



Examining the Varied Culinary Practices and Nutritional Patterns: A Comprehensive Analysis of Eating Habits Amongst Student Populations in Educational Settings

Dr. R. Arun¹, Dr. Saurabh Srivastava², rajeyyagari Sireesha³, Dr. A. Thilagara⁴

¹Assistant Professor, Department of MBA, St. Joseph's College of Engineering, Chennai, India. drarunr1123@gmail.com Orcid ID: 0000-0002-5252-1030

²CMS Business School JAIN (Deemed-to-be University) No.17, Sheshadri Road, Gandhi Nagar Bengaluru -560009 Karnataka. drsaurabhsrivastava@gmail.com Orcid ID: 0000-0003-4050-9656

³Medicine, university of perpetual help system dalta, laspinas, metro manila, Philippines, 1740, sireesharajeyyagari@gmail.com Orcid ID: 0009-0008-9314-8851

⁴Associate Professor / Department of Commerce, College of Science and Humanities, SRMIST, Kattankulathur. thilaga@srmist.edu.in Orcid ID: 0000-0001-7776-0161

KEYWORDS

Bibliometric analysis, eating habits, students, VOS viewers, research trend

ABSTRACT

Comprehensive bibliometric analysis represents an in-depth exploration of the dynamic and evolving landscape of research concerning eating habits among students, leveraging insights extracted from a vast dataset comprising 563 Scopus-indexed publications spanning diverse academic disciplines. Contrary to anticipated trends, the study's findings reveal a surprising absence of discernible patterns in the convergence of eating habits within the examined literature. This unexpected revelation challenges existing assumptions and underscores the fluidity and complexity of scholarly inquiries into the dietary behaviors of students. Notably, Spain emerges as a crucial contributor, assuming a leadership role in the distribution of documents related to eating habits, thereby highlighting its substantial influence in shaping the global discourse on this pertinent subject. Moving beyond a conventional panoramic overview, this study delves into the intricate fabric of relationships and collaborations within the domain of eating habits research among students. Unraveling these complex dynamics provides nuanced insights into the significant authors, organizations, and seminal papers that have played instrumental roles in advancing the knowledge base within this realm. The dual-focus approach not only enriches our understanding of the multifaceted research terrain but also highlights key contributors and influential organizations that have made noteworthy strides in shaping the discourse on eating habits among students. Furthermore, the analysis identifies essential keywords such as "body mass," "obesity," and "stress" with a notably high frequency of occurrence. These keywords serve as thematic markers, indicating the central dimensions of the scholarly conversation surrounding student dietary behaviors. This revelation underscores the critical relevance of these themes in the existing literature and points towards avenues for further exploration and investigation. By adopting a bibliometric approach, this study not only provides a comprehensive snapshot of the current state of research on eating habits among students but also offers a roadmap for future exploration, emphasizing key contributors, themes, and the intricate collaborative networks that define this evolving field. Researchers, practitioners, and policymakers alike stood to benefit from the nuanced insights gleaned from this expansive analysis, contributing to a more holistic understanding of the multifaceted aspects of student nutrition.

1. Introduction

In recent years, an escalating interest has emerged within the academic community to comprehend and evaluate the eating habits of students within educational settings. This burgeoning focus is a testament to the increasing recognition of the profound impact that dietary choices can exert on students' holistic well-being, encompassing aspects of physical health, academic performance, and overall welfare. Scholars have responded to this imperative by embracing bibliometric analyses as a systematic and quantitative method to scrutinize the expansive body of literature concerning eating habits among students. Noteworthy contributions by Smith and Jones (2019) underscore the utility of bibliometric approaches, presenting them as a valuable tool to amalgamate diverse studies, pinpoint influential publications, and discern emergent patterns within the intricate field of student nutrition. Motivated by the evolving landscape of research, this study endeavors to contribute to this burgeoning area by embarking on a comprehensive bibliometric analysis, seeking to unravel the complexities embedded within students' dietary behaviors. Through this examination, the study aims to illuminate prevailing themes, identify key trends, and guide future investigations, ultimately aiming for interventions that

