VOLUME-8, ISSUE-1, JANUARY-2019 • PRINT ISSN No 2277 - 8160

Original Research Paper

Nursing

PERCEPTION OF WELL-BEING IN UNIVERSITY STUDENTS

Pelin Uymaz*	Pelin Uymaz PhD RN, Health Science Faculty, Alanya Alaaddin Keykubat University * Corresponding Author
Cengiz Karagozoglu	Cengiz Karagozoglu, Ass. Professor, Sports Science Faculty Marmara University
Kubra Sefer	Cengiz Karagozoglu, Ass. Professor, Sports Science Faculty Marmara University
Beyza Güleryuz	Pelin Uymaz PhD RN, Health Science Faculty, Alanya Alaaddin Keykubat University
Faik Ay	Pelin Uymaz PhD RN, Health Science Faculty, Alanya Alaaddin Keykubat University

ABSTRACT Aim of the present study was to explore the perceived wellness profile of senior students among different faculties of one of foundation University' in Istanbul. A random sample of students (n=216) among 3 different faculties' senior students among one of university. Results indicated that among physical, psychological, emotional, spiritual, intellectual, social dimensions: There was no significant difference between the mean scores of the groups according to the gender of the students and the mean score of the groups (p> .05) The mean social subscale score of the students who had a chronic disease was found to be significantly higher than the ones without disease (p <.05). The mean scores of the physical sub-dimension scores of the students who had a chronic disease to be significantly lower than the ones without the disease (p <.05). There was no significant difference between the other sub-dimension mean scores of the groups (p> .05).

We suggest that reproducing similar studies will help to create a database of welfare.

It is believed that students should benefit more from welfare information about personal development and education.

KEYWORDS : well-being, wellness, university students, health promotion

INTRODUCTION

University graduates have the characteristics of being a model in their environment. they can achieve this in a holistic way by adopting the concept of well-being and living standards in order to be correct.

The problems of this research;

1. How do students perceive themselves in terms of physical, psychological, spiritual, intellectual, emotional and social well-being dimensions?
2. Students' perceptions of well-being varies according to which variables?

Concept of well-being; In Turkish, it means being physically good. Karagözolu uses this term instead of "Wellness". This term is adopted in this study also. (1)

"Wellnes"s term derived from the disease as a significant word against discomfort or disease. "Health" word coming from a "whole" root.(2).

Wellness is a complex and multi-dimensional concept. It's main structure is related with health and being in an optimal condition in all possible aspects.(1)

Nowadays, it is emphasized the importance of making the necessary choices for health to be an ongoing active process. (3). Also, In today's world, the increasing health expenditures have also been effective in the emergence of the concept of well-being.(2)

There are some differences between well-being and the absence of the disease. One of these; well-being is an ongoing process over time, and not being sick is a state or a period (4). The other is; well-being is active and depends on one's determination, development and value judgments.

However, the absence of the disease can occur without any effort of the individual. For this reason, well-being refers to the individual's continuous realization of his / her personal development potential and to make best use of all social, psychological, cultural, environmental, spiritual and physical resources.(5)

However, well-being is cumulative depending on learning and development. Therefore, when the factors that improve well-being are delayed, the potential for well-being is reduced. The absence of the disease is an objective evaluation. A description of a state. So at a point in time, how the individual is (6).

Dunn's definition of well-being was based on the WHO health definition, but Dunn pointed out that his well-being was different from the well-being process..(4) World Health Organization (WHO) defines health as "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity"(7) Dunn defined health as a ise passive homeostasis or equilibrium "and a dynamic concept of well-being.(8)

Another person who moves the well-being movement forward is Ardell. He has defined it as "Ruh a conscious and determined approach to physical, psychological and mental health" his well-being. According to his hypothesis, the health of the individual is constantly changing. Maintaining a well-being lifestyle significantly reduces the likelihood of ill health and increases the likelihood of total well-being (8)

Mc Neil connects the emergence of well-being efforts to three factors. These; increase in health expenses,

advances in medicine and immobility due to the development of technology. (4)

METOD

Research universe and sample ;In our study, we used purposive sampling method In consists of the final year students studying at a Foundation University and volunteering to participate in the study Instruments The Perceived Wellness Survey (PWS) The PWS is a 36-item instrument designed to assess an individual's wellness perceptions in six dimensions (i.e., physical, social, emotional, intellectual, psychological, and spiritual). There are six items in each dimension; definitions of these dimensions are provided by Adams, Bezner & Steinhardt (9). Responses to the questions are given on a 6-

point Likert scale ranging between "very strongly disagree" to "very strongly agree". Definitions of six dimensions are emotional centeredness: "a secure self-concept and a positive sense of self". Intellectual stimulation: "Perception of being internally energized by an optimal quantity of intellectually stimulating activity". Physical resilience: "An optimistic perception and expectation of physical health". Psychological optimism: "Perception that one will face positive outcomes to the events and situations of life". Social connectedness: "Perception of having support from friends or family". Spiritual life purpose: "A positive sense of meaning and purpose in life".

