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A Study on Mental Health Profile and Emotional Maturity in Relation to Nutritional Status of Post-Graduate Students

■ SAGARIKA SABAT, VIJAYETA PRIYADARSHINI AND LIPSA DASH

See end of the paper for authors' affiliation

Correspondence to :

VIJAYETA PRIYADARSHINI
Department of Home Science,
Govt. Women's College,
KEONJHAR (ODISHA) INDIA
Email : vijayeta.priyadarshini@gmail.com

ABSTRACT : There are concerns about the rates of depression, stress and other psychiatric symptoms among university students along with the unhealthy patterns of food consumption resulting either malnutrition or obesity. This study was aimed to determine the nutritional status, mental health and emotional maturity among 120 post graduate students of Sambalpur University, Odisha. The mean weight, height and BMI were found to be 51.96 kg (± 7.9893), 1.5671 mts (± 0.0617) and 21.142 (± 3.2536), respectively. 25 per cent of the respondents showed poor mental health. Significant association was found between BMI and Mental health stats at $p < 0.05$ level.

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