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ABSTRACT

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***RELATIONSHIP BETWEEN THE SEVERITY OF HOMESICKNESS WITH
EATING PATTERN IN OVERSEAS STUDENTS
(Observational Study on Siliwangi University Students Batch 2022)***

Homesickness is one of the causes of stress in overseas students which can affect eating patterns. The purpose of this study was to analyze the relationship between the severity of homesickness and eating patterns in overseas students at Siliwangi University batch 2022. This type of research is an observational analytic with a quantitative approach using a cross sectional design. The sampling technique used is proportional random sampling. The total population is 257 people and the sample used is 81 people. The instruments used to obtain data included respondent characteristic questionnaire, homesickness questionnaire, perceived stress scale 10 items, food recall 2×24 hour, individual dietary diversity score, and food photo book. Research data were analyzed using the chi square test. The results showed that most of the respondents had a moderate level of homesickness (67,9%), a high level of stress (58%), and a poor diet (66,7%). The results of the bivariate analysis showed that there was a relationship between the severity of homesickness and stress level ($p = 0,024$), there was a relationship between stress level and diet ($p = 0,047$), and there was a relationship between the severity of homesickness and diet ($p = 0,001$). Overseas students are expected to be more open in adapting and paying attention to food intake by consuming diverse, nutritious foods and reducing consumption of junk food.

Key note: homesickness, stress, eating pattern