

عنوان مقاله:

comparative study of the health-enhancing lifestyle of students in Iran, Asia and Europe

محل انتشار:

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خلاصه مقاله:

According to the World Health Organization, health is one of the indicators of countries' development. Promoting and maintaining a healthy lifestyle for health professionals remains a constant and global challenge. Currently, with the advancement of science and the improvement of health status, vaccination, antibiotics and medical care, the risk of death from most infectious diseases has disappeared and life expectancy has increased significantly, but currently, many people are relatively young people die from non-communicable diseases such as heart diseases and types of cancer, and they suffer from mental illnesses, thus affecting their health. But what is clear is to mention that performing health-promoting behaviors is one of the best ways by which people can maintain and control their health. In this research and in a comparative study, using the available library resources and research articles in the field of lifestyle and health promoting factors, the situation of students in Southeast Asia was investigated and with the results of these studies in Iran and the lived experiences of the researchers, were compared. The results of the study showed that students are usually engaged in health promoting behaviors. In addition to personal and social self-efficacy, some personal-social characteristics were also predictors of health-promoting behaviors. Considering the importance of a health-promoting lifestyle in people's lives and the effect that self-efficacy and living conditions have on these behaviors, also considering the student course as an infrastructure for people's future life, it is necessary to find ways to increase self-efficacy and improve it as much as possible. Students' lifestyle should be presented

کلمات کلیدی:

Global health, health promoting lifestyle, student, university

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