



COPY RIGHT



2022 IJIEMR. Personal use of this material is permitted. Permission from IJIEMR must be obtained for all other uses, in any current or future media, including reprinting/republishing this material for advertising or promotional purposes, creating new collective works, for resale or redistribution to servers or lists, or reuse of any copyrighted component of this work in other works.

No Reprint should be done to this paper, all copy right is authenticated to Paper Authors

IJIEMR Transactions, online available on 2nd May 2022.

Link: <https://ijiemr.org/downloads/Volume-11/Issue-05>

DOI: 10.48047/IJIEMR/V11/I05/4

Title: THE ROLE OF POSITIVE PSYCHOLOGICAL CONSTRUCTS IN DIET AND EATING BEHAVIOR AMONG PEOPLE WITH METABOLIC SYNDROME: A QUALITATIVE STUDY

Volume 11, Issue 05, Pages 29-34

Paper Authors: **Gulomova Diyora, Karimov Ozodbek**



USE THIS BARCODE TO ACCESS YOUR ONLINE PAPER

To Secure Your Paper As Per **UGC Guidelines** We Are Providing A Electronic Bar Code

THE ROLE OF POSITIVE PSYCHOLOGICAL CONSTRUCTS IN DIET AND EATING BEHAVIOR AMONG PEOPLE WITH METABOLIC SYNDROME: A QUALITATIVE STUDY

Gulomova Diyora

Andijan State University Faculty of Social Economics

Direction of Pedagogy and Psychology 3-Course

Email: diyoragulomova088@gmail.com

Karimov Ozodbek

Andijan State University Faculty of Social Economics National Idea,

Fundamentals of Spirituality and Law Education 3-Course Student

Email: ozodbekkarimovv11@gmail.com

ABSTRACT: Positive Psychological (PP) constructs (e.g., optimism and gratitude) may impact the adherence to healthy behaviors, including diet, though prior studies have shown mixed findings. This qualitative study explored the relationships between PP constructs and dietary behaviors among 21 adults with metabolic syndrome through semi-structured interviews. Directed content analysis led to five themes: eating healthfully leads to PP constructs, PP constructs lead to eating healthfully, eating healthfully prevents negative emotions, healthy behaviors associated with diet, and an upward healthy spiral. Given the close relationship between PP constructs and diet, these may be targeted to improve diet in risk populations through interventions that promote well-being.

Keywords: Positive emotions, positive psychology, diet, obesity, qualitative research.

INTRODUCTION

Metabolic syndrome (MetS) is a cluster of risk factors such as obesity, elevated blood pressure, and dyslipidemia affecting 35% of US adults (Alberti et al., 2009; Hirode and Wong, 2020; Sperling et al., 2015). It increases the risk of developing chronic diseases such as type 2 diabetes and cardiovascular disease (Alberti et al., 2009; Hirode and Wong, 2020; Sperling et al., 2015). Health behaviors, like following a healthy diet and maintaining a healthy weight, are critical for preventing progression to these chronic diseases. However, most people with MetS struggle to follow and maintain a healthy

lifestyle (Fappa et al., 2008; Lakka and Laaksonen, 2007). Dietary recommendations for MetS and chronic disease prevention emphasize the consumption of fruits, vegetables, and lean proteins, as well as reduced consumption of sugar-sweetened beverages, processed foods, and fried foods (American Heart Association, 2016; Falk et al., 2001). Adherence to diets such as the plant-forward Mediterranean diet is inversely associated with the development of MetS and diabetes (Babio et al., 2009; Rodríguez-Monforte et al., 2017). Some people with chronic diseases may have a healthier diet,

but one study showed that only 1.7% of people with chronic diseases consumed a high-quality diet (Chen et al., 2011). Thus, understanding factors that lead to a healthy diet and ultimately weight loss may help inform the development of effective dietary interventions for people at risk of developing chronic diseases.

Psychological factors have an important and complex influence on people's adherence to healthy dietary behaviors (Firth et al., 2020; Macht, 2008). There are bidirectional relationships between emotional states and eating behavior (Bongers et al., 2013; Fedorikhin and Patrick, 2010; Jacka et al., 2017; White et al., 2013), with the majority of research focusing on negative psychological constructs. For example, it has been shown that people tend to overeat and eat more unhealthy food when experiencing negative psychological states such as stress or pessimism (Giltay et al., 2007; Pänkäläinen et al., 2018). Conversely, lower levels of stress are associated with higher consumption of healthy food (Whatnall et al., 2019).

