

# Discussion

[Health & Medicine](#)



Discussion: Homesickness among college students School schedules demand times and leads to separation from family members. Long distances between homes and schools forces most students to stay away from their families and this leads to homesickness, stress of instability that is caused by separation or expected separation from members of a person's family. This paper discusses my opinion on health issues that students face when they feel homesick.

Homesickness is a common problem among college students and is more prevalent when students resume sessions from breaks. Literature on the problem identifies significant effects on the students, with possible secondary effects on the students' ability to concentrate on their studies and the students' health. An empirical study of 195 students established significance of homesickness and effects such as depression, sexual behavior, and consumption of alcohol. The study that focused on moderation effects of religion on impacts of homesickness established significance of religion (Longo, 2010). Other effects of homesickness are isolation, inability to focus on studies, and stimulation of preexisting psychological disorder among students (Thurmber and Walton, n. d.). The data establishes significance of homesickness among college students and identifies its burden on students' academic potentials and their health. I believe that effects of homesickness such as involvement in irresponsible sexual behavior, as Longo explains that more than 30 percent of his research participants engaged in unprotected sex, explains risks of sexually transmitted diseases while depression suppresses the students' cognitive potentials.

Homesickness is therefore a significant problem and responsible

<https://assignbuster.com/discussion-essay-samples-14/>

stakeholders should develop policies for preventing it and managing its effects among college students.

#### References

Longo, G. (2010). Homesickness in college students: The moderating effect of religiousness on the relationship between homesickness and Maladjustment. Retrieved from: [http://scholar.lib.vt.edu/theses/available/etd-04082010-141921/unrestricted/Longo\\_GS\\_T\\_2010.pdf](http://scholar.lib.vt.edu/theses/available/etd-04082010-141921/unrestricted/Longo_GS_T_2010.pdf).

Thurmber, C. and Walton, E. (n. d.). Homesickness and adjustment in university students. *Journal of American College Health* 60(5), 1-5.