



## On-Campus versus Off Campus: A Comparative Analysis of Healthy Lifestyle and Mental Health

**Mr. Umar Ibrahim**

M.Sc.Student (Clinical Psychology), Department of Psychology, NIMS University, Jaipur, Rajasthan, India.

**Dr. Nishi Fatma**

Head, Department of Psychology, NIMS University, Jaipur, Rajasthan, India.

**ABSTRACT** This research work deals with a comparative analysis between on – campus and off – campus students on healthy lifestyle and level of mental health. The study was carried out on 100 students with equal number of males and females. Similarly out of total, 50 were on – campus and 50 off- campus students. The tools used for study were students' health and lifestyle questionnaire and 'the mental health inventory. For better understanding, simple statistical techniques were used i.e. mean, standard deviation, t – ratio and correlation to compare the two groups. Findings suggest that there is a significant difference between the two groups in terms of the levels of healthy lifestyle and it is found that the off – campus students have better lifestyle. In contrast, there is no such significant difference among the two groups with regard to mental health. Further, implications and limitation of the study are presented.

**KEYWORDS :** Healthy lifestyle, Mental health, on-campus, off-campus.

### INTRODUCTION

University students represent a major segment of young adult population (Leslie, 1999). They typically enter a dynamic transitional period of new independence from their parents that is characterized by rapid inter related changes in body, mind and social relationships. They experience a new environment that generally involves increased workload and stress, altered pattern of life that serve as significant contributors to unhealthy lifestyles (Owen, 1999). In recent decades, lifestyle has been recognized as an important determinant of health status and has become a focus of research interest worldwide (Ziglio, 2001). The World Health Organization (WHO) has stated that 60 per cent of an individual's health related quality of life depends on his or her lifestyle (Currie and Rasmussen, 2002). Previous studies on healthy lifestyle indicate that majority of university students are just minimally engaged in health promoting behaviours and exhibit behavioural health risks, such as tobacco use, alcohol and substance abuse, improper diet and improper physical activities (Leslie, 2005; Laska, 2009). Similarly, some findings from other studies on lifestyle have provided evidence that there has always been a link between lifestyle and bio-psycho-social wellbeing. Lifestyle choices can have a profound impact on students academically and subsequently on other life endeavours (MacNeela, 2012).

Also, students' physical, mental and social wellbeing is centrally important to the university experience. Evidence is therefore required through research to identify priority issues such as factors that influence healthy lifestyle, so that the findings can be used to inform policies and strategies aimed at supporting the students.

In a nutshell therefore, this study was carried out to identify those factors that influence healthy lifestyle and mental health. Simultaneously we compare the findings between on–campus and off–campus students so as the study can be served as a baseline for planning of effective services and assessment of existing services by both student's welfare services of universities and policy makers of university education.

### OBJECTIVES

The main objectives of the study were as under;

- To determine the difference between the level of healthy lifestyle among on-campus and off- campus students.
- To determine the difference between the level of mental health among on-campus and off-campus students.

### HYPOTHESES

- There will be a significant difference between the level of healthy lifestyle among on- campus and off-campus students.
- There will be a significant difference between the level of mental health among on- campus and off-campus students.

### VARIABLES

The following variables have been investigated:

- Lifestyle
- Mental Health

### TOOLS USED:

For the purpose of the study, the following test tools have been considered with their reliability, validity and objectivity as mentioned in their respective manuals. The following two tools have been used.

1. Students Health and Lifestyle Questionnaire (SHLQ): It was developed in 1994 by Engs Ruth of Indiana State University. It assesses various Healthy Lifestyle and Behaviour issues of students. These include acute chronic health problems particularly to women and men, mental health issues such as stress, depression, lifestyle issues such as exercise, diet and substance use; alcohol, tobacco and recreational drug consumption.
2. Mental Health Inventory (MHI): It was developed in 1972 by Jagdish and Srivastra. It consists of seventy three (73) items to assess positive mental health of normal individual. The items were arranged in six (6) groups to represent six (6) dimensions of positive mental health. Each item consists of four (4) alternatives.

### SAMPLING AND PROCEDURE

Total 50 on-campus and 50 off-campus university students were chosen randomly. Descriptive survey method was employed to collect data with the help of the tools already mentioned (That is, Student Health Lifestyle Questionnaire and Mental Health Inventory) from 100 selected sample of students. The tests were administered to groups of both males and females students. The sampling was taken from various college of Jaipur city, Rajasthan. Scoring was done according to the manuals, relevant statistical tools were applied and results obtained were tabulated. Accordingly, interpretation of the results was drawn.

### STATISTICAL TECHNIQUE

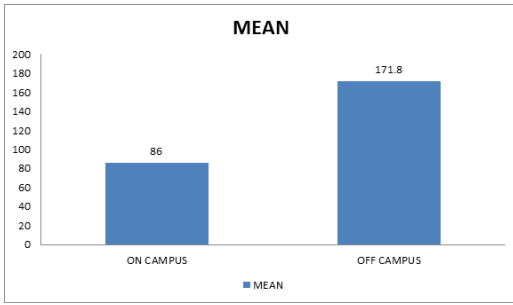
The results of the research were analysed by the use of mean, standard deviation (SD), standard error of difference (SED) and t – Ratio.

