

عنوان مقاله:

Effect of eating habits on attentional and memory performances and academic success in high school students in the Tiznit region in southern Morocco

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خلاصه مقاله:

**Aims:** In this work, we set the objective of determining the impact of certain socio-economic parameters as well as certain eating habits on attention and working memory on the one hand, and on the academic success of learners on the other hand. **Material and methods:** The sample includes teenagers in high school whose age is between ۱۵ and ۲۲ years old, from rural and urban regions. To determine eating habits, we used a questionnaire that includes informations about the student as well as the eating habits considered. Attention and working memory are measured using the computer-based RCF test, and academic achievement is assessed based on the overall marks of the students tested. **Findings:** The results obtained indicate associations between certain dietary habits and parameters of the RCF test; We found an association between the intake of breakfast and the frequency of weekly consumption of fish on the one hand, and the attentional performances ( $\chi^2 = ۶,۵۹۹$ .  $p = ۰,۰۳۷$ ) with the intake of breakfast, and working memory on the other hand ( $\chi^2 = ۶,۰۵۲$ .  $p = ۰,۰۴۸$ ) with the taking of breakfast. Also, an association between the frequency of weekly consumption of milk and its derivatives as well as Argan oil with attentional performances. We found an association between the frequency of weekly fruit consumption and the memory performances of students. **Conclusion:** The results obtained show the considerable influence of eating habits on the student's attention and working memory capacities; good eating habits can boost these neurocognitive skills to improve adolescent academic success.

کلمات کلیدی:

Eating habits, Attention, Working memory, Students, Tiznit, Morocco

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