

SURVEY OF HEALTH PROMOTING LIFESTYLE BEHAVIOURS OF STUDENTS STUDYING AT THE FACULTY OF HEALTH SCIENCES



Esra DOĞAN YILMAZ, MS*

Yurdagül ERDEM, PROF*

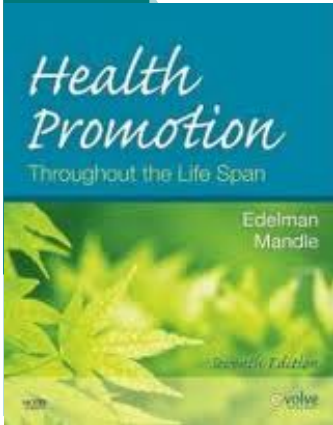
Selda Fatma BÜLBÜL, PROF**

*Kırıkkale University Faculty of Health Sciences, Nursing Department

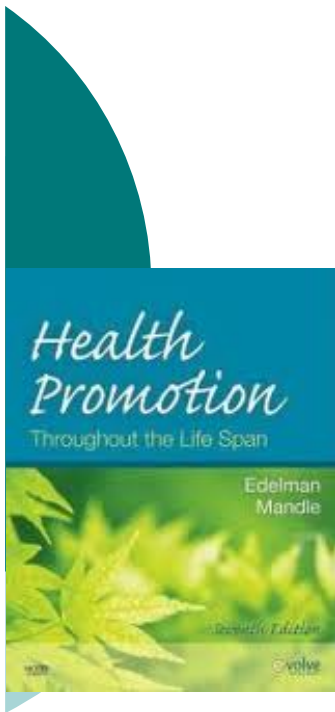
** Kırıkkale University Faculty of Health Sciences, Dean

ESSOP, 28-30 September 2011

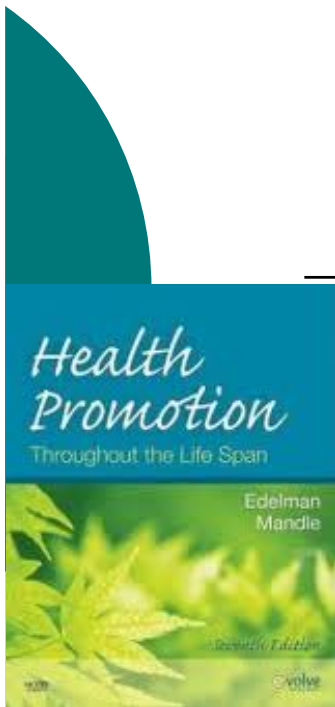
What I would like to share?



- **General knowledge on health promotion**
- **Original research project**
- **Process and evaluation**
- **Interpretation of results**



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- **Health is the key for individuals to maintain a happy, successful and quality life**
 - **Today's understanding of "health" imposes a health based care approach which protects, maintains and improves the health of the individual, the family and the society**



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- **In order to promote health, individuals need to change their ways of living and adopt health promoting lifestyle behaviours**
 - **Health promoting lifestyle behaviours, which are defined as the set of behaviours which the individual believes in and performs in order to protect themselves from diseases and stay healthy**



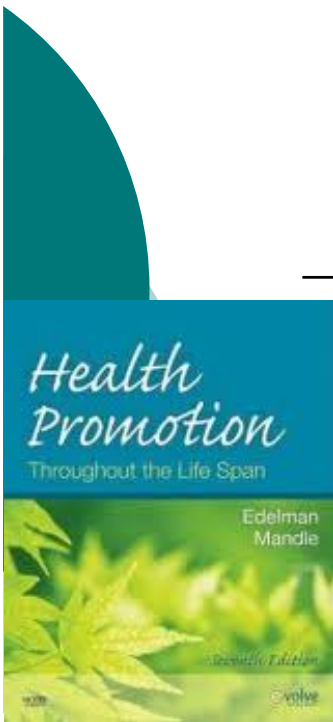
Health Promotion

"the science and art of helping people change their lifestyle to move toward a state of optimal health"



Health promoting lifestyle behaviours;

- **Exercise**
- **Self-realization**
- **Health responsibility**
- **Nutrition**
- **Interpersonal support**
- **Stress management**



