Study on the Relationship Between Nutritional Awareness and Dietary Behavior of Thai Muslim Older Adults in Watthana District, Bangkok

Serena S. Sakoolnamarka[1], Sorasun Rungsiyanont[2]

[1]Department of Pediatric and Preventive Dentistry, Faculty of Dentistry, Srinakharinwirot University, Thailand
[2]Department of Oral Surgery and Oral Medicine, Faculty of Dentistry, Srinakharinwirot University, Thailand

Corresponding Author:
Sorasun Rungsiyanont, Department of Oral Surgery and Oral Medicine, Faculty of Dentistry, Srinakharinwirot University, Bangkok 10110, Thailand
E-mail: sorasun@g.swu.ac.th

Abstract

Objectives: This study investigates the relationship between nutritional awareness and dietary behavior among Thai-Muslim older adults in the Watthana district of Bangkok.

Methods: Utilizing a cross-sectional design, we sampled 400 individuals aged 60 and above (mean age = 68.70±5.64 years) through simple random sampling across five communities. The study is framed within the Mixed Model of Emotional Intelligence, focusing on emotional awareness, accurate self-assessment, and self-confidence as key components. Data were collected through structured interviews and analyzed using Pearson's correlation and multiple linear regression techniques.

Results: Pearson's correlation analysis revealed significant relationships between emotional awareness, accurate self-assessment, self-confidence, and dietary behavior, with correlation coefficients of 0.29, 0.55, and 0.57, respectively ($p<0.01$). Multiple linear regression analysis further identified that the constant ($\beta = 2.00$), accurate self-assessment ($\beta=0.21$, $p<0.01$), and self-confidence ($\beta=0.22$, $p<0.01$) were significant predictors of improved dietary behaviors.

Conclusions: The findings of this study underscore the critical role of emotional awareness, accurate self-assessment, and self-confidence in shaping dietary behaviors among older adults. These factors were significantly associated with healthier dietary patterns ($p<0.01$). Based on these results, it is recommended that targeted educational interventions aimed at enhancing emotional intelligence and self-assessment skills could play a pivotal role in improving dietary behaviors and overall health outcomes for older adults in this population.

Keywords: awareness, behaviors, dietary, emotional, nutritional