



## Life style and risk behaviors among university students

### KEYWORDS

life style, risk behavior, university students

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### ABSTRACT

This study analyzed students' perceptions of the life style and Risk behaviour. The main goals of this study included identifying different life style adopted by university students, assessing the risk behaviour associated with the life style adopted by university students and study of the relationship between life style and risk behaviour among university students. A representative sample of 100 students (18-21years) from Maharishi Markandeshwar University (Ambala) were considered for study. Data was collected by survey method. This study used the life style scale and risk assessment scale for data collection. Results show that girls are more concerned about their life style as compared to boys. High risk behaviours were found in sleeping patterns, body weight and health related aspects. There was significant degree of association between life style and risk behaviour.

### Introduction

Life style is a living style which not only affects the individual but also affects the society. Moreover, it includes pattern of social relations, consumptions, entertainments and dressing style. It reflects person's view, habits and etiquettes and the way of life which has direct influence on the type of services that person gives or requires. Owing to this fact university students may have different oriented life style and may come to current risk behaviour which do not contribute positively to development of healthy life style. They are away from home for the first time and have to learn to manage their own affairs and adjust to new conditions of living without a family member of greater experience to guide them. Also students who live independently are subject to less parental control that can inhibit unhealthy behavior.

Comprehensive review related to alcohol use and risky sex behavior; Healthy behavior and socio demographic profile; Awareness and practice of health risk behavior; and Eating habits and physical activity.

### Objectives

- To identify different life style adopted by university students
- To assess the risk behaviours associated with the life style adopted by university students
- To study the association between life style and risk behaviours among university students

### Methodology

The multistage sampling technique was used to collect the sample from Maharishi Markandeshwar University, Mullana in Ambala. Hundred students (50 boys and 50 girls) were selected for the study. Tools used for the study were Life Style Scale (S. K. Bawa and Sumanpreet Kaur) and Risk Behaviour Assessment Scale (prepared by investigator).

### Results and discussion

Results analysed statistically under the following subheads:

- Life styles adopted by university students
  - Risk behaviours associated with the life style adopted by university behaviour
  - Association between life style and risk behaviours among university students
- A. Life styles adopted by university students

**Table 1: Frequency and percentage distribution of respondents on health conscious, academic oriented, career oriented, socially oriented life style in boys and girls**

Z-score Range	Life style scale	Health conscious		Academic oriented		Career oriented		Socially oriented	
		Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls
+2.01 and above	Very high level adapting life style	0(0)	0(0)	0(0)	0(0)	1(2)	3(6)	0(0)	0(0)
+1.26 to +2.00	High level adapting life style	2(4)	6(12)	0(0)	4(8)	3(6)	2(4)	1(2)	4(8)
+0.51 to +1.25	Above average level adapting life style	10(20)	18(36)	8(16)	18(36)	6(12)	11(22)	6(12)	15(30)
-0.50 to +0.50	Moderately adapting life style	30(60)	24(48)	21(42)	21(42)	22(44)	19(38)	34(68)	25(50)
-0.51 to -1.25	Below average level adapting life style	7(14)	2(4)	18(36)	6(12)	11(22)	11(22)	8(16)	6(12)
-1.26 to -2.00	Low level adapting life style	1(2)	0(0)	3(6)	1(2)	4(8)	3(6)	1(2)	0(0)
-2.01 and above	Very low level adapting life style	0(0)	0(0)	0(0)	0(0)	3(6)	1(2)	0(0)	0(0)

**Table 2 Frequency and percentage distribution of respondents on trend seeking, family oriented, overall life style in boys and girls**

Z-score Range	Life style scale	Trend seeking		Family oriented		overall	
		Boys	girls	Boys	Girls	Boys	Girls
+2.01 and above	Very high level adapting life style	0 (0)	0(0)	0(0)	4(8)	0(0)	0(0)
+1.26 to +2.00	High level adapting life style	1(2)	1(2)	2(4)	3(6)	1(2)	4(8)
+0.51 to +1.25	Above average level adapting life style	2(4)	3(6)	4(8)	10(20)	6(12)	15(30)
-0.50 to +0.50	Moderately adapting life style	20(40)	20(40)	20(40)	15(30)	34(68)	25(50)
-0.51 to -1.25	Below average level adapting life style	21(42)	17(34)	16(32)	16(32)	8(16)	6(12)
-1.26 to -2.00	Low level adapting life style	1(2)	0(0)	7(14)	2(4)	1(2)	0(0)
-2.01 and above	Very low level adapting life style	0 (0)	0 (0)	1(2)	0(0)	0(0)	0(0)

**Table 1** showed that 60% boys and 48% girls have moderately adapting health conscious life style where as 2% boys and 4% girls have low and below average level adapting health conscious life style. The health conscious life style included health oriented programmers, everyday bathing, physical exercise, hand wash before and after meals.

The majority of the respondents (42% boys & 42% girls) have moderately adapting academic oriented life style whereas very few of the respondents (6% boys) and (2% girls) have low level adapting academic oriented life style. The academic oriented life style included spending maximum time studying, mostly bunk classes, go for higher qualification, use technological information and watch academic programmer.

44% boys and 38% girls have moderately adapting career oriented life style where as very few of the respondents (2% boys and girls) have very high and very low level adapting career oriented life style. The career oriented life style included aim of life, aware of different career options, selected subjects keeping in mind career, regular preparation competitive examination, gain knowledge related to career, watch T.V. programmers and discuss career with peer group.

68% boys and 50% girls have moderately where as two percent boys have high and low levels and 8% girls have high level adapting socially oriented life style. The social-

ly oriented life style included limited friend circle, share things with others, enjoy social gathering and participate in social activities.

