

STATUS PASSAGES IN YOUNG ADULthood AS A RISK FACTOR FOR THE NUTRITION BEHAVIOR

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Status passages are planned or unplanned transitions like from work life to retirement or from living as a couple to living as a family. Especially young people experience many status passages like the transition from school to university or from living at parent's home to moving out and living in a own flat. This transitions cause changes in lifestyle and behavior. Additional to changes because of status passages, adolescents are faced with many challenges like finding their identity, building up a system of moral and develop an own future perspective. Transitions in young adulthood, like the replacement of the parents by moving out of the parental home or the change from school to university are associated with many changes and also changes in the personal nutrition. Because young adults have many new freedoms and opportunities to try out and the focus is not always on the nutrition, the main criteria the nutrition has to comply with are fast, easy to get, delicious and cheap. The consumption of fast food, convenience food and snacks, for example, is particularly attractive for adolescents, as it is a distinction from the adult culture of eating, which is characterized by rules such as eating on a table, using cutlery and having fixed mealtimes. The young adults have to achieve autonomy, develop themselves personally and form a nutrition behavior that fits in their way of life. In this work the focus is on the practice of nutritional behavior in adolescence and young adulthood. Within the framework of the interdisciplinary research cluster enable, that develops strategies for a healthier nutrition in different stages of life, two focus groups with young women and men between and guided narrative interviews describe the personally perceived changes in nutrition behavior and provide information on the criteria that determine these changes.