

The effect of a suggested nutritional counseling program on Nutritional habits of some health club-goers

Prof. Dr. Hanan Ali Hassanein

Professor of Public Health and Head of the
Department of Biological Sciences and
Sports Health "previously". Faculty of
Physical Education, Helwan University.

hanan_ali103@yahoo.com

Prof. Dr. Rania Gaballah

Assistant Professor, Department of Health
and Sports Sciences. Faculty of Physical
Education . Kafr El Sheikh University.

drrania309@yahoo.com

Researcher: Sarah Rajab Eid Youssef

Fitness coach

sararagab1589191@gmail.com

Abstract:

The research aims to identify the level of health quality of life for those attending health clubs, and then use the experimental method to create a counseling program to gain health, fitness, fitness and ideal weight. Despite the increasing number of women attending health clubs, it was found that they did not follow a proper diet that would achieve their goals and hopes of obtaining an ideal weight and a slim body; This is due to their reliance on dissolved systems spread on social networking pages that are unreliable, as well as the lack of certainty of the appropriateness of these nutrition programs for the health and physical conditions of their followers, in addition to the spread of wrong eating habits among many who frequent health clubs, such as the final abstinence from one of the meals or one of the ingredients Food components such as proteins, fats or starches.

Keywords: counseling program, visitors to health clubs, health clubs.

تأثير برنامج إرشادي غذائي مقترح على العادات الغذائية لبعض مرتادي النوادي الصحية

المخلص :

يهدف البحث الي التعرف علي مستوى جوده الحياه الصحيه للمتريدين علي الانديه الصحيه
،ثم استخدام المنهج التجريبي لانشاء برنامج ارشادي لاكتساب الصحة واللياقة والرشاقة والوزن المثالي.

وعلى الرغم من تزايد اعداد المترددات للأندية الصحية تبين عدم اتباعهم نظام غذائي سليم يحقق أهدافهم وآمالهم فى الحصول على وزن مثالى وجسم رشيق؛ وذلك لاعتمادهم على الأنظمة الذائبة المنتشرة على صفحات التواصل الاجتماعية غير الموثوق صحتها، فضلاً عن عدم التأكد من مناسبة تلك البرامج التغذية للحالات الصحية والبدنية لمتبعيها، بالإضافة إلى أنتشار العادات الغذائية الخاطئة بين العديد من المترددات على الأندية الصحية مثل الامتناع النهائي عن أحد الوجبات أو أحد مكونات عناصر الغذاء مثل البروتينات أو الدهون أو النشويات.

الكلمات المفتاحية: برنامج ارشادي، المترددين علي الانديه الصحيه، الانديه الصحيه.

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The current era is characterized by rapid development, continuous progress and renewable knowledge, which is based on the scientific facts reached by man. Countries praise progress and strive for advancement, and make concern for the health and care of the individual in all aspects a primary goal that it seeks to achieve.

Health and attention to the health aspect are a priority in the life of every individual at all stages of life, and it takes a large amount of time and thinking, and it is of interest to all members of society and educators; Because the health and safety aspect has the greatest impact on the possibility of carrying out their duties towards themselves and towards others.

Muhammad Muhammad al-Hamamy (2000) indicated that human health is affected by many overlapping factors, the most important of which are physical and sports activity and nutrition (10:20). Nutrition has also gained a special importance for humans, because it has shown the link between physical, mental, psychological and social health in general, and nutrition in particular, in light of what has been proven by multiple scientific experiments in terms of the close relationship between nutrition and each of public health and components of physical fitness and kinetic performance, which It led to interest, whether female or male, with the extent of the effect of the diet on their athletic efficiency (18: 121).

Proper nutrition is an important factor in achieving a healthy life and achieving optimal health. On the other hand, unbalanced nutrition leads to many health problems (5:28). Whereas, proper nutrition seeks to provide the individual's nutritional needs to ensure that the body benefits from them to become less susceptible to disease and enjoy good health, and is able to work and enjoy his life (8: 14).

A person cannot live and grow without meeting his needs, and he cannot contribute to development until after he has obtained proper nutrition. Therefore, it is necessary to provide food that is safe and balanced in nutrients as an indicator of the health of the individual and compensate for what is damaged in his tissues and cells, and increase his resistance to diseases and increase his ability to work and produce (9: 187).

With the continuous progress and development in all fields, negative effects have appeared on the eating habits through satellite channels, the Internet, social networking pages and others among individuals, especially among the pioneers of health clubs, and an effect appears in their eating of fast foods saturated with fats and free of vitamins; Which led to a lack of some nutrients and the emergence of many diseases.

The level of nutritional culture for sports practitioners may affect the development of dietary habits, which are largely involved in determining the nutritional status and general health level. The nutritional aspect plays an important role in the prevention of diseases, and the lack of attention to appropriate food increases susceptibility to diseases; Therefore, fighting and preventing diseases begins at an early age with healthy living habits, healthy eating habits and activities (29:16). Therefore, the body's needs of food must be provided so that it can perform its vital functions, and carry out all its daily activities and works efficiently, as food affects in terms of quality and quantity on nutrition and health of the body (39:11).

