

## عنوان مقاله:

Comparison of Health-promoting Life Styles among Medical and Non-medical Students in Zanjan during 2016-2017

## محل انتشار:

مجله مراقبت های پیشگیرانه در پرستاری و مامایی، دوره 8، شماره 2 (سال: 1397)

تعداد صفحات اصل مقاله: 8

## نویسندگان:

Soudabeh Mehdizadeh - *Department of Community Health Nursing, School of Nursing and Midwifery, Zanjan University of Medical Sciences*

Soheila Abbasi - *Department of Pediatric Nursing, School of Nursing and Midwifery, Zanjan University of Medical Sciences*

Kourosh Kamali - *Department of Laboratory Sciences, School of Health and Allied Medical Sciences, Zanjan University of Medical Sciences*

## خلاصه مقاله:

Background: Although medical students gain essential knowledge about healthy lifestyles, studies show that this group does not behave in a healthy way and no effective lifestyle courses are also available for this group. Objectives: The present study aimed to determine the health-promoting lifestyle in medical and non-medical students in Zanjan during 2016-2017. The population of this comparative-descriptive study included all students studying at the medical and non-medical universities of Zanjan Province. Census and randomized cluster sampling techniques were used for selecting medical and non-medical students, respectively. The senior students who showed their tendency could participate in the study. In addition, the data were collected by demographic information and health-promoting behavior (HPLPII) questionnaires. Finally, the data were analyzed through using descriptive (frequency, frequency percentage, mean, and standard deviation) and inferential (independent t-test and the Chi-square) statistics in SPSS 16 and  $P < 0.05$  was considered as the significance level. Results: There was a significant difference regarding some demographic variables (sex, educational degree, dwelling place, average family income, the number of family members, along with mother's education and employment status) between medical and non-medical students. The mean and standard deviation of health-promoting lifestyle score in medical and non-medical students were  $2.52 \pm 0.39$  and  $2.53 \pm 0.41$ , respectively, indicating a moderate level. Based on independent t-test, health accountability was higher in medical students compared to non-medical students although physical activity and the nutritional habits of medical students were weaker in this group as compared to non-medical students ( $P < 0.05$ ). However, no significant difference was observed between the mean of the other subgroups and the total score of the health-promoting lifestyle of the two groups ( $P > 0.05$ ). Conclusion: Based on the results, more accurate reviewing and planning are necessary regarding improving the health-promoting lifestyle, especially in the field of physical activity and nutritional habits while removing health promotion lifestyle barriers among students, especially medical students

## کلمات کلیدی:

Healthy lifestyle, Medical students

لینک ثابت مقاله در پایگاه سیویلیکا:

