

ORIGINAL RESEARCH ARTICLE

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A study on healthy lifestyle habits among medical students in Guntur city, Andhra Pradesh.¹Phanindra Dulipala, ²Chaitanya G, ³Adeeba Fathima, ⁴Achyuth Rama Raju M, ⁵Jagannath Rao D, ⁶Prathima M.**Affiliation:** ¹Associate Professor, ²Professor, ⁴Assistant Professor, ⁵Professor & HOD, & ⁶ Assistant Professor, Department of Community Medicine, KMCH, Guntur, ³Final MBBS student, KMCH, Guntur.**Date of Submission** : 30.09.2019**Date of online Publication** : 01-11-2019**Date of Acceptance** : 30.10.2019**Date of Print Publication** : 31-12-2019***Author for correspondence:** Dr. Phanindra Dulipala, Associate Professor, Department of Community Medicine, KMCH, Guntur AP.Pin; 522019. E-mail:drpdulipala@gmail.com**ABSTRACT**

Background: Medical students are more prone to health problems because of their lifestyle with less physical activity, bad eating habits, improper sleep and stress, and hence medical students are taken as target group to study the pattern of Dietary habits, sleeping habits, physical activity, addictions, Stress management and time management. **Materials and Methods:** A cross sectional study was conducted in a medical college in Guntur in the month of November, 2018. The study was done among 100 randomly selected medical students. Out of them, 90 students answered the questions and were included the study. **Results:** Among the study subjects 70% were normal weight, 8.9% were Underweight, 18.9% were Overweight and 2.2% were Obese. Many of the students reported stress and lack of exercise in their college life. **Conclusion:** Workshops regarding managing the stress and encouragement of physical activity should be conducted to build positive effects in the students.

Key word: Body Mass Index, Lifestyle habits, Stress management, Time management.**INTRODUCTION**

Health is a state of complete physical, mental and social well being, not merely absence of disease or infirmity with the ability to lead socially and economically productive life ⁽¹⁾. Live healthy live longer. Making just a few changes in your lifestyle can help you live longer. Four bad habits –smoking, alcoholism, lack of exercise, not eating enough fruits and vegetables can hustle you into an early grave.

The healthy lifestyle habits like taking appropriate diet, daily physical activity, proper sleep, avoiding alcohol and cigarette smoking, stress management, contribute to reduction in the risk of cardiovascular disease, prevention of obesity, hypertension, diabetes and other associated health problems.

Medical students are more prone to health problems because of their lifestyle with less physical activity, disordered eating habits, improper sleep and stress, and hence taken as target group because they are future doctors and if they are suffering from health problems they would carry a wrong impression to general population. In the above context this study was conducted to study the pattern of Dietary habits, sleeping habits, physical activity, addictions, Stress management and time management among medical students.

MATERIALS AND METHODS:

A cross sectional study was conducted in a medical college in Guntur in the month of November, 2018. The study was done among 100 randomly selected medical students. Out of them, 90 students answered the questions and were included the study.

The questionnaire has 6 components - Dietary habits, sleeping habits, physical activity, stress management, addictions, and time management. Body mass index was also calculated.

Purpose of the study was explained to the students and informed consent was taken. Students who are not willing to participate were excluded from the study. The collected data is entered into MS Excel sheet for basic analysis. Descriptive data is presented as frequency tables.

RESULTS

Our Study population, 80% were females and 20% were males. Majority of students (51.1%) belonged to 20yrs, followed by 19 yrs. (33.3%), 21 yrs. (12.2%) and 22 yrs. (3.3%). Out of 90 students, 63.30% were Day scholars and 36.70% were Hostlers.

Table 1: Distribution of study subjects based on Body Mass Index (BMI)

BMI	Frequency	Percentage
<18.5 (underweight)	8	8.9
18.5-24.9 (healthy)	63	70
25-29.9 (overweight)	17	18.9
>30 (obese)	2	2.2
Total	90	100

Table 1 shows that based on BMI, among the study subjects 70% were normal weight, 8.9% were Underweight, 18.9% were Overweight and 2.2% were Obese.

