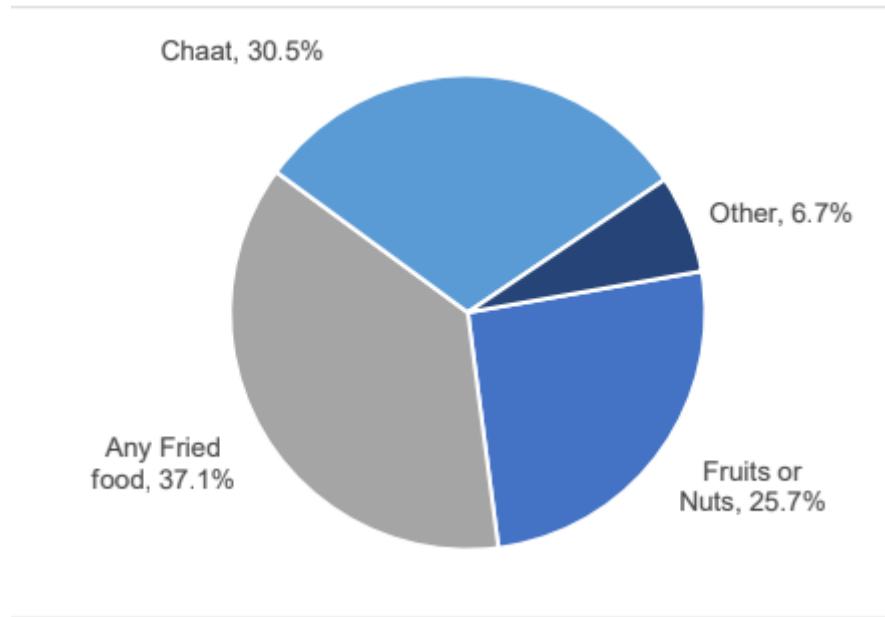


Table 3.9 illustrates the snack preferences among the 105 paying guests surveyed. The data reveals that a significant portion of guests, 39 individuals (37.1%), prefer any fried food options like Wadapav or Samosa pav, indicating a preference for Savory and indulgent snacks. Meanwhile, 32 guests (30.5%) opt for chaat options such as Panipuri or Sevपुरi, suggesting a taste for tangy and flavourful street food snacks. Additionally, 27 guests (25.7%) prefer healthier options like fruits or nuts for their snacks, possibly indicating a preference for lighter and more nutritious choices. A smaller proportion of guests, 7 individuals (6.7%), select other snack options not specified in the provided categories. This breakdown showcases the diverse snack preferences among the surveyed paying guests, ranging from indulgent to healthier choices.

Q7) What do you usually prefer for dinner?

Table3.10: Preference in dinner of paying guests (n=105)

	No.	%
• Home cooked meal	70	66.7%
• Outside food	12	11.4%
• Canteen/Mess	23	21.9%
• Junk food	0	0.0%
Total	105	

No. of count

Figure3.10: Preference in dinner of paying guests (n=105)

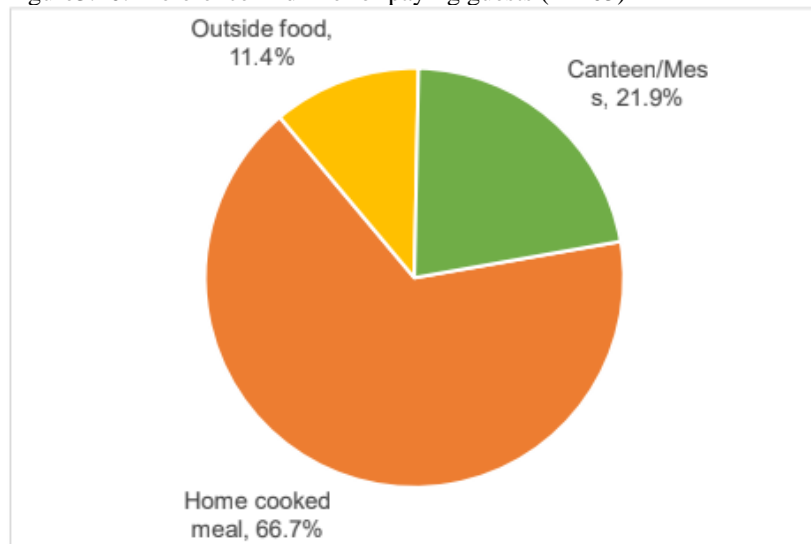


Table3.10 outlines the dinner preferences among the 105 paying guests surveyed. The majority, comprising 70 guests (66.7%), prefer home-cooked meals for dinner, indicating a preference for the comfort and nutrition of homemade food in the evening. Additionally, 23 guests (21.9%) opt for meals provided by canteens or mess facilities, suggesting a reliance on communal dining arrangement or meal plans for dinner. A smaller portion of guests, 12 individuals (11.4%), choose to have outside food for dinner, possibly indicating a preference for variety or convenience in their evening meals. Notably, no guests express a preference for junk food for dinner. This breakdown highlights the prevalent preference for homemade dinners among the surveyed paying guests, with a significant emphasis on nutrition and comfort.

Q8) How often do you include fruits in your daily diet?