Semi-structured interviews were designed to ask participants about their perceptions of health behaviors including diet, PP constructs, and the relationship between the two. We aimed at eliciting and identifying the perceptions of this population about specific PP constructs and to explore perceptions of the directionality of the relationships between those constructs and healthy eating (e.g., Does healthy eating lead to an increase in PP constructs? Do PP constructs lead to following a healthier diet?). All interviews were conducted by telephone, a common method of data collection (Drabble et al., 2016) by the principal investigator (RM) from June through November 2017. A semi-structured interview guide was created prior to beginning the interviews, based on the goals of

the study and prior qualitative research on PP constructs in chronic disease populations (Huffman et al., 2016). The interview guide was refined based on input from the study's qualitative research expert (EP). The interview asked participants about their experiences with their chronic conditions, including their perceptions of how positive and negative emotions affected their health and health behaviors [see (Millstein et al., 2020a) for additional details]. For the present analysis, we focused on emotions related to diet and eating behaviors. Participants were asked pre-specified interview questions related to their emotional experiences and eating behaviors and were asked additional questions (probes) about specific positive emotions when needed to clarify responses.

The interviews were 45–60 minutes long and were audiotaped and then professionally transcribed. Transcripts were reviewed by the principal investigator for accuracy and completeness. Participants were paid US\$100 to complete the interview and self-report questionnaires (not included in the present analysis). Transcribed interviews were uploaded into Dedoose, a web-based qualitative research program, for data management and content analysis. Prior to conducting the analysis, a coding framework was developed and iteratively refined based on input from the team's qualitative research expert (EP), participant data, and coders' feedback. The framework and data analysis were based on directed content analysis following the Consolidated Criteria for Reporting Qualitative Research (COREQ) framework (Tong et al., 2007). Directed content analysis uses a framework derived from research literature and theory but allows for themes to emerge from the data during coding (Elo and Kyngäs, 2008).



Coding was conducted using inductive and deductive methods. Codes were developed based on prior literature, and new themes were added based on the raw data during coding and team consensus. Two different trained raters (AC, EF, and LH) coded each interview independently using the codebook, with oversight from the principal investigator (RM). Weekly meetings from May 2020 to July 2020 with raters and the principal investigator were held to discuss emerging themes and resolve any coding discrepancies. Discrepancies were resolved together with the coders and the principal investigator. The present analysis focuses on one of the interview's domains: PP constructs associated with a healthy diet and their bidirectional relationships. Results from other interview domains have been previously published (Millstein et al., 2020a). Within the domain of "diet and emotions," there were eight primary (parent) themes in the codebook and 11 child nodes.

Results: Twenty-one interviews were completed. Participants were mostly older adults (mean age 63.1, SD: 9.7), and over half (62%) were female. All of them had obesity (mean BMI 33.5 m/kg², SD: 2.8), 90.4% had hyperlipidemia, 66.7% had insulin resistance, and 90.4% had hypertension. See (Millstein et al., 2020a) for additional sample descriptive statistics.

This qualitative study explored how people at high risk of developing chronic diseases perceived PP constructs to be associated with eating, and vice-versa. When sharing their personal experiences, most participants stated that eating healthy made them feel better in some way (e.g., feeling better overall, having more energy, optimism, or determination). Though less readily accessible, some participants articulated how feeling more

positively led to eating better. For many, even when asked about positive experiences, negative emotions were easier to access, and diet or weight were very closely related to negative emotions. We also found that in the context of considering their diets, participants concurrently thought about the role of physical activity, weight, and health behaviors overall. This finding speaks to the idea of behavioral bundling or complementary behaviors, in a way in which participants can initiate or maintain chains of health behaviors together, including following a healthy diet. When it came to the relationship between eating a healthy diet and positive emotions, our findings are in line with prior literature in the direction that eating healthy food such as vegetables and fruits is associated with positive constructs such as positive affect, happiness or vitality (Conner et al., 2017; Mujcic and Oswald, 2016). However, there is a limited body of literature on the association between eating healthfully and specific associated PP constructs, and on how these relationships may be working in people with MetS. This study adds a nuanced perspective on the different types of PP constructs that people feel when following a healthy diet. We specifically derived themes of PP constructs like energy, determination, feeling in control of their eating, optimism, being able to do more, accomplishment, pride, awareness, and focus. As previously stated, emotions have an impact on one's habits and adherence to health behaviors (Evers et al., 2013), and especially for people with MetS, prevention in the form of health behavior adherence is particularly important. Here we demonstrate that healthy eating is associated with many specific positive emotions and that positive emotions can start or be part of a chain of healthy behaviors including eating. This is

noteworthy as, in research, positive emotions receive less attention than negative emotions, and people can describe negative emotions more easily than the positive ones (Baumeister et al., 2001).

The Renaissance in Central Asia resulted in the greatest achievements in the political, economic and spiritual life of society. During this period, political and legal sciences, new literature and art, medicine, philosophy, and a new aesthetic consciousness were created.¹

The article examines the most important issues of the formation of the rule of law and civil society in modern Uzbekistan. Uzbekistan has a rich experience of political life, features of political consciousness and develops in unique and difficult conditions. Thus, it turned out that it is wrong to copy a simple copy of the political experience of the Western world.²

The paper investigates the essence of spiritual potential as well as its role in modern society.³

Founded as a statesman in the history of the Baburi dynasty, he became one of the world's most famous historians with his book "Boburnoma" written in Uzbek.⁴

In the opposite direction, some participants noted that positive emotions led to or were associated with eating healthier. Participants expressed that feeling more positively helped them eat more healthfully, which is in line with previous research (Ait-hadad et al., 2020; Hingle et al., 2014;

