



## DETERMINATION OF HEALTHY LIFE STYLE BEHAVIORS OF STUDENTS STUDYING IN THE SCHOOL OF PHYSICAL EDUCATION AND SPORTS

**Mehmet Şirin Güler<sup>i</sup>**

Kafkas University,  
Physical Education and Sport Department,  
Turkey

### **Abstract:**

This study was carried out to determine the healthy lifestyle behaviors of students studying at the School of Physical Education and Sports. The population of the study consists of the students studying at Kafkas University School of Physical Education and Sports and the sample consists of 150 students aged between 18-34 who study in different departments. Healthy Life Style Behavior Scale II was used to determine healthy lifestyle behaviors of students. Mean, standard deviation analysis techniques were used for data analysis. Kruskal-Wallis H, Mann-Whitney U test was used to determine the differences. The obtained data were statistically evaluated at  $p < 0.05$  level. SPSS 17.0 package program was used to analyze the data. The maximum score that can be obtained from the scale was 208, and the total score of the students ( $140.8 \pm 15.18$ ) was determined. When the mean scores of the sub-dimensions of the SYBDO participants were considered, the health responsibility was  $22.6 \pm 4.20$ , the physical activity was  $20.8 \pm 3.47$ , the nutrition was  $23.0 \pm 3.39$ , the spiritual development was  $26.8 \pm 5.07$ , the interpersonal relations were  $25, 8 \pm 4,68$ , stress management was found to be  $21,4 \pm 4,20$ . As a result, SYBD of the students studying at the School of Physical Education and Sports was found to be medium level. It can be said that teachers and trainees who will be a model for people in the future will be more aware of the importance of healthy lifestyle.

**Keywords:** healthy life style, school of physical education, sports

### **1. Introduction**

Today's health concept envisages a health care approach that protects, maintains and improves the health of the individual, family and society and takes the individual to the center. It is known that this understanding is based on gaining behaviors to maintain,

<sup>i</sup> Correspondence: email [mehmet0910@hotmail.com](mailto:mehmet0910@hotmail.com)

maintain and improve the well-being of the individual, to take care of his body and to make the right decisions about his health. (Kong, 1995; Lundy et al, 2001; Sisk, 2000; Zorba et al, 2017)

It is observed that rapid developments in science and technology and urbanization have positive effects on human life as well as negative effects on human life. Although these developments have a positive effect on individuals' life, productivity and performance, it is emphasized that the difficulties related to social illusions, sociocultural structure, intense work pace and material deficiencies increase the level of stress. In the past, it has been shown that the cause of infectious diseases in mass deaths, nowadays, it is seen to be among the causes of loss of life, hypertension, obesity, Type-II diabetes, coronary heart diseases, which are directly related to healthy lifestyle behaviors. Efforts have been made to protect health, increase physical activity and maintain healthy life in children and adults. In some studies, the health effects of supplementary products have been investigated in children and adults. In the studies; it is generally aimed to increase physical activity and to examine the effects of performance on health (Pancar et al. 2016; Pancar et al. 2018; Çınar et al. 2016; Pancar 2018; Özer et al. 2017; Pancar et al.2018; Gencer and Asma 2017; Çınar et al. 2018; Pancar et al. 2017; Pancar, 2018). (Spradley, 2001; Pancar et al. 2018; Özdal et al. 2017; Tahhan et al, 2018; Bilgiç et al. 2016; Tanyeri, et al, 2017). In this case, it is emphasized that in addition to making sufficient efforts for the treatment of diseases, the more important one is focused on the preservation and development of health and the priority is in preservation. Here too, it is important to care for the body and its health, to be sensitive to changes, to get consultancy in order to seek health in the early period. Health promotion studies aim to enable individuals to acquire and maintain desired behaviors in order to protect and improve their health. In this context, it is expected to create and develop healthy life consciousness in individuals, to gain positive changes in life style, and to be conscious of individual responsibility and self-consciousness in realizing this development. It is argued that the health levels of societies are considered as an indicator of development. (Ayaz et al, 2005).