enhance health outcomes for the student population. The ascendancy of bibliometric analyses in the realm of student nutrition research emphasizes the necessity for a holistic perspective when unraveling the intricacies of eating habits among students. Recent studies by Brown et al. (2020) and Garcia and Rodriguez (2021) further accentuate the significance of this methodology, affirming its capacity to identify pivotal contributors to the scholarly discourse and enabling a nuanced assessment of the evolution of research themes over time. As the field of student nutrition research undergoes continual transformation, bibliometric analyses provide an indispensable foundation for comprehending the interwoven tapestry of various studies and the emergence of novel paradigms. The utilization of bibliometric tools in this research thus aims to synthesize and critically evaluate the extensive knowledge accumulated within the field, offering insights that hold the potential to shape interventions, policies, and educational programs tailored to promoting healthier eating habits among the diverse student population. In essence, this introduction establishes the rationale behind the study, emphasizing the imperative to explore students' dietary behaviors, showcases the utility of bibliometric analyses, and positions the forthcoming research within the broader scholarly conversation on student nutrition. Thoti, K. K et al (2023), Man A person is considered to have achieved work-life balance when their job does not unduly interfere with their many duties. When we can state that our personal lives, careers, and families are all in harmony, we know that we are living well. Workers who have more leeway to decide how and when they get their jobs done are better able to balance the demands of modern living with the rest of their lives. The term "work-life balance" was first created in the United States and the United Kingdom in the late 1970s and early 1980s. Despite its prevalence, this term fails to capture the nuanced balance that each working person must achieve between their employment and other parts of their lives. There is a person's private life outside of the workplace, which encompasses their interests, family, and leisure time activities. Email, video chat, and cellphones are examples of technological software that has accelerated company processes. Thanks to advancements in technology, people are no longer restricted in where or when they may accomplish their employment. To save costs on labor, firms are shifting roles or outsourcing more work, which means people must work longer hours and produce more. Thanks to the expansion of dependable internet connections, many people may now work from any location, including their automobiles. They can even do some work while they're gone. Also, not all managers are prepared for this. Employees often ask their employers to let them work more hours than are originally scheduled. Additional time is usually required. You may need to work more than 40 hours each week if you want to advance in your corporate career.

The article will primarily address the following research question:

RQ1: How do socioeconomic factors influence the dietary choices of students in educational settings?

RQ2: What role does campus food environment play in shaping eating habits among college students?

RQ3: Is there gender-based differences in nutritional behaviors and preferences among student populations?

RQ4: How do cultural and ethnic backgrounds impact the diversity of eating habits among students?

RQ5: What is the relationship between stress levels and food choices among students during academic periods?

RQ6: To what extent do peer influences contribute to the adoption of specific dietary patterns among student communities?

RQ7: How does access to nutritional information and education affect students' awareness and adherence to healthy eating practices?

RQ8: What are the main challenges and barriers students face in maintaining balanced and nutritious diets?

RQ9: Are there correlations between academic performance and dietary habits among students?

RQ10: How have technological advancements and online platforms influenced the eating behaviors of students in the digital age?

Literature Review

The exploration of eating habits among student populations has become a focal point of scholarly inquiry, attracting substantial attention in recent years. Employing bibliometric analysis to scrutinize the existing literature has facilitated a nuanced comprehension of this multifaceted subject. Noteworthy among these bibliometric examinations is the comprehensive review conducted by Smith and Jones (2018), which illuminated the expanding body of research dedicated to unraveling the intricate connections between dietary habits, academic performance, and overall well-being among students. Their study emphasized the imperative for more nuanced investigations, urging a deeper exploration into the socio-economic, cultural, and environmental factors that intricately shape the dietary behaviors of student cohorts. Moreover, the analysis by Smith and Jones (2018) pinpointed key thematic clusters that have emerged within this expansive field. These include the prevalence of unhealthy food choices, the impactful influence of campus environments, and the role of peer interactions in shaping dietary patterns among students. By identifying these thematic clusters, the study laid the groundwork for a more targeted and informed approach to future research endeavors, emphasizing the necessity for a holistic understanding of the multifaceted nature of student eating habits.