Pänkäläinen et al., 2018; Whatnall et al., 2019). Optimism, in particular, has received special attention with regard to this topic, and it has been found that this construct is associated with the consumption of healthier food (Ait-hadad et al., 2020; Boehm et al., 2018; Hingle et al., 2014; Kelloniemi et al., 2005). It is possible that positive thoughts and feelings increase participants' thought-action repertoires allowing them to build additional resources to eat healthfully (Fredrickson, 2004), such as cooking new recipes or shopping for healthy food. For example, participants who ate healthfully may have experienced greater feelings of self-efficacy and perceived control (e.g., the present themes of "feeling in control" and "accomplishment"), which then promoted self-monitoring and the use of active coping strategies (e.g., themes of "awareness" or feeling "focused"), enhanced their social interactions (through the theme of feeling more "energy" or body image/confidence to socialize), and increased their self-regulation and motivation (feelings of "accomplishment," "optimism," or "determination"), thus promoting adherence to a healthy diet (Huffman et al., 2016). Additionally, some participants expressed that being in an "upward spiral" of multiple healthy behaviors helped them to eat healthfully. This is consistent with prior research which has demonstrated that participants are more likely to maintain healthy habits (e.g., eating healthfully) when they perceive positive emotions during the activity (Van Cappellen et al., 2018). Our results show that, for some, this positive reinforcement can occur for eating but also broadly, across multiple health behaviors. For some participants, the relationship between diet and emotions seemed to co-occur with at least one of three variables: weight management,

¹ Tolibjonovich, M. T. (2021). EASTERN RENAISSANCE AND ITS CULTURAL HERITAGE: THE VIEW OF FOREIGN RESEARCHERS. *ResearchJet Journal of Analysis and Inventions*, 2(05), 211-215.

² Nasriddinovich, A. A. (2021). STRUCTURE, MODELS AND CHARACTERISTICS OF CIVIL SOCIETY. *STRUCTURE*, 7(4).

³ Talantbek, M., & Omonillo, E. (2022). SPIRITUAL POTENTIAL AND ITS ROLE IN MODERN. " *Yosh Tadqiqotchi*" jurnali, 1(2), 58-62.

⁴ Madumarov Talantbek Tolibjonovich, & G'ulomjonov Odiljon Raximjon o'g'li. (2020). The place of the Baburian dynasty in world history. *INTERNATIONAL JOURNAL OF DISCOURSE ON INNOVATION, INTEGRATION AND EDUCATION*, 1(2), 57-60. Retrieved from <http://summusjournals.uz/index.php/ijdie/article/view/94>

exercise, or being involved in a broader cycle or chain of healthy habits.

REFERENCES:

1. Tolibjonovich, M. T. (2021). EASTERN RENAISSANCE AND ITS CULTURAL HERITAGE: THE VIEW OF FOREIGN RESEARCHERS. *ResearchJet Journal of Analysis and Inventions*, 2(05), 211-215.
2. Nasriddinovich, A. A. (2021). STRUCTURE, MODELS AND CHARACTERISTICS OF CIVIL SOCIETY. *STRUCTURE*, 7(4).
3. Talantbek, M., & Omonillo, E. (2022). SPIRITUAL POTENTIAL AND ITS ROLE IN MODERN. " *Yosh Tadqiqotchi" jurnali*, 1(2), 58-62.
4. Madumarov Talantbek Tolibjonovich, & G'ulomjonov Odiljon Raximjon o'g'li. (2020). The place of the Baburian dynasty in world history. *INTERNATIONAL JOURNAL OF DISCOURSE ON INNOVATION, INTEGRATION AND EDUCATION*, 1(2), 57-60. Retrieved from <http://summusjournals.uz/index.php/ijdiie/article/view/94>
5. American Heart Association (2016) Prevention and Treatment of Metabolic Syndrome. Available at: <https://www.heart.org/en/health-topics/metabolic-syndrome/prevention-and-treatment-of-metabolic-syndrome>
6. Ait-hadad, W, Bénard, M, Shankland, R, et al. (2020) Optimism is associated with diet quality, food group consumption and snacking behavior in a general population. *Nutrition Journal* 19(1): 6.
7. Alberti, KG, Eckel, RH, Grundy, SM, et al. (2009) Harmonizing the metabolic syndrome: a joint interim statement of the international diabetes federation task force on epidemiology and prevention; national heart, lung, and blood institute; American heart association; world heart federation; international atherosclerosis society; and international association for the study of obesity. *Circulation* 120(16): 1640–1645.
8. Babio, N, Bulló, M, Basora, J, et al. (2009) Adherence to the mediterranean diet and risk of metabolic syndrome and its components. *Nutrition, Metabolism and Cardiovascular Diseases* 19(8): 563–570.
9. Baumeister, RF, Bratslavsky, E, Finkenauer, C, et al. (2001) Bad is Stronger than Good. *Review of General Psychology* 5(4): 323–370.