In view of the importance of identifying the food habits prevalent among different societies and groups, many studies have been conducted. Among the studies that were conducted to identify the food habits prevalent among societies is the study of Musa Muhammad Musa and Asma Al-Yamani (2020) (23) and its objectives included identifying the level of healthy nutritional behavior in the Saudi society. . As for the Egyptian environment, Abdel Moneim Omar Mohamed (2019) conducted (13) a study aimed at identifying the bad eating habits prevalent in the Egyptian society.

Among the studies conducted on the category of athletes is the study of Mr. Suleiman Hammad (2020) (10), and one of its objectives was to identify

the health culture of athletes in health clubs and gyms, and Issa Al-Hadi and others (2020) (15) conducted a study entitled: “Concepts of healthy nutrition among athletes.” In sports clubs, the study aimed to reach the concepts of healthy nutrition, and the study of Ali Hamad Ali et al. (2019) (14) aimed to identify the effect of lifestyle and dietary habits on the level of physical activity of adolescents.

Suleiman Omar Al-Jaloud and others (2016) (7) conducted a study entitled: Behavioral, cultural, nutritional and health aspects of the players of some teams participating in the Asian Nations Cup in Australia 2015, Joanna, W. and Magdalena, H.P (2021) (30). A study aimed at identifying the dietary habits of women who train in fitness clubs and the possible effects on menstrual disorders.” Kim, J.A. and Lee, S.Y. (2021) (31) also conducted a study aimed at identifying dietary habits and healthy behaviors According to the type of physical activity in Korean adults based on the 2016-2018 Korean National Health and Nutrition Examination Survey.

Through the researcher’s work in the field of training in health clubs, it was found that the phenomenon of providing various and diverse sports programs under the supervision of specialists has spread; This prompts women to participate in these clubs to gain health, fitness, agility and ideal weight. Despite the increasing number of women attending health clubs, it was found that they did not follow a proper diet that would achieve their goals and hopes of obtaining an ideal weight and a slim body; This is due to their reliance on dissolved systems spread on social networking pages that are unreliable, as well as the lack of certainty of the appropriateness of these nutrition programs for the health and physical conditions of their followers, in addition to the spread of wrong eating habits among many who frequent health clubs, such as the final abstinence from one of the health clubs.

Meals or a component of food items such as proteins, fats, or starches; Consequently, the researcher found that it is necessary to identify and identify the most prevalent bad eating habits among those attending health clubs in Egypt.

Research goal:

The research aims to:

1. Identifying the bad eating habits prevalent among some who frequent health clubs.

Search question:

1. What are the bad eating habits prevalent among some who frequent health clubs? Search terms?

Search terms:

- The indicative program: "It is a written statement that includes a picture of the current situation, the problems and urgent needs, and the proposed objectives to solve these problems and meet those needs" (11:12).
- Nutritional counseling program: "is the process of assisting community members in obtaining the information and experiences necessary for them to make the appropriate choice of their food in order to maintain their health during their lives" (9:29).
- Food habits: "there are the rules of behavior related to food practiced by some health club-goers, which they have become accustomed to since childhood, some of which were acquired from the food culture acquired by the family and the surrounding community (procedural definition).
- Health clubs: "A facility or a place where a group of sports activities are practiced for the purpose of improving health, or a place equipped with physical and health activities for the purpose of upgrading the physical, health and psychological aspects; (Losing weight - motor rehabilitation - recovery - spending free time in useful work" (5:26).
- Nutrition: "It is the science that investigates food, nutrients and other materials included in its composition, their action, interaction, balance, and their relationship to health and disease, as well as the processes that take place while a living organism eats its food, digests, absorbs, transports, utilizes it, and then excretes it" (22:15).

Search Procedures:**Research Methodology:**

The researcher used the descriptive approach in the survey method for its suitability to the nature and objectives of the research.

research community:

It represented the original research community attending health clubs from the age of (25-35) years.

The research sample:

The researcher selected the research sample in a random way, consisting of (44) females attending a health club in Hurghada Governorate, and from the age group (25-35) years. The exploratory sample consisted of (30) females,

Data collection tools:

In obtaining the data required for the research, the researcher relied on the following research tools:

1- Personal interview: The researcher conducted several unregulated personal interviews, including with professors and assistant professors in the Department of Health Sciences, especially sports nutrition, and several interviews were conducted with the research sample.

2- Questionnaire form: constructing a questionnaire form for the bad eating habits of health club attendees/ designed by the researcher.

Building a questionnaire:

The researcher designed a questionnaire form for the bad eating habits of health club attendees. The researcher took into account the following scientific steps:

Determine the purpose of the questionnaire:

In light of the objectives of the research, the objective of the questionnaire was determined - under study, which was to identify the negative eating habits prevalent in the research sample (who attend health clubs).

Determine the main themes of the questionnaire:

In light of defining the purpose of the questionnaire, and by informing the researcher of the specialized scientific references and previous studies in the research, and in particular the field of sports nutrition, the main axes of the list - under consideration were identified, represented in the following axes:

The first axis: general food behavior.

The second axis: cooking habits and food preservation

The third axis: excessive eating habits.

Presenting the main themes of the questionnaire to the experts:

The researcher designed an expert opinion survey form on the axes and phrases of the list, where the list included (3) axes, and it was presented to (10) experts from professors specializing in the field of sports nutrition - Annex (1), to explore their opinions about the adequacy of the extracted axes, and the table (2) It shows the percentage of expert opinions on the

questionnaire's axes. The result of the opinion poll was that all the interviews were approved by the experts, and the relative importance of them ranged from (90: 100%), which is higher than the percentage that the researcher accepted (80%) to accept those interviews.

Initial image of the list:

In light of the experts' opinions on the main axes of the questionnaire form - the subject of the research, and reviewing the previous studies related to the research, the researcher designed the questionnaire in its initial form, and the phrases for each axis were put, and the total number of the questionnaire's phrases came (58) phrases distributed over (3) Axes, and Table (1) shows the number of phrases related to the axes of the questionnaire - under consideration.

Table (1)
Questionnaire axes phrases in its initial form

	Axes	No of phrases
1	General dietary behavior	22
2	Cooking habits and food preservation.	16
3	Habits of overeating	20
	Total	58

These axes were formulated in the form of phrases, with a three-response rating scale (agree/to some extent/disagree), so that a degree of (3) is given for an agreeable response, a degree of (2) for a response to some extent, and a degree of (1) for a response that disagrees.

- View the initial image of the list of experts:

The initial image of the questionnaire was presented to (10) experts in the field of public health and sports nutrition to find out their opinion of the questionnaire's statements regarding their suitability for the axis, its ease and clarity, and a table (4) showing the percentage of experts' opinions on the statements of the questionnaire in its initial form, which included: (3) axes, and the number (58) phrases. The result of the experts' opinion poll was that the percentages of experts' approval of the questionnaire's statements - under study ranged between (30: 100%), and most of the statements came with percentages greater than the percentage that The researcher agreed to accept

the statements, which is (80%), so all the statements were accepted except for phrase No. (14) in the second axis and phrase No. (20) in the third axis, so the number of phrases became (56) phrases.

- The exploratory study on the application of the questionnaire form the subject of the research:

After making modifications to the experts, the researcher applied the questionnaire form - under research to (30) individuals from the original community for the research other than the sample - under research, to verify the clarity of the questionnaire phrases, and this form included (56) phrases distributed among (3) main axes, these statements correspond to three responses (choices), which are (agree, to some extent, disagree) with a three-grade scale, where the response (agree) is symbolized by code number (3), and the response (to some extent) by code number (2), and the response (disagree) with code No. (1), and the researcher has benefited from the results of that experiment in verifying the scientific transactions of the validity and reliability of the application form - under study.

- Scientific transactions related to the form:

To verify the scientific coefficients of the form - under study, the researcher calculated the validity coefficient and the reliability coefficient for that form.

A- Calculating the validity coefficient:

The validity coefficient of the form - under study was calculated by calculating the "chi-square test statistic", and the value of the "contingency coefficient", due to the nature of the expressions that were characterized by Frequencies, and all the values of Ka^2 at the significance level (0.05) and the degree of freedom (2) a statistical function, as the tabular value of k^2 is (5.99), and we also find that the values of the coefficient of agreement for all the expressions are statistically significant, as all the values of the coefficient of agreement are less than (+1), which is the maximum value of this factor, which indicates the existence of a coupling Full.

b- Calculation of the stability coefficient:

The reliability coefficient was calculated by applying the form and re-applying it, and in this way the questionnaire is applied to the same individuals of the research sample twice in similar circumstances as possible,

then the correlation coefficient between the results of the two applications is calculated by calculating the Pearson correlation coefficient, where the reliability coefficient was calculated by applying the form The questionnaire in its final form on an exploratory sample of (30) individuals, and table (2) shows the value of the correlation coefficient between the first application and the second application of the total sum of the questionnaire form - under consideration.

Table (2)
Correlation coefficient, mean and standard deviation between the first application
And the second application of the total sum of the list form

N = 30

	First application		Second application		R	Sig
	m	D	m	D		
Questionnaire	131.2	6.99	131.6	7.01	**0.988	0.000

Table (2) shows that the value of the correlation coefficient (0.988) is statistically significant at the level of significance (0.01), and this indicates that the questionnaire has a high stability coefficient.

- Final image of the search subject list form:

After the researcher made sure of the validity and reliability of the questionnaire - under study, the final form of the questionnaire included (56) phrases distributed on (3) axes, and these phrases corresponded to three responses, which are (agree, to some extent, disagree) with a three-grade scale, on That the completer of this form ticks (√) the response box that agrees with his opinion. The questionnaire in its final form - annex (2) was applied to a sample of (44) individuals, during the month of January and March 2021/2022.

Conducting statistical processing of the questionnaire:

After applying the form to the human sample - under study, which consists of (44) females, the responses were dumped into special lists, where those responses were converted into code number, as follows (agree / 3 degrees), (to some extent / 2 degrees), (disagreeing / 1 degree), due to the possibility of dealing with these repetitive data statistically.

Statistical processing method:

After completing the research procedures, the researcher performed the statistical treatment, where the data was processed statistically by one of the statistical programs, which is the "SPSS -V 22" program, and through this program the following were calculated: (arithmetic mean, standard deviation, percentage, degree T-standard, Ka2 test, concordance coefficient, Pearson correlation coefficient).

