



## **A Study of Impact of Exam Stress on Dietary Habits among Adolescents**

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### **Abstract**

**Aim:** The aim of the study was to observe the impact of exam stress on dietary habits among adolescents. **Materials and Methods:** Sample of 100 students (50 males and 50 females) who were hostelers selected from various degree colleges. Questionnaire was developed to collect information regarding the food habits, food choices and food preferences normally and during examination. Questions were asked regarding meal timings, skipping of meals, snacking and types of snacks consumed. **Results:** was found that males having more craving for junk food and feeling of thirst during exams as compared to females. **Conclusion:** it was concluded that there is a gender difference in food cravings and feeling of thirst during exams.

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### **Introduction**

Exam stress is the feeling of worry and tension that comes from test typing situations. It is normal to feel some stress about exams, as it can challenge you and motivate you to work harder however, too much stress about can interfere with your daily life and your performance. Exam stress can you come from the pressure to do well, worries about the future, or uncertainty about the outcome. Some signs of exam stress may include feeling sad overwhelmed unmotivated or having physical symptoms like stomach aches or nail biting. Academic stress can be conceptualized as students interactions between environmental stressors, the students cognitive appraisal of and coping with the academic related stressors, and psychological or physiological response to the stressors Lee and Larson,2000; Lou & Chi, 2000). Academic stress is a pervasive problem across countries, cultures and ethnic groups and must be viewed in its context (Wong Wong, and Scott, 2006). Every student aspires to pursue academic success to achieve respect Thomas family pride and social mobility (Gow et al., 1996).This results in extremely high academic demands add extraordinary pressure on