

"ASSESSMENT OF LIFESTYLE OF POST GRADUATE STUDENTS AND ITS EFFECT ON THEIR HEALTH IN VIDARBHA REGION: A QUESTIONNAIRE STUDY".

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Abstract

Health is an aspect of life that is essentially one of the important factors in basic human performance. Health contributes to general well-being and overall lifestyle. A healthy lifestyle was measured by factors like diet, exercise, habits and sleep. These factors aid the person's health in many different ways. Nutrition and exercise are important to a person's health. The benefits of these are essential for enhancing healthy body as well as mental and physical fitness. It boosts the immune system, build confidence, reduce and relieve stress and improve learning & mental health³. Many people due to the stressful lifestyles, are prone to indulge into habits of smoking and consuming alcohol or chewing betel nut, which are detrimental to their lifestyle and eventually their performance at workplace. It moreover can lead to increased dependence over these substances. Sleep is another major aspect in a person's health. Sleep is a natural state for human beings when they are tired. College students have been found to be a population that does not get enough sleep.⁴ Lack of sleeping results

in a decreased student's ability to perform during exams⁵. This study examined the perception of post graduate students from Dental Colleges of Vidarbha region about a lifestyle and its effect on their health. The main purpose of this study is to explore the major lifestyle factors among college students and the influence on their health.

Keywords: Lifestyle practices, Post graduate students, Healthy lifestyle

Introduction

The World Health Organization defines health as a "state of complete physical, mental, and social well-being, and not merely the absence of disease". As a state of being free from any kind of illness or injury. Health is an aspect of life that is essentially one of the important factors in basic human performance. It contributes to general well-being and overall lifestyle of an individual. Health also contribute to the physical, psychological

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and professional performance of an individual. There are several factors in a person's lifestyle that can make them healthy or unhealthy. A healthy lifestyle was measured by factors like diet, exercise, habits and sleep. These factors aid the person's health in many different ways.

When the Post graduate students enter college their lifestyle takes a major turn due to different class and work schedules that change daily and coping with numerous patient appointments and OPDs. To cope with the changing environment it is necessary for them to maintain a healthy lifestyle. "A healthy doctor will treat a patient into health".

Nutrition and exercise are important to a person's health. The benefits of these are essential for enhancing a healthy body as well as mental and physical fitness. It boosts the immune system, builds confidence, reduces and relieves stress and improves learning & mental health³.

Many people due to their stressful lifestyles, are prone to indulge in habits of smoking and consuming alcohol or chewing betel nut, which are detrimental to their lifestyle and eventually their performance at work. It moreover can lead to increased dependence on these substances.

Sleep is another major aspect in a person's health. Sleep is a natural state for human beings when they are tired. College students have been found to be a population that does not get enough sleep.⁴ Lack of sleeping results in a decreased student's ability to perform during exams⁵.

This study examined the perception of post graduate students from Dental Colleges of Vidarbha region about a lifestyle and its effect on their health. The main purpose of this study is to explore the major lifestyle factors among college students and the influence on their health to improve the quality of college students' life and to keep them away from diseases and illness.

Material and methods

The study was conducted among Dental postgraduate students of all specialties of Dentistry in Vidarbha region of Maharashtra. Approximately 250 students participated in the study, in an effort to examine their perception about a healthy lifestyle and its effect on their health. Information was collected via a lifestyle questionnaire². The questionnaire was a dichotomous type with YES/NO as the options. Post graduate students were asked to elaborate on their balanced diet and exercise preferences and the replies were noted but they were not mandatory. It consisted of 10 questions that helped in exploring the various lifestyle factors. A Google form of the questionnaire was created and it was sent to dental post graduate students of various dental colleges in Vidarbha region. The questionnaire was sent to the students through various online mediums available such as E MAIL, whatsapp, whatsapp groups. The data received was statistically analyzed.

Result

Two hundred and fifty dental post graduate students from various dental colleges in Vidarbha region completed the questionnaire. A 100 per cent response rate of which 67.3 per cent were female and 32.7 per cent were male. The students' ages ranged from 25 years to 30 years. In response to the questions concerning the perception of college students regarding a healthy lifestyle, the results of the study illustrate that the majority of the college students conduct a not so healthy lifestyle.

Of all the participants (27%) admitted that they have 7-9 hours of sleep every day (Pie Diagram 1). During their routine college life 38% agreed that they have a balanced diet every day (Pie Diagram 2) which comprised of a healthy breakfast followed by a good lunch comprised of chapatti, rice, lentils, vegetables and salads which adds to the fibres in the food followed by a snack and a good dinner. Of the 250 students only 41% exercise regularly (Pie

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Diagram 3) and mostly their exercise consisted of gyming, cycling and yoga meditation for some. Of all the students 76% student suffered from increase body weight (Pie Diagram 4). Mostly the final year students suffered from increase in weight due to much change in their lifestyle to sedentary as they are preparing for their exams and also stress adds to change in weight. Many students also suffered from decrease in weight as due to busy schedules students most of the times skip meals and have improper eating cycles. 85% students agreed that they drink eight to nine glasses of water per day (Pie Diagram 5). 92% students feel depressed and anxious in their life (Pie Diagram 6) as studying in medical field can lead to a monotonous life where one have to dedicate their time completely to their work and patients which can lead to lack of

social life in one's life which lead to 65% students agreeing that they feel irritated and sometimes angry in their life (Pie Diagram 7). 63% students agreed on having habits of smoking and alcohol consumption (Pie Diagram 8) and 88% (Pie Diagram 9) of the students wanted to quit these habits as they understand that smoking and alcohol consumption are addictive habits and have a toll on their life but in spite of all this 64% (Pie Diagram 10) of students were happy and satisfied in their PG curriculum as they were serving their dream of working as a Doctor and learning through their experiences.