Results:

Table (3)
Sample responses to the first axis statements (general dietary behavior)

n = 44

	statement	Agree		To an extent		Disagree		K2	%	Rank
		rep	%	rep	%	rep	%			
1	Make sure to eat one meal a day.	10	22.7	8	18.2	21	47.7	5.77	70.1	14
2	Eat before you feel hungry	30	68.2	10	22.7	4	9.1	25.27	78.6	6
3	Eat until your stomach is full	20	45.5	17	38.6	7	15.9	6.32	77.7	11
4	Eat quickly without good chewing	19	43.2	11	25	14	31.8	2.23	70	12
5	Drink water while standing.	30	68.2	7	15.9	7	15.9	43.14	92	2
6	I go to sleep after dinner	30	68.2	13	29.5	1	2.3	28.95	89	4
7	I eat hot food and hot drinks before getting cold	20	45.5	11	25	8	18.2	11.23	80	10
8	The best drinks such as Nescafe, tea or coffee before breakfast	31	70.5	7	15.9	6	13.6	27.32	86	6
9	I often forget to eat breakfast.	33	75	6	13.6	5	11.4	34.41	88	5
10	I drink small amounts of water throughout the day.	28	63.6	13	29.5	3	6.8	21.59	86	6
11	I drink water while eating.	27	61.4	13	29.5	4	9.1	18.32	84	8
12	I eat fruit	7	15.9	9	20.5	28	63.6	18.32	70.1	14

	immediately after the main meal									
13	I smoke during or after eating	٦	١٣.٦	١١	٢٥	٢٧	٦١.٤	16.41	%٥١	١٤
14	I eat while watching TV.	٣٥	٧٩.٥	٥	١١.٤	٤	٩.١	42.32	%٩٠	٣
15	Make sure you eat raw liver or drink raw eggs	٢	٤.٥	٢	٤.٥	٤٠	٩٠.٩	65.64	%٣٨	١٥
16	hot Drinks in plastic cups.	١	٢.٣	٤	٩.١	٣٩	٨٨.٦	60.86	%٣٨	١٥
17	I have energy drinks in the morning or before training	٦	١٣.٦	١٩	٤٣.٢	١٩	٤٣	7.68	%٥٧	١٣
18	I abstain from food when I am sad	٢٥	٥٦.٨	١٤	٣١.٨	٥	١١.٤	13.68	%٨٢	٩
19	Refrain from eating a certain food item (such as proteins, fats or carbohydrates) in order to lose weight.	٣٨	٨٦.٤	٣	٦.٨	٣	٦.٨	55.68	%٩٣	١
20	Take herbs or pills to lose weight without consulting a doctor	٣٣	٧٥	٢	٤.٥	٩	٢٠.٥	36.05	%٨٥	٧
21	I take antibiotics or painkillers without consulting a doctor	٢٧	٦١.٤	٨	١٨.٢	٩	٢٠.٥	15.59	%٨٠	١٠
22	Follow one of the diets spread on the Internet.	٣٢	٧٢.٧	٤	٩.١	٨	١٨.٢	31.27	%٨٥	٧

It is clear from Table (3) that the result of the KA2 test for all the expressions ranged between (2.23, 65.64), which are all greater than the tabular KA2 value (5,991) at a degree of freedom = 2, meaning that it is statistically significant at a significant level (0.05) except for the statement No. (1) and No. (4), which indicates that there are differences in the trends of the research sample towards responses in favor of the highest frequency of a particular response.

Table (4)
Sample responses to the second axis phrases (cooking habits and food preservation)
n = 44

	statement	Agree		To an extent		Disagree		K2	%	Rank
		rep	%	rep	%	rep	%			
1	Use of industrial margarine from hydrogenated oils in cooking food	32	72.7	8	18.2	4	9.1	31.27	٪٨٨	١
2	Use of fats, greases and saturated fats in cooking	23	52.3	11	25	10	22.7	7.14	٪٧٧	٣
3	I cook raw foods in metal utensils such as aluminum or Tefal that have rust, pits or scratches	3	6.8	6	13.6	35	79.5	42.59	٪٤٢	١١
4	Using frying oil more than once	29	65.9	5	11.4	10	22.7	21.86	٪٨١	٢
5	I prefer to pour food (a lot of boiling with the use of fatty materials) during cooking.	23	52.3	6	13.6	15	34.1	9.86	٪٧٣	٤
6	Keep foods in colored or not designated plastic bags.	19	43.2	8	18.2	17	38.6	4.68	٪٦٨	٥
7	Leave raw foods such as meat and fish more than a day in refrigeration without freezing	15	34.1	4	9.1	25	56.8	15.05	٪٦٥	٧
8	Cook foods that have been refrigerated and frozen more than once.	9	20.5	26	59.1	9	20.5	13.14	٪٦٧	٦
9	Using salting to preserve foods	5	11.4	5	11.4	34	77.3	38.23	٪٤٥	٩
10	Use of additives such as flavorings,	8	18.2	20	45.5	16	36.4	5.09	٪٦١	٨

	artificial colors and preservatives									
11	Using charcoal while cooking and keeping food close to it	15	34.1	6	13.6	23	52.3	9.86	٪٦١	٨
12	I rush to wash vegetables and fruits	1	2.3	7	15.9	36	81.8	47.77	٪٤٠	١٢
13	Rely on the seller to wash poultry well	1	2.3	3	6.8	40	90.9	65.77	٪٣٧	١٣
14	It is not necessary to sterilize utensils, tools, hands and surfaces used in preparing raw meat	3	6.8	9	20.5	32	72.7	31.95	٪٤٥	٩
15	It is not necessary to separate the utensils, tools and sectors used in raw foods (fish - meat - poultry) from those used in fresh foods (vegetables and fruits)	4	9.1	6	13.6	34	77.3	٣٨.٣٦	٪٤٤	١٠

It is clear from Table (4) that the result of the KA2 test for all the expressions ranged between (4.68, 65.77), which are all greater than the tabular value of KA2 (5,991) at a degree of freedom = 2, meaning that it is statistically significant at a significant level (0.05) except for the statement No. (6) and No. (10), which indicates that there are differences in the trends of the research sample towards responses in favor of the highest frequency of a particular response.

