



Barriers of Balanced Diet Consumption in College Students: A Descriptive Study

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Abstract

A balanced diet is essential for maintaining optimal health and well-being, especially among young adults during their college years when dietary habits are often compromised due to lifestyle changes. This study aims to assess whether college-going students can achieve a balanced diet and to identify the factors influencing their dietary patterns. A descriptive research design was employed using a structured questionnaire method distributed through Google Forms. The study sample consists of 54 students selected using the snowball sampling method, including both male and female participants. The findings revealed that 94.4% of respondents believe in the importance of a balanced diet, and 72.2% possess adequate knowledge about it. There were several notable barriers identified in maintaining a balanced diet among the respondents. Time constraints (57.4%) emerged as the major barrier in maintaining a balanced diet, followed by several other facts. The study concludes that although awareness exists, practical adherence to a balanced diet is lacking among college students; the need for targeted nutritional interventions and time-management strategies is warranted to improve dietary behaviour of students.

Keywords: Balanced diet, descriptive research, snowball sampling, Pearson correlation coefficient