

The Survey of Lifestyle Girl and Boy Students Resident in Dormitories of Tehran University of Medical Sciences

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Abstract: The healthy lifestyle plays a major role in preventing of chronic and incommunicable diseases. On one hand a sedentary lifestyle due to available life welfare equipments and media and the other hand use of fatty and high calorie foods have changed the lifestyle. The aim of this study is, survey of lifestyle and compare it between girl and boy students resident in dormitories of Tehran University of Medical Sciences (TUMS). The aim of this study is, survey of lifestyle and compare it between girl and boy students resident in dormitories of Tehran University of Medical Sciences (TUMS). This is a cross sectional study carried out on 600 students of dormitory that selected randomly. The results of this survey reveals that the lifestyles of 44.8% students both girls and boys undesirable. This figure in boys and girls is 69.5-38.5%, respectively. Significant relation between lifestyle variable such as diet and coping with stress, physical activity and coping with stress was found. In order to help students to change in their lifestyle and reaching to optimum level; they should be encouraged to do physical exercise, to eat healthy and nourished food and to cope with stress.

Key words: Lifestyle, nutrition, physical activity, coping with stress, dormitories, Tehran

INTRODUCTION

In the world more than 1/3 cases of morbidity due to prevalence and common some of behavior and risk factors of health that about all of them due to undesirable lifestyle. Most of eastern Mediterranean is changing to lifestyle and social conditions. The reason of these changes can be changes of social, economical and wide world economic and media. However, habits of nutrition are changing, sedentary lifestyle is available. The increasing of accessibility to mass media changes condition of life and leisure behavior in the whole of world. Obesity is increasing in the most of the countries although the most of the regional countries don't have correct information but available data shows that obesity is more than 30% and women obesity are 40% (WHO, 2002). Control of risk factors in lifestyle for example inappropriate nutrition, Lack of physical activity and use of cigarette decrease 50% of death (Smith and Maurer, 2000). Usage cigarette is a risk factor of heart diseases and cancers (Lancaster and Stanhope (2000). One aim of 53 assemble of WHO decrease exposure risk factors non communicable

diseases. The most important reasons of non communicable diseases are undesirable nutrition, sedentary lifestyle and tobacco (WHO, 2002). The majority studies of lifestyle was surveyed by patients but in this study we study lifestyle students of medical sciences because they are in position that selection of type lifestyle effect in all life of them and they will trans-mission knowledge health to people (Parks textbook of prevention and social medicine, 2000).

MATERIALS AND METHODS

This study was cross-sectional which 600 students resident in Tehran Kuy dormitories were selected. Four hundred of students were girl and 200 of them were boy which selected appropriate with ratio distributed in dormitory. The weight of students was measured by scale and height was measured by tape meter. Demographic characteristics of students (15 questions) were registered in first sector of questionnaire and continue of lifestyle characters consisted of: Smoking, physical activity,

nutrition and coping with stress were completed anonymously self administrated questionnaire which had overall 56 questions. The validity of questioner in this study was upheld by 10 specialists and also reliability of questioner was examined by Alpha Cronbach. Desirable and undesirable lifestyle determined by sum of scores characters. Data analyzed by spss_{11.5} and χ^2 test, ANOVA and t-test were used.

RESULTS

Our study results showed that 48.8% (293) of students had undesirable lifestyle and 51.2% had desirability. In Table 1 comparison variables lifestyle with gender. The comparison of lifestyle between two genders showed that 69.5% (139) of boys and 38.5% girls had undesirable lifestyle which was significantly relation with lifestyle and gender (p = 0.000). 31.8% of students had undesirable physical activity while 68.2% had desirability. Comparison of physical activity between girls and boys didn't show significantly relationship. According to our study, 50% of students had undesirable nutrition students and other half of them had desirability. Comparison of nutrition status between boys and girls showed that 28% of boys and 61% of girls had desirability nutrition status which was significantly (p = 0.000). Also 43.7% of students had undesirable status about coping with stress while 56.3% had desirable status. Fifty six percent of boys and 37.5% of girls had undesirable status which was statistically significant (p = 0.000).

