

Expression of healthy lifestyle components in student behaviour

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Abstract

The article analyzes the expression of healthy lifestyle components in student behaviour. The aim of the research is to determine component expression of healthy lifestyle in tourism and recreation students' behaviour. The survey revealed that most students consume a lot of fruit and vegetables, that is, it is important to a healthy diet. Quite a lot of respondents rest too little, not properly plan their work and rest, which involve large number of students to experience tension and stress, and it leads to mental fatigue of students. Quite a lot of students try to cheer up or stir in sports, but there is a lack of time and too little physical activity does not help to reduce stress. The student's choice of lifestyle is mostly determined by family and friends, in other words, those who surround them constantly. Health value cherished in the family encourages students at least partially to live according to the principles of a healthy lifestyle. Also, lack of motivation, time and finances leads to and the indifference of the respondents to live according to the principles of a healthy lifestyle.

Keywords: healthy lifestyle, healthy lifestyle components, behaviour

1 Introduction and research methodology

Health in the broadest sense is understood as a comprehensive physical, social and spiritual well-being and a phenomenon of healthy lifestyle is the object of medicine, sociology, public health, psychology, education science, history, anthropology, management science. According to Norkus [1], although young people are traditionally regarded as the healthiest social group, researches show the number of youth-specific health problems and health-damaging behaviours (Jankauskas, Jatulienė, 2008 [2]; Miksys, 2005 [3]; Poteliūnienė, Viraliūnaitė, 2006 [4]; Kardelis et al. 2001 [5]; Tamošauskas, 2005 [6]; Bobrova, Grajauskas, 2005 [7]; Narkauskaitė et al., 2011 [8]; Škėmienė et al., 2007 [9]; Stukas, Dobrovolskij, 2009, et al. [10]). These researches show that health of young academic people are affected negatively by lack of physical activity, alcohol, tobacco and other psychoactive substance use, unhealthy diet, stress, inappropriate work and rest, other. It is believed that the greatest impact on health is done by lifestyle, which is perceived as the habits and customs as the whole, exposed and amplified by socialization process during all human life (Norkus 2012 [1]).

The concept of a healthy lifestyle proposed by Gochman (1997) [11] states that a healthy lifestyle is reflected not only by noticeable, visible actions or behaviour, but also by mental processes and experiences. Proškuvienė (2004) [12] supplements perception of a healthy lifestyle, arguing that it is a daily way of life that strengthens and improves the body's reserve capabilities, helps people to stay healthy and to protect and improve their health. Adaškevičienė and Strazdienė (2013) [13] support this idea stating that a healthy lifestyle is a complex of constant behaviour and habits of a person, which reveals the peculiarities of his or

her life and which describes the human way and character. Similarly, Gudžinskienė et al., (2013) [14] - defines a healthy lifestyle, which is a form of an individual's lifestyle, helping to preserve and strengthen health. Meanwhile Urbonienė (2016) [15] identifies the healthy lifestyle, as our daily habits and customs of the whole. Thus, a healthy lifestyle is a multifaceted concept that reveals the everyday human life, which not only helps to maintain health but to cherish and to promote a positive approach to health, and which describes the interaction between an individual's personal characteristics and living conditions. Multidimensionality of a healthy lifestyle concept reveals the fact that it includes the following key components: nutrition; physical activity; tobacco consumption/not consumption of tobacco; alcohol and other psychoactive substance use / not use; pharmaceutical use; work and rest (sleep) mode; sexual behaviour; stress and ability to cope with it; hygiene habits; preventive health check; other behaviours that can affect health (Norkus 2012) [1].

As already clarified, health of the public directly depends on the whole society, public welfare, and the very healthy lifestyle can and should be perceived not only as a universal, humanistic, but also as an economic asset. Therefore, the country strategic documents, such as Lithuania progress strategy "Lithuania 2030" (2012) and Lithuanian Health Programme 2014 - 2025 (2014), special attention is given to every citizen for healthy lifestyle habits formation, and emphasis on the idea that for a healthier society "<... it is necessary to enhance a healthy lifestyle skills development in the family, educational and scientific institutions, the workplace and the community; to promote healthy eating habits by increasing public awareness of a healthy and balanced diet; to ensure optimum physical activity; develop unfavourable provisions in relation to addictions".

Therefore, the pilot research problems are formulated under the following questions: "How healthy lifestyle is manifested when studying at a higher education? Which components of a healthy lifestyle students focus on mostly?; How a higher education institution contributes to the students' health education and physical stimulus?; What are the opportunities for students to promote healthy lifestyle habits?"

The aim of the research is to determine component expression of healthy lifestyle in tourism and recreation students' behaviour.

Objectives of the research:

1. To analyse the components of a healthy lifestyle in the context of the expression of an individual's values and determinants in student behaviour in theoretical aspect.
2. To investigate component expression of healthy lifestyle in tourism and recreation students behaviour.
3. To analyse the tourism and recreation study programs students healthy lifestyle components of the expression of determinants.

Methodology of the research. The research is based on qualitative research access. The research instrument is an anonymous questionnaire, which consisted of 35 mixed form questions. The research included 53 tourist and recreation students of 168 students studying at the time. The logical sequence of the research progress consists of 3 phases: Phase I - preparation for the research, Phase II - implementation of empirical research - the process, Phase III - analysis and interpretation received data. The data were processed in Microsoft Excel 2010 programme, and presented structuring them into tables and describing the text, i.e. using structural and interpretative analysis types of data.