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- **70-80% of mortalities in developed countries and 40-50% of mortalities in developing countries result from diseases related to lifestyles**

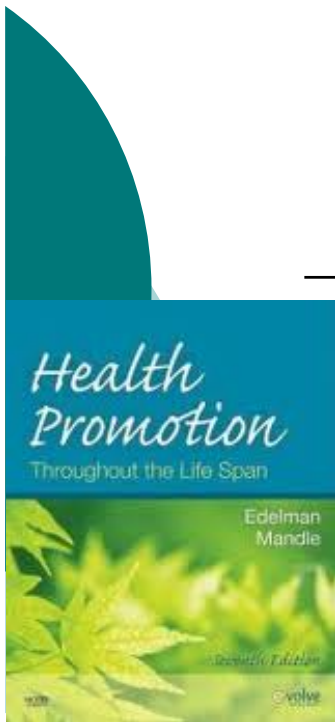
WHO estimates

- **This emphasizes the importance of practices devoted to promotion of lifestyles which is an important factor for health promotion and protecting from diseases**



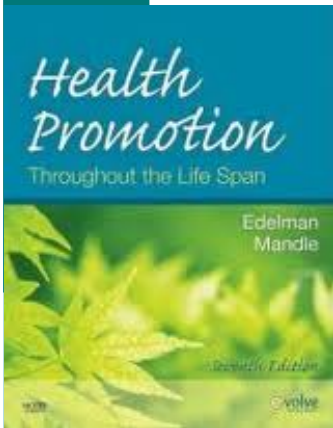
Role of Health care workers

- **Giving information**
- **Supplying guidance**
- **Having responsibility for health promotion about healthy behaviours**



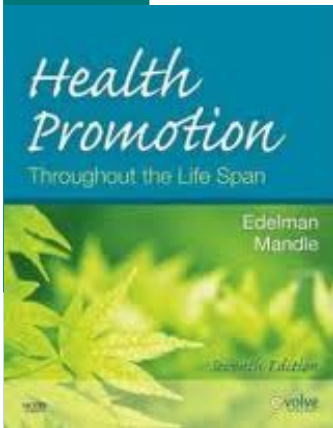
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- **Considering their professional responsibilities and social roles, healthcare workers have the ability to be a role model with their lifestyles**
 - **Starting from nursing school education, healthcare professionals must learn how to promote their health and become a role model for the society with their behaviours**

Aim of the Study



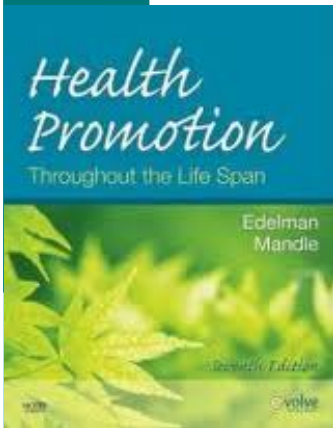
This descriptive cross-sectional study was conducted to determine the health promoting lifestyle behaviours of healthcare students

Methodology

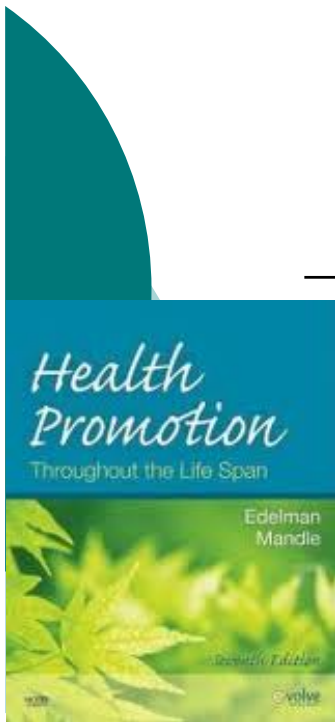


- **The study group was planned to be consisted of 284 students studying at Kırıkkale University, Faculty of Health Sciences**
- **After giving information about the aim and type of the study, 207 voluntary students accepted to participate**

Data were collected by;

