



TERENGGANU

**The Relationship Between Stress And Eating
Behavior Among Student UiTM Dungun
Terengganu**

By,

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Abstract

Stress may be symptom, syndrome, and diagnosis depending on the level of stress. The psychosocial experienced by a person affects the person. Stress appears to alter overall eating behaviour in two ways, resulting in under or overeating, which may be influenced by stressor severity. Evidence from longitudinal studies suggests that chronic life stress may be causally linked to weight gain, with a greater effect. Research has shown a lot of the relationship between stress and food. Pressure can interfere with body balance. So, the body reacts to the pressure to restore the balance by producing physiological responses. When stress, usually the students are looking for foods that contain high calories or high fat. The objective of this study is to find out the correlation between stress and eating behavior among university students in the Dungun branch of the plant about the pattern of eating behavior changes during stress. Quantitative and data obtained through questionnaire forms. 100 Respondents for this study were selected using random sampling method. Based on the findings of this study, it can be concluded that the stress level has many negative implications for university students. Implications of the study as well as suggestions for further studies are also presented for further action by the responsible parties. Therefore, it is hoped that this study will provide some benefits to the awareness of healthy food enhancement and will help the student to manage stress by a healthy lifestyle.

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