

4th International Conference on **MEDICINE, NURSING AND HEALTHCARE**

June 22, 2022 | Webinar

Profiling The Health Behaviors of University Students**Dercan Gencbas***Department of Nursing, Atilim University, Turkey*

Background: Physical activity, adequate & balanced nutrition, stress management, healthy sexual behaviors decrease morbidity & mortality in chronic diseases. Course loads, being away from family, self-realization, job-seeking may lead university students to have risky health behaviors. The study is aimed to find out lifestyle behaviors related to exercise, nutrition, addictions, stress coping, some health issues of university students.

Methods: The study was aimed to reach 323 freshmen among 2044 in a university. A Data Collection Form, Healthy LifeStyle Behavior Scale-II, Stress Coping Styles Scale, Social Media Addiction Scale, and Health Outcomes Form measuring students' health problems were implemented to 136 students (42% of the sample) after ethical approval. Their risky health behaviors were determined with a Risk Assessment Tool. The results of the analysis were presented as mean±standard deviation and percentage. Independent sample t-test was used to compare independent variables and scale scores. The study was the first part of a project funded by the University. From now on, students at risk will be given training modules and individual counseling for 4 months.

Results: 61 of 136 were assigned as at risk for Addiction, 135 for Adequate&Balanced Nutrition and Regular Physical Activity, 54 for Reproductive Health, and 121 for Stress Management. The average age was 20.2. Out of 136, 25.7% use cigarettes, 62.5% use alcohol occasionally, 5.2% use substances, 18.6% were sexually active, 20.8% had multi-partner and 31.9% of them used contraception before. 27.2% were overweighted. Healthy Lifestyle Behavior Scale was scored 130.1±20.3, Stress Coping Styles Scale was 51.51±6, Social Media Addiction Scale was 66.7±17.6. A significant difference is found between the physical activity subscale and all scales by gender (p=0.032).

Conclusions: Almost all were found to be at risk in terms of health behaviors within the scope of nutrition, physical activity and stress coping. Students must acquire healthy behaviors to prevent future diseases. Training modules related to healthy lifestyle behaviors should be applied to students throughout the university.

Keywords: nutrition, stress management, chronic diseases, addictions, stress coping

Biography

Dercan Gencbas, Msc, RN, PhD, is an Assistant Professor in the Faculty of Health Science in Atilim University. Her research focus on community health promotion, especially adolescents and elderly. She also is interested in using international standard classification systems in nursing care. She has 7 international and 3 national publications and she contributed 30+ national&international meetings as speaker/panelist/presenter.

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