3.11: Frequency of inclusion of fruits in diet of paying guests (n=105)

	No.	%
• Daily	32	30.5%
• Occasionally	47	44.8%
• Rarely	26	24.8%
• Never	0	0.0%
Total	105	

No. of count

Figure 3.11: Frequency of inclusion of fruits in diet of paying guests (n=105)

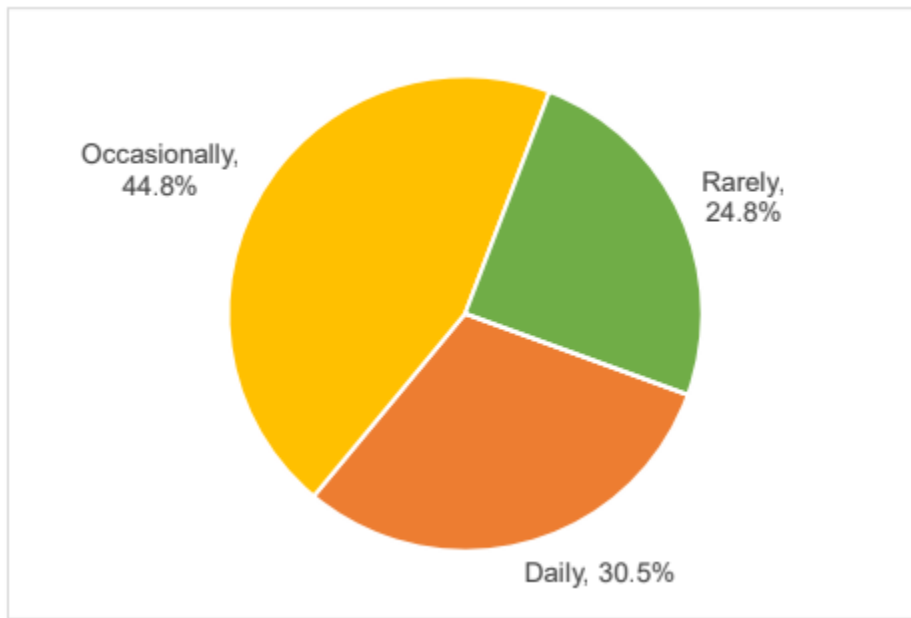


Table 3.11 provides insights into the frequency of including fruits in the diet of the 105 paying guests surveyed. The data indicates that the majority, comprising 47 guests (44.8%), include fruits in their diet occasionally, suggesting that fruits are consumed intermittently rather than on a daily basis. Additionally, 32 guests (30.5%) incorporate fruits into their diet daily, indicating a consistent and possibly health-conscious approach to nutrition. A smaller portion of guests, 26 individuals (24.8%), consume fruits rarely, indicating infrequent inclusion in their dietary habits

Q9) What beverages do you regularly consume?

Table3.12: Different beverages consumed by paying guests (n=105)

	No.	%
• Tea or Coffee	69	65.7%
• Soft Drinks	21	20.0%
• Fruit Juices	14	13.3%
• Alcohol Beverage	1	1.0%
Total	105	

No. of count

Figure3.12: Different beverages consumed by paying guests (n=105)

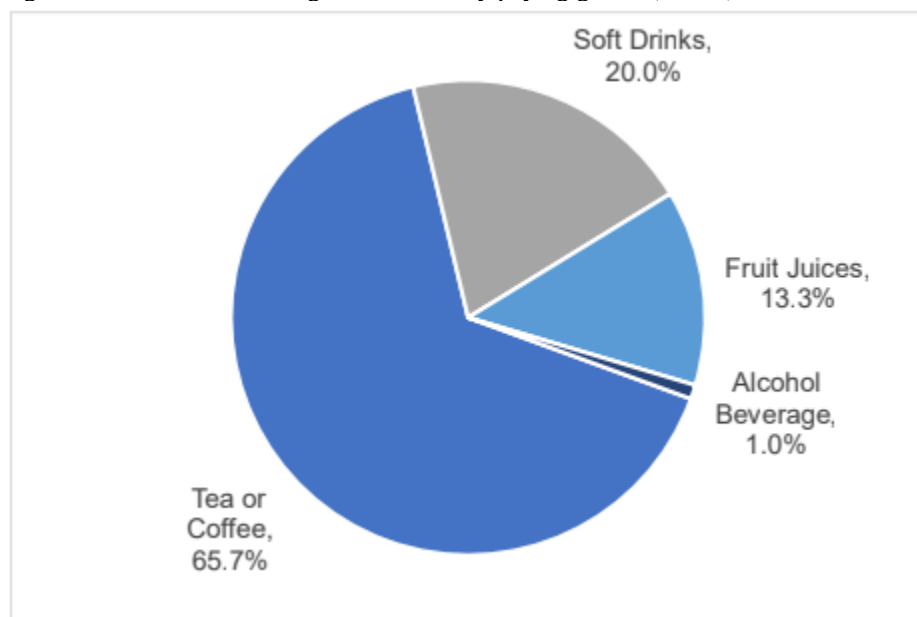


Table 3.12 provides an overview of the different beverages consumed by the 105 paying guests surveyed. The data indicates that the most popular choice among guests is tea or coffee, with 69 individuals (65.7%) opting for these caffeinated beverages. Soft drinks follow as the second most favored option, with 21 guests (20.0%) preferring carbonated beverages. Fruit juices are also consumed by a notable portion of guests, with 14 individuals (13.3%) selecting this opt. Interestingly, only one guest (1.0%) reports consuming alcoholic beverages. This breakdown reflects the varied beverage preferences among the surveyed paying guests, with a clear preference for non-alcoholic options such as tea, coffee, soft drinks, and fruit juices.

