A Comparative Study on the Dietary Culture Consciousness and Their Consumption Attitude of Traditional Foods between Korean and Japanese Women

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Abstract

We conducted a survey on Japanese women’s consciousness of food culture and their traditional food consumption by self-filling-out questionnaire during January, 2000 for the period of a month. For the survey we selected 250 women residing in Kyoto, Japan. For the statistic work we used SAS package system, and t-test, χ²-test and Duncan’s multiple range test were also used to verify the results significance. The purpose of this survey lies in gathering a basic data on the comparative direction of Korean and Japanese women’s food culture in the future.

1. Comparing the preferred food purchase place, In case of Korean women, traditional market was comparatively more preferred while Japanese women relatively preferred convenience store (p<0.001).

2. In case of Japanese women, they answered there is no difference from ordinary days on New Year’s Day (71%) and Christmas (40%) while 38% answered they prepare food at home. 40% said they prepare food on parents-in-law’s birthday, and 41% said no difference from ordinary days. 52% said they prepare food at home on husband’s birthday. For their own birthday, 32% said yes to preparing food at home while 45% said no difference and 22.3% said eating out. For children’s birthday 65% said preparing at home, 16.3% said no difference and 14.9% said eating out.

3. Comparing the conception on traditional food, Korean women answered “complicated” (77%) most while “simple” (5%) least, which indicates their demands for simplified recipes. In case of Japanese women, “complicated” (44%) was most while “scientific” (6%) was least which indicates their demands for scientific way of recipes. There were differences shown by age (p<0.01) and the older the more said “simple” or “logical” (p<0.01).

4. As the reason for the complicity of traditional food recipes, Koreans said “too many hand skill” (60%) most while “too many spices” (8%) least. For Japanese, “various kind of the recipe” (55%) was most while “too many hand skill” (7%) was least. There were significant differences shown by
academic background (p<0.01) and income (p<0.01), and the lower the academic background, the more said "too many spices" as the reason for the complicity in making traditional food. Generally, the lesser the income, the more tendency to say "various kinds of the recipe".

5. In case of Koreans, the “recipe is difficult” (56%) was high while “uninterested” (9%) was low in answer which showed differences by academic background (p<0.05), and in case of Japanese, “no time to cook” (44%) was high while “uninterested” (7%) was low.

6. The following is the reasons for choosing traditional food as a snack for children. In case of Koreans, they answered as “traditional food” (34%), “made from nutritious and quality materials” (27%), “for education” (22%) and “suits their taste” (17%) revealing “traditional food” is highest. In case of Japanese, it was revealed in the order of “made from nutritious and quality materials” (36.3%), “traditional food” (25.2%), “suits their taste” (22.6%), “for education” (12.8%) and “easy to make” (3.1%).

7. Comparing the most important thing for the popularization of traditional food in the world, Koreans answered “taste and nutrition” (45%) most while “shape and color” (6%) least. In case of Japanese, “taste and nutrition” (75%) was answered most while “hygienic packaging” (4%) was least. Both considered “taste and nutrition” as most important thing for the popularization of traditional food in the world.

8. In case of Koreans, they answered they learn how to make traditional food “from mother” (47%), “media” (18%), “school” (15%), “from mother-in-law” (14%), “private cooking school” (4%) and “close acquaintances” (2%). In case of Japanese, they said mostly learn “from mother”, but it was also shown that the lower the academic background the lesser the tendency of learning “from mother” but “from school” (p<0.001).

9. About the consumption of traditional fermented food, Koreans said they make kimchi (90%), pickled vegetables (39%), soy sauce (33%), bean paste (38%), salted fishery (12%) and traditional liquors (14%) at home while 67% for salted fishery and 48% for traditional liquors answered they buy rather than making at home. On the other hand, Japanese answered they mostly buy kimchi (60%), soy sauce (96%), bean paste (91%), natto (92%), salt fermented fish foods (77%) and traditional alcoholic beverage (88%) to eat. This difference was shown very distinct between Korean and Japanese women (p<0.001).

10. About the most important thing in food, Koreans answered in the order of “liking and satisfaction” (33%), “for health” (32%), “for relieve hunger” (18%) and “convenience” (17%). In case of Japanese, it was revealed in the order of “for health” (61%), “liking and satisfaction” (20%), “to relieve hunger” (16%) and “convenience” (3%). This shows that Japanese women take comparably more importance to health than Korean women. The conception of food was shown different between Korean and Japanese women (p<0.001), and Koreans showed level 4-5 of food culture while Japanese showed level 5.

**Key Words**: Dietary culture consciousness, traditional food, Korean and Japanese women

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I. 서 론

문화란 자연에 대한 인간의 지 대립으로 발생하는 것이다. 그러므로 문화는 자연환경에 안계시작으로 작용하고 있는 것이며, 이 자연환경은 각 지역과 민족 문화 내용의 특성을 규정한다. 우리 나라의 식문화를 보면 상국시대 후기부터 주·부식의 일상식 구조가 확립되어 곡물로 밥을 쫓고 장, 젖, 포 등의 가공이 발달하였으며 체식문화와 세식풍속을 통한 볼식의 방식으로 계절에 부족 되기 쉬운 영양분을 보충하였다. 우리 나라의 전통 식품은 간장, 고추장, 청국장 등 경류와 김치류, 간발류 등 독특한 발효식품을 이용해서 만들어져 왔으며 종류도 다양하고 영양학적 우수성이 세계적으로 인정되고 있다. 그러나 최근 사회구조의 도시화, 산업화, 레스토랑화 등의 변화로 인하여 점차 이용 빈도가 높아지고