### RESULTS AND DISCUSSIONS

**TABLE 1: Showing the differences between on-campus and off-campus students' in the levels of healthy lifestyle.**

Variable	Category	N	Mean	SD	SED	t-Ratio	Sig. Level
Healthy Lifestyle	Off-campus Students	50	171.8	114.68	-14.8	4.52	Significant
	On-campus Students	50	86	65.18			

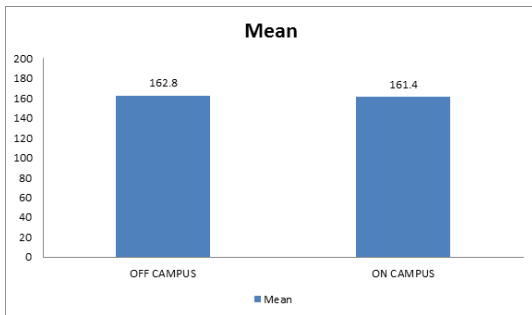
**Figure 1: Showing the mean value of the levels of Healthy Lifestyle of on-campus and off-campus students.**



**TABLE 2: Showing the differences between on-campus and off-campus students in the level of mental health**

Variable	Category	N	Mean	SD	SED	t - Ratio	Sig. Level
Mental Health	On-campus Students	50	161.4	26.24	-22.5	-1.4	Not significant
	Off-campus Students	50	162.8	24.003			

**Figure 2: Showing the mean value of the levels of Mental Health of on – campus and off – campus students.**



**RESULT AND DISCUSSION**

The purpose of the study was to compare the levels healthy lifestyle and mental health between on – campus and off – campus students. The objectives of the study were to determine the difference between the levels of healthy lifestyle and mental health among on – campus and off – campus students. The study included 100 students samples out of which 50 were on-campus and 50 off-campus with equal number of males and females. The sampling was carried out from various colleges in Jaipur city, Rajasthan. The study hypotheses considered were; there will be a significant difference between the levels of healthy lifestyle among on-campus and off-campus students and also there will be significant difference between the level of mental health among on-campus and off-campus students. The tools used in the study were students' health and lifestyle questionnaire (SHLQ) and mental health inventory (MHI). After data collection from the various colleges, scoring was done using the respective manuals and analyzed using various analysis tools. Findings were also tabulated and the interpretation of the results obtained as follows.

Table 1 shows that the mean value of healthy lifestyle for the off-campus students is 171.8 while the mean value for on-campus students for the same variable is 86, the standard deviation (SD) for off-campus students is 114.68 and that of on-campus students is 65.18. The standard error of difference (SED) for both groups is -14.8 the t-value is 4.52. This indicates that the level of difference between on-campus and off-campus students in terms of healthy lifestyle is significant. The results have also shown that the off-campus students have better lifestyle than the on-campus students by comparing their mean values.

Table 2 shows that the mean value for mental health level of off-campus students is 162.8 and the mean value for on-campus students is 161.4, the standard deviation of off-campus students is 24.003. It is quite less than the standard deviation of on-campus students *i.e.*, 26.24. The standard error of difference for the two groups is -22.25 and their t – value is -1.4. The results indicate that there is no difference in mental health of on-campus and off-campus students. It is also evident in the mean values of both groups with regard to mental health are same.

**CONCLUSION**

We can summarize from the tables 1 and 2 that there is a difference between the levels of healthy lifestyle of on-campus and off-campus students but, there is similarity in the levels of mental health among the students of both the groups.

**REFERENCES**

- Allen F (2011) Health Psychology and Behavior, Delhi, India, TATA McGraw Hill Education Private Limited.
- Al – Khawaldeh O ( 2014 ) Health Promoting Lifestyle, Mutah, Jordan, International Journal of Advanced Nursing Vol. 3, pp– 27-31.
- Chika U (2009), Research Methods in Nursing, Kaduna Nigeria, National Open University Press.
- Dorothy E (1989), Drugs: Factual Account, Mumbai, India, Asian Books Pvt. Limited.
- Etherton R (2015), Healthy Lifestyle and Maintaining the Culture of Health, Journal of American College of Cardiology, Vol 16, pp– 125.
- Garret E (1996), Statistics in Psychology and Education, Delhi, India, Paragon International Publishers Limited.
- Joel L (2014), Nine Lifestyle Factors that Affects Mental Health, [http:// psychcentral.com/news](http://psychcentral.com/news).
- Kerlinger N (1973) Foundations of Behavioural Research, Delhi, India, Surjeet Publications.
- Kuh D. (2001), The National Survey of Students Engagement: Conceptual Framework, Bloomington, U.S.A. Indiana University Press.
- Louria B (1975) A Critique of Some Current Approaches to the Problem of Drug Use, American Journal of Public Health, Vol 12, pp– 51.
- MacNeela P (2008) Students Perception and Experiences of Alcohol Use, Galway School of Psychology, Ireland.
- Odgen J (2007), Health Psychology, Fouth Edition, Berkshire, England, Open University Press.
- Sazaler B (2007), Risks of Not Exercising, New York, U.S.A. Three Rivers Press.
- Wang D and Hui X (2013), Healthy Lifestyle of University Students in China and Influential Factors, Scientific World Journal, Vol20, pp– 37.
- Walsh R (2011), Lifestyle and Mental Health, Irvin, U.S.A. California University Press.