

Assessment of healthy life style habits among medical students, Andhra Medical College, Visakhapatnam

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ABSTRACT

Background- Healthy habits are important for medical students as they are future physicians and who ignore healthy life style habits, mostly fail to educate and establish health promotion for their patients. Hence, this study is under taken to know about knowledge and Practice of healthy life style habits among medical students

Objectives-To study the pattern of practice of dietary habits, sleeping habits, physical activity and stress management

Methodology - A cross sectional study was done in 100 medical students with the help of standard questionnaire during December 2013 and data was analyzed by preparing master table and was represented in the form tables and figures

Results - Regular sleep cycle is followed by 42% of study subjects. Recent change in sleep pattern is observed in one third (34%) of study subjects. 35% has trouble falling sleep. Junk food consumption of more than twice a week is seen more than one third (77%) of subjects. Recent change in weight is seen in 61%. Half of subjects (50%) stated that they engage in physical activity daily. The most stressful part of student life is during times of exams as stated by 75% of study subjects. Alcohol consumption is found in 7% of students. Nearly half (49%) of study subjects are not happy with their time management.

Conclusions- Medical students are the future physicians. They should pay more attention towards implementation of healthy life style habits. Workshops during medical school life regarding healthy habits will be helpful and have positive effect on them.

Key words; Dietary habits, Physical activity, Sleeping habits, Stress management, time management, Medical students

INTRODUCTION

Life during which many students are exposed to stress and lack of time is college life. Both stress and lack of time act as barriers to adopt and maintain healthy life style habits. Unhealthy habits like in appropriate diet, lack of physical activity, improper sleep, alcohol consumption contribute to the increased prevalence of chronic diseases like obesity, hypertension, diabetes etc. Healthy habits are more important for medical students because they are future doctors and who now as students if they fail to establish healthy life style habits now are more likely to fail to establish health promotion regarding healthy life style habits to their patients. Few studies have shown that stress is more in medical students and they are more prone for chronic diseases. Hence, this study is under taken to know about healthy life style habits in medical students.

OBJECTIVES

To study the pattern or practice of dietary habits, sleeping habits, physical activity and stress management

METHODOLOGY

A cross sectional study was done in 100 medical students (3rd semester) with the help of standard questionnaire (healthy life style assessment, peer mentor programme, queen's university) during the month of December 2013 in Andhra medical college, Visakhapatnam. The questionnaire has 6 different components. They are sleeping habits, dietary habits, physical activity, stress management, alcohol consumption and time management.

Purpose of the study was explained to the students and informed consent was taken. Students who were not willing to participate and who were absent are excluded from study. The data obtained was analyzed by preparing master table manually and is represented in the form of tables and figures

RESULTS AND DISCUSSION

All the students who participated in study returned completely filled questionnaire .Results obtained for each component are shown separately in tables and results obtained for each component are shown in the form of percentages and proportions. For few questions multiple options are obtained which were shown separately. Discussion part for each component is mentioned.

SLEEPING HABITS (n=100) yes no

Who follow regular sleep cycle	42%	58%
Change in sleep pattern in past 6 months	34%	66%
Who had trouble falling asleep	35%	65%
Who feel sleepy in class or trying to read	58%	42%

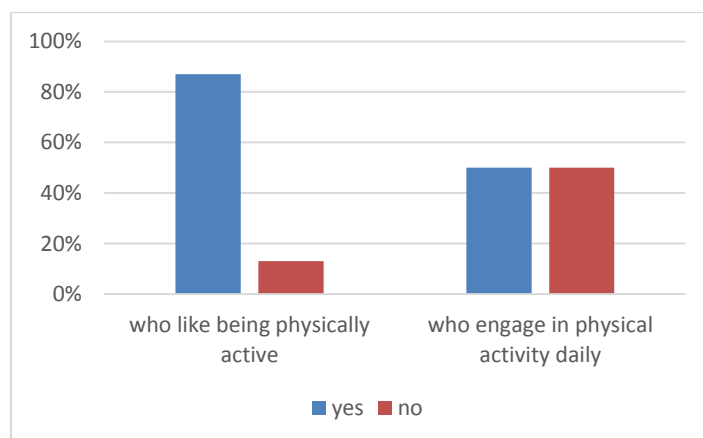
Regular sleep cycle is followed by 42% of the subjects. mid day nap that is feeling sleepy during day time while in class was observed in 58% of study subjects. Similar findings were shown in study done by Hamza.M et al⁽¹⁾ which showed midday nap that is falling asleep during day time or in class was 58% among students