a. Primary objective

To analyse the dietary preferences among individuals residing in paying guest or hostels

Table3.13: Dietary preferences of paying guests (n=105)

	Vegetarian (n=31)		Non-Vegetarian (n=61)		Eggetarian (n=12)		Jain (n=1)		Total (n=105)		χ ² test p
	No.	%	No.	%	No.	%	No.	%	No.	%	
Gender											
• Male	16	51.6%	28	45.9%	8	66.7%	0	0.0%	52	49.5%	0.429
• Female	15	48.4%	33	54.1%	4	33.3%	1	100.0%	53	50.5%	
Age (yrs.)											
• 18-25 yrs.	27	87.1%	49	80.3%	9	75.0%	1	100.0%	86	81.9%	0.736
• 26-33 yrs.	4	12.9%	12	19.7%	3	25.0%	0	0.0%	19	18.1%	
Occupation											
• Student	23	74.2%	43	70.5%	7	58.3%	1	100.0%	74	70.5%	0.688
• Working	8	25.8%	18	29.5%	5	41.7%	0	0.0%	31	29.5%	
2. Where do you get your meal?											
• Self-Cooked	17	54.8%	28	45.9%	4	33.3%	0	0.0%	49	46.7%	0.208
• Hostel/Paying guest	13	41.9%	20	32.8%	6	50.0%	1	100.0%	40	38.1%	
• Food delivery services	1	3.2%	9	14.8%	0	0.0%	0	0.0%	10	9.5%	
• Outside restaurants	0	0.0%	4	6.6%	2	16.7%	0	0.0%	6	5.7%	
3. What is your preferred meal schedule?											
• Breakfast, Mid-Morning, Lunch, Snacks, Dinner	9	29.0%	6	9.8%	2	16.7%	0	0.0%	17	16.2%	0.526
• Breakfast, Lunch, Snacks, Dinner	12	38.7%	37	60.7%	6	50.0%	1	100.0%	56	53.3%	
• Breakfast, Lunch, Dinner	9	29.0%	17	27.9%	4	33.3%	0	0.0%	30	28.6%	

• other	1	3.2%	1	1.6%	0	0.0%	0	0.0%	2	1.9%	
4. What do you usually prefer in breakfast?											
• Biscuits or Cookies	8	25.8%	11	18.0%	4	33.3%	0	0.0%	23	21.9%	0.554
• Cornflakes or Muesli	4	12.9%	13	21.3%	0	0.0%	0	0.0%	17	16.2%	
• Bread, Toast, Butter	7	22.6%	10	16.4%	4	33.3%	0	0.0%	21	20.0%	
• Freshly Cooked Meal	12	38.7%	27	44.3%	4	33.3%	1	100.0%	44	41.9%	
5. What do you usually prefer for lunch?											
• Home cooked meal	20	64.5%	39	63.9%	4	33.3%	0	0.0%	63	60.0%	0.071
• Outside food	4	12.9%	6	9.8%	0	0.0%	0	0.0%	10	9.5%	
• Canteen/Mess	7	22.6%	16	26.2%	8	66.7%	1	100.0%	32	30.5%	
6. What do you usually prefer for snacks?											
• Fruits or Nuts	12	38.7%	12	19.7%	3	25.0%	0	0.0%	27	25.7%	0.672
• Any Fried Food	9	29.0%	24	39.3%	5	41.7%	1	100.0%	39	37.1%	
• Chaat (Panipuri, Sevपुरi)	8	25.8%	20	32.8%	4	33.3%	0	0.0%	32	30.5%	
• Other	2	6.5%	5	8.2%	0	0.0%	0	0.0%	7	6.7%	
7. What do you usually prefer for dinner?											
• Home cooked meal	25	80.6%	38	62.3%	7	58.3%	0	0.0%	70	66.7%	0.042
• Outside food	1	3.2%	11	18.0%	0	0.0%	0	0.0%	12	11.4%	
• Canteen/Mess	5	16.1%	12	19.7%	5	41.7%	1	100.0%	23	21.9%	
8. How often do you include fruits in your daily diet?											
• Daily	14	45.2%	15	24.6%	2	16.7%	1	100.0%	32	30.5%	0.189
• Occasionally	13	41.9%	28	45.9%	6	50.0%	0	0.0%	47	44.8%	
• Rarely	4	12.9%	18	29.5%	4	33.3%	0	0.0%	26	24.8%	
• Never	0	0.0%	0	0.0%	0	0.0%	0	0.0%	0	0.0%	
9. What beverages do you regularly consume?											
• Tea or Coffee	23	74.2%	38	62.3%	7	58.3%	1		69	65.7%	0.863
• Soft Drinks	3	9.7%	15	24.6%	3	25.0%	0	0.0%	21	20.0%	
• Fruit Juices	5	16.1%	7	11.5%	2	16.7%	0	0.0%	14	13.3%	
• Alcohol Beverage	0	0.0%	1	1.6%	0	0.0%	0	0.0%	1	1.0%	