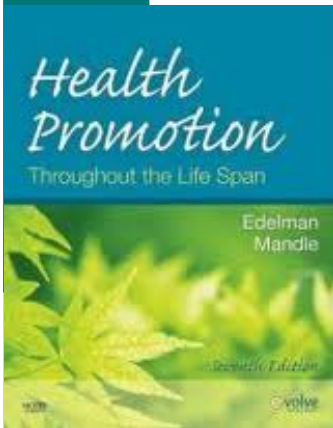


- **'Socio-demographics Questionnaire'**
- **'Health Promoting Lifestyle Profile Scale'**

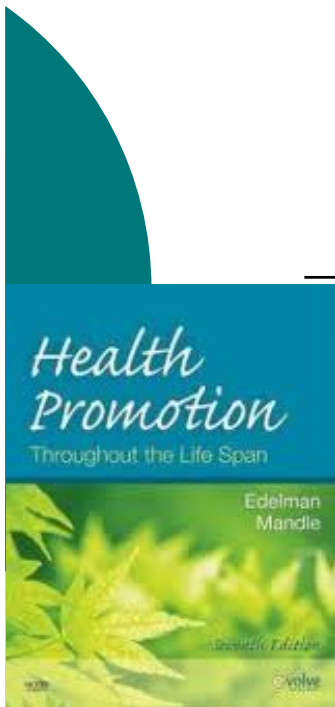


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- The ‘**Socio-demographics Questionnaire**’ consisted of 14 questions prepared by researchers
 - The **HPLP Scale** consists of 52 items
 - Six scales including self-realization, health responsibility, exercise, nutrition, interpersonal support and stress management

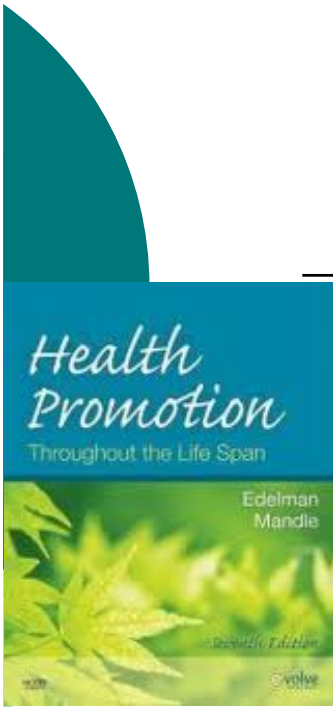
HPLP Scale



- **Developed by Walker et al. in 1987**
- **The scale, Cronbach Alpha value of which is 0.89,**
- **Its validity-reliability study was conducted into Turkish by Akça in 1998**



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- **All the items of the scale are positive and each answer is given a score like "Never" (1), "Sometimes" (2), "Often" (3), "Regularly" (4).**
 - **The scale is of a 4-point Likert-type and there are 4 choices for each statement, scored from 1 to 4. "Very uncharacteristic of me" receives 1 point, "Somewhat uncharacteristic of me" 2 point, "Somewhat characteristic of me" 3 points and "Very characteristic of me" 4 points**



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- **The minimum score that can be achieved from the scale is 52**
 - **The maximum score is 208; and health promoting lifestyle behaviours are accepted to increase positively as the score increases**



Results

- **The mean age of the students was 19,68 years**
- **53,6% of the students were graduated from Super/Anatolian High Schools.**
- **55,6% had spent most of their lives in cities**
- **35,7% of them had 4 or more siblings and great majority (78,3%) had chosen their profession willingly**

Descriptive Features	Number	%
Age Groups (n=207)		
18-19 ages	95	45,9
20 and the above ages	112	54,1
Gender (n=207)		
Male	58	28,0
Female	149	72,0
Department (n=207)		
Nursing	55	26,6
Health Management	51	24,6
Physical Therapy and Rehabilitation	58	28,0
Child Development	43	20,8
Number of Sibling (n=207)		
Single / 2 sibling	64	31,0
3 sibling	69	33,3
4 and the above sibling	74	35,7
Longer Living Area (n=207)		
Village / county	92	44,4
City / Metropolitan	115	55,6
Choosing the profession willingly (n=207)		
Yes	162	78,3
No	45	21,7

Mother's Education Background (n=206)

