

# The relationship between diet, leisure-time habits, and the physical fitness of students enrolled in Military Studies at the University of Zagreb



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## **Abstract**

The aim of the research was to establish the relationship between diet, lifestyle habits during leisure time, and the physical fitness of students of Military Studies at the University of Zagreb. A total of 206 participants, comprising 159 males and 47 females, were included in the study.

The participants completed a questionnaire regarding the frequency of consumption of various foods, a survey on physical activity during leisure time, and inquiries about certain lifestyle habits. The overall result of the physical fitness test, conducted as part of the Physical and Health Education curriculum, served as the measure of physical fitness. Regression and covariance analyses were conducted to examine the relationship between physical activity during leisure time, dietary behaviors, and physical fitness. Additionally, differences in physical fitness based on the frequency of consumption of specific foods were explored.

The findings indicated that the model incorporating physical activity during leisure time, attention to the consumption of healthy foods, and the use of dietary supplements significantly predicted participants' physical fitness. Notably, the use of dietary supplements emerged as a significant factor, with supplement users demonstrating higher physical fitness test scores.

Furthermore, participants who reported daily consumption of desserts, sweets, and fast food tended to achieve slightly lower physical fitness test results, even when controlling for their level of physical activity during leisure time.

## **Key words**

*dietary supplements, functional abilities, motor skills, smoking, physical activity*

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## Sažetak

Cilj istraživanja bio je ustanoviti vezu između prehrane i nekih životnih navika u slobodno vrijeme te tjelesne spremnosti studenata Vojnih studija Sveučilišta u Zagrebu. U istraživanje je bilo uključeno 206 sudionika, 159 muškoga i 47 ženskoga spola.

Sudionici su ispunjavali upitnik o učestalosti konzumacije različitih namirnica, upitnik o tjelesnoj aktivnosti u slobodno vrijeme, nekim životnim navikama, dok se kao tjelesna spremnost koristio ukupni rezultat na testu tjelesne spremnosti koji se za studente provodi na nastavi tjelesne i zdravstvene kulture.

Provedene su regresijska analiza i analize kovarijance pri čemu se testirala povezanost tjelesne aktivnosti u slobodno vrijeme i nekih ponašanja vezanih u prehranu s tjelesnom spremnošću te razlika u tjelesnoj spremnosti ovisno o učestalosti konzumacije pojedinih namirnica.

Rezultati su pokazali da model koji uključuje tjelesnu aktivnost u slobodno vrijeme pozornost usmjerenu na unos zdravih namirnica i korištenje suplemenata značajno predviđa tjelesnu spremnost sudionika. Prvenstveno se pokazalo značajnim korištenje suplemenata u prehrani pri čemu sudionici koji koriste suplemente, postižu više rezultate na testu tjelesne spremnosti.

Također, sudionici koji na dnevnoj bazi konzumiraju deserte i slastice te brzu hranu, postižu nešto niže rezultate na testu tjelesne spremnosti čak i kad se njihova tjelesna aktivnost u slobodno vrijeme drži pod statističkom kontrolom.

## Ključne riječi

dobitci prehrani; funkcionalne sposobnosti; motoričke sposobnosti; pušenje; tjelesna aktivnost

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