No.: No of count

The analysis of dietary preferences among individuals residing in paying guest or hostels reveals several significant trends. Among the 105 respondents, 29.5% identified as vegetarian, 58.1% as non-vegetarian, 11.4% as egg-eater, and there was one Jain respondent. Gender-wise, there was no significant difference in dietary preferences ($p=0.429$). The majority of respondents (81.9%) were aged 18-25 years, with no substantial variance in dietary choices across age groups ($p=0.736$). In terms of occupation, 70.5% were students, showing consistent dietary preferences regardless of occupation ($p=0.688$). Self-cooked meals were preferred by 46.7% of respondents, while 38.1% relied on hostel or paying guest accommodations for meals. For meal schedules, 53.3% preferred breakfast, lunch, snacks, and dinner. Home-cooked meals were favored for lunch (60.0%) and dinner (66.7%). Fruits were included daily in the diet of 30.5% of respondents, while 44.8% included them occasionally. Tea or coffee was the most regularly consumed beverage (65.7%), followed by soft drinks (20.0%). Overall, the findings suggest a predominant preference for home-cooked meals and a significant reliance on tea or coffee among individuals in hostel or paying guest accommodations.

b. SECONDARY OBJECTIVE

□ Identify the specific types of food commonly consumed in paying guest accommodations or hostels.

Table 3.14: Types of food commonly consumed by paying guests (n=105)

	Biscuits or Cookies (n=23)		Cornflakes or Muesli (n=17)		Bread, Toast, Butter (n=21)		Freshly Cooked Meal (n=44)		Total (n=105)		χ^2 test
	No.	%	No.	%	No.	%	No.	%	No.	%	p
Gender											
• Male	15	65.2%	6	35.3%	10	47.6%	21	47.7%	52	49.5%	0.292
• Female	8	34.8%	11	64.7%	11	52.4%	23	52.3%	53	50.5%	
Age (yrs.)											
• 18-25 yrs.	20	87.0%	15	88.2%	17	81.0%	34	77.3%	86	81.9%	0.681
• 26-33 yrs.	3	13.0%	2	11.8%	4	19.0%	10	22.7%	19	18.1%	
Occupation											
• Student	16	69.6%	13	76.5%	16	76.2%	29	65.9%	74	70.5%	0.784
• Working	7	30.4%	4	23.5%	5	23.8%	15	34.1%	31	29.5%	
1. What is your dietary preference?											
• Vegetarian	8	34.8%	4	23.5%	7	33.3%	12	27.3%	31	29.5%	0.554
• Non-Vegetarian	11	47.8%	13	76.5%	10	47.6%	27	61.4%	61	58.1%	
• Eggetarian	4	17.4%	0	0.0%	4	19.0%	4	9.1%	12	11.4%	
• Jain	0	0.0%	0	0.0%	0	0.0%	1	2.3%	1	1.0%	
2. Where do you get your meal?											
• Self-Cooked	13	56.5%	11	64.7%	12	57.1%	13	29.5%	49	46.7%	0.018
• Hostel/Paying guest	9	39.1%	1	5.9%	5	23.8%	25	56.8%	40	38.1%	
• Food delivery services	0	0.0%	3	17.6%	3	14.3%	4	9.1%	10	9.5%	
• Outside restaurants	1	4.3%	2	11.8%	1	4.8%	2	4.5%	6	5.7%	
3. What is your preferred meal schedule?											
• Breakfast, Mid-Morning, Lunch, Snacks, Dinner	2	8.7%	2	11.8%	5	23.8%	8	18.2%	17	16.2%	0.845
• Breakfast, Lunch, Snacks, Dinner	13	56.5%	11	64.7%	10	47.6%	22	50.0%	56	53.3%	
• Breakfast, Lunch, Dinner	8	34.8%	4	23.5%	5	23.8%	13	29.5%	30	28.6%	
• other	0	0.0%	0	0.0%	1	4.8%	1	2.3%	2	1.9%	
5. What do you usually prefer for lunch?											
• Home cooked meal	17	73.9%	11	64.7%	10	47.6%	25	56.8%	63	60.0%	0.007
• Outside food	0	0.0%	4	23.5%	5	23.8%	1	2.3%	10	9.5%	
• Canteen/Mess	6	26.1%	2	11.8%	6	28.6%	18	40.9%	32	30.5%	
6. What do you usually prefer for snacks?											
• Fruits or Nuts	7	30.4%	4	23.5%	5	23.8%	11	25.0%	27	25.7%	0.561
• Any Fried Food	11	47.8%	3	17.6%	7	33.3%	18	40.9%	39	37.1%	
• Chaat	5	21.7%	8	47.1%	7	33.3%	12	27.3%	32	30.5%	
• Other	0	0.0%	2	11.8%	2	9.5%	3	6.8%	7	6.7%	
7. What do you usually prefer for dinner?											
• Home cooked meal	18	78.3%	15	88.2%	15	71.4%	22	50.0%	70	66.7%	0.034
• Outside food	1	4.3%	2	11.8%	3	14.3%	6	13.6%	12	11.4%	
• Canteen/Mess	4	17.4%	0	0.0%	3	14.3%	16	36.4%	23	21.9%	
8. How often do you include fruits in your daily diet?											
• Daily	6	26.1%	8	47.1%	4	19.0%	14	31.8%	32	30.5%	0.235
• Occasionally	13	56.5%	7	41.2%	8	38.1%	19	43.2%	47	44.8%	
• Rarely	4	17.4%	2	11.8%	9	42.9%	11	25.0%	26	24.8%	
• Never	0	0.0%	0	0.0%	0	0.0%	0	0.0%	0	0.0%	
9. What beverages do you regularly consume?											
• Tea or Coffee	20	87.0%	14	82.4%	12	57.1%	23	52.3%	69	65.7%	0.126
• Soft Drinks	3	13.0%	2	11.8%	6	28.6%	10	22.7%	21	20.0%	
• Fruit Juices	0	0.0%	1	5.9%	3	14.3%	10	22.7%	14	13.3%	
• Alcohol Beverage	0	0.0%	0	0.0%	0	0.0%	1	2.3%	1	1.0%	