Primary School and lower	147	71,4
Secondary School and High School	50	24,3
University	9	4,4

Father's Education Background (n=203)


Primary School and lower	79	38,9
Secondary School and High School	80	39,4
University	44	21,7

Mother's Employment Status (n=206)

No	19	9,2
Yes	187	90,8

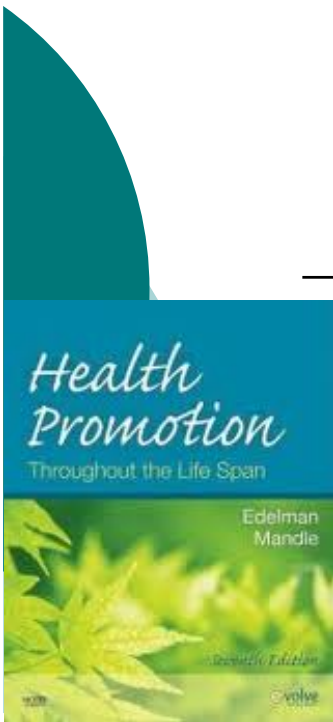
Father's Employment Status (n=203)

No	16	7,9
Yes	187	92,1

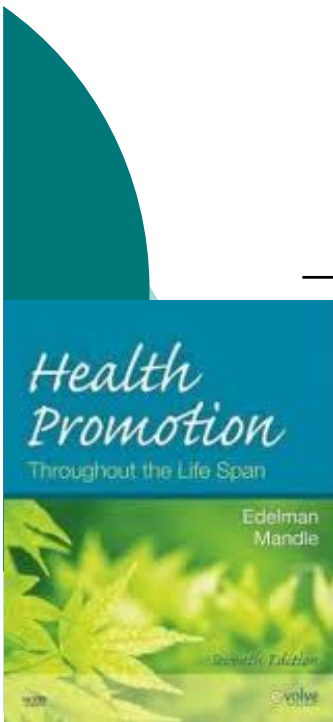


Family Structure(n=207)		
Nuclear Family	180	87,0
Large Family	27	13,0
Family Attitudes (n=207)		
Negative Family Attitudes	56	27,1
Positive Family Attitudes	151	72,9
Socio-economic Level (n=207)		
Lower	29	14,0
Moderate	137	66,2
Well	41	19,8

Subscales	Achievable min-max point	Obtained min-max point	Mean	Standard Deviation
Self-realization	9-36	14-36	25,80	± 4,09
Health responsibility	9-36	12-33	20,95	± 4,24
Exercise	8-32	8-30	16,95	± 4,14
Nutrition	9-36	11-30	20,09	± 3,70
Interpersonal support	9-36	16-34	25,86	± 3,72
Stress management	8-32	8-29	19,93	± 3,51
Health Promoting Lifestyles Profile Scale	52-208	82-176	129,60	±17,61



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- **HPLP mean score of all the participant students was $129,60 \pm 17,61$**
 - **Considering that the minimum score that can be achieved is 52 and the maximum score is 208, it can be stated that the health promoting lifestyle behaviours of the students are at **medium level****



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- **It has been determined that the highest mean score belongs to ‘self-realization’ and ‘interpersonal support’**
 - **The lowest score belongs to subscale of ‘exercise’ and ‘stress management’**

Features of Students	n	\bar{X}	Sd	
Ages				
18-19 ages	95	131,64	15,81	t= 1.535
20 and the above ages	112	127,88	18,90	p= 0.126
Gender				
Male	58	126,91	20,87	t = -1.376
Female	149	130,65	16,12	p= 0.170
Department				
Nursing	55	126,92	17,75	F= 0.722
Health Management	51	129,80	18,02	sd= 3
Physical Therapy and Rehabilitation	58	130,15	17,26	p= 0.540
Child Developing	43	132,06	17,58	
Number of Sibling				
Single / 2 siblings	64	134,53	17,59	F = 4.819
3 siblings	69	129,59	16,29	sd= 2
4 and more	74	125,36	17,93	p= 0.009***

- **The more siblings students have, the less HPLP scores they get**
- **The number of siblings is important as it indicates the efficiency of the education given by the family**