Table (5)
Sample responses to the third axis statements (overeating habits)

n = 44

	statement	Agree		To an extent		Disagree		K2	%	Rank
		rep	%	rep	%	rep	%			
1	I prefer to eat rice or pasta	30	68.2	5	11.4	9	20.5	24.59	٪٨٣	٤
2	I prefer eating processed meats	23	52.3	11	25	10	22.7	7.14	٪٧٧	٩

3	I prefer to eat red meat and white chicken.	23	52.3	13	29.5	8	18.2	7.95	٪٧٨	٨
4	The best sugary soft drinks.	26	59.1	10	22.7	8	18.2	13.27	٪٧٣	٦
5	best intoxicating juices.	20	45.5	13	29.5	11	25	3.05	٪٨٥	١٠
6	Best Potatoes in Takeaway Food and chips.	29	65.9	10	22.7	5	11.4	21.86	٪٦٥	٣
7	I prefer excess salt in food.	18	40.9	16	36.4	10	22.7	2.36	٪٨٦	١٣
8	I eat a lot of pickles	30	68.2	9	20.5	5	11.4	24.59		٢
9	The best fast food such as pizza, burgers and fried chicken	36	81.8	4	9.1	4	9.1	46.55	٪٩١	١
10	I eat spicy foods	19	43.2	13	29.5	12	27.3	1.95	٪٧٢	١١
11	It is better to eat spicy foods with a lot of pepper and chilli	8	18.2	7	15.9	29	65.9	21.05	٪٥١	١٥
12	I drink tea or coffee after eating	8	18.2	21	47.7	15	34.1	5.77	٪٦١	١٤
13	I eat a large amount of bread in my meals	22	50	9	20.5	13	29.5	6.05	٪٧٣	١٠
14	The best salted fish on occasions	32	72.7	4	9.1	8	18.2	31.27	٪٨٥	٣
15	Best Food and Beverages with Synthetic Flavors	18	40.9	10	22.7	16	36.4	2.36	٪٦٨	١٢
16	I prefer eating canned food and drinks that contain preservatives	31	70.5	2	4.5	11	25	30.05	٪٨٢	٥
17	I prefer eating salty cheeses	33	75	2	4.5	9	20.5	36.05	٪٨٥	٣
18	I prefer to eat varieties rich in fats and oils.	15	34.1	6	13.6	23	52.3	9.86	٪٦١	١٤
19	I prefer eating foods rich in sugars and cream	34	77.3	2	4.5	8	18.2	39.45	٪٧٩	٧

It is clear from Table (5) that the result of the KA2 test for all the expressions ranged between (1.95, 46.55), and they are all greater than the tabular KA2 value (5,991) at a degree of freedom = 2, that is, it is statistically significant at the level of significance (0.05) except for the statement No. (5) and No. (7) and No. (10), No. (12) and No. (15), which indicates that there are differences in the trends of the research sample towards responses in favor of the highest frequency of a particular response.

Discussion:

In order to achieve the goal of the research, which states: “Recognizing the extent of the prevalence of bad eating habits among some health club attendees,” the following is evident:

It is clear from Table (3) regarding the first axis (general dietary behavior) that the percentages of the responses of the research sample ranged from (38%: 93%), and the researcher agreed to accept the statements that achieve a percentage greater than or equal to (70%), and the value of Ka2 Calculated for the phrases is greater as 2 tabular, and in light of the above, phrases No. (1) and No. (4) were rejected because there were no statistically significant differences between the responses of the phrases (agree, to some extent, disagree), and phrases No. (12) and No. (13) and No. (15) and No. (16), and No. (17).

While phrase No. (19), which is “Abstain from eating a certain food item (such as proteins, fats or carbohydrates) with the aim of losing weight,” came first with a percentage of (93%), and in the second place was achieved by phrase No. (5), which is “I drink.” Water while standing, not sitting”, with a percentage of (92%), and it has been proven that when a person drinks water while standing, the stomach is surprised by the water descending into it, and the walls of the stomach collide with water by falling hard on it. It leads to digestive problems such as indigestion. In the event that a person drinks water while standing, the nervous and muscular systems are in a state of tension; Because they are trying to control the balance of the body, and this works on a severe reflection of the nerves, so doctors always warn against drinking water immediately after exercising because of the risks to human health; It leads to heart failure due to pressure on the lungs (21:15).

The phrase No. (14), which is "I eat while watching TV" came in third place with a percentage of (90%), and this habit is considered a negative habit, as a recent American study showed that families who eat their main meal

while watching TV are more likely to eat unhealthy food. Healthy and less enjoyment of meals than families who dine away from the TV (3:2).

