

Health Habits and Behaviors among University Students

Thesis

Master Thesis in Community Health Nursing

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LIST OF ABBREVIATIONS

Abb.	Full Term
A.A.A	: American Agricultural Ministry
AAD	: Alcohol Addiction Disorder
APHA	: American Public Health Association
CBC	: Complete Blood Count
CDC	: Centers For Disease Control And Prevention
CHN	: Community Health Nursing
ESR	: Erythrocyte Sedimentation Rate
HNA	: Health needs assessment
IAD	: Internet Addiction Disorder
USs	: University Students
WHO	: World Health Organization

Health Habits And Behaviors Among University Students

Manar E.Ali, Nadia H.Farahat, Ferial Fouad Melika

Abstract

University student's health behaviors affect their physical health and lifestyle. Which is defined as any activity undertaken by a person who believes to be healthy. For the purpose of preventing disease **Aim:** This study aims to assess health habits and behaviors among university students. **Study design:** A descriptive design used to conduct this study. **Subject:** Multistage sampling technique of 500 university students. **Setting:** Two faculties of theory colleges in Ain Shams University. **Tools:** It is composed of two-tools. The first tool is self-administrated questionnaire and second tool: Medical record to assess physical health status of them. **Results:** The result of this study showed that, 39.8% of university students aged 17-19 years old, 95.6% of them had unhealthy nutrition habits, 79.2% of them had healthy hygiene habits, 26.4 %, of them don't smoke, 92.0 % of them had unhealthy habits in technology usage, 43.8% of USs were overweight, 48.8 % of university students had health problems. **Conclusion:** As regard the research questions of the present study, it concluded that, there were statistical significant between socio demographic characteristics of university students, their health problems, abnormal laboratory investigation, and their Body Mass Index and total knowledge of university students and their total healthy habits. There were no statistical significant relations between health habits of male university students and their Body Mass Index **Recommendation:** The study recommended that, development of health education program about health habits related to nutrition, exercise, hygiene care, stress, sleep, exercise, obesity and weight loss plans to improve their awareness and prevent their unhealthy habits and its effect.

Keywords: University students, health behaviors and habits

Introduction

University students Transition from adolescence into adulthood, their health habits may affect their future well-being. During this transition, those who have poor health habits may adopt better habits if they are given sound advice. Therefore, it is necessary and important to examine university, student's health behaviors because these behaviors affect students' physical health and lifestyles in adulthood. Health behavior is “any activity undertaken by a person who believes to be healthy, for the purpose of preventing disease or detecting it in an asymptomatic stage (*WHO, 2016*).

University students exercises some of the behaviors or patterns they acquires from environment during the life, whether through learning or learning Practice, or repetition once and for all, acting out of the behavior, culture, and pattern the life, even if many others become these behaviors are usually part What man does and maintains, is not a set of habits that used to practice and repeated time after time even Of human behavior and behavior fall within the concept of habits, whether true or false Formed and became entrenched in the personal (*Ganasegeran et al., 2012*).

Since human behavior is not devoid of some of the customs practiced in every aspect of the life until it becomes a part And his personal printing, he exercises it automatically and without thinking of it, and that the habits of man subject to many factors and influences of which are positive and useful, some of which are negative and unhelpful, They will be affected by these habits in students psychological and social lives and influenced by their academic and academic performance, which affects in one way or another their performance, in work and occupation (*Roshdy, 2015*).

In many countries, decreased physical activity and unhealthy eating habits lead to an increase in obesity among USs and this often constitutes a risk factor for health if these habits are pursued also in USs. Health Organization has defined health targets for all in the 21st century and target aims to improve the health of young people and increase their social responsibility in assuming roles in society by the year 2020 (*Joan, 2017*).

Significance of the study:

The most common problems in Egyptian university students were unhealthy nutrition's (anemia) (71.4%), fear of the future (26.6%), limited time for recreational activities (25%), and anxiety and depression (24.7%). The prevalence of high stress

level was nearly equal in both group and internet users are increasing in Egypt reaching about 47.4 million users in 2018,

There is a growing interest in assessing university student's health because mortality and morbidity rates for adolescents have increased in the past few decades. Regarding university students male students available evidence indicates that they are prone to a number of health impacting conditions due to personal choices, environmental influences and lifestyle changes including both communicable and non-communicable disorders and injuries Male students were significantly more likely than female students to engage in risk behavior in school Such behavior involving substance abuse, unsafe sex and irresponsible driving, may be seen as ways to prove their manliness (*Mostafa et al., 2018*).

The Egyptian USs have a sedentary life style in another meaning they seldom tend to practice sport, regular practice of physical sports in university students (latent adolescence) could assist positively in preventing osteoporosis in later life, the universities have an important role in assuring the importance of sport and this can be achieved through encouraging the USs involvement in physical activities in university (*Ismail et al., 2016*).

Role of the community health nurse in health promotion of adolescent university student to develop health education and health promotion initiatives targeting students, it is important to have detailed knowledge about the health of students and their health related behaviors, and factors that influence these such as knowledge, attitudes, personal resources, motivation for a healthy habits and social support, and health educator about nutrition, exercise and maintain emotional balance (*Hammer et al., 2017*).

Community health nursing has a unique opportunity with the educational setting to facilitate maintenance or change in health habits, attitudes, values, beliefs, and behavior in a captive audience and work to maintain the university students to have normal health status and prevent the development of illness when possible this is done through a variety of health promotion mechanisms, such as examination, guidance, education, counselor, legislation (*Bnsley et al., 2013*).

Aim of the Study

This study aims to assess health habits and behaviors among university students through:

- 1- Assessing knowledge of university students regarding health habits.
- 2-Assessing health problems and needs for university students.
- 3- Assessing health states for university students.
- 4-Assessing behaviors for university students.

Research question

- 1-Is there relation between socio demographic of university students and their health habits and behaviors?
- 2-Is there effect of health habits of the university students on their health stats?
- 3-Is there relation between health habits and health problem among university students?
- 4- Is there differentiate in health habits and behaviors between males and females in university students?

Review of Literature

Part I

University students

University students represent a major segment of the young adult population. They typically enter a dynamic transitional period of new independence from their parents aged between 17 to 24yrs.as adolescent. They are going through transitional period from childhood to adulthood characterized by physical, psychological emotional, economic changes and risk-taking is a part of adolescence (*WHO, 2016*).

University students are also a time of changing social relationships, expectations, roles, responsibilities they required especial attention and sustained support. University students who aged from 17-24yrs considered late adolescents (*Fernandez et al., 2018*).

Starting university is like starting a new life, when students leave home for university, they embark on a new journey, one that of self-reliance and self-discovery, which largely shapes up their outlook on life in the longer run while university students in their society faced many health issues particularly in the area of mental, emotional, and social health. Unfortunately, they are in a period of life when there is little or no contact with health care professionals when risk taking behavior is very common. Many important life