

# Health and Lifestyle Practices of Under Graduate Students Studying in Selected Nursing College

Anagha.M<sup>1</sup>, Ritu Gaikwad<sup>1</sup>, Ronald Masumba<sup>1</sup>, Kraus<sup>1</sup>, Asha Varghese<sup>1</sup>, Deepak Sethi,<sup>2</sup> Merlin Suji<sup>3</sup>

<sup>1</sup>Student, <sup>2</sup>Tutor, <sup>3</sup>Assistant Professor, Symbiosis College of Nursing, Symbiosis International Deemed University, Pune, India

## Abstract

Life styles of the people is decided as early in early childhood period. School and family practices are essential in deciding healthy and lifestyle practices in adulthood. Sometimes, peer pressure changes the individuals' lifestyles. The study aimed to assess the healthy and lifestyles practices of undergraduate students studying in selected nursing college. **Methodology:** A Non-Experimental Descriptive Research approach used in various nursing colleges in Pune city. The selection of the sample was based on easy geographical accessibility, cooperation and availability of samples. The sample size for the study was 96, selected by using non probability convenience sampling technique who met the inclusion criteria. A self-structured questionnaire was developed based on the research problem, to get the information from the samples.

**Result :** As for the nutrition the mean score is 48. 64% of adolescents replied that they will avoid half cooked food, 56% replied they avoid fast foods and 59% replied they prefer healthy eating. 91% replied that they don't have any problem in paying attention. 75% doesn't have any problem for sleep. 62% replied that they have troubles in relaxing and 44 % replied they usually get into the arguments. 55% involved in activities like sports, games and dance. 70% feels healthy and 68% have complaints of stomachaches, headaches, or other aches and pains. 96% have no problems in handling life. Around 93 % satisfied with their family. Around 93% have the support with the family and friends. 57.29 % replied that they don't have computer in their home. 61.46 % students live with their parents. 96.88% has personal mobile. 73% regularly visit social networking sites. 96% of adolescents wash their hands before eating foods and 83% wash their hands with soap or hand wash. 16.67% have habits of cigarettes/chewing Pan/Guthka but 94% are aware about the harmful effects of smoking. 13% replied they tried alcohol but they believe that 41% of their friends has alcohol drinking habits. 86% students feel getting good score in college is important to family. 94% feel safe in college and only 4% says that their behavior influenced by peer pressure. Others 96% doesn't agree with it.

**Conclusion:** Diet practices, concentration in work, family connectedness scored less compared to other components. Very few students have the habits of alcohol, smoking etc. Personal hygiene was practiced well in adolescents. Decision is taken by themselves more than the peer pressure. Majority of the adolescents knows the important of their education and they feel safe and good in college.

**Key Words:** Lifestyle practices, health, nursing students

## Introduction

Around 1.2 billion people (1 in 6 of the world's population) are adolescents 10 to 19 years. Most of the adolescents groups were healthy but some face premature death due to diseases, injury and accidents. Many adolescents are habituated towards unhealthy lifestyle practices like alcohol or tobacco use, less physical activity, unprotected sex and exposure to violence. These habits not only threaten current health of

adolescents, but also their future health as adults.<sup>2</sup> However, parents should encourage healthy behaviours during adolescence, and should take steps to protect young people from risks which are critical for the individuals' future health.<sup>3</sup>

This study assessed changes in students' health and lifestyle behaviours<sup>4</sup>. In this study health status means the measurement of health and lifestyle of nursing

students studying in nursing college of Pune city and Lifestyle refers to the ways in which individuals live that could affect their health. Health promoting lifestyle refers to actions that individuals take the initiative to pursue that could benefit their health<sup>5,6</sup>.

The 9 components of health-promoting behaviours included were nutrition, mental health, physical health, Social connectedness, relationship with others, family environment, personal habits, personal hygiene and social environment. This study aimed to assess the health and lifestyle practices of nursing students studying in nursing college of Pune city.

**Objectives of the study :** 1) To assess the Health practices of students studying in selected nursing college of Pune city. 2) To assess the lifestyle practices of students studying in selected nursing college of Pune city.