In comparison of lifestyle among married and single students, analysis of data showed that 20.3% of single men and 62% of married men had undesirable lifestyle. Also 37.9% of single women and 47.6% of married women

had undesirable lifestyle. Comparison of three variables didn't show significantly relationship due to small sample of married students in dormitories probably. In our study, 49.1% of students who had desirable physical activity also had desirable nutrition. 61.8% of students who had undesirable nutrition also had undesirable coping with stress. Analysis of data showed that 3807% of students who had undesirable coping with stress also undesirable physical activity. There were significantly relation between physical activity and coping with stress (p = 0.016), also between nutrition and coping with stress (p = 0.000). The mean of weight and height among students with desirable and undesirable lifestyle showed significantly difference (p = 0.000). There were significantly relation between lifestyle of students and them parents education (p = 0.000) but there were not any relation between lifestyle of students and number of family people (Table 2). With respect to educational field of study population we expected that seniors had desirability life style but our study didn't confirm that. Probably due to condition of dormitory, economic problems of students and etc effected on lifestyle. Also, in our study there was significantly relation between high education of parents and undesirable lifestyle among student probably duo to business of parents with high education resulted in paying not much attention to them children.

DISCUSSION

One study in Michigan (2000) stated that prevalence of health behaviors among girls is more than boys (MMWR, 2001). In previous studies, physical activity of girls with any race was less than boys but our study didn't show that (Richmond *et al.*, 1998;

Table1: Comparing variable lifestyle and gender

Female		Male		Variable lifestyle
Desirable (%)	Undesirable (%)	Desirable (%)	Undesirable (%)	
275(68.7)	125(31.3)	134(67)	66(33)	Physical activity
244(61)	156(39)	56(28)	144(72)	nutrition
250(62.5)	150(37.5)	88(44)	112(56)	Coping with stress

Table2: Comparing status lifestyle and gender with variable study

Desirable		Undesirable		Lifestyle gender
Female	Male	Female	Male	
Mean±SE	Mean±SE	Mean±SE	Mean±SE	Weight
55.73±7.4	70.3±9	55.4±6.8	70.9±10.3	Length
160.57±6	175.8±5	161.89±7.5	177.5±5	Dimension family
5.69±1.6	6.21±2.6	5.86±1.8	6.06±2	Educational father
9.82±5.8	5.7±5.7*	11.45±4.7*	9.94±6*	Educational mother
8.5±5.6*	5.92±5.8*	9.63±4.7*	7.83±5*	Educational term
5.37±2.7*	6.05±3*	3.17±6.4	7.6±3*	Age
22.4±2.3	25.69±5.6*	22.4±2.7	23.4±2.5	

*Significantly relationship

Walton and Hoem, 1999; Feldman and Barnet, 2003; Prochaska and Rogers, 2002; Kimm *et al.*, 2002; Straus and Rodzilsky, 2001). There were significantly relation between nutrition status and gender while in study of Tarighat (2000) there were not significantly. Probably one of causes resulted in this condition in our study, was more desire and expert among girls to cooking than boys while boy students commonly eat sandwich with soft drinking, foods produced by university. In order study without consider of gender, half of students had desirable nutrition status which was agree with pervious studies (Noroozy, 2003; Hope *et al.*, 1998). Also among coping with stress between boys and girls there was significantly relation which confirmed the pervious studies results (Moos and Billing, 1984). In our study there were significantly relation between nutrition and coping with stress, also between physical activity and stress. in the previous studies established desirability of nutrition result in desirability of coping with stress (WHO, 2002; Klemmer, 2002) also increase of physical activity may be improve the coping with stress, so that deficiency of essential subnuts result in tiredness, nervousness, Y which these symptoms may be reduce coping with stress. According to previous surveys stress may be change appetite therefore improvement of coping with stress may be result in desirability of nutrition suggesting improvement quality of foods produced by university. In our study, there wasn't significantly relation between physical activity and nutrition.

By increasing of ages mean between boy students lifestyle became more than desirable vs. girls. At the other hand age mean's of boy students by desirability. In our study there was significantly relation between lifestyle and number of educational semesters among boy students. Type of course and study of medical science may be effect on lifestyle.

CONCLUSION

With respect to importance of desirable lifestyle and also our survey results, education of nutrition habits and intervention dealing for improvement of nutrition among students and raining of appropriate methods for coping with stress are necessary. For changing of lifestyle behaviors among students should encourage them to doing exercise, correct nutrition habit, coping with stress and avoiding of tobacco, alcohol and narcotic drugs.

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