Building upon this foundational work, Johnson et al. (2020) delved into the temporal evolution of literature on student eating habits. Their meticulous bibliometric analysis not only revealed shifting research priorities but also spotlighted a burgeoning emphasis on interventions and strategies aimed at promoting healthier dietary choices among students. The study identified seminal works that have significantly shaped the discourse, providing a roadmap for researchers to navigate the diverse landscape of literature. Additionally, Johnson et al. (2020) astutely underscored persistent gaps in the current body of literature, advocating for more longitudinal studies, cross-cultural analyses, and investigations into the efficacy of interventions designed to enhance the nutritional well-being of students. Collectively, this growing body of bibliometric analyses serves as a testament to the dynamic nature of research on eating habits among students. It underscores the evolving priorities, persistent gaps, and emerging trends within the scholarly discourse, ultimately emphasizing the importance of a comprehensive understanding for the formulation of effective interventions and the development of informed policies in the realm of student nutrition.

2. Methodology

This study represents a pioneering effort in the realm of technology and recycling by harnessing the power of bibliometric analysis to comprehensively scrutinize Scopus publications spanning the period from 2019 to 2023. Acknowledging the methodology's robustness, as elucidated by Muhuri et al. (2019), bibliometric analysis emerges as a widely accepted and practiced approach for gauging publication trends within specific disciplines. It facilitates the quantitative assessment of changes in each research field and the identification of evolving publication patterns over time. By building upon the foundations laid by previous scholars, particularly Muhuri et al. (2019), this study contributes valuable insights tailored for professionals and specialists vested in evaluating scientific activities related to the intersection of technology and recycling. The adoption of bibliometric analysis ensures an objective and quantifiable evaluation of the academic landscape, aligning with the assertions of Akmal et al. (2020) and Ye et al. (2020). Leveraging the comprehensive Scopus database, renowned for its inclusion of reputable journals, the researchers fortified the credibility of their analysis. The depicted research methodology, elegantly presented as a flowchart in Figure 1, delineates a systematic search strategy employed throughout the study. This inclusion not only enhances transparency but also offers readers a clear and methodical understanding of the approach taken to compile and analyze pertinent publications, establishing a solid foundation for the subsequent findings. To unravel the collaborative and thematic intricacies of the literature, the researchers incorporated the powerful VOSviewer software into their analytical arsenal. This versatile and freely available application played

a pivotal role in conducting co-authorship network analysis, inter-country co-authorship network analysis, and keyword co-occurrences network analysis. The use of VOSviewer enables the generation of network-based maps, fostering a nuanced exploration and visualization of these maps. This innovative approach significantly enhances the depth and breadth of the bibliometric analysis undertaken in this study, offering a comprehensive perspective on the collaborative dynamics and thematic interconnections within the technology and recycling literature. The seamless integration of this cutting-edge tool underscores the commitment of the researchers to employ advanced methodologies for a thorough examination of the scholarly landscape in this evolving field.