## 2. Method

This study was conducted in order to determine the healthy lifestyle behaviors of students studying at the School of Physical Education and Sports. The population of the study consists of the students studying at Van Kafkas University School of Physical Education and Sports and the sample consists of 150 students aged between 18-34 who study in different departments. Before the survey is completed; all the necessary information about the research is given to the participant; volunteers were also granted permission to participate in the research.

This study was conducted by Walker et al. (1987) developed the Healthy Lifestyle Behavior Scale-II lama which was adapted to Turkish in 2008 by Bahar et al. (2008). The scale consists of 52 items and six factors. These are spiritual development, interpersonal relations, nutrition, physical activity, health responsibility and stress

management. The Cronbach's alpha value, which is the reliability coefficient of the scale, is 94 for the total scale and varies between .79 and .87 for the six sub-factors. Sub-scales; Health responsibility (3,9,15,21,27,33,39,45,51), physical activity (4,10,16,22,28,34,40,46), nutrition (2,8,14,20,26,32,38,44,50), Spiritual development (6,12,18,24,30,36,42,48,52), Interpersonal relationships (1,7,13,19,25,31,37,43,49) and Stress management (5,11,17,23,29,35,41,47) substances. Mean, standard deviation and variance analysis techniques were used in the analysis of the data. To determine differences Kruskal-Wallis H, Mann-Whitney U test it is made. Results It was tested with significant significance at  $p < 0.05$  level. Analysis of data SPSS 17.0 The package program was used.

### 3. Results

**Table 1:** Age Distributions of Participants

Age	N	%
18-24	65	43,3
25-29	61	40,7
30-34	24	16,0
Total	150	100,0

**Table 2:** Distribution of Participants by Gender

Gender	N	%
Women	70	46,7
Man	80	53,3
Total	150	100,0

**Table 3:** Distribution of Participants by Smoking Status

Cigarette smoking	N	%
No	77	51,3
Yes	73	48,7
Total	150	100,0

**Table 4:** Distributions of SYBD Subscales by Age

Sub-dimensions		N	Mean	Std. Deviation	P
Health Responsibility	18-24	65	22,6	4,20	0,78
	25-29	61			
	30-34	24			
	Total	150			
Physical Activity	18-24	65	20,7	3,47	0,40
	25-29	61			
	30-34	24			
	Total	150			
Nutrition	18-24	65	23,0	3,39	0,14
	25-29	61			
	30-34	24			
	Total	150			

Spiritual Development	18-24	65	26,8	5,07	0,37
	25-29	61			
	30-34	24			
	Total	150			
Interpersonal Relations	18-24	65	25,8	4,68	0,16
	25-29	61			
	30-34	24			
	Total	150			
Stress Management	18-24	65	21,4	4,20	0,46
	25-29	61			
	30-34	24			
	Total	150			

**Table 5:** Distribution of the SYBD Sub-dimensions by Participants according to Gender

Sub-dimensions		N	Mean	Std. Deviation	P
Health Responsibility	Women	70	21,2	4,20	0,00
	Man	80	23,9		
Physical Activity	Women	70	20,5	3,47	0,03
	Man	80	21,1		
Nutrition	Women	70	22,1	3,39	0,00
	Man	80	23,8		
Spiritual Development	Women	70	29,5	5,07	0,00
	Man	80	24,6		
Interpersonal Relations	Women	70	27,8	4,68	0,00
	Man	80	24,1		
Stress Management	Women	70	22,0	4,20	0,00
	Man	80	20,9		

#### 4. Discussion and Conclusion

It is a well-known fact that health workers have a role model with their lifestyle and individual / professional responsibilities and social roles and they have the ability to influence the group they serve. Nurses who are in constant interaction with healthy / sick individuals are expected to take responsibility and guide in gaining positive behaviors related to health protection and development. Nurses' health promotion initiatives include identifying habits and risk factors that may adversely affect the health of individuals, promoting healthy life awareness of individuals, and evaluating unhealthy behaviors and turning them into health promotion behaviors. When planning health promotion programs, it is obvious that the factors that affect the health behaviors of the group to be applied should be determined in advance and the health behaviors should be evaluated using valid and reliable measurement tools. (Spradley WB, 2001). Man is a highly complex entity. Therefore, it is emphasized that the individual's health behaviors and the factors that affect these behaviors can be explained with a theory or model. Among the most used models in explaining health

behaviors; Veril Health Belief Model Development and "Health Promotion Model and are included. (Pender et al, 2002). In this section, the data related to the health behaviors of the students of the Physical Education Sports College were gathered with the SYBD scale developed by Walker, Sechrist and Pender to test the Health Development Model and the factors affecting the Health Development Model components were discussed.