**Research design:** non-experimental descriptive design used to find out the health and lifestyle practices of nursing students studying in nursing college of Pune city. In the present study, the population is comprised of the School students studying in different School across Pune. In this study, non –probability convenience sampling method was used. Sample size consists of 96 adolescent students studying in under graduate nursing colleges of Pune city. Undergraduate nursing college students those who are willing to participate are included in the study. Students those who are absent during the data collection excluded the study.

To collect the data for present study , self-structured

questionnaire was constructed to assess the health and lifestyle practices of undergraduate students studying in nursing college. The tool was developed based on related review of literature guidelines, journals, reports and articles published and unpublished studies were reviewed and used to develop the tool. **A tool consist of three sections as follows:** **Section 1** consist of demographic variables ( age, gender, education, monthly income) **Section 2** consist of self-structured questionnaire to assess the health status of the nursing students( nutrition, mental health, physical health, Social connectedness and relationship with others) and **Section 3** consist of self-structured questionnaire to assess the knowledge of nursing students regarding health status (family environment, personal habits, personal hygiene and social environment )

The tool was given to 8 experts in the field of nursing student’s lifestyle for content validity. All the comments and suggestions given by the experts were duly considered and corrections were made after discussions with research guide. Reliability was assessed using Cronbach’s  $\alpha$  coefficient method used to check the internal consistency and the value is 0.76 and the instrument is highly reliable.

**Data collection:** On the day of the study, the study was explained to nursing students and ensured about the confidentiality of their response. Total time given to fill the checklist was 30 minutes.

I . Findings related to Scio-demographic details

**Table1: Description of socio -demographic variables n=96**

Sr.No	Demographic variable	Frequency	Percentage %	
1	Age	17 to 20 years	34	35.42
		21 to 24 years	50	52.08
		25 years and above	12	12.50
2	Parents Income:	Rs10,000 – 20,000	29	30.21
		Rs21,000 – 30,000	24	25.00
		Rs31,000 – 40,000	26	27.08
		Rs41,000 and above	17	17.71
3	Academic level:	1st year B.Sc. Nursing	22	22.92
		2nd year B.Sc. Nursing	14	14.58
		3rd year B.Sc. Nursing	46	47.92
		4th year B.Sc. Nursing	12	12.50

**Cont... Table1: Description of socio -demographic variables****n=96**

4	Parent's education:	No formal education	14	14.58
		High school	52	54.17
		Graduate	23	23.96
		Postgraduate and above	7	7.29

Majority of the students age group is 21- 24 years, 47 % of third year nursing students participated enthusiastically. A Majority of the parent's monthly income in Rs. 10,000 to 20,000 Parents education was reported 54% by majority of the women. Parent's income of about equally distributed.

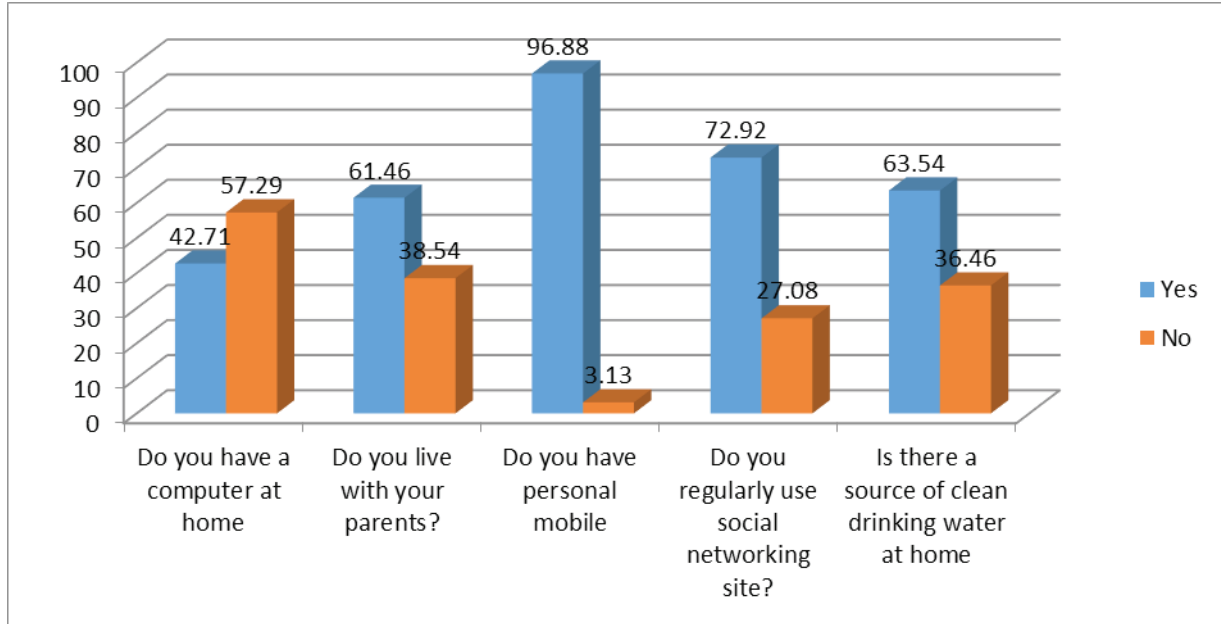
## II. Findings related to healthy status of nursing students

