

Document

Effects of mothers' employment status and working hours on their children's nutritional awareness and daily habits

Aya KAN *1, Shihoko SUZUKI *2, Yoshiko TOBIMATSU *3, Akiko HAYASE *4, Nobuko TANAKA *5

^{*1} Matsuyama City Himeyama Elementary school

^{*2} Kanagawa University of Human Services

^{*3} Kagoshima prefecture Kagoshima school for the visually impaired

^{*4} Hyogo prefecture Ashiya Special school

^{*5} Ministry of Education, Culture, Sports, Science and Technology

ABSTRACT

This survey was conducted to investigate if there might be any difference in the nutritional awareness and daily habits of children according to their mothers' employment status and working hours, and also to determine whether these factors might have any influence on the mothers' own nutritional awareness. The survey was conducted in 5th grade elementary school students, 2nd grade junior high school students of public schools in 47 prefectures in Japan, and their parents (4,676 pairs). The respondents were divided into three groups according to their mothers' employment status and working hours: "full-time homemaker," "employed for less than 40 hours per week," and "employed for 40 hours or more per week." The results showed that there was no significant difference in the nutritional awareness and daily habits of the students among the three groups. On the other hand, there were differences in the mothers' own nutritional awareness depending on whether they were employed or not and the number of hours per week that they worked, although these differences appeared to have an insignificant impact on the nutritional awareness and dietary habits of their children.