

EXAMINATION OF FISH CONSUMPTION HABITS AMONG STUDENTS OF A SECONDARY SCHOOL IN SZEGED AND OF A UNIVERSITY FACULTY

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The topic of my research is examining fish consumption habits among Miklós Radnóti Secondary Grammar School students and the students of University of Szeged Juhász Gyula Faculty of Education. The importance and actuality of my topic choice is confirmed by the book titled *Táplálkozásmarketing* [Nutrition Marketing] by Zoltán Szakály, published in 2011. In this book the author lists the factors which show the features and attitudes of the conscious consumer.

My work can be divided into two parts of research. I conducted secondary research in which I have concluded the statements of the relevant literature. Amongst the one that nowadays the endeavour to healthy way of life is getting more and more important. Regular consumption of fish can be a basic element of optimal nutrition for our organism. So we can get fat-soluble vitamins (e.g.: A and D vitamin) and water-soluble ones (B₁ and B₂ vitamin), too. Besides, fish contains omega-3 fatty acid in large quantity, which cannot be produced by our organism, but essential to its proper operation. During my primary research I have compiled a questionnaire, which was filled in by students in the two above mentioned educational institutes in Szeged. The questions in the questionnaire referred to the fish consumption habits of the interviewed and to their related attitudes. Furthermore, an important part of the questionnaire was to uncover the obstacles of fish consumption as well as the possible tools necessary to make fish consumption permanent in nutrition. To be able to reach the research results, 429 persons helped my work with filling the questionnaire in. I have implemented PSPP statistical system to evaluate the questionnaires. In the introduction of this work I formed three hypotheses which were examined via Z-test on the basis of the replies received in the questionnaires. After evaluation, two out of the three were accepted and only one rejected at a 5% significance level. As the result of hypothesis investigation I make the following statements.

Among the interviewed there are more people who consume fish than those who do not. Beside fish, the most commonly consumed meat types are pork and poultry. The reason of this is that their prices are lower—according to the

interviewed. During the Christmas period fish consumption is higher, so a significant seasonality appears. The 5% VAT introduced in January, 2018, may increase fish consumption and gives possibility to further research of this topic.

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