No.: No of count

The analysis of types of food commonly consumed by individuals residing in paying guest accommodations or hostels, based on 105 respondents, reveals distinct preferences. Freshly cooked meals emerged as the most favored option, chosen by 41.9% of respondents, followed by bread, toast, and butter (20.0%), biscuits or cookies (21.9%), and cornflakes or muesli (16.2%). When considering gender, males showed a higher preference for biscuits or cookies and bread, toast, and butter, while females leaned towards cornflakes or muesli and freshly cooked meals. Lunch preferences significantly favored home-cooked meals (60.0%), while dinner preferences also leaned towards home-cooked options (66.7%). Additionally, the majority of respondents (65.7%) regularly consumed tea or coffee. The data underscores a preference for freshly prepared meals among individuals in hostel or paying guest accommodations, with variations based on gender and meal timings.

Table3.15: Types of food commonly consumed by paying guests (n=105)

• Female	9	33.3%	14	35.9%	25	78.1%	5	71.4%	53	50.5%	
Age (yrs.)											
• 18-25 yrs.	21	77.8%	30	76.9%	29	90.6%	6	85.7%	86	81.9%	0.445
• 26-33 yrs.	6	22.2%	9	23.1%	3	9.4%	1	14.3%	19	18.1%	
Occupation											
• Student	17	63.0%	27	69.2%	24	75.0%	6	85.7%	74	70.5%	0.603
• Working	10	37.0%	12	30.8%	8	25.0%	1	14.3%	31	29.5%	
1. What is your dietary preference?											
• Vegetarian	12	44.4%	9	23.1%	8	25.0%	2	28.6%	31	29.5%	0.672
• Non-Vegetarian	12	44.4%	24	61.5%	20	62.5%	5	71.4%	61	58.1%	
• Eggetarian	3	11.1%	5	12.8%	4	12.5%	0	0.0%	12	11.4%	
• Jain	0	0.0%	1	2.6%	0	0.0%	0	0.0%	1	1.0%	
2. Where do you get your meal?											
• Self-Cooked	13	48.1%	15	38.5%	18	56.3%	3	42.9%	49	46.7%	0.259
• Hostel/Paying guest	12	44.4%	15	38.5%	11	34.4%	2	28.6%	40	38.1%	
• Food delivery services	0	0.0%	5	12.8%	3	9.4%	2	28.6%	10	9.5%	
• Outside restaurants	2	7.4%	4	10.3%	0	0.0%	0	0.0%	6	5.7%	
3. What is your preferred meal schedule?											
• Breakfast, Mid-Morning, Lunch, Snacks, Dinner	4	14.8%	8	20.5%	4	12.5%	1	14.3%	17	16.2%	0.313
• Breakfast, Lunch, Snacks, Dinner	13	48.1%	20	51.3%	17	53.1%	6	85.7%	56	53.3%	
• Breakfast, Lunch, Dinner	8	29.6%	11	28.2%	11	34.4%	0	0.0%	30	28.6%	
• other	2	7.4%	0	0.0%	0	0.0%	0	0.0%	2	1.9%	
4. What do you usually prefer in breakfast?											
• Biscuits or Cookies	7	25.9%	11	28.2%	5	15.6%	0	0.0%	23	21.9%	0.561
• Cornflakes or Muesli	4	14.8%	3	7.7%	8	25.0%	2	28.6%	17	16.2%	
• Bread, Toast, Butter	5	18.5%	7	17.9%	7	21.9%	2	28.6%	21	20.0%	
• Freshly Cooked Meal	11	40.7%	18	46.2%	12	37.5%	3	42.9%	44	41.9%	
5. What do you usually prefer for lunch?											
• Home cooked meal	18	66.7%	16	41.0%	25	78.1%	4	57.1%	63	60.0%	0.053
• Outside food	1	3.7%	5	12.8%	3	9.4%	1	14.3%	10	9.5%	
• Canteen/Mess	8	29.6%	18	46.2%	4	12.5%	2	28.6%	32	30.5%	
7. What do you usually prefer for dinner?											
• Home cooked meal	21	77.8%	22	56.4%	22	68.8%	5	71.4%	70	66.7%	0.245
• Outside food	1	3.7%	5	12.8%	6	18.8%	0	0.0%	12	11.4%	
• Canteen/Mess	5	18.5%	12	30.8%	4	12.5%	2	28.6%	23	21.9%	
8. How often do you include fruits in your daily diet?											
• Daily	17	63.0%	7	17.9%	6	18.8%	2	28.6%	32	30.5%	<0.001
• Occasionally	9	33.3%	16	41.0%	19	59.4%	3	42.9%	47	44.8%	
• Rarely	1	3.7%	16	41.0%	7	21.9%	2	28.6%	26	24.8%	
• Never	0	0.0%	0	0.0%	0	0.0%	0	0.0%	0	0.0%	
9. What beverages do you regularly consume?											
• Tea or Coffee	19	70.4%	18	46.2%	26	81.3%	6	85.7%	69	65.7%	<0.001
• Soft Drinks	0	0.0%	16	41.0%	4	12.5%	1	14.3%	21	20.0%	
• Fruit Juices	8	29.6%	4	10.3%	2	6.3%	0	0.0%	14	13.3%	
• Alcohol Beverage	0	0.0%	1	2.6%	0	0.0%	0	0.0%	1	1.0%	

