

The Influence of Family Attachment, Academic Stress, And Loneliness on Emotional Eating Patterns Among Asian Youth in Singapore

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Abstract

Emotional eating involves the consumption of food as a way to cope with challenging emotions like stress. This study examined the influence of family dynamics, academic pressure, and loneliness on emotional eating patterns among Indian and Chinese youth in Singapore, with loneliness and academic stress showed stronger associations, while stronger family attachment seemed to play a role in reducing these behaviors. The study also examined the impact of cultural factors that are unique to Indian and Chinese adolescents on the development of emotional eating habits and compared the results. The study's findings revealed a notable interaction effect between ethnicity and the RM factor concerning emotional eating behavior, although ethnicity itself was not a significant factor. Additionally, a significant interaction effect was observed between loneliness and ethnicity in relation to emotional eating scores. Strong positive correlations were identified among student stress, family attachment, and loneliness, however, no significant correlation was detected with emotional eating. Nonetheless, there were no significant differences found across gender groups for any of the four variables, and the same was true for age groups.

Keywords: emotional eating, stress eating, academic stress, family attachment, loneliness, student stress