

On the Influence of Boredom and Self-Esteem on Food Motivation

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INTRODUCTION

- As higher boredom leads to higher food consumption (Abramson & Stinson, 1977), assuming that motivations precede actions, higher boredom should also lead to higher food motivation, encouraging the food consumption.

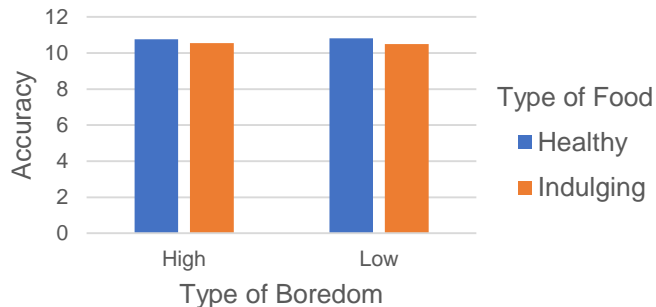
HYPOTHESES

- Higher boredom leads to higher food motivation.
- Self-esteem is negatively correlated with food motivation.
- The body mass index moderates the food choice.

METHODS

- Boredom was measured with a seven-item subset of the Multidimensional State Boredom scale (Fahlman et al., 2013; Markey et al., 2014).
- Self-esteem was measured with the Rosenberg Self-Esteem scale.

Mean number of correct answers to Delboeuf illusion across types of boredom and types of food

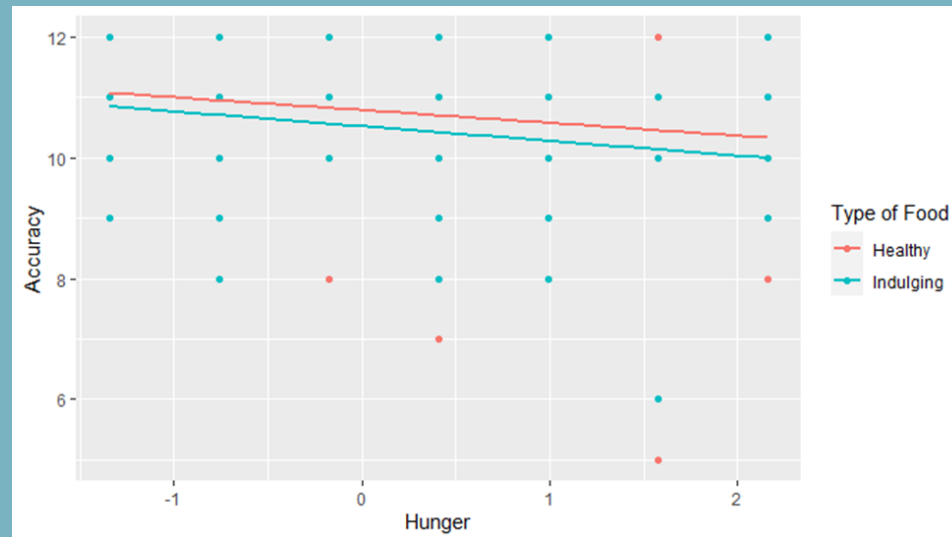


Hunger is negatively correlated with food motivation.

However, the main limits of the present study are:

- The absence of a neutral control stimulus in order to be able to distinguish the measure of food motivation, e.g., accuracy, from attention.
- The experimental setup as online study, as a laboratory study could better evidence differences in foods, i.e., smell, texture, etc.

Effect of Hunger and Food Type on Food Motivation



Note: Significant effect of Hunger and Type of Food on Accuracy, which acted as translation for food motivation, with higher values of accuracy indication higher food motivation.

RESULTS

- No significant effect of boredom levels on food motivation [$F(1, 85) < 0.01, p = .957, \eta_p^2 < .01$].
- No significant correlation between self-esteem and food motivation [$r(88) = -.02, p = .873$].
- No significant interaction of food type and body mass index on food motivation [$F(1, 88) = 0.19, p = .666, \eta_p^2 < .01$].
- Significant main effect of food type on food motivation [$F(1, 88.6) = 3.98, p = .049, \eta_p^2 = .04$].
- Significant main effect of hunger on food motivation [$F(1, 86.2) = 6.78, p = .011, \eta_p^2 = .07$].

DISCUSSION

- Hunger does not only lead to an increased need for food consumption but might also negatively correlated with attentional resources.
- As boredom is often situational (Elpidorou, 2014), the Delboeuf illusion itself might not be suitable when examining the effect of boredom on food motivation.

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