**Table 2: Description of health status of nursing students studying in selected nursing college.**

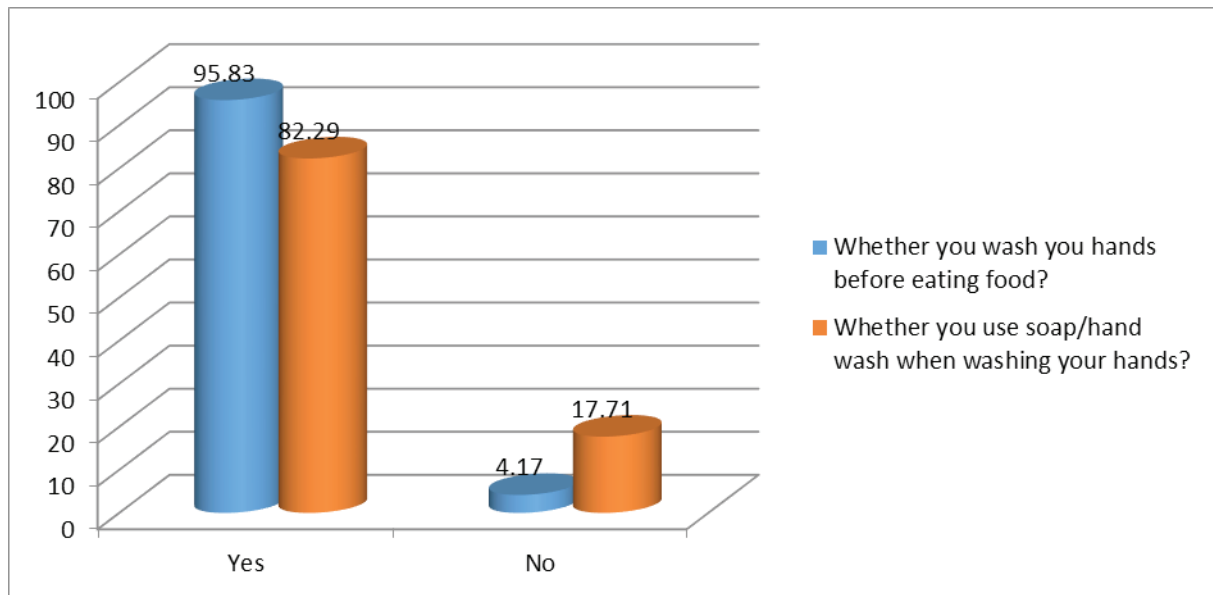
I. Nutrition		Yes		No	
		F	%	F	%
1	Benefits of healthy eating	57	59.38	39	40.63
2	Avoid fast foods	54	56.25	42	43.75
3	Avoid half cooked food	62	64.58	34	35.42
4	Have you include protein rich food in your daily diet?	86	89.58	10	10.42
II. Mental health					
5	Did you have a hard time paying attention?	88	91.67	8	8.33
6	Did you have trouble falling asleep or staying asleep?	72	75.00	22	22.92
7	Did you have trouble relaxing?	60	62.50	34	35.42
10	Did you get in arguments or fights?	43	44.79	53	55.21
III. Physical Health					
11	Are you involved in any sports/games/dance?	53	55.21	43	44.79
12	Did you have stomachaches, headaches, or other aches and pains?	66	68.75	30	31.25
13	Are you feel healthy?	68	70.83	28	29.17
IV. Social connectedness					
14	I am able to handle daily life.	92	95.83	4	4.17
15	I get along with family members.	62	64.58	34	35.42
16	I am satisfied with our family life right now.	90	93.75	6	6.25
17	I am doing well in college.	66	68.75	30	31.25
V. Relationship with others:					
18	I know people who will listen and understand me	79	82.29	17	17.71
19	I am comfortable talking my child's problems	89	92.71	7	7.29
20	In a crisis, I have the support I need from family or friends.	90	93.75	6	6.25

