Investigation of the Relationship between Healthy Lifestyle Behaviors and Eating Attitudes of University Students

Introduction and Goal: Our study was conducted to determine healthy lifestyle behaviors, eating habits, eating attitudes and behaviors of sport science faculty students. Method: The sample of the research consists of 399 students who study in Suleyman Demirel University Department of Sports Sciences. The research data were collected by applying the demographic information form of the students and the Healthy Lifestyle Behaviors and the Eating Attitude Scale. Correlation analysis was applied by using SPSS package program. Findings: As a result of the correlation analysis of the students who participated in the research, a weak relationship was found between the Healthy Lifestyle Behaviors subscales Stress Management, Self-Improvement and Health Responsibility and Eating Attitudes according to the findings obtained (p<0.05). Result: Healthy lifestyle behaviors and eating attitudes of students in the sport sciences faculty were found to influence each other. Key words: Healthy lifestyle, eating habits, university students