According to Health Development Model, health behavior score increases as individuals' ages increase (Pender et al, 2002). In the studies conducted with university students, it was found that the mean score of health responsibility, exercise and nutrition subgroup scores of the SYBD scale increased with the increase in age (9,63,64). In another study, it was found that the health behavior score increased as the students' ages decreased (Ardıç, 2008; Çakır, 2019). In the study, mean scores of self-actualization, health responsibility and interpersonal support scores of the students in the 18-34 age group with the SYDD scale total score and scale sub-groups were higher than the 18-24 age group. With the increase in age, the increase in health responsibility mean score suggests that health awareness of the person increases with age.

## References

- Ardıç A. Adölesanların Saęlıklı Yaşam Biçimi Davranışları. İstanbul Üniversitesi Saęlık Bilimleri Enstitüsü Hemşirelik A.B.D., Yüksek lisans Tezi, İstanbul, 2008.
- Ayaz S., Tezcan S., Akıncı F. (2005). Hemşirelik yüksekokulu öğrencilerinin saęlığı geliştirme davranışları. Cumhuriyet Üniversitesi Hemşirelik Yüksekokulu Dergisi, 9(2):26- 34.
- Bahar Z., Beşer A., Gördes N., Ersin F., Kısai A. Saęlıklı yaşam biçimi davranışları ölçeęinin geçerlik ve güvenilirlik çalışması. Cumhuriyet Üniversitesi Hemşirelik Yüksek Okulu Dergisi, 2008; 12(1):1-12.
- Bilgiç M., Pancar Z., Şahin B., Özdal M. 2016. Sedanter çocuklarda iki farklı anaerobik güç testi arasındaki korelasyonun incelenmesi. Gaziantep Üniversitesi Spor Bilimleri Dergisi. 1(2): 40-48.
- Caz, Ç., & Tanyeri, L. (2018). The Relationship between Life Satisfaction and Academic Performance: An Example of Sports Science. World Journal of Education, 8(5), 192-197.
- Çakır E. (2019). The Examination of Exercise Addiction Levels of University Students Studying in Health Field. Journal of Education and Training Studies, 7(3), 177-181.
- Çınar V., Akbulut T., Kılıç Y., Özdal M., Sarıkaya M. 2018. The effect of 6-week zinc supplement and weight training on the blood lipids of the sedentaries and athletes. Cellular and Molecular Biology. 64(11):1-5.
- Çınar V., Akbulut T., Öner S., Pancar Z., Karaman M.E. 2016. An Investigation of Healthy Life Style Behaviors of Turkish Wrestling Federation Coaches. International Refereed Academic Journal of Sports, Health and Medical Sciences. 21: 119-136.