The PWS composite score is the sum of the subscale means divided by a value of deviation among subscales. Higher scores represent greater wellness. The PWS's construct validity is completed with six different samples and the highest and lowest perceived wellness groups were significantly different providing strong support for the construct validity of the PWS (9). Memnun (10) adapted the PWS into the Turkish language with a standard reliability procedure. Computed test-retest reliability coefficient of Turkish PWS and Cronbach Alpha were.81 and.83, respectively.

PWS was applied directly to the research group with the data form prepared by the researchers.

A personal information form was applied to the students. This form was including general information (i.e. age, sex, faculty,..).

DATA COLLECTION

A personal information form and PWS was applied to the students. Statistical & Analytical Methods Analysis of research data was done by using a statistical package program. Basic descriptive statistics and hypothesis tests were used for statistical analysis.

Research Budget

The budget of the research was covered by the researchers

Limitations; The research was limited to foundation university students which in a district of Istanbul and 2017.

Results and Recommendations

Table1: Descriptive Satistics

Variable		Frequency (number)	Percent (%)
Gender	Woman	184	85,6
	Man	32	14,4
Age	18-21	9	4,2
	22-25	197	91,2
	26-29	10	4,6
Marital	Married	8	3,7
Status	Single	208	96,3
	Health Science	154	71,3
Faculty	Social Science	47	21,8
	Engineering	15	6,9
Chronic	Have	16	7,4
Disease	Have not	200	92,6
Living in	Family	147	68
	Roommate	69	32
Working	Yes	21	10
	No	195	90
Scholarship	Yes	200	92
	No	16	8
Health	Have	207	95
Insurance	Have not	9	5
Economic Status	Bad	6	2,3
	Middle	104	48,4
	Good	106	49,3
Disabled to Exercise	Yes	17	7
	No	199	93
Doing sports	None	112	52
	1-2 days	69	32
(per week)	3 day and more	34	16
Smoker	Yes	56	26
	No	159	74

There was no significant difference between the mean scores of the groups according to the gender of the students and the mean score of the groups (p> .05)

The mean social subscale score of the students who had a chronic disease was found to be significantly higher than the ones without disease (p <.05). The mean scores of the physical sub-dimension scores of the students who had a chronic disease were found to be significantly lower than the ones without the disease (p <.05). There was no significant difference between the other sub-dimension mean scores of the groups (p> .05).

We suggest that reproducing similar studies will help to create a database of welfare.

It is believed that students should benefit more from welfare information about personal development and education.

REFERENCES

[1] C. Karagozoglu. The perceived wellness profile of Turkish football referees. International Journal of Academic Research Part B; 2013; 5(4), 272-275. DOI: 10.7813/2075-4124.2013/5-4/B.41

[2] Wicklund K.J. (1996), Singer's Health Issues The Efficacy of A Wellness Model for Singers, Northwestern University, PhD Thesis.

[3] Harari M.J. (2002), A Psychometric Investigation of A Model-Based Measure of Perceived Wellness, Akron University, PhD Thesis

[4] Steward J.L. (1998) Reliability and ty of the Testwell: Wellness inventory- High School Edition, PhD Thesis, Middle Tennessee State University U.S.A

[5] Hovsepian B.E. (1998), Correlations Between Wellness Scores and Burnout Scores of Twenty-Six Male High School Teachers, New Brunswick University, Master Thesis.

[6] Bruhn, J.G.; Cordova, F.G.; Williams, J.A.; Fuentes, R.G., (1977). The Wellness Process. Journal of Community Health, 2, 3, s.209-221

[7] Hattie J.A., Myers J. E., and Sweeney T.J. (2004), A Factor Structure of Wellness: Theory, Assessment, Analysis, and Practice, Journal of Counseling and Development, 8

[8] Lauzon L.L. (2001), Teacher Wellness: An Interpretive Inquiry, Victoria University, PhD Thesis.

[9] Adams, T; Bezner, J; Steinhardt, M. (1997), "The Conceptualization and Measurement of Perceived Wellness: Integrating Balance Across and Within Dimensions". American Journal of Health Promotion, 11, 3, s.208-218.

[10] S. Memnun, C. Karagozoglu (2006) Reliability and Validity of the Perceived Wellness Survey and PWS Profile of the Physical Education Teachers. Marmara University, Master Thesis