

# 商船船員の食事意識 —食事量, 食欲, 気分の調査—

## Attitude of Merchant Seamen toward their Meals —Survey on Amount, Appetite and Mood—

豊 瀬 恵美子

Merchant seamen on board must live in a unique environment in that they are isolated from the rest of the world for several months at a time, forced to work and live at all times in the same and limited space with their colleagues.

For a better control of their health, it is essential to gather information on how they feel toward their meals, the amount of food they take and appetite, and to feed back such information to meal preparation.

Based on such a view point, the author conducted a questionnaire survey of merchant seamen at work on board. The result was analyzed in terms of Chi-square tests and Hayashi's quantitative determination theory (category III), and is summarized below.

1) A significant difference in the amount was observed between breakfast and lunch. (Chi-square test)

2) A significant difference was observed in appetite; big appetite for supper and less for breakfast. A significant difference in the attitude was also apparent in the morning when they did not feel vigorous. (Chi-square test)

3) Analysis of their consciousness of meals in terms of Hayashi's quantitative determination theory (category III) revealed three groups as expressed by 2-dimensional representation of the first and second correlation ratio axes; group I are those with large appetite, feeling well and satisfied with meals served on board; group II are those with small appetite, feeling unwell and dissatisfied with meals served on board; and group III are those with moderate appetite, feeling moderately well, and feel the amount of food served is excessive.

(栄養学雑誌 Vol. 43 No.2 99~106, 1985)