As for the nutrition the mean score is 48. 64% of adolescents replied that they will avoid half cooked food, 56% replied they avoid fast foods and 59% replied they prefer healthy eating. 91% replied that they don't have any problem in paying attention. 75% doesn't have any problem for sleep. 62% replied that they have troubles in relaxing and 44 % replied they usually get into the arguments. 55% involved in activities like sports, games and dance. 70% feels healthy and 68% have complaints of stomachaches, headaches, or other aches and pains. 96% have no problems in handling life. Around 93 % satisfied with their family . Around 93% have the support with the family and friends.

### III. Findings related to lifestyles



**Figure 1: Family and home environment in adolescents 57.29 % replied that they don't have computer in their home. 61.46 % students live with their parents. 96.88% has personal mobile. 73% regularly visit social networking sites.**



**Figure 2 : Personal hygiene practices of adolescents 96% of adolescents wash their hands before eating foods and 83% wash their hands with soap or hand wash.**

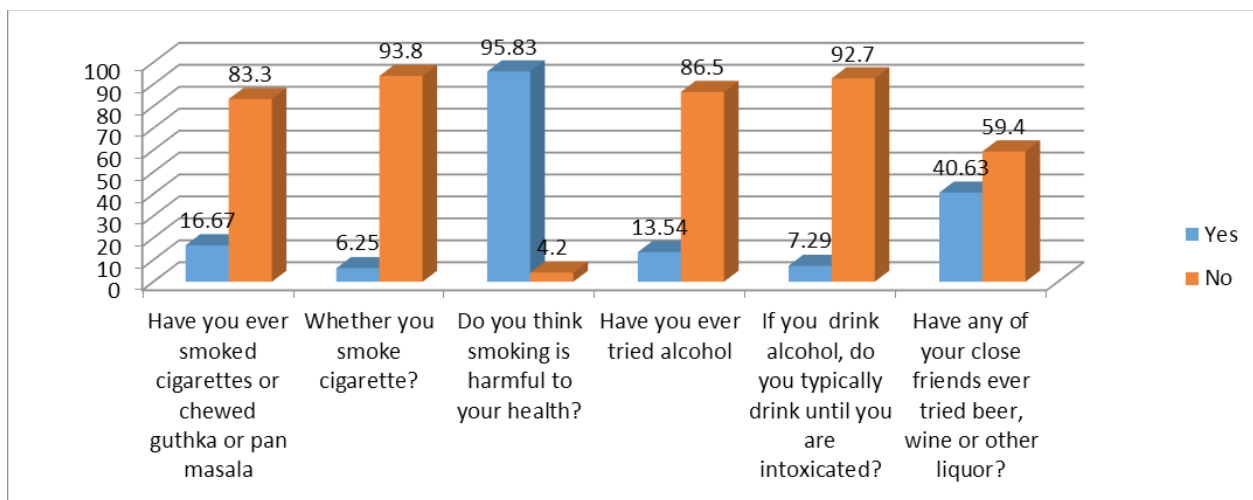


Figure 3 : Personal habits of adolescents

16.67% have habits of cigarettes/chewing Pan/Guthka but 945 aware about the harmful effects of smoking. 13% replied they tried alcohol but they believe that 41% of their friends has alcohol drinking habits.

