

Assessment of the dietary habits, lifestyle, and stress aspects of university studentsDr.

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Abstract

Age group of the 18 to 20 years is the crucial age for all children. At this stage day by day their behaviour, attitude and health is changing. Specially, hostelites are living away from home so they face many different problems like adjustment to food choices, to live with people from different backgrounds, to achieve their goal etc. Today, dietary habits and lifestyle is of great importance for every student. The culture of fast food has changed the eating style, habits and even the menu which may lead to many problems in the individual health and life. Thus the present study is aimed at evaluating the variations and associations of dietary habits, lifestyle and stress among university. The purpose of the study was to compare the diet habits, lifestyle and stress of the hosteller and non hosteller. The questionnaire was used as a tool to collect the data. Overall, the results have highlighted the threats of living in a hostel when it comes to the overall health and lifestyle. Such studies need to be carried out on regular basis so as to evaluate, the impact of the changing environment on students in such crucial age group.