

What variables affect the practices levels on sustainable meal management at home from middle aged women ?

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Abstract

For setting a strategy to promote practices of housewife on sustainable meal management at home, identifying factors to increase the levels of performance of sustainable meal management is critical. This study aims to identify the relationship between demographic and social variables of middle aged women and their levels of perception and performance on sustainable meal management. With the 438 housewives who live at four large cities in South Korea, survey with questionnaire was conducted. The data were analyzed with multiple regression setting the dependent variable as the performance level of sustainable meal management from housewife and independent variables as age, family types, and employee status of housewife. In case of nominal variables, dummy variables were used for the regression analysis. The perception of housewife on sustainable meal management was rated as 3.89 out of 5 points and the levels of performance on sustainable meal management was 3.56 point. The relationship between perception and performance was found that the higher levels of perception on sustainable meal management for middle aged women, the higher levels of performance on sustainable meal practice ($\beta=0.582$, $t=-14.802$, $p<0.001$). In addition, housewife who aged less than 35 and hired as a full-time job showed a negative performance levels on sustainable meal practices ($\beta=-.101$, $t=-2.568$, $p<0.011$) compared with the others. From this study, to improve the sustainable meal management at home, a strategy, especially, for housewife aged less than 35 as well as having a full-time should be urgently prepared in terms of increase of the perception and performance on sustainable meal management.

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Biography

Prof. Hyeja Chang is a professor at the Department of Food Science and Nutrition in Dankook University. Her laboratory, "Foodservice Quality Management Lab", investigates quality management in foodservice organizations such as Risk Assessment, SERVQUAL, HACCP, menu development and facility design to influence foodservice related policy and practices. Recently, studies were done on B. cereus risk assessment model in fried rice and on sustainable management at home as well as in restaurant.