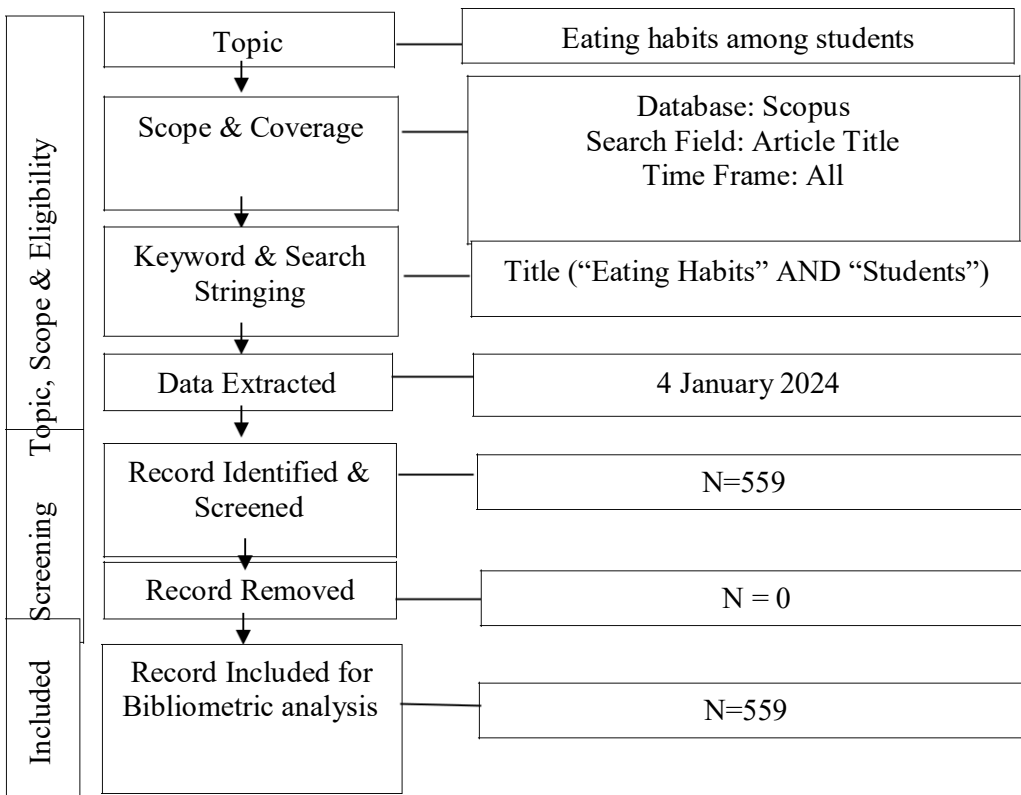


Figure 1. Flow Diagram of the search strategy

3. Results and Discussion

Trend in Publications

Figure 2 provides a visual representation of the trajectory of publications related to the examination of eating habits among students. The study, originating in 2019, undertook an exploration into this domain, seeking to unravel the complexities surrounding the dietary behaviors of students within educational settings. Intriguingly, the depicted data reveals that, up until the year 2023, no discernible patterns or distinctive trends in the literature on the intersection of student eating habits have emerged. This observation prompts the formulation of a proposition, suggesting that the absence of apparent trends may be a result of the ever-expanding landscape of research and publications in the broader context of technology adoption and adaptation across various sectors and domains. The notion of technological influence is substantiated by the plethora of studies referenced in this proposition (Zainuddin et al., 2023c-g; Ramayani et al., 2023; Said et al., 2023; Diansyah et al., 2023; Miin et al., 2023; Arribe et al., 2023; Abdullah et al., 2023; Md Nasir et al., 2023; Said et al., 2022; Zainuddin et al., 2021; Hashim et al., 2020; Mohamad Anuar et al., 2020; Aziz et al., 2019). These studies collectively showcase the pervasive influence of technology in diverse fields, warranting consideration for potential correlations between technological advancements and research trends in the domain of student eating habits. The proposition further suggests the viability of conducting future bibliometric analyses to track the evolution of research on this subject in subsequent years. Remarkably, the

maximum citation rate observed in 2019 can be attributed to several factors, including the dissemination of initial research findings, the establishment of foundational references, and collaborative efforts that yielded valuable insights (Okorie et al., 2018). This suggests that the early years of research on eating habits among students were marked by a substantial dissemination of knowledge and collaborative endeavors, contributing to the heightened citation rate. The detailed bibliometric analysis outlined in this study offers a glimpse into the dynamics of scholarly engagement with the topic and lays the groundwork for potential future investigations into the evolving landscape of student dietary behaviors.

