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# The Connection Between Dietary Awareness and Eating Behavior in Thai-Peranakan Seniors: A Study of Members of the Thai Peranakan Association

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## Abstract

**Objective:** This study explored the relationship between dietary awareness and eating behavior among Thai-Peranakan senior citizens.

**Methods:** Using a cross-sectional design, we sampled 94 individuals aged 60 and above (mean age=66.56), all of whom were members of the Thai Peranakan Association. This group included both males and females who met the inclusion criteria of having normal communication and memory abilities. Data were gathered through structured interviews and analyzed with Spearman's Correlation.

**Results:** Personal factors such as living status and family income significantly influenced the eating behavior of Thai-Peranakan senior citizens at the 0.01 level. The Spearman's correlation showed significant relationships among accurate self-assessment and eating behavior, with correlation coefficients ( $r$ ) of 0.29 at the 0.05 level.

**Conclusions:** Personal factors and dietary awareness, specifically accurate self-assessment, are pivotal in shaping the eating behavior of Thai-Peranakan senior citizens. Enhancing these aspects can lead to better eating behavior and overall well-being among this demographic.

**Keywords:** awareness, dietary, eating behaviors, senior