DIETARY HABITS (n=100) yes no

Recent weight change in past 6 months	39%	61%
Junk food consumption more than twice a week	77%	23%
Knowledge regarding healthy diet	57%	43%
Satisfaction regarding diet habits	41%	59%
Practicing healthy diet regularly	18%	82%

Consumption of junk food more than twice in a week was observed in more than three fourths of the students enrolled in this study. Knowledge regarding healthy diet was present in 57% of the subjects and only 18% of students practice healthy diet regularly. Study done on nutritional status by Gulemdam Karadag et al⁽²⁾ showed that healthy diet practice is followed by 12% of his study subjects which are comparable to result of our study. Half of the study subjects are not satisfied with their dietary habits in study done by Carter et al⁽⁵⁾. Results comparative as in this study was seen in study done on Chinese university students by Ruka Sakamaki et al.⁽⁷⁾

PHYSICAL ACTIVITY (n=100)



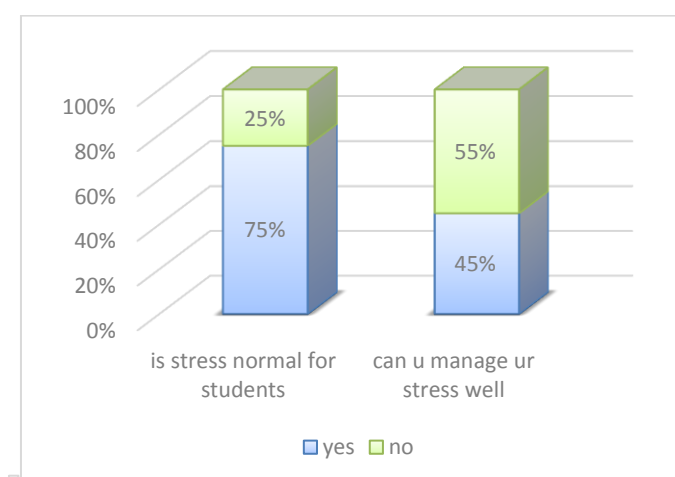
As shown in above the students who like to be physically active is 87% and those who are actually engaging in physical activity daily are 50% and reasons for not being physically active are stated below

Reasons for not being physical active

- lack of time-34%
- lack of motivation-18%
- health problem-10%
- injury -2%
- could not specify cause-36%

Lack of motivation and lack of time were major obstacles among students in this study for not engaging in physical activity daily and the results are similar to study done by Rubina A Sajwani et al⁽⁶⁾

STRESS MANAGEMENT



Stressful part of student life (multiple options obtained)

- A -final exam time- 77
- b -term exams- 10
- c -workload- 12
- d -living with people with of different habits- 12

Stress effects (multiple options obtained)

- a- Worrying all the time -35
- b- Increasing irritability -30
- c- Difficulty in sleeping -24
- d- Difficulty in concentrating -44
- e- Become depressed -32
- f- Loss of appetite- 10

In this study three fourths of the subjects stated stress is common for college students and only half of students (45%) manage stress well. Most stressful time was during time of exams. Difficulty to concentrate, feeling depressed, worrying and sleeplessness were said to be major effects due to stress in this study. similar results were shown in studies done by Marie Dahlin et al⁽⁴⁾ and Rubina A Sajwani et al⁽⁶⁾

ALCOHOL CONSUMPTION is low only 7% stated that they consume alcohol and regarding TIME MANAGEMENT only 47% stated they manage their time well and are happy with their time management

CONCLUSIONS

Medical students are the future physicians. They should pay more attention towards implementation of healthy life style habits. Workshops during medical school life regarding healthy habits will be helpful and have positive effect on them

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