Table 2: Dietary Practices among medical students.

Food habit	Frequency	Percentage
Vegetarian	12	13.3
Mixed (Veg. And Non Veg.)	78	86.7
Total	90	100

Table 2 shows that regarding dietary practices, Mixed diet was taken by 78 (86.7%) students, followed by Vegetarian diet 12(13.3%).

In table 3, consumption of Junk food twice a week was seen among 37.8%, once a week by 26.7% and every day by 20% students.

Table 3: Frequency of eating junk food

Junk Food habit	Frequency	Percentage
Once a week	24	26.7
Twice a week	34	37.8
Everyday	18	20
Zero times	14	15.6
Total	90	100

Table 4: Skipping meals

Skipping meals	Frequency	Percentage
Yes	47	52.2
No	41	45.6
Haven't answered	2	2.2
Total	90	100

Table 4 reports that in our study, Skipping of meals was observed among 52.2% students.

Table 5: Frequency of eating a fruit

Eating a fruit	Frequency	Percentage
More than 3 times a day	6	6.7
Twice a day	14	15.6
Once a day	50	55.6
Zero times	20	22.2
Total	90	100

In relation to fruits intake, table 5 shows that 55.6% were taking fruits once a day and 22.2% were not taking fruits even a single time.

Table 6: Distribution of study subjects based regularity in sleep cycle

Sleep cycle	Frequency	Percentage
Regular	58	64.4
Not regular	31	34.4
Haven't answered	1	1.1
Total	90	100

Table 6 reports that in our study, 64.4% students were following regular sleep cycle while 34.4% were not following. 66.7% students were feeling sleepy in the class or whenever they were trying to read.

Table 7 shows that only 31.1% were sleeping 8 hours or more. Majority (61.1%) were sleeping 5 to 7 hours and less than 5 hours sleep was seen in 7.8% study subjects. Trouble falling asleep was observed in 28.9% students, which is a worrisome one.

Table 7: Sleep Hours

Sleep hours	Frequency	Percentage
Less than 5hrs	7	7.8
5hrs to 7hrs	55	61.1
8hrs or more	28	31.1
Total	90	100

Table 8: Engage in physical activity

P	Frequency	Percentage
Yes	53	58.9
No	37	41.1
Total	90	100

Table 8 shows that among the study subjects, 58.9% were physically active. And 32.2% mentioned lack of time as reason for being not involved in physical activity and 18.9% due to lack of motivation.

Stress:

Every one answered that student life is stressful. 57.3% expressed stress during final exams, 23.3% were facing stress while living with people of different habits and 14.4% were because of workload. In our study, 73.3% students answered that they were able to manage the stress.

The effects of stress as per medical students when more than one response was considered were worrying all the time-44.4%, increasing irritability-44.4%, difficulty in sleeping-28.9%, difficulty in concentrating-58.9%, becoming depressed-48.9% and loss of appetite-16.7%

Table 9: Distribution based on addictions

Addictions	Frequency	Percentage
Smoking	2	2.2
Both smoking and alcoholism	2	2.2
None	86	95.6
Total	90	100

As shown in table 9 majority (95.6%) of students were not having any addictions, while only 2.2 % were having addictions like smoking and 2.2% were having both smoking and alcoholism.

Regarding time management, 66.7% study subjects were able to manage their time well.

DISCUSSION

In our study based on BMI, 70% were normal weight, 18.9% were Overweight, 8.9% were Underweight, and 2.2% were Obese. In the similar studies conducted Shishir Kumar et al⁽²⁾, found that 12% were underweight, 69.5% healthy and 18.5% were overweight. Carter et al.⁽³⁾, in their study reported that underweight among the students was 14%. Chytra R Rao et al⁽⁴⁾, found that 69% had normal body mass index (BMI), 21% were overweight, while 3% were obese.