As for the fourth place, it was achieved by phrase No. (6), which is "I go to sleep after eating dinner" with a rate of (89%). A study was conducted in Greece and concluded that sleeping immediately after eating leads to an increased risk of stroke, and a study was conducted at the University of Ioannina Medical School, which included about 500 participants, of whom 250 had previous strokes, while another 250 people were diagnosed with the condition A medical condition called acute coronary syndrome, and the results showed that people who slept 4 to 5 hours after eating were less likely to have a stroke. In addition, this habit causes a feeling of acidity in the esophagus, which is heartburn, and the causes of heartburn are many, including excessive production of stomach acids that spread from the stomach and direct them towards the throat or chest. the mouth. The feeling of acid reflux is also called visible gastroesophageal reflux disease or GERD, and the condition occurs due to the location of the valve between the esophagus and stomach that does not close, as stomach acids move towards the throat and make you feel a burning sensation, and if the condition is not treated immediately, this will lead to harmful effects on the body. throat mucosa leading to further complications (2:1).

Phrase No. (9) ranked fifth, which is "I often forget to eat breakfast" with a rate of (88%). Agostino, et,all. (1999) that not eating breakfast causes many damages, many of which increase the chances of chronic diseases, where breakfast is a good start to break the body's fasting while sleeping from food, and delaying or dispensing with it may lead to an imbalance in insulin secretion, which leads to a disturbance in the balance Blood sugar, and an imbalance in the secretion of many hormones in the body. As well as an increase in feelings of weakness, fatigue during the day, bad mood, depression, and menstrual disorders in women (24: 17).

While phrase No. (2), "eat before feeling hungry," phrase No. (8), "the best drinks, such as Nescafe, tea or coffee before breakfast," and phrase No. 10, "I drink small amounts of water throughout the day," ranked sixth. by (86%), and phrase No. (20), which is "I take herbs or pills to lose weight without consulting a doctor," and phrase No. 22, which is "following one of the diets spread on the Internet," they ranked seventh with a rate of (85%). . . and here

There are many risks in taking weight loss pills without consulting a specialist, as it is necessary to take them for certain periods, and to avoid

stopping taking them suddenly, but gradually. Take the pills under medical advice and according to the instructions prescribed by the doctor, which differ from one person to another. Avoid taking pills by people with excess stomach acid, hepatitis C patients, kidney patients, heart patients, and patients with high pressure (24:33).

The eighth place was achieved by phrase No. (11), which is "I drink water while eating" with a percentage of (84%). In the ninth place came phrase No. (18), which is "I refrain from food when I feel sad", achieving a percentage of (82%). While phrase No. (21), which is "I take antibiotics or painkillers without consulting a doctor," came in tenth place, achieving a percentage of (80%). While statement No. (3), which is "eat until I feel full stomach", came in eleventh place with a rate of (77%).

In light of the above, it is clear that among the most common wrong eating habits with regard to general dietary behavior are:

- Refrain from eating a specific food item (such as proteins, fats or carbohydrates) in order to lose weight.
- Drink water while standing, not sitting.
- I eat while watching TV.
- I go to sleep after dinner.
- Not eating breakfast.
- Eating before you feel hungry.
- Drinking stimulant drinks before breakfast, such as Nescafe, tea or coffee
- Drink small amounts of water throughout the day.
- Taking herbs or pills to lose weight without consulting a doctor.
- Follow one of the diets spread on the Internet.
- Drink water while eating.
- Refrain from food when feeling sad.
- Taking antibiotics or painkillers without consulting a doctor.
- Eating until the stomach is full.

With regard to the second axis (cooking habits and food preservation), it is clear from Table (4) that the percentages of the responses of the research sample ranged from (40%: 88%), and the researcher agreed to accept the statements that achieve a percentage greater than or equal to (70%), and be The calculated value of Ca_2 for the expressions is greater than the tabular Ka_2 . In light of the above, the expressions with numbers: (7, 8, 9, 10, 11, 12, 13, 14, 15) were rejected.

While statement No. (1), “The use of industrial margarine from hydrogenated oils in cooking food,” came in the first place with an amount of (88%), and Harvard University research has proven that hydrogenated oils cause diseases of the circulatory system, such as increased cholesterol, arteriosclerosis and increased blood pressure. And heart and stroke, and other research confirmed that it affects obesity, weak immune system, diabetes, liver function disorder, cancer and infertility. The hydrogenation process eliminates vitamins, unsaturated fats, and antioxidants; Hydrogenated oils have been listed as virulent pathogens (17:155).

In second place was achieved by phrase No. (4), which is "using frying oil more than once", with a rate of (81%), that using oil more than once in frying exposes serious diseases, as what is known as "free radicals" are formed, which are Molecules that cause many diseases, most notably cancer. In addition to using the oil more than once, it loses its nutritional value and the vitamins it contains, such as vitamin E, as a result of exposure to some chemical reactions that lead to its decomposition. Eating foods containing this substance increases the risk of heart disease, atherosclerosis, Alzheimer's disease, and some diseases of the liver and stomach (25: 142).

Statement No. (2), which is “the use of fats, greases and saturated fats in cooking” came in third place with a percentage of (77%), and Ahmed Mohamed Abdel Salam (2017) indicates that saturated fats are associated with high levels of harmful cholesterol, but this type of cholesterol It is also divided into two types, one of which has large and light particles, and the second has small and dense particles, and the percentage of their impact on the risk of cardiovascular and heart diseases varies. Smaller particles are more associated with atherosclerosis than large particles, because they have a higher susceptibility to oxidation, and thus increase the likelihood of inflammation in the lining of blood vessels, and consequently atherosclerosis (1:19).