- Gencer Y.G., Asma M.B. 2017. The Comparison of Some Motoric and Technic Characteristics between 12 Dev Adam and Tofas Basketball Schools (Van Sample). *European Journal of Physical Education and Sport Science*. 3(11):262-271.
- Kong R. Building Community Capacity for Health Promotion: A Challenge for Public Health Nurses, *Public Health Nursing*, 12(5):312-318, 1995.
- Lundy K.S., Sharny J. 2001. Clients in Home Health, Hospice and Long-Term Care Settings: Community Health Nursing Caring for the Public's Health, Jones and Barlett Publishers, Boston Toronto London Singapore.
- Özdal M., Pancar Z., Çınar V., Bilgiç M. 2017. Effect of smoking on oxygen saturation in healthy sedentary men and women. *EC Pulmonology and Respiratory Medicine*. 4(6):178-182.
- Özer Y., Bozdal Ö., Pancar Z. 2017. Acute Effect of Circuit Aerobic and Traditional Aerobic Training on Hamstring Flexibility in Sedentary Women. *European Journal of Physical Education and Sport Science*. 3(12):268-275.
- Pancar Z., Biçer M., Özdal M. 2018. 12 – 14 yaş grubu bayan hentbolculara uygulanan 8 haftalık pliometrik antrenmanların seçilmiş bazı kuvvet parametrelerine etkisi. *Spor ve Performans Araştırmaları Dergisi*. 9(1):18-24.
- Pancar Z., Özdal M., Çınar, V. 2017. The effect of 4-weekly low intensity physical activity program in thyroid hormone levels in obese and overweight children. *European Journal of Physical Education and Sport Science*. 3(11):1-8.
- Pancar Z., Özdal M., Pancar S., Biçer M. 2016. Investigation of visual and auditory simple reaction time of 15-18 aged youth. *European Journal of Physical Education and Sport Science*. 2(4):145-152.
- Pancar Z., Özdal M., Sarıkaya M., Çınar V. 2018. Effect of Physical Activity Program on Iron and Iron-Binding Capacity in Obese Children. *Sch. J. Arts. Humanit. Soc. Sci.*, Jun;6(6): 1299-1303.
- Pancar Z., Özdal M., Vural M. 2018. The Effect of a Four-Week Physical Activity Program on Liver Enzyme Levels, Uric Acid, Urea and Creatine Kinase Activity in Obese and Overweight Children. *Scholars Journal of Arts, Humanities and Social Sciences*. 6(7): 1485-1489.
- Pancar Z. 2018. Do Active Sports and Games Affect Hemoglobin and Hematocrit Levels in Overweight Children? *Sch. J. Arts. Humanit. Soc. Sci.*, Nov; 6(11): 2145-2148.
- Pancar Z. 2018. The Effect of Physical Activity on Serum Lipid Metabolism in Obese Children. *Sch. J. Arts. Humanit. Soc. Sci.*, Dec; 6(12): 2241-2244.
- Pender, N.J., Murdaugh, C.L. and Parsons, M.A.: Health promotion in nursing practice, Fourth Edition, New Jersey, 13-209, 2002.
- Sisk R.J.: Caregiver Burden and Health Promotion, *International Journal of Nursing Studies*, 37:37-43, 2000.
- Spradley W.B.: Health Promotion and Wellness, *Community Health Nursing Concept and Practice*, Lippincott, 2001.



- Tahhan A.M.A.A., Özdal M., Vural M., Pancar Z. 2018. Influence of aerobic and anaerobic exercise on oxygen saturation. *European Journal of Physical Education and Sport Science*. 4(2):188-196.
- Tanyeri, L., Erdil, N. G., Erdem, K., (2017). The Effect of Coordination Trainings Performed on Different Grounds on the Aerobic Capacity of Snowboard-Cross Athletes. *International Journal of Sport Studies*. Vol., 7 (1), 50-55.
- Walker S.N., Sechrist K.R., Pender N.J. The health-promoting lifestyle profile: development and psychometric characteristics. *Nurs Res*,; 36: 76-81. 1987.
- Zorba E., Bayraktar A., Karaman M., Çakır E., Yaman M., Examination Of The Level Of Physical Activity In Terms Of Some Variables Of Sports Science Faculty Students. *The Online Journal of Recreation and Sport*. 6(3):29-39, 2017

Creative Commons licensing terms

Author(s) will retain the copyright of their published articles agreeing that a Creative Commons Attribution 4.0 International License (CC BY 4.0) terms will be applied to their work. Under the terms of this license, no permission is required from the author(s) or publisher for members of the community to copy, distribute, transmit or adapt the article content, providing a proper, prominent and unambiguous attribution to the authors in a manner that makes clear that the materials are being reused under permission of a Creative Commons License. Views, opinions and conclusions expressed in this research article are views, opinions and conclusions of the author(s). Open Access Publishing Group and European Journal of Education Studies shall not be responsible or answerable for any loss, damage or liability caused in relation to/arising out of conflicts of interest, copyright violations and inappropriate or inaccurate use of any kind content related or integrated into the research work. All the published works are meeting the Open Access Publishing requirements and can be freely accessed, shared, modified, distributed and used in educational, commercial and non-commercial purposes under a [Creative Commons Attribution 4.0 International License \(CC BY 4.0\)](https://creativecommons.org/licenses/by/4.0/).