Dietary Practices:

In relation to dietary practices, Mixed diet was taken by 78 (86.7%) students, followed by Vegetarian diet 12(13.3%). Pruthvi H. Patel et al⁽⁵⁾ in their study found 27.9% were vegetarians.

Consumption of Junk food twice a week was seen among 37.8%, once a week by 26.7% and every day by 20% students in our study. Dr.D.Pavanchand et al⁽⁶⁾ reported that junk food consumption was more than twice a week in 77% of study subjects.

In our study, Skipping of meals was observed among 52.2% students. Rubina A Sajwani et al.⁽⁷⁾, in their study found, 52.3% were skipping meals.

In our study regarding fruits intake, 55.6% were taking fruits once a day and 22.2% were not taking fruits even a single time. Nupura A. Vibhute et al⁽⁸⁾ found only 10% had a fruit daily in their study.

Sleep Pattern:

In our study, 64.4% students were following regular sleep cycle while 34.4% were not following. However, only 31.1% were sleeping 8 hours or more. Majority (61.1%) were sleeping 5 to 7 hours and less than 5 hours sleep was seen in 7.8% of study subjects. Trouble falling asleep was observed in 28.9% students, which is a worrisome one.

In the study of Dr.D.Pavanchand et al⁽⁶⁾, Regular sleep cycle was followed by 42% of the subjects. Mid day nap that is feeling sleepy during day time while in class was observed in 58% of study subjects. Pruthvi H. Patel⁽⁵⁾ in their study 80.8% were sleeping for 6-8 hours per day.

Physical Activity:

Among study subjects, 58.9% were physically active. 32.2% mentioned lack of time as reason for being not involved in physical activity and 18.9% due to lack of motivation. Similar studies done by Chytra R Rao et al.⁽⁴⁾, showed that 61.9% were engaged in physical activities, and lack of time (60.5%) was the major hindering factor among medical students who did not exercise.

Rubina A Sajwani et al.⁽⁷⁾, in their study mentioned that lack of time(58.7%), lack of motivation(27.7%) were the major obstacles for not engaging in physical activity. Pruthvi H. Patel et al ⁽⁵⁾ in their study found, 65.12% students never exercised.

Dr.D.Pavanchand et al⁽⁶⁾ found that the students who like to be physically active was 87% and those who were actually engaging in physical activity daily were 50% and reasons for not being physically active were lack of time-34% and lack of motivation-18%.

Stress:

In response to stressful life, 57.3% expressed stress during final exams, 23.3% were facing stress while living with people of different habits and 14.4% were because of workload. In our study, 73.3% students were able to manage stress well. Dr.D.Pavanchand et al⁽⁶⁾ found that three fourths of the subjects stated stress was common for college students and only half of students (45%) manage stress well. Rubina A Sajwani et al.⁽⁷⁾, showed that work related stress was seen among 43.2% of study subjects.

Addictions:

Majority (95.6%) of students were not having any addictions, while only 2.2 % were having addictions like smoking and 2.2% were having both smoking and alcoholism. Dr.D.Pavanchand et al⁽⁶⁾ reported alcohol consumption in 7%. Shishir Kumar et al ⁽²⁾ in their study found that about 2.5% students were smokers and 6.5% of students took alcohol.

Time management:

Regarding time management, 66.7% study subjects were able to manage their time well. Dr.D.Pavanchand el al⁽⁶⁾ found that only 47% stated they manage their time well. Similar study done by Rubina A Sajwani et al.⁽⁷⁾, showed that 42.9% of the subjects had poor time management.

Conclusions:

Most of the students were following a healthy lifestyle. Many of the students reported stress and lack of exercise in their college life. Workshops regarding managing the stress and encouragement of physical activity should be conducted to build positive effects in the students.

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