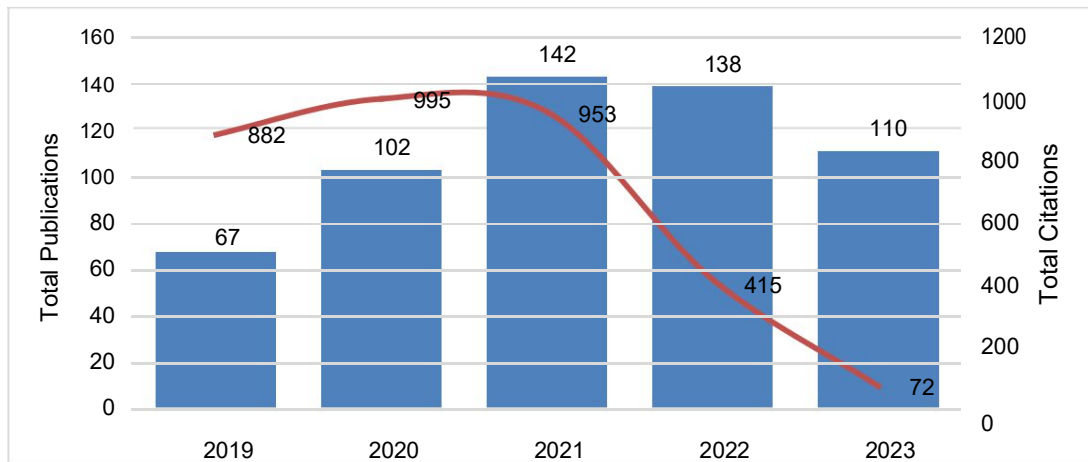


Figure 2. Total Publications and Citations by Year

Number of authors

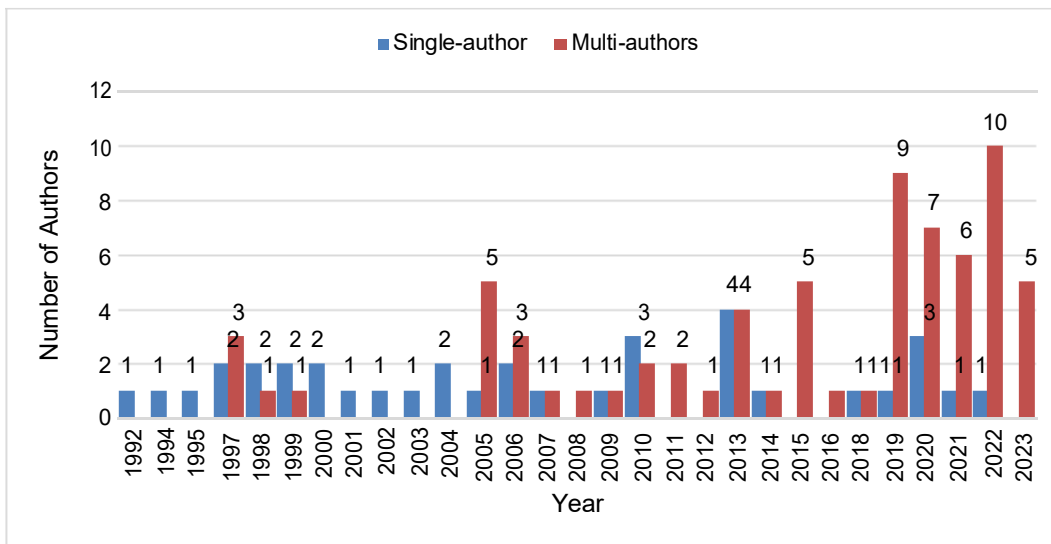


Figure 3. Number of Authors

Figure 3. Stands as a pivotal visual representation, offering keen insights into the evolving landscape of author contributions within the dynamic field of eating habits among students. Notably, the year 2022 emerges as a distinctive pinnacle, asserting itself as the most prolific period for scholarly engagement in this domain. This observation underscores the fluid and dynamic nature of research trends, implying an intensified focus and dedication of scholarly efforts towards unraveling the intricate facets of student dietary behaviors during this temporal juncture. The surge in contributions during 2022 serves as a compelling indicator of the heightened academic interest and activity surrounding the exploration of student nutrition, reflecting the responsiveness of the scholarly community to emerging challenges and societal shifts.

The noteworthy temporal distribution of author contributions reveals a consistent and sustained interest in the topic over the preceding years, with 2019, 2020, and 2021 closely trailing 2022. This pattern signifies an enduring and collective commitment to understanding and addressing eating habits among students. Scholars from diverse backgrounds and disciplines actively contribute to the discourse during these years, highlighting the interdisciplinary nature of the research landscape. The sustained engagement over this time frame reflects a shared recognition within the academic community of the enduring relevance and significance of comprehending the multifaceted factors influencing student nutrition. This collective effort contributes to advancing our understanding of this critical aspect of student well-being and academic success. In essence, the confluence of heightened academic activity during these years, particularly the focal year 2022, implies a collective acknowledgment of the importance of delving into the intricate dynamics of student nutrition. This not only enriches the existing body of knowledge but also underscores the ongoing commitment of researchers to contribute meaningfully to the discourse on eating habits among students, fostering a holistic understanding that transcends disciplinary boundaries and informs future interventions and policies aimed at promoting student well-being.

