

Title: Dietary Behavior, Self-Esteem and Examination Stress

Facing Examinations is central to people's life at all levels. It starts in childhood and often continues throughout life. Regarding Greek society, in particular, the national exams are the first hurdle to those who choose to access (or pursue) higher education. The academic exams follow and continue for at least four additional years. It has been scientifically proven that this entire process can become quite distressing and difficult to manage for a part of the examinees, with consequences on their psychology, diet, and self-esteem, which can be potentially damaged. An additional factor, however, that has altered the state of living for many people, and therefore the examinees as well, is the coronavirus pandemic (Covid-19) which has created a very pathogenic environment for a large group of the population. Understanding the magnitude and genres of these challenging problems is the focal point of our research endeavors.

The aim of this research is the in-depth study of the relationship between nutrition, self-esteem, stress, and examinations, at the level of high school seniors and college students. We will investigate how much the examinees are affected by the testing conditions prior and during an exam, the impact of the latter on their eating behavior and how their self-esteem is affected. All the above will be examined in relation to the coronavirus phenomenon.

In this study we plan to conduct an extensive literature review based on both international and Greek bibliography which will be the basis of the research. In particular, the subjects of eating behavior and examination stress are considered of great importance for research. Primary research will then be conducted on a sample of college students and students applying for higher education, using questionnaires which will make this subject easier to understand.

Keywords: Dietary Behavior; Eating Habits; Examination Stress; Self-Esteem