Discussion

Health is a state of being free from any kind of illness. A healthy lifestyle is very imperative for a

Table 1: Assessment of lifestyle of Post Graduate students (n=250) and its effect on their health in Vidarbha region

	Yes n (%)	No n (%)	Chi square test value	p value
1. Taking seven to nine hours of sleep per night	68 (27.2%)	182 (72.8%)	Chi = 98.7	p <0.001**
2. Taking Balanced diet	94 (37.6%)	156 (62.4%)	Chi = 68.4	p = 0.041*
3. Exercise regularly	103 (41.2%)	147 (58.8%)	Chi = 37.1	p = 0.234
4. Do you suffer from increased/decreased body weight	189 (75.6%)	61 (24.4%)	Chi = 124.6	p <0.001**
5. Drink eight to nine glasses of water per day	214 (85.6%)	36 (14.4%)	Chi = 204.7	p <0.001**
6. Feel anxious or depressed any time	231 (92.4%)	19 (7.6%)	Chi = 289.6	p <0.001**
7. Feel angry most of the time	164 (65.6%)	86 (34.4%)	Chi = 84.8	p = 0.008*
8. Have any habit of smoking /chewing betel nut or alcohol	158 (63.2%)	92 (36.8%)	Chi = 73.4	p = 0.034*
9. Want to quit these habits (n=158)	139 (88%)	19 (12%)	Chi = 231.8	p <0.001**
10. Feel happy and gratified in your PG curriculum	161 (64.4%)	89 (35.6%)	Chi = 78.2	p = 0.021*

*p<0.05 – significant difference

**p<0.001 – highly significant difference

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healthy mind and a healthy body. There are several factors in a person’s lifestyle that can make them healthy or unhealthy. Basic diet, nutrition, sound sleep and exercise aids a person in many different ways¹. Eating the correct amount of nutrients is essential for the body’s proper functioning. Basic nutrition is the fuel that a body needs to operate. Majority of college going students are of young age and often ignore the importance of healthy lifestyle. However, nowadays as awareness amongst people is increasing students are also resorting to and trying to incorporate ways to stay healthy in their busy routines and schedules.

When students enter college, their diets deteriorate and they gain or lose weight. Meals are often skipped by college students, and management of weight and food intake is often nonexistent or disordered. Class and work schedules change daily as well as every semester having a toll on their diet as well as disrupting their sleep cycle. Several factors can be taken to avoid the weight gain and decline in diet quality that may occur during the college years. The results of the study showed that few of the dental post graduates students conduct a healthy lifestyle. It was found that a high percentage of the students are unaware about the importance of taking balanced diet, proper sleep and proper exercise in their day to day life. College students do not take into account the

seriousness of their health behaviors, Budd et al.

The study shows that a high percentage of the students, do not exercise frequently, and suffer from increased body weight (obesity). The human body needs to move; the many benefits of exercise prove that the act of fitness is more than just losing weight. Exercise builds confidence, reduce and relieve stress, improve learning and mental health, and can build healthy relationships around with common interests in well-being.

The study illustrates that most college students do not care about drinking water time to time, which may cause dehydration and may affect their kidney function in the long run, and may cause other health problems associated with it.

Also while carrying out their stressful schedules students often engage into habits such as smoking and alcohol drinking that may deteriorate their health further also leading to unwanted addictions which will be hard to get rid of in the future. Although they know about the ill effects of these habits but still engages in their addictions.

Conclusion

The outcome of this study is of great concern to dental students health. Very few post graduate students attending Dental college, conduct a healthy lifestyle, which will affect their

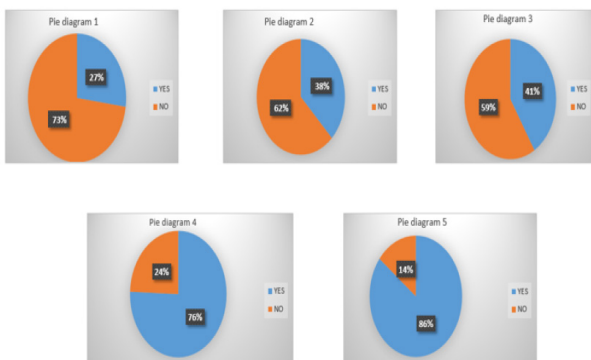


Figure 1. Response of the Post graduates students to the questionnaire in percentages.

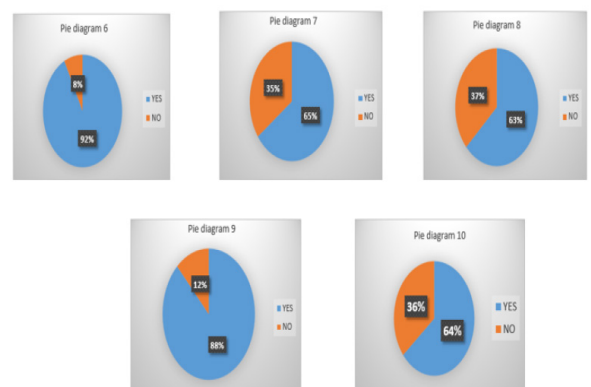


Figure 2. Response of the Post graduates students to the questionnaire in percentages (Pie diagram 6-10).

health adversely in the future; therefore, it is vital that additional in-depth research is conducted on college student's healthy lifestyle factors, and to extend the study to the other colleges and universities.

We conclude from this study that a high percentage of the post graduates students in dental colleges of Vidarbha region are not aware about the results of unhealthy behavior, which may cause different health problems. Although few students are engaging towards modern healthy lifestyles such as gyming and exercises in the gyms and clubs and making it imperative to add various diet into their day to day life but they are few and more studies like these are necessary so that students are more aware and more learned.

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