As for the fourth place, it was achieved by phrase No. (5), which is "the best infusion of food (a lot of boiling with the use of fatty materials) during cooking." by (73%). One of the wrong beliefs in the ways of preparing food in the Egyptian kitchen is casting it, as some believe that settling the food in the way of casting improves its taste and adds to its nutritional value, but this method of cooking provides only a list of diseases such as indigestion, intestinal confusion and colon bloating, this is in addition to obesity. And the group of diseases that result from it (4: 95).

In light of the above, it is clear that the most common wrong eating habits with regard to cooking and food preservation habits are:

- Using industrial margarine from hydrogenated oils in cooking food.
- Use frying oil more than once.
- The use of fats, grease and saturated fats in cooking.
- Pouring food (a lot of boiling with the use of fatty substances) during cooking.

With regard to the third axis (the habits of excessive feeding), it is clear from Table (5) that the percentages of the responses of the research sample ranged from (51%: 91%), and the researcher agreed to accept the statements that achieve a percentage greater than or equal to (70%), and the value of The calculated k_{a2} for the expressions is greater than the tabular k_{a2} . In light of the above, the expressions with numbers: (5, 7, 10, 12, 15, 18) were rejected. The phrase No. (9), which is "the best fast food, such as pizza, burger, and fried chicken in oils" came in the first place with a percentage of (91%). Fast food has great risks, including obesity, because it contains harmful fats, one of these dangers is stomach ulcers because it contains flavors. industrial and spices

Hot, diseases of the circulatory system that reach the point of sudden death because they contain saturated fatty acids, high pressure, harmful cholesterol and triglycerides that cause many cancers, diabetes for all age groups, and soft drinks cause osteoporosis for all age groups, as these drinks prevent the body from absorbing calcium, iron and phosphorous . Research has shown that the main cause of cirrhosis of the liver worldwide is due to its frequent consumption, which leads to hepatitis, disorder and sudden disruption of its functions, leading to death (13:38).

In the third place came phrase No. (14), which is "the best salted fish such as fesikh and herring on occasions." Fesikh, herring and salinity are a cause of high blood pressure diseases, fibrosis of heart valves and fat clots, as well as fluid balance disorder, kidney failure and stomach cancer (Taher, 2017). Fesikh is a spoiled substance, a sample that contains harmful histamine, which is responsible for the distinctive flavor of fesikh (Al-Fishawy, 2008). It may contain fesikh - specials. It contains a toxin that affects the nervous system, which leads to double vision, muteness, paralysis, blindness, and then death due to paralysis of the muscles of the lungs and heart, due to the presence of the anaerobic *Clostridium botulinum* bacteria that secrete this toxin. (32:18).

And in the third place came phrase No. (14) and phrase No. 17, which is "It is better to eat aged and aged cheeses like apricots." By (85%), after eating aged and aged cheeses and eating bad eating habits that have a high risk to health; The old gene and the mesh contains biophilic worms that are invisible to the eye and that destroy human tissues, and infect him with episodic gastric disease, which has symptoms: colic, nausea, diarrhea and dizziness.

In fourth place came statement No. (1), which is "It is better to eat rice or pasta for lunch" with a percentage of (83%). In fifth place, phrase No. (16), which is "the best consumption of canned food and drinks, which contain preservatives, such as canned vegetables, tuna, salmon and beans." by (82%). In this regard, WHO research has proven that low-fiber, high-energy canned foods lead to obesity, colorectal cancer, circulatory system diseases, and diabetes. Researchers warn against canned food because it causes gallstones, allergies, chronic constipation, acute chronic gastritis that leads to ulcers, exhaustion of the liver, malignant tumors, and fetal diseases (27: 158).

As for the sixth place, it was achieved by phrase No. (19), which is "the best intake of items rich in sugars and cream, such as oriental sweets and cakes", with a rate of (79%). Recent research from the University of California has shown that the risks of excessive sugar consumption are equal to the risks of alcohol or smoking; Sugar causes high pressure, metabolic disorder, liver damage, hormonal disruption, and obesity; A researcher at the University of California recommends mediating the use of sugar to avoid obesity, which leads to the death of 85 million people worldwide annually, and 75% of the world's health care expenditures are spent on obesity-related diseases (33: 174).

In seventh place came phrase (3), which is "the best consumption of red meat and white chicken." The results of research conducted within 10 years at the National Cancer Institute in the United States on a sample of half a million showed that eating red meat excessively accelerates human death by 30%, and increases the incidence of diseases of the circulatory system and cancer. The researchers pointed out that 11% of deaths in men and 16% of deaths in women can be avoided if the consumption of red meat is reduced. Excessive consumption of white chicken is harmful to humans; It causes obesity, kidney failure, pituitary, thyroid and parathyroid gland disorders, hormonal disorders, liver and heart diseases, infertility (6:24).

Phrase No. (8) also came in seventh place, which is "I eat pickles a lot." by (78%). Researchers have shown that pickles cause diseases of the heart, blood vessels, kidneys, and hemorrhoids, and cause chronic colitis, which has

symptoms: abdominal pain, diarrhea, vomiting, gas, headache, general weakness. Pickles contain fungi that secrete toxins that are fatal to the muscles, heart muscle, nervous system, liver cells and kidneys. These pickles may be made of rotten or unclean vegetables, which adds dangerous toxins to the organs of the body that cause chronic diseases as a result of their accumulation in them. Pickles grow in the bacterium *Helicobacter* that causes chronic gastritis and then ulcers of the stomach and duodenum, and chronic infection with these bacteria leads to stomach cancer or recent lymphoma (19: 14).

