



**THE RELATIONSHIP BETWEEN PERCEIVED STRESS,
EMOTIONAL EATING AND PHYSICAL ACTIVITY AMONG UNIVERSITY
STUDENTS**

**Research Project Presented to
Bahria School of Professional Psychology
Bahria University E-8 Campus**

**In Partial Fulfillment of the Requirements for the
Degree of Bachelors of Science
BS Psychology**

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BAHRIA SCHOOL OF PROFESSIONAL PSYCHOLOGY

BAHRIA UNIVERSITY, ISLAMABAD CAMPUS (E-8)

APPROVAL SHEET

SUBMISSION OF RESEARCH PROJECT

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Discipline: BS Psychology

Faculty/Department: Institute of Professional Psychology

I hereby certify that the above candidate's work including the research project has been completed to my satisfaction and that the research project is in a format of an editorial standard recognized by the faculty/department as appropriate for examination.

Signature(s):

Principal Supervisor:

Date:

The undersigned signifies that:

1. The candidate presented at a pre-completion seminar, an overview, and synthesis of major findings of the thesis and that this research is of a standard and extent appropriate for submission as a research project.
2. I have checked the candidates' research project and its scope and formal editorial standards are recognized by the faculty/department as appropriate.

Signature(s):

Dean/ Head of Faculty/ Department:

Date:

DECLARATION OF AUTHENTICATION

We certify that the research work presented in this research project, to the best of my knowledge, is our own. All the sources used, and any help received in the preparation of this thesis have been acknowledged. We hereby declare that we have not submitted this material, either in whole or in part, for any other degree at this or any institution.

Signature(s):

Dua Shahid

MaheenLaraib

DEDICATION

We would like to dedicate our research to our parents.

ACKNOWLEDGEMENTS

In the name of Allah, the most beneficial and most merciful, we are grateful for accomplishing this vital and deeply embedded task crucial to our future with the help of our supervisor Ma'am Hina Hafeez. She has always been there for us, assisting us with our areas of difficulties. She always made time for us and shared her knowledge to help improve our work. She was always patient with us, helping us achieve our goals, have minimal worries, think positively and be resilient in the face of hardships.

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ABSTRACT

This research attempts to understand the relationship between perceived stress, emotional eating and physical activity in Pakistani university students (N=250, 114 men, 136 women) aged 18 to 26 years ($M = .72$, $SD = .679$) from government, private and semi-government educational institutions of Islamabad and Rawalpindi. The research hypotheses stated that perceived stress will be positively correlated with the variable of emotional eating, and negatively correlated with the variable of physical activity, and that female students will have higher engagement in emotional eating during perceived stress, and men will have greater engagement in physical activity. The constructs have been measured using the Perceived Stress Scale-10, The Salzburg Emotional Eating Scale, and The International Physical Activity Questionnaire-Short Form. The research's results indicate that perceived stress is significantly negatively correlated with emotional eating and significantly negatively correlated with physical activity. Women have a higher expression of perceived stress, while men have a higher expression of emotional eating and greater engagement in physical activity when stressed. Moving on, Stress significantly correlates with the Emotional Eating subscales Anger and Anxiety, but has a non-significant correlation with the subscales of Happiness and Sadness. Stress is also significantly correlated with the physical activity levels/categories of Vigorous Physical Activity and Moderate Physical Activity, but is not significantly correlated with Walking. Moreover the dependent variables, Emotional Eating and Physical Activity are also significantly correlated. This evidence contributes to the research in the dimension of perceived stress management as well as ensuring that university students have future healthy eating behaviors and physical activity engagement.