**Table 2** showed that 42% boys have below average and 40% girls have moderately level adapting trend seeking life style where as the minimum of 2% boys have high and very low level adapting trend seeking lifestyle and 2% girls have high level of adapting trend seeking life style. The trend seeking life style included update new fashion, always chatting on internet, eager to opt new fashion and watching fashion channels.

10% boys and 32% girls have moderately and below average level family oriented life style respectively where as 2% boys and 4% girls have very low and low level adapting family oriented life style respectively. The family oriented life style included maintaining family values, violating family aspiration, talking about family disputes in peer group, celebrate festivals with family.

68% boys and 50% girls have moderately adapting overall life style where as minimum of 2% boys have high level and very low level adapting life style and 8% girls have low level adapting life style. The life styles included health conscious life style, academic oriented life style, career oriented life style, socially oriented lifestyle, family oriented life style and trend seeking life style.

**Table 3: Mean score & Standard deviation of different life style adopted by university students**

S.No.	Dimensions	Boys Mean &SD (N=50)	Girls Mean & SD (N=50)	t-ratio
1.	Health conscious life style	22.74 (4.44)	2 5.26 (4.77)	2.76 **
2.	Academic oriented life style	19.02 (5.16)	2 2.26 (4.21)	3.80 **
3.	Career oriented life style	23.78 (4.70)	5.12 (4.15)	1.51 NS
4.	Socially oriented life style	19.34 (4.54)	2 1.8 (4.34)	2.77 **
5.	Trend seeking life style	22.1(4.47)	2.04 (5.89)	.057 NS
6.	Family oriented life style	29.76 (5.21)	3 3.72 (5.97)	3.56**
7.	Overall life style	135.74 (16.26)	1 49.78 (14.81)	4.5 **

**Note:** Figures in parenthesis indicate SD

**\*\*** Significant at 0.01 level of significance

**NS**= Non significant

In this table t-ratio shows that there is significant mean difference in the life style (health conscious life style, academic oriented life style, socially oriented life style, family oriented life style) of boys and girls. In two areas (career oriented life style and trend seeking life style) there is no significant difference in the mean score between boys and girls.

B. Risk behaviours associated with the life style adopted by university students

(i) Categorisation of respondents on risk behaviour

Table 4: Categorisation and percentage distribution of respondents on risk behaviour

S.No.	Score Range	Category	Percentage N=10
1.	0 – 16	High Risk Behaviour	-
2.	17 – 32	Moderately Risk Behaviour	57
3.	33 – 48	Low Risk Behaviour	43

Table 4 depicts 57% respondents showed moderate risk behaviour and rest of them showed low risk behaviours.

(ii) Risk behaviours among respondents

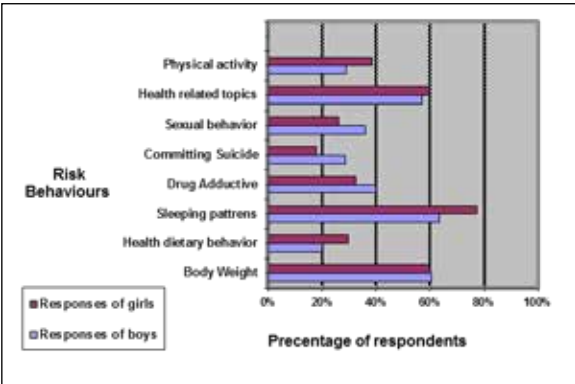


Fig 1Percentage distribution of respondents adopting the risk behaviour

Fig 1 shows that 60.67% boys and 60% girls' body weight increased or decreased during their stay in hostel. The data indicates that 20.14% boys and 19.6% girls follow unhealthy dietary pattern intake of (cereals, pulses, vegetables & fruits, milk and milk products and oils & fats). 63.34% boys and 77.4% girls have disturbed pattern (sleep late night; wake up late morning, sleeping hours). 40.07% boys and 32.67% girls are found to be drug addicted

(smoking, alcohol and drug). 28.67% boys and 18% girls made attempts to commit suicide (Seriously consider attempting suicide, plan to attempt suicide). 36% boys and 26% girls are found to be involved in sexual behaviour (sexual intercourse). 57% boys and 60% girls are not aware regarding major health problems like AIDS/HIV (taught about AIDS or HIV infection in school, tested for HIV, the virus that causes AIDS). 29% boys and 38.67% girls are not engaged in physical activities (exercise or participate in physical activities, play video or computer games or used computer for college work).

C. Association between life style and risk behaviours among university Students

Ho: Risk behaviour is independent of life style adopted by university students.

Table 5: Association between life style and risk behaviour among university students

Variables	Chi-square value
Life style	27.28 **
Risk behaviour	

\*\* Significant at 0.01 level of significance

Table 5 shows that chi-square value (27.28) is greater than tabulated value (9.21) at degree of freedom 2 at 1 % level of significance. Hence, it could be concluded that there is significant association between life style and risk behaviour among university students.

Conclusion

University students are future citizens of our country. University students are elured& tempted to adopt life style & risk behaviours as their peer group in order to gain acceptance. It is the need of the hour to assess their faulty life style and risk behaviours and provide guidance and counseling so that they can lead healthy and risk free adult life. This study, along with previous research, supports the association between life style & risk behaviour. Addressing college students' needs regarding their emotional behavioural health could be helpful in the development of effective risk behaviour reduction strategies in colleges. Targeting vulnerable groups such as socioeconomically disadvantaged adult with risk behaviour should be combined with a thorough attempt to respond to concurrent life style in order to both promote risk-free life style and enhance general wellbeing and functioning.

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