Abstract

Aim: To distinguish typologies of university students in southern Chile on the basis of their level of satisfaction with life and food-related life, and to characterize them according to their eating habits inside and outside the place of residence, aspects associated with health and demographic characteristics. Materials and Methods: A structured questionnaire was applied to a non-probabilistic sample of 347 students at the Universidad de La Frontera, Temuco, Chile. The instruments for collecting information included the SWLS (Satisfaction with Life Scale), SWFL (Satisfaction with Food-related Life) and the HRQOL (Health-related Quality of Life Index). Questions were asked about eating habits inside and outside the place of residence, weight and approximate height, and variables for demographic classification. Results: Using a cluster analysis, three student typologies were distinguished, with significant differences in the SWLS and SWFL scores. The typologies differed in the number of days affected by emotional health problems, classification of their nutritional status (BMI), selfperception of their state of health, importance of food to personal well-being, place of residence during the period of studies, frequency of eating in the place of residence and frequency of meals at inconvenient times. Conclusions: The possibility of living with parents during the period of university studies is associated with better eating habits, better emotional health and selfperception of health, lower prevalence of overweight and obesity, and greater satisfaction with the life and foodrelated life.

Keywords

Satisfaction with life, Satisfaction with foodrelated life, Place of residence, Health, Nutritional status, Family.