In the eighth place was achieved by phrase No. (2), which is "the best eating processed meat such as: luncheon meat, sausage, salami, bluebeef and pepperoni", by (77%), despite the fact that the results of research conducted at the University of Zurich proved that processed meat leads to a shortening of human life, and increases Early death by 44%, and the incidence of stomach and colon cancer, and suffering from heart problems. The World Cancer Research Fund has conducted an analysis of more than 7000 clinical cases on the relationship of cancer to diet, and it was found that processed meat is the main cause of cancer in the world; Therefore, the fund recommends not eating processed meat at all. Swedish researchers have proven that processed meat causes pancreatic and colorectal cancer. Harvard University scientists discovered that eating processed meat once a day increases the incidence of diabetes by 29%, and that luncheon meat and processed meat contain periodic oxide that reacts with meat forming complex compounds that cause cancer, and chicken broth cubes contain monosodium glutamate, which Brain cells perish (28:41).

In the ninth place came phrase No. (4), which is "the best soft drinks containing sugar", with a rate of (73%). In the same place came phrase No. (13), which is "I eat a large amount of fino or baladi bread in meals" by (73%). And the results of research in the United States confirm that soft drinks affect the kidneys with total functional failure. Sodium benzoate is found in high concentrations in soft drinks, and it causes hyperactivity and damages DNA, and it interacts with vitamin A to form carcinogenic petroleum jelly. The research also proved that cola affects children with insomnia and disturbed sleep, and cola contains caffeine, which causes increased acidity, frequent heartbeat, high pressure and sugar. Soft drinks contain sodium bicarbonate, and experiments have shown that it causes flatulence, which leads to gastric reflux, which leads to esophageal cancer, which kills 10,000 Americans annually (25: 142).

In light of the above, it becomes clear that among the most common wrong eating habits with regard to excessive eating habits are:

- The best fast food such as pizza, burger and fried chicken in oils.
- The best salted fish such as fish and herring on occasions.
- It is better to eat aged and aged cheeses such as mash.
- It is better to eat rice or pasta in food
- It is better to eat canned food and drinks that contain preservatives such as canned vegetables, tuna, salmon and beans.
- It is better to eat foods rich in sugars and cream, such as oriental sweets and cakes.
- It is better to eat red meat and white chicken.
- I eat pickles a lot.
- It is best to eat processed meats such as: luncheon meat, sausage, salami, bluebeef and pepperoni.
- The best soft drinks containing sugar.
- I eat a large amount of fino or baladi bread in my meals.

Conclusions:

Within the limits of the sample and the aim of the research, the researcher reached the following conclusions:

1. One of the bad general nutritional behavior habits most prevalent among women of the age group (25-35) years in health clubs is, respectively: (Refraining from eating a certain food item (such as proteins, fats or carbohydrates) in order to lose weight, drinking water during Standing, not sitting, eating while watching TV, sleeping after dinner, not eating breakfast, eating before feeling hungry, drinking stimulant drinks before breakfast such as Nescafe, tea or coffee, drinking small amounts of water throughout the day, eating herbs or Weight loss pills without consulting a doctor, following one of the diets spread on the Internet, drinking water while eating, abstaining from food when feeling sad, taking antibiotics or painkillers without consulting a doctor, eating until I feel the stomach is full.
2. Among the habits of cooking and preserving bad foods that are most prevalent among women of the age group (25-35) years old in health clubs are, respectively: (Using industrial margarine from hydrogenated oils in cooking food, using frying oil more than once, using fats Grease and saturated fats in cooking, casting food (a lot of boiling with the use of fatty substances) during cooking).

3. One of the most prevalent bad habits of excessive eating habits among women of the age group (25-35) years old in health clubs are, respectively: (preferring fast food such as pizza, burgers and fried chicken in oils, preferring salted fish such as fish and herring on occasions, eating cheese Aged and old like mash, eating rice or pasta in food, eating canned food and drinks that contain preservatives such as canned vegetables, tuna, salmon and beans, eating items rich in sugars and cream such as oriental sweets and cakes, eating red meat and white chicken, eating pickles in abundance, eating processed meat such as Luncheon, sausage, salami, bluebeef and pepperoni, the best sugar-containing soft drinks, eat a large amount of fino or baladi bread in meals.

Recommendations:

In light of the conclusions reached by the researcher, she recommends the following:

1. Conducting workshops and training courses for trainers in health clubs to introduce healthy eating habits in order to work on consolidating them among the trainees, and to familiarize them with unhealthy eating habits and suggest innovative ways to combat and eliminate them.
2. Make use of the various media in order to spread a healthy food culture for families, and address bad eating habits.
3. Emphasis on the need for health clubs to provide mini-display screens within these clubs, in which programs, pictures and simplified dialogues are broadcast to raise awareness of the importance of integrated healthy food, and the danger of bad habits on the health of young people.
4. The Ministry of Youth and Sports distributes brochures and brochures to educate practitioners of various sports activities in the field of nutrition, through which they are known for sound food habits, and to treat unhealthy food habits, and show their immediate and future dangers to the health of their children.

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