

Analyzing Food-Related Life Satisfaction and other Predictors of Life Satisfaction in Central Chile

Por: **Schnettler, B** (Schnettler, Berta)^[1]; **Lobos, G** (Lobos, German)^[2]; **Orellana, L** (Orellana, Ligia)^[1]; **Grunert, K** (Grunert, Klaus)^[3]; **Sepulveda, J** (Sepulveda, Jose)^[4]; **Mora, M** (Mora, Marcos)^[4]; **Denegri, M** (Denegri, Marianela)^[1]; **Miranda, H** (Miranda, Horacio)^[1]

SPANISH JOURNAL OF PSYCHOLOGY

Volumen: 18

Número de artículo: e38

DOI: 10.1017/sjp.2015.32

Fecha de publicación: 2015

[Ver información de revista](#)

Resumen

This study aimed to assess the effect of satisfaction with food-related life on life satisfaction among inhabitants of the main municipalities of central Chile. A survey was applied to a sample of 1,277 people, distributed proportionally by municipality. The questionnaire included the following scales: SWLS (Satisfaction with Life Scale), SWFL (Satisfaction with Food-related Life) and the Health-Related Quality of Life Index (HRQOL). Questions were asked regarding eating habits inside and outside the home, time available for meals at home, the assessment of five sources of happiness and the demographic characteristics of those surveyed. An ordered logit model was proposed, in which the dependent variable was satisfaction with life. Satisfaction with life was significantly related to the respondent's socioeconomic status, self-perception of health, degree of satisfaction with food-related life, monthly food expenditure, time available for supper with the family ($p < .01$); gender, self-reported number of days affected by mental health problems, frequency of supper with the family, the degree of agreement with respect to family being an important source of happiness ($p < .05$); and family size and frequency of food consumption in fast food outlets ($p < .10$). Satisfaction with life in the study sample is related to aspects associated with health, family and eating, and the family interaction associated with eating may play an important role in overall satisfaction with life.

Palabras clave

Palabras clave de autor: [satisfaction with life](#); [satisfaction with food-related life](#); [family](#)

KeyWords Plus: [QUALITY-OF-LIFE](#); [FAMILY MEALS](#); [BOTTOM-UP](#); [TOP-DOWN](#); [EMPIRICAL-ANALYSIS](#); [FUNCTIONAL FOODS](#); [HEALTH](#); [HAPPINESS](#); [FREQUENCY](#); [CHILDREN](#)

Información del autor

Dirección para petición de copias: Schnettler, B (autor para petición de copias)

 Univ La Frontera, Casilla 54-D, Temuco, Chile.

Direcciones:

- + [1] Univ La Frontera, Temuco, Chile
- + [2] Univ Talca, Talca, Maule Region, Chile
- + [3] Aarhus Univ, DK-8000 Aarhus C, Denmark
- + [4] Univ Chile, Santiago, Chile

Direcciones de correo electrónico: berta.schnettler@ufrontera.cl

Financiación

Entidad financiadora	Número de concesión
Fondecyt	1100611

[Ver texto de financiación](#)

Editorial

Cambridge Univ Press, 32 AVENUE OF THE AMERICAS, NEW YORK, NY 10013-2473 USA

Categorías / Clasificación

Áreas de investigación: Psychology

Categorías de Web of Science: Psychology, Multidisciplinary

Información del documento

Tipo de documento: Article

Idioma: English

Número de acceso: [WOS:000361588400038](#)

ID de PubMed: 26083311

ISSN: 1138-7416

eISSN: 1988-2904

Información de la revista

- **Impact Factor:** [Journal Citation Reports®](#)