

〔原著論文〕

女子学生の生活習慣とその変化

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Characteristics and Changes of Life Habits among Female College Students

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Abstract — To investigate characteristics and changes of life habits among female college students, we conducted life habits surveys in 1988, 1998 and 2008. Main results were as follows. As for physical characteristic, obese subjects (BMI>25.0) and lean subjects (BMI<18.5) increased significantly over those twenty years. The subjects who didn't eat breakfast also increased significantly. Regular exercise habits, maximal oxygen uptake and sleeping time didn't show significant difference in those three surveys.

Key Words — female college students, life habits changing