No.: No of count

The analysis of types of food commonly consumed by individuals in paying guest accommodations or hostels, based on 105 respondents, indicates varied preferences. Fruits or nuts were favored by 25.7% of respondents, followed by any fried food (37.1%) and chaat (30.5%). When considering gender, males showed a higher preference for fruits or nuts and any fried food, while females favored chaat. Regarding meal schedule, the majority preferred breakfast, lunch, snacks, and dinner (53.3%). Lunch and dinner preferences leaned towards home-cooked meals (60.0% and 66.7% respectively). Furthermore, the frequency of fruit consumption varied significantly, with 30.5% including fruits daily and 44.8% consuming them occasionally. Tea or coffee emerged as the most regularly consumed beverage (65.7%), followed by fruit juices (13.3%). These findings highlight diverse dietary habits among individuals in hostel or paying guest accommodations, influenced by factors such as gender, meal preferences, and beverage choices.

Examine the prevalence of home cooked and outside food in the diets of an individuals.

Table 3.16: Prevalence of home cooked and outside food in the diets (n=105)

	Home cooked meal (n=63)		Outside food (n=10)		Canteen/Mess (n=32)		Total (n=105)		χ^2 test
	No.	%	No.	%	No.	%	No.	%	p
Gender									
• Male	28	44.4%	4	40.0%	20	62.5%	52	49.5%	0.205
• Female	35	55.6%	6	60.0%	12	37.5%	53	50.5%	
Age (yrs.)									
• 18-25 yrs.	54	85.7%	8	80.0%	24	75.0%	86	81.9%	0.434
• 26-33 yrs.	9	14.3%	2	20.0%	8	25.0%	19	18.1%	
Occupation									
• Student	44	69.8%	8	80.0%	22	68.8%	74	70.5%	0.781
• Working	19	30.2%	2	20.0%	10	31.3%	31	29.5%	
1. What is your dietary preference?									
• Vegetarian	20	31.7%	4	40.0%	7	21.9%	31	29.5%	0.071
• Non-Vegetarian	39	61.9%	6	60.0%	16	50.0%	61	58.1%	
• Eggetarian	4	6.3%	0	0.0%	8	25.0%	12	11.4%	
• Jain	0	0.0%	0	0.0%	1	3.1%	1	1.0%	
2. Where do you get your meal?									
• Self-Cooked	41	65.1%	4	40.0%	4	12.5%	49	46.7%	<0.001
• Hostel/Paying guest	17	27.0%	0	0.0%	23	71.9%	40	38.1%	
• Food delivery services	3	4.8%	5	50.0%	2	6.3%	10	9.5%	
• Outside restaurants	2	3.2%	1	10.0%	3	9.4%	6	5.7%	
3. What is your preferred meal schedule?									
• Breakfast, Mid-Morning, Lunch, Snacks, Dinner	9	14.3%	2	20.0%	6	18.8%	17	16.2%	0.921
• Breakfast, Lunch, Snacks, Dinner	33	52.4%	5	50.0%	18	56.3%	56	53.3%	
• Breakfast, Lunch, Dinner	19	30.2%	3	30.0%	8	25.0%	30	28.6%	
• other	2	3.2%	0	0.0%	0	0.0%	2	1.9%	
4. What do you usually prefer in breakfast?									
• Biscuits or Cookies	17	27.0%	0	0.0%	6	18.8%	23	21.9%	0.007
• Cornflakes or Muesli	11	17.5%	4	40.0%	2	6.3%	17	16.2%	
• Bread, Toast, Butter	10	15.9%	5	50.0%	6	18.8%	21	20.0%	
• Freshly Cooked Meal	25	39.7%	1	10.0%	18	56.3%	44	41.9%	
6. What do you usually prefer for snacks?									
• Fruits or Nuts	18	28.6%	1	10.0%	8	25.0%	27	25.7%	0.053
• Any Fried Food	16	25.4%	5	50.0%	18	56.3%	39	37.1%	
• Chaat	25	39.7%	3	30.0%	4	12.5%	32	30.5%	
• Other	4	6.3%	1	10.0%	2	6.3%	7	6.7%	
7. What do you usually prefer for dinner?									
• Home cooked meal	56	88.9%	6	60.0%	8	25.0%	70	66.7%	<0.001
• Outside food	7	11.1%	4	40.0%	1	3.1%	12	11.4%	
• Canteen/Mess	0	0.0%	0	0.0%	23	71.9%	23	21.9%	
8. How often do you include fruits in your daily diet?									
• Daily	19	30.2%	2	20.0%	11	34.4%	32	30.5%	0.186
• Occasionally	33	52.4%	4	40.0%	10	31.3%	47	44.8%	
• Rarely	11	17.5%	4	40.0%	11	34.4%	26	24.8%	
• Never	0	0.0%	0	0.0%	0	0.0%	0	0.0%	
9. What beverages do you regularly consume?									
• Tea or Coffee	45	71.4%	7	70.0%	17	53.1%	69	65.7%	0.160
• Soft Drinks	8	12.7%	3	30.0%	10	31.3%	21	20.0%	
• Fruit Juices	10	15.9%	0	0.0%	4	12.5%	14	13.3%	
• Alcohol Beverage	0	0.0%	0	0.0%	1	3.1%	1	1.0%	