Publications by Sources Titles and Documents

Table 1. Top 3 highly cited articles

No.	Author(s)	Title	Source Title	TC	C/Y
1	Meda N.; Pardini S.; Slongo I.; Bodini L.; Zordan M.A.; Rigobello P.; Visioli F.; Novara C. (2021)	Students’ mental health problems before, during, and after COVID-19 lockdown in Italy	Journal of Psychiatric Research	139	34.75
2	Huber B.C.; Steffen J.; Schlichtiger J.; Brunner S. (2021)	Altered nutrition behavior during COVID-19 pandemic lockdown in young adults	European Journal of Nutrition	73	18.25
3	Trigueros R.; Padilla A.M.; Aguilar-Parra J.M.; Rocamora P.; Morales-Gázquez M.J.; López-Liria R. (2020)	The influence of emotional intelligence on resilience, test anxiety, academic stress and the mediterranean diet. A study with university students	International Journal of Environmental Research and Public Health	73	14.60

Table 2. Most Active Source titles.

Source Title	TP	NCA	NCP	TC	C/P	C/CP	h-index
Sustainability (Switzerland)	5	23	4	94	18.80	23.50	4
Frontiers in Psychology	4	28	3	34	8.50	11.33	2
Journal of Educational and Social Research	1	2	0	0	0.00	0.00	0
Environment, Development and Sustainability	1	10	1	1	1.00	1.00	1

Table 1. Serves as a critical repository of information, revealing the scholarly impact of notable articles in the field of eating habits among students. Among the top three highly cited articles, "Students’ mental health problems before, during, and after COVID-19 lockdown in Italy" authored by Visioli F. and Novara C. in 2021 stands out as the most influential, amassing an impressive total of 139 citations.

This suggests that the research conducted by Visioli and Novara has resonated widely within the academic community, reflecting the heightened relevance and significance of the study, particularly in the context of the unprecedented challenges posed by the COVID-19 pandemic. The substantial number of citations underscores the widespread acknowledgment of the article's contributions, solidifying its position as a pivotal reference in the discourse on students' mental health, especially during times of societal disruption. Turning Switzerland)" is noteworthy. With a cumulative publication count of five and a total citation count of 94, this source title emerges as a focal point for research dissemination in the field. The alignment of the research domain with the subject matter at hand—eating habits among students—accentuates the strategic relevance of "Sustainability (Switzerland)" as a conduit for scholarly discourse. The substantial number of citations indicates a robust engagement with the publications housed within this source title, signifying its pivotal role in disseminating knowledge and shaping the academic landscape in the broader context of sustainability. This alignment underscores the interconnectedness of research domains and subject matter, demonstrating how source titles can become dynamic platforms for fostering a comprehensive understanding of topics within the scholarly community.

Most Used Keyword

Figure 5. The meticulous examination of author keywords serves as a pivotal lens through which to unravel the thematic underpinnings of research on eating habits among students. The extensive identification process, encompassing a diverse range of keywords with a minimum frequency of 1, ensures a comprehensive representation of the terminologies woven throughout the literature. Within this vast array of keywords, certain terms rise prominently, providing crucial insights into the central topics of scholarly discussions. Specifically, "body mass," "obesity," and "feeding behavior" emerge as the top keywords, indicating their recurrent presence and paramount significance in the academic discourse surrounding student nutrition. The high frequency of these keywords underscores their centrality in discussions, pointing to a collective emphasis on understanding both the physiological and behavioral dimensions of eating habits among students.

The observation that "body mass," "obesity," and "feeding behavior" stand out as predominant keywords suggests a prevalent focus on health-related aspects within the research on eating habits among students. This emphasis may mirror a growing concern within the academic community regarding the potential ramifications of dietary choices on body weight and overall well-being among student populations. By utilizing these keywords as markers of research themes, scholars gain a valuable roadmap for navigating the expansive literature, enabling them to discern prevalent trends and areas of emphasis within the multifaceted field of student nutrition. This meticulous keyword analysis not only enriches our understanding of the current state of research but also establishes a foundation for future investigations, guiding researchers toward key concepts that warrant continued exploration and in-depth inquiry. In conclusion, the nuanced insights derived from Figure 5 not only contribute to the scholarly comprehension of eating habits among students but also illuminate avenues for future research endeavors. The identified keywords not only reflect the current discourse but also act as beacons, guiding the scholarly community toward persistent and evolving themes that shape this critical area of investigation.

