

Healthy Behaviors between Medical and Non- Medical University Students

Khamael Ali Ajrash* Ghazwan Abdulhussein Al-Abedi**

ABSTRACT

Objectives: The study aims to assess behavioral lifestyle, to compare these behaviors between two group of students, and found out the relationship between healthy lifestyle with their socio-demographic data.

Methodology: A comparative study was carried out through selection seven Colleges at university of Kerbala from 26th September 2022 to 20th, April 2023. A non-probability (convenience) sample of 300 students. The data was analyzed through the use of a descriptive and inferential statistical approach.

Results: The finding reveals that healthy lifestyle behaviors toward all the students were moderate level within 79.3%, 74% ($M \pm SD = 103.29 \pm 9.769$), ($M \pm SD = 106.00 \pm 9.728$) for medical and non-medical colleges students respectively. Also, the results show that there is significant difference in overall healthy lifestyle behaviors at p -value= 0.017, particularly in subdomains of physical activity and nutrition 0.037 and 0.007 for two group. Furthermore, residency area for non-medical college students demonstrated high significant.

Conclusion: The findings of current study report more than two- thirds of the sample have moderate level for healthy behaviors. Also, there is no relationship between medical college students' healthy lifestyle and their demographic characteristics. But there is a strong correlation between healthy lifestyle with their area of residency for non-medical colleges students.

Recommendation: Implementing an education program special for unmarried students or those living in rural areas to increase awareness to personal cleanliness and the need to avoid from using non-prescribed medications.

Keywords: Healthy Behaviors, University Students, Medical Students

Bahrain Med Bull 2024; 46 (1): 1848 - 1851

* Academic Nurse, Ministry of Health/Holly Kerbala Health Directorate
Iraq.

Email: khamael.a@s.uokerbala.edu.iq

** Assistant Professor

Community Health Nursing Department

College of Nursing, University of Kerbala, Iraq.

Email: Ghazwan.a@uokerbala.edu.iq .