No.: No of count

The analysis of home-cooked and outside food prevalence among individuals in paying guest accommodations or hostels, based on 105 respondents, reveals interesting patterns. Home-cooked meals were significantly more prevalent (60.0%) compared to outside food (9.5%) and canteen/mess options (30.5%). Gender-wise, females showed a higher inclination towards home-cooked meals, while males had a slightly higher preference for canteen/mess options. Notably, self-cooked meals were predominantly sourced by respondents (46.7%), highlighting a preference for personal meal preparation. Additionally, breakfast preferences significantly varied, with freshly cooked meals being

the most favored (41.9%). Dinner preferences leaned heavily towards home-cooked meals (66.7%), indicating a preference for homemade dinners. Furthermore, fruit consumption was reported to be daily by 30.5% of respondents and occasionally by 44.8%. Tea or coffee emerged as the most regularly consumed beverage (65.7%). These findings underscore the importance of home-cooked meals and personal food choices among individuals in such living arrangements, influencing dietary habits and meal preferences significantly

Table 3.17 Prevalence of home cooked and outside food in the diets (n=105)

Home cooked meal (n=70)		Outside food (n=12)		Canteen/Mess (n=23)		Total (n=105)		χ^2 test
No.	%	No.	%	No.	%	No.	%	p

Gender									
• Male	31	44.3%	6	50.0%	15	65.2%	52	49.5%	0.219
• Female	39	55.7%	6	50.0%	8	34.8%	53	50.5%	
Age (yrs.)									
• 18-25 yrs.	59	84.3%	9	75.0%	18	78.3%	86	81.9%	0.651
• 26-33 yrs.	11	15.7%	3	25.0%	5	21.7%	19	18.1%	
Occupation									
• Student	49	70.0%	8	66.7%	17	73.9%	74	70.5%	0.895
• Working	21	30.0%	4	33.3%	6	26.1%	31	29.5%	
1. What is your dietary preference?									
• Vegetarian	25	35.7%	1	8.3%	5	21.7%	31	29.5%	0.042
• Non-Vegetarian	38	54.3%	11	91.7%	12	52.2%	61	58.1%	
• Eggetarian	7	10.0%	0	0.0%	5	21.7%	12	11.4%	
• Jain	0	0.0%	0	0.0%	1	4.3%	1	1.0%	
2. Where do you get your meal?									
• Self-Cooked	45	64.3%	4	33.3%	0	0.0%	49	46.7%	<0.001
• Hostel/Paying guest	18	25.7%	3	25.0%	19	82.6%	40	38.1%	
• Food delivery services	4	5.7%	4	33.3%	2	8.7%	10	9.5%	
• Outside restaurants	3	4.3%	1	8.3%	2	8.7%	6	5.7%	
3. What is your preferred meal schedule?									
• Breakfast, Mid-Morning, Lunch, Snacks, Dinner	12	17.1%	1	8.3%	4	17.4%	17	16.2%	0.669
• Breakfast, Lunch, Snacks, Dinner	38	54.3%	5	41.7%	13	56.5%	56	53.3%	
• Breakfast, Lunch, Dinner	18	25.7%	6	50.0%	6	26.1%	30	28.6%	
• other	2	2.9%	0	0.0%	0	0.0%	2	1.9%	
4. What do you usually prefer in breakfast?									
• Biscuits or Cookies	18	25.7%	1	8.3%	4	17.4%	23	21.9%	0.034
• Cornflakes or Muesli	15	21.4%	2	16.7%	0	0.0%	17	16.2%	
• Bread, Toast, Butter	15	21.4%	3	25.0%	3	13.0%	21	20.0%	
• Freshly Cooked Meal	22	31.4%	6	50.0%	16	69.6%	44	41.9%	
5. What do you usually prefer for lunch?									
• Home cooked meal	56	80.0%	7	58.3%	0	0.0%	63	60.0%	<0.001
• Outside food	6	8.6%	4	33.3%	0	0.0%	10	9.5%	
• Canteen/Mess	8	11.4%	1	8.3%	23	100.0%	32	30.5%	
6. What do you usually prefer for snacks?									
• Fruits or Nuts	21	30.0%	1	8.3%	5	21.7%	27	25.7%	0.245
• Any Fried Food	22	31.4%	5	41.7%	12	52.2%	39	37.1%	
• Chaat	22	31.4%	6	50.0%	4	17.4%	32	30.5%	
• Other	5	7.1%	0	0.0%	2	8.7%	7	6.7%	
8. How often do you include fruits in your daily diet?									
• Daily	20	28.6%	2	16.7%	10	43.5%	32	30.5%	0.002
• Occasionally	39	55.7%	3	25.0%	5	21.7%	47	44.8%	
• Rarely	11	15.7%	7	58.3%	8	34.8%	26	24.8%	
• Never	0	0.0%	0	0.0%	0	0.0%	0	0.0%	
9. What beverages do you regularly consume?									
• Tea or Coffee	49	70.0%	8	66.7%	12	52.2%	69	65.7%	0.447
• Soft Drinks	12	17.1%	3	25.0%	6	26.1%	21	20.0%	
• Fruit Juices	9	12.9%	1	8.3%	4	17.4%	14	13.3%	
• Alcohol Beverage	0	0.0%	0	0.0%	1	4.3%	1	1.0%	

No.: No of count.

The examination of dietary habits regarding the prevalence of home-cooked, outside food, and canteen/mess options among individuals in paying guest accommodations or hostels, based on a sample of 105 respondents, provides valuable insights. Notably, home-cooked meals were the most preferred choice (66.7%), significantly overshadowing outside food (11.4%) and canteen/mess options (21.9%). Gender-wise, females exhibited a higher inclination towards home-cooked meals compared to males, while males had a slightly higher preference for canteen/mess options. Additionally, a substantial majority of respondents preferred self-cooked meals (46.7%), emphasizing a preference

for personal meal preparation. Freshly cooked meals were notably favored for breakfast (41.9%) and lunch (60.0%). Furthermore, fruit consumption was reported as daily by 30.5% of respondents and occasionally by 44.8%, highlighting a significant portion of the sample incorporating fruits into their daily diet. Tea or coffee emerged as the most regularly consumed beverage (65.7%). These findings underline the prominence of home-cooked meals and personal dietary choices among individuals in such living arrangements, significantly influencing their dietary habits and preferences.

4. CONCLUSIONS

The comprehensive examination of dietary patterns among individuals residing in paying guest accommodations or hostels yields valuable insights into their culinary preferences, meal-sourcing habits, and overall dietary habits. Through a thorough analysis of demographic data and survey responses from 105 respondents, several significant trends emerge, shedding light on the dietary landscape within these living environments. One of the key findings is the diversity of dietary preferences among residents, with a significant proportion identifying as non-vegetarian, followed by vegetarian, eggitarian, and Jain individuals. This diversity underscores the importance of catering to a range of dietary lifestyles and preferences within accommodation facilities to ensure the satisfaction and well-being of residents. Furthermore, the prevalence of home-cooked meals emerges as a prominent theme, with a substantial majority of respondents preferring homemade food for both lunch and dinner. This preference for home-cooked meals reflects a desire for nutritious, comforting, and personalized food options, highlighting the importance of facilitating cooking facilities and access to fresh ingredients within accommodation settings. While home-cooked meals dominate, a minority of residents still rely on outside food sources, such as canteens, mess facilities, or food delivery services. However, the preference for self-cooked meals underscores a broader trend towards autonomy and control over dietary choices, with residents opting for personal meal preparation whenever feasible.

The inclusion of fruits in daily diets emerges as another significant aspect of dietary habits, with a considerable portion of respondents incorporating fruits either daily or occasionally. This emphasis on fruit consumption reflects a commitment to health and nutrition among residents, highlighting the importance of providing access to fresh produce within accommodation facilities. Moreover, beverage preferences reveal a clear preference for non-alcoholic options, particularly tea or coffee, among residents. This preference aligns with broader societal trends towards healthier beverage choices and underscores the importance of offering a variety of beverage options to cater to diverse preferences. In conclusion, the study underscores the complexity and diversity of dietary patterns among individuals residing in paying guest accommodations or hostels.

By understanding and addressing these dietary preferences and habits, accommodation providers can better tailor their offerings to meet the needs and preferences of residents, ultimately fostering healthier and more satisfying living environments. Through initiatives such as promoting home-cooked meals, facilitating access to fresh produce, and offering a variety of beverage options, accommodation facilities can play a vital role in promoting overall well-being and satisfaction among residents. conclusion related your research work Conclusion related your research work Conclusion related your research work Conclusion related your research work Conclusion related your research work Conclusion related your research work Conclusion related your research work Conclusion related your research work Conclusion related your research work

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