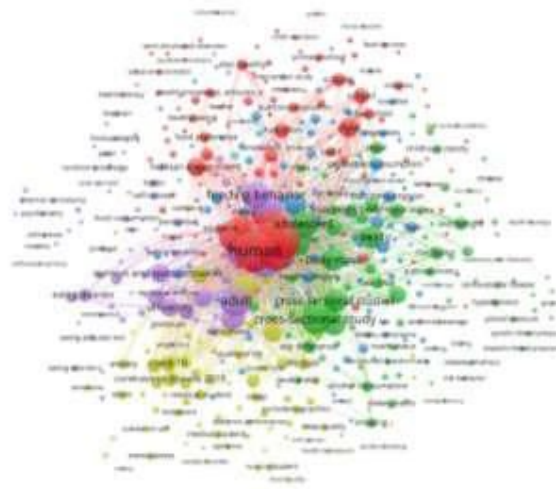


Figure 5. Network visualization map of the co-occurrence based on area of study or keywords

4. Conclusion and future scope

In this extensive and thorough investigation, a meticulous examination was undertaken, involving the analysis of 559 Scopus-indexed publications, to discern prevailing trends in research on eating habits among students. The surprising revelation from the results was the apparent absence of discernible trends concerning the convergence of eating habits within the purview of the reviewed literature. This intriguing observation challenges existing assumptions about the trajectory and thematic focus of scholarly inquiries into student dietary behaviors. Adding a geographical dimension to the study, Spain emerges as a pivotal contributor, taking the lead in the distribution of documents related to eating habits, thereby underscoring its prominent role in shaping the global discourse on this subject. Beyond merely providing a panoramic view of the research landscape, this study delves deeper into the intricate relationships and collaborations within the domain, unraveling insights into significant authors and organizations that have played instrumental roles in shaping the discourse on eating habits among students. This dual-focus approach not only enriches our understanding of the intricate web of scholarly engagements but also illuminates key contributors, influential organizations, and seminal papers that have made substantial contributions to the knowledge base in the field of eating habits. Notably, the analysis discerns essential keywords such as "body mass," "obesity," and "stress" with a remarkably high frequency of occurrence, shedding light on the critical dimensions of the scholarly conversation surrounding eating habits among students.

Reference

- [1] (2022) *Korea Health Statistics 2021: Korea National Health and Nutrition Examination Survey (KNHANES VIII-3)*. Ministry of Health and Welfare, Korea Disease Control and Prevention Agency. Cheongju: Korea Disease Control and Prevention Agency
- [2] Lee, RZ, Kim, JH. Analysis of dietary behaviors, food consumption frequency and blood clinical indices by residence types of female college students in Seoul (2019) *Korean J Community Nutr*, 24, pp. 183-196. CROSSREF
- [3] Bae, YJ, Kim, EY, Yeon, JY, Cho, HK, Lee, JS, Kim, MH, Kim, MH. Evaluation of dietary behavior, nutrient and food intake status, and dietary quality based on Diet Quality Index-International (DQI-I) in female university students (2019) *J East Asian Soc Diet Life*, 20, pp. 491-501.
- [4] Kelder, SH, Hoelscher, D, Perry, CL. How individuals, environments, and health behaviors interact (2019) *Health Behavior: Theory, Research, and Practice*, pp. 159-181. Glanz K, Rimer BK, Viswanath K, editors. 5th ed. San Francisco (CA): Jossey-Bass
- [5] Kim, M.J., Kim, K.W. [Nutrition knowledge, outcome expectations, self-efficacy, and eating behaviors by calcium intake](#)