The quantitative research was based on principles of social research ethics. Since the questionnaire was posted on an online questionnaire site, it was easy to ensure the legal ethical principles: security and confidentiality principles as there was no direct link between the respondent and the completed questionnaires. The questionnaire started with the introduction of who is conducting in it, for what purpose and where it will be used, all people who participated in the research could have the information of the collected data. Filling in this questionnaire was treated as confirmation to participate in the research. Respondents were free to decide on their participation in the research.

2 Analysis of survey results of healthy lifestyle components expression in student behavior

The research data showed that 60 percent of respondents assess their health as very good or good, while 8 percent - as poor and very poor. About 85 percent of students take care of health and are ill rarely. Unfortunately, less than half of the students i.e. 47 percent take the principles of a healthy lifestyle, and 30 percent of them began to do it not so long ago - during their studies, and say that live healthily is difficult or even complicated (71 percent). Fortunately, even 72 percent of students say that a healthy diet is very important to try to do so. Respondents based their healthy diet on the fact that 26.4 percent of students eat vegetables daily, and even 28.3 percent of them have fruit daily.

All people suffer stress in one or another situation, and often it becomes a constant companion of the majority, so the respondents were asked how they are struggling with stress. Stress is experienced by even 94.4 percent of participated students. 49.1 percent of respondents avoid stressful situations, that is, trying to avoid environment or people, which cause stress. 30.2 percent of students suffer stress, but do nothing, meanwhile, 13.2 percent of respondents reduce stress taking various drugs and vitamins, and only 1.9 percent try to cheer up to distance itself from the surrounding stress. As a result, stress makes them feel mental fatigue. Therefore, it is hardly surprising that the questionnaires with students showed that 60.4 percent of students already feel mentally exhausted.

Well-being can be affected and the lack of rest, which is felt by number of students due to a busy study schedule. This is confirmed by obtained results of the survey, as more than half of the respondents (50.9 percent) sleep only 5 to 7 hours a day, when only 26.4 percent of students have recommended daily sleep time of 8 to 9 hours.

Mainly studying raise tensions to the students. In other words, even 36.7 percent of the surveyed suffer continuous pressure because of studying, which means that almost every third student of the College is under constant stress, which is affected by the study process, and 55.1 percent of students experience frequent tension on the studying. The tension is experienced on the following factors: high requirements, additional paid work during their studies, financial insecurity, health problems, and family problems.

Another important principle of a healthy lifestyle is sport, so the students were asked how many hours a week they play sports? The answers showed that there is 35.8 percent of students that do not do sports at all, though 60.4 percent of respondents noted that it is not difficult to combine sport with studies.

In order to comply with the principles of a healthy lifestyle and be healthy it is very important to give up bad habits. Surveyed students reported that they have bad habits, that is, 26.4 percent of them smoke. Another bad habit is alcohol: 11.3 percent of students do not have this habit, 22.6 percent of respondents consume alcoholic beverages rarely, that is, once or several times a year, 43.4 percent of respondents surrender these drinks to once or several times a month, and, 20.8 percent of students drink it once or several times a week.

In the future, 35.8 percent of students would give up bad habits, 13.2 percent of respondents complete abandon bad habits, 15.1 percent want to stay healthy and no longer have bad habits, but they are struggling, and, the remaining 11.3 percent of respondents do not promise to abandon existing addictions.

3 Survey result analysis of healthy lifestyle components expression in student behaviour determinants

The results revealed that the greatest influence on a healthy lifestyle compliance is affected by family (almost 30 percent of students indicated it), the financial situation (19 percent), friends (14 percent), and the least affect is by the lecturers and mass communication tool. Respondents also

highlighted the fact that more than 30 percent of those around them in the near environment of try to follow healthy lifestyle principles and it affects student behaviour. About 85 percent of respondents supported the claim that health is the greatest human asset, a healthy person is the biggest asset of the state, and students indicate that a healthy lifestyle is on their value list. Other important factors in determining compliance with the principles of a healthy lifestyle is the motivation (52 percent), time (49 percent), and money (36 percent).

4 Conclusions

1. After consideration of healthy lifestyle components expression it is revealed that this value has a direct impact on the students' actions, which depend on how they understand and appreciate what they know about, in other words, how students behave in order to be healthy. The main determinants of a healthy lifestyle are qualities of character, lifestyle, social environment, motivation, knowledge,

communication with parents, other family members and surrounding people.

2. The survey revealed that most students consume a lot of fruit and vegetables, that is, it is important to a healthy diet. Quite a lot of respondents rest too little, not properly plan their work and rest, which involve large number of students to experience tension and stress, and it leads to mental fatigue of students. Quite a lot of students try to cheer up or stir in sports, but there is a lack of time and too little physical activity does not help to reduce stress. Although there are students with bad habits, most of them try to get rid of it, or they plan to give them up in the future.

3. The student's choice of lifestyle is mostly determined by family and friends, in other words, those who surround them constantly. Health value cherished in the family encourages students at least partially to live according to the principles of a healthy lifestyle. Also, lack of motivation, time and finances leads to and the indifference of the respondents to live according to the principles of a healthy lifestyle.

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