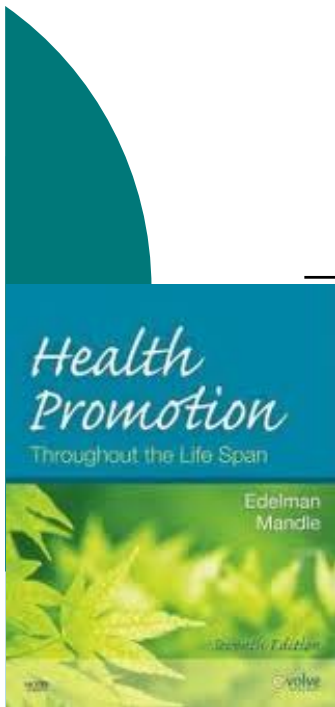
Features of Students	n	\bar{X}	Sd	
Last Graduate School				
General/	96	128,25	18,84	t=-1.032
Super /	111	130,78	16,47	p= 0.303
Longer Living Area				
Village / country	92	128,72	17,90	t= -0.642
City / Metropolitan	115	130,31	17,42	p= 0.521
Willingly choosing the profession				
Yes	162	131,85	16,93	t= 3.574
No	45	121,53	17,82	p= 0.000

- The mean scores of the students who chose their profession willingly were found to be statistically significantly high
- Choosing one's profession willingly shows that the individual makes his/her own way and this corresponds to 'self-realization'

Features of Students	n	\bar{X}	Sd	
Family Structure				
Nuclear Family	180	130,1	17,65	Z= -1.113
Large Family	27	126,6	17,38	p= 0.266
Family Attitude				
Negative family attitude	56	125,9	18,88	t=-1.814 p=0.071
Positive Family Attitude	151	130,9	16,98	
Socio-economic level				
Lower	29	120,7	19,66	F=4.454
Moderate	137	130,9	17,05	sd=2
Well	41	131,5	16,48	p=0.013

- As the socio-economic status of the students improve, their HPLP scores increase significantly as well
- Considering the fact that socio-economic factors determine personal behaviours, it would be an expected finding

Features of Students	n	\bar{X}	Sd	
Mother's Education				
Primary School and lower	147	128,74	18,41	$X^2= 2.349$ $sd= 2$ $p= 0.309$
Secondary School				
High School	50	131,46	15,98	
University	9	134,11	13,26	
Father's Education				
Primary School and lower	79	128,07	18,86	$F= 0.538$ $sd= 2$ $p= 0.585$
Secondary School and High School	80	130,63	17,84	
University	44	130,75	13,50	
Mother's Employment Status				
No	19	133,05	13,46	$Z= -1.016$ $p= 0.310$
Yes	187	129,29	18,01	
Father's Employment Status				
No	16	117,43	15,56	$Z= -2,677$ $p= 0.007$
Yes	187	130,71	17,17	



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- **It can be considered that the psychological problems of the students caused by the unemployment of their fathers affect their behaviours.**
 - **Consequently, it would be an expected result when these students' health promoting behaviours are determined to be lower than others**

CONCLUSION



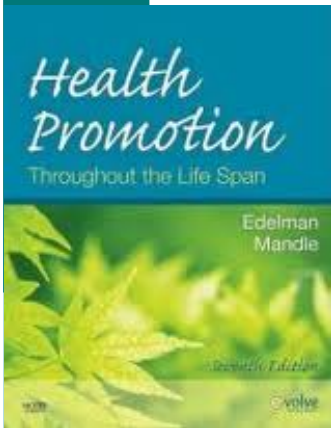
*Health
Promotion*
Throughout the Life Span

Edelman
Mandle

Tenth Edition

- **Health promoting lifestyle behaviours of the students are at medium level and variables like number of siblings, choosing the profession willingly, employment of the father and socio-economic status determine these behaviours**

SUGGESTIONS



- 1. The students should focus on areas like exercise and stress management from which they got lower scores,**
- 2. Students should be encouraged to fulfil the theoretical knowledge they acquired during their vocational training and lecturers should perform their responsibilities as a guide, a consultant and a role model**



- **Kırıkkale Uni.**
- **Faculty of Health Sciences**
- **Students**
- **Lecturers**