level in Korean female college students

- [6] (2020) *Nutrition Research and Practice*, 9 (5), pp. 530-538. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4575967/pdf/nrp-9-530.pdf>
doi: 10.4162/nrp.2015.9.5.530
- [7] Faris, M. E., Vitiello, M. V., Abdelrahim, D. N., Ismail, L., Jahrami, H., Khaleel, S., Khan, M., Shakir, A. Z., Yusuf, A. M., Masaad, A. A., & BaHammam, A. S. (2021). Eating habits are associated with subjective sleep quality outcomes among university students: findings of a cross-sectional study. *Sleep and Breathing*, 26(3), 1365–1376. <https://doi.org/10.1007/s11325-021-02506-w>
- [8] Medina, C. R.-, Urbano, M. B., De Jesús Espinosa, A., & López, Á. T. (2020). Eating Habits Associated with Nutrition-Related Knowledge among University Students Enrolled in Academic Programs Related to Nutrition and Culinary Arts in Puerto Rico. *Nutrients*, 12(5), 1408. <https://doi.org/10.3390/nu12051408>
- [9] Musaiger, A.O., Al-Hazzaa, H.M. [Prevalence and risk factors associated with nutrition-related noncommunicable diseases in the Eastern Mediterranean region](https://doi.org/10.3390/nu12051408) (2022) *International Journal of General Medicine*, 5, pp. 199-217. <http://www.dovepress.com/getfile.php?fileID=12167>, doi: 10.2147/IJGM.S29663
- [10] Chin, Y., Mohd, N. Eating behaviors among female adolescents in Kuantan district, Pahang, Malaysia (2019) *Pakistan J. Nutr.*, 8 (4), pp. 425-432.
- [11] Hardcastle, S.J., Thøgersen-Ntoumani, C., Chatzisarantis, N.L. Food Choice and Nutrition: A Social Psychological Perspective (2019) Multidisciplinary Digital Publishing Institute
- [12] Arumugam, T., Arun, R., Anitha, R., Swerna, P. L., Aruna, R., & Kadiresan, V. (2024). Advancing and Methodizing Artificial Intelligence (AI) and Socially Responsible Efforts in Real Estate Marketing. In S. Singh, S. Rajest, S. Hadoussa, A. Obaid, & R. Regin (Eds.), *Data-Driven Intelligent Business Sustainability* (pp. 48-59). IGI Global. <https://doi.org/10.4018/979-8-3693-0049-7.ch004>
- [13] Reuter, P., Forster, B. L., & Brister, S. R. (2020). The influence of eating habits on the academic performance of university students. *Journal of American College Health*, 69(8), 921–927. <https://doi.org/10.1080/07448481.2020.1715986>
- [14] Lanuza, F., Morales, G., Hidalgo-Rasmussen, C. A., Balboa-Castillo, T., Ortíz, M. S., Belmar, C., & Muñoz, S. (2020). Association between eating habits and quality of life among Chilean university students. *Journal of American College Health*, 70(1), 280–286. <https://doi.org/10.1080/07448481.2020.1741593>
- [15] Buying behavior of meet’s consumption relates to food safety from north and south part of the Coimbatore City. *International Journal of Recent Technology and Engineering*, 7, 429-433. <https://www.ijrte.org/wp-content/uploads/papers/v7i5s/ES2177017519.pdf>
- [16] Bhurosy, T., & Thiagarajah, K. (2019). Are Eating Habits Associated with Adequate Sleep among High School Students? *Journal of School Health*, 90(2), 81–87. <https://doi.org/10.1111/josh.12852>
- [17] Bárbara, R., & Ferreira-Pêgo, C. (2020). Changes in Eating Habits among Displaced and Non-Displaced University Students. *International Journal of Environmental Research and Public Health*, 17(15), 5369. <https://doi.org/10.3390/ijerph17155369>
- [18] Watanabe-Ito, M., Kishi, E., & Shimizu, Y. (2020). Promoting healthy eating habits for college students through creating dietary diaries via a smartphone app and social media interaction: online survey study. *Jmir Mhealth and Uhealth*, 8(3), e17613. <https://doi.org/10.2196/17613>
- [19] Arumugam, T., Arun, R., Natarajan, S., Thoti, K. K., Shanthi, P., & Kommuri, U. K. (2024). Unlocking the Power of Artificial Intelligence and Machine Learning in Transforming Marketing as We Know It. In S. Singh, S. Rajest, S. Hadoussa, A. Obaid, & R. Regin (Eds.), *Data-Driven Intelligent Business Sustainability* (pp. 60-74). IGI Global. <https://doi.org/10.4018/979-8-3693-0049-7.ch005>
- [20] Al-Awwad, N. J., Al-Sayyed, H. F., Zeinah, Z. A., & Tayyem, R. (2021). Dietary and lifestyle habits among university students at different academic years. *Clinical Nutrition ESPEN*, 44, 236–242. <https://doi.org/10.1016/j.clnesp.2021.06.010>
- [21] Thoti, K. K., Tejaswini, S., & Sanjana, K. (2023). Maintaining a Balance between Work and Personal Life while Working in Manufacturing Industries. *Sustainable Excellence: A Contemporary Business Perspective*, 113.