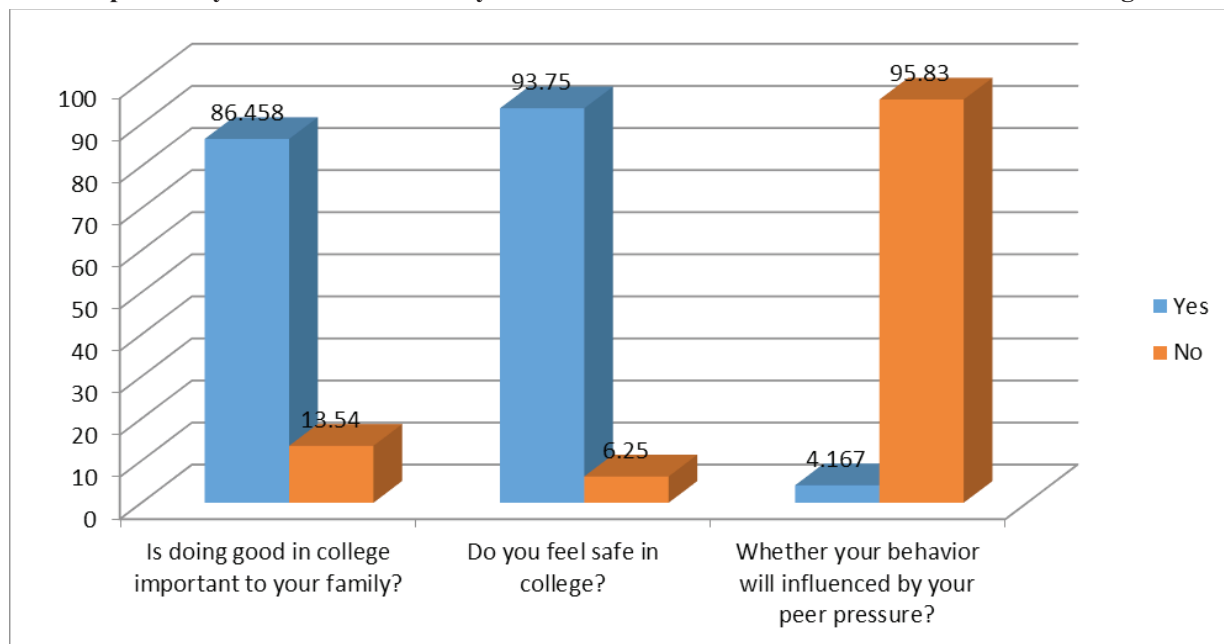


Figure 4 : Social environment of adolescents

86% students feel getting good score in college is important to family. 94% feel safe in college and only 4% says that their behavior influenced by peer pressure. Others 96% doesn't agree with it. Diet practices , concentration in work , family connectedness scored less compared to other components. Very few students have the habits of alcohol, smoking etc. Personal hygiene was practiced well in adolescents. Decision is taken by themselves more than the peer pressure. Majority of the adolescents knows the important of their education and they feel safe and good in college. Evidence shows

that nursing students who engage in healthy lifestyle practices are more likely to counsel patients about healthy behaviors <sup>7,8</sup>.

**Ethical Consideration:** Ethical approval of the study taken from Symbiosis College of nursing ethical committee. Informed consent was taken from the student nurses in different colleges of Pune city. Informed the responders regarding the data collection procedure. The collected data was used only for research purposes and kept confidential.

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**Conflict of Interest:** The author has no conflict of interest

### Conclusion

A similar study may be replicated on large samples; thereby findings can be generalized for a large population, A comparative study may be conducted using different lifestyle practices of nursing students, A similar study may be conducted to find out the knowledge regarding effect of health and lifestyle practices and A similar study may be conducted to find out the lifestyle of nursing students.

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