

Menstruation, Emotions and Eating: Exploring the Link between Cycle Phase and Emotional Food Intake

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ABSTRACT

Introduction: Menstruation and stress during menstruation are prevalent among female nursing students. These factors often influence emotional eating patterns, which are increasingly common in today's generation.

Aim: To assess the correlation between stress levels and emotional eating during menstruation among female nursing students at a selected nursing college in Mullana, Ambala.

Materials and Methods: A quantitative research approach with a descriptive design was used. Data were collected from 220 female nursing students using a questionnaire through convenience sampling.

Results: The study found that 67.1% of participants experienced moderate stress, and 43.2% exhibited mild emotional eating tendencies. The majority had regular cycles (77%) and moderate bleeding (78.8%). A weak negative correlation (-0.190 , $p < 0.05$) was observed between perceived stress and emotional eating.

Conclusion: Stress and emotional eating are significant issues among nursing students. Higher stress levels were associated with emotional eating, especially cravings for high-calorie and sugary foods. Addressing stress and eating habits during menstruation is essential for improving students' overall well-being.

Keywords: Emotional eating, Perceived stress, Questionnaire.

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