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Homesickness and its Impact on Psychosocial Adjustment and Gastrointestinal Health in University Hostel Students

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KEYWORDS	ABSTRACT
Homesickness, Psychosocial Adjustment, Gastrointestinal Health, Emotional Resilience, University Students	Homesickness is a prevalent psychological issue among university hostel residents, and it can lead to poor psychosocial connections and stress-related physical health issues, particularly gastrointestinal disorders. Emotional resilience, or the capacity to function well under pressure, may be essential to reducing these effects. This study was aimed to investigate the relationship between homesickness; psychosocial adjustment and gastrointestinal health while the moderating role of emotional resilience among university hostel students. The current study used the correlational survey research design and purposive sampling technique. The sample consisted of 250 university hostel students with an age range of 18 to 30 years selected from different government and private hostels of Sargodha City. The following instruments of Homesickness scale developed by (Archer et al., 1998). The findings of the study showed that homesickness has significant and negative relation with gastrointestinal health and psychosocial adjustment while emotional resilience worked as a moderator with increase in emotional resilience caused to decrease in homesickness level, improved gastrointestinal health and psychosocial adjustment among university hostel students. Limitations and suggestions were discussed for future research.
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