

## Comparative Study of Lifestyle between Medical Colleges and Education Colleges Students in Tikrit University

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### Abstract

**Background:** lifestyle: A way of living of individuals families (household), and societies, which they manifest in coping with their physical psychological, social and economic environment on a day to day basis. The health of an individual is due in part at least to [his/her] own lifestyle and behavior. In turn, lifestyles and behavior in the general public are influenced to some extent by medical advice. It is therefore of education interest to examine the lifestyles of today's medical and students tomorrow's doctors who will be involved in future health care.

**Aim of study:** To show the difference of lifestyle between students of Medical college and Education college.

**Subject and Methods:** A cross sectional study conducted on (160) students of both Medical and Education College in (one medical and two Education College) . All the participants were given a self – administered questionnaire related to lifestyle and also asked to self – rate their stress [stress free, low, moderate, and high].

**Results:** The result of this study was (6.2%) of male medical college vegetarian (12.5%) of male medical college had snack between meals. (13.1) of male medicine college went to gym frequently. (22.5%) of male medicine college used internet daily. While (9.3%) of male Education college were vegetarian (17.6%) of male Education college had snack between meals. (14.3%) of male Education college went to gym frequently. (20.6%) of male Education college use internet daily. (6.8) of female medicine college were vegetarian. (14.3%) of female medicine college had snack between meals. (21.2%) of female medicine college never went to gym. (24.3%) of female medicine college used internet daily. While (8.1%) of female Education college were vegetarian. (13%) of female Education college had snack between meals. (16.2%) of female Education college never went to gym. (11.2) of female Education college used internet daily.

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**Conclusion:** Tikrit university students showed different health behaviors regarding life style Presence of various modifiable risk factors such as unhealthy diet and irregular eating habits in especially in education college students.

**Recommendation:** The research recommended to hold educational sessions titled by "health care" aim to educate the students about the benefit of physical activity and healthy diet.

### Introduction

Life style behaviors are usually formed during youth or young adulthood [1]. The majority of university students are aged between 18-21 when entering university, a transition age to adulthood which is a time characterized by dramatic changes in life. Student find themselves in a new, challenging and competitive environment, most of them are experiencing independence and responsibility for the first time in their lives. During university time they consequently adopt new health behaviors and there may be a risk that they continue with unhealthy lifestyle choices that were established during their university years, which makes them a risk group not only during these years but for the rest at their lives [2]. The health of an individual is due in part at least to [his/her] own lifestyle and behavior [3]. In turn, lifestyles and behavior in the general public are influenced to some extent by medical advice. It is therefore of education interest to examine the lifestyles of today's medical and students tomorrow's doctors who will be involved in future health care. Unhealthy habits introduced during young adulthood usually persist in late life and increase the risk of several chronic disease [4].

Initiation of unhealthy

behaviors in medical and educational students may be ascribed to peer pressure, mental stress, performance anxiety in a competitive academic environment, social – cultural adjustment problems, inadequate parental supervision, home sickness after leaving their parental homes and greater financial autonomy as compared to their earlier years [5]. Physicians with healthy lifestyle are more likely to inculcate similar behaviors in their patients [6].

1- **A healthy lifestyle:** is one which helps and keep and improve people's health and well – being. It helps to benefit your critical health numbers, including weight, blood sugar, blood pressure, and blood cholesterol. Healthy living I a lifelong effect. The ways to being healthy include healthy eating, physical activities, weight management, and stress management [7].

2- **Psychology stress:** is a feeling of strain and pressure. Small amount of stress may be desired, beneficial, and even healthy. Positive stress helps improve athletic performance. Stress can be external and related to environment, but may also be created by internal perceptions that cause an individual to experience anxiety, or other negative emotions surrounding a situation such a pressure, discomfort, etc., which they then deem stressful

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[8].

3- **Healthy eating habit:** the term eating habits refers to why and how people eat, which food they eat, and with whom they eat, as well as the ways people obtain store use, and discard food. Individual, social, cultural, religious, economic, environmental, and political factors all influence people's eating habits [9].

4- **Physical Activity:** any bodily movement produced by skeletal muscles that required energy expenditure. Physical inactivity has been identified as the fourth leading risk factors for global mortality [10].

5- **Smoking:** is the inhalation of the smoke of burning tobacco encased in cigarettes, pipes and cigars. Casual smoking is the act at smoking only occasionally, usually in a social situation or to relieve stress. A smoking habit I a physical addiction to tobacco products. Many health experts now regard habitual smoking as a psychological addiction, too, and one with serious health consequences [11].

6- **Sleep:** is a naturally recurring state of mind and body characterized by altered consciousness, relatively inhibited sensory activity, inhibition of nearly all voluntary muscles and reduced interactions with surroundings [12].

7- **Recreation:** I an activity at leisure, leisure being discretionary time.

The need to do something for recreation is an essential element of human biology and psychology. Recreational activity are often done for enjoyment, amusement or pleasure and are considered to be "fun" [13].

8- **Study habits:** are generally critical to success in college considered essential for acquiring good grades, and useful for learning throughout one's life [14].

## Aim of the study

The study aim to describe the lifestyle of Medical students and Educational students.

## Objective of the study

1. Compare of lifestyle patterns of medical students college and Education students college.
2. Identify the lifestyle of medical students college.
3. clarify the lifestyle of Education students college.

## subjects and methods

This study was performed among students Tikrit University college of medicine and education. This study was design by clustered sampling. The sample size was (160) students chosen randomly, (80) students from medical college, (80) students from Educational college. All data managed and analysis was done by using the manual statistical methods. Data have been represented by suitable tables and figures.

## Result

In regard to life the study was carry out on [160] students in age between (20-26) years most of them (22-23) years male students and (23) years female students of medical college and (20) years male and female students of Educational college register as high percentage of data participated.

## Food habits

(15.5%) was vegetarian while (37,5%) non-vegetarian. (36.8%) have breakfast, while (48.1%) have lunch,

(46.1%) have dinner. (39.9%)

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sometimes eating between meals. [table 1]  
 (41.8%) drinks coffee/ juice daily.

Table (1) pattern of food and beverage consumption

Parameter	Medical College		Education College	
	Male number	Male percentage	Male number	Male percentage
Type of diet <input type="checkbox"/> vegetarian	10	6.25	15	9.37
<input type="checkbox"/> non-vegetarian	28	17.5	32	20
Meals per day <input type="checkbox"/> breakfast	26	16.2	33	20.6
Mid-morning	12	7.5	17	10.6
Lunch	36	22.5	41	25.6
Evening	8	5	12	7.5
Dinner	31	19.3	43	26.8
Eating between meals <input type="checkbox"/>	3	1.8	6	3.7
Daily				
Sometime	26	16.2	38	23.7
Never	9	5.9	3	1.8
Consumption <input type="checkbox"/> Daily	28	17.5	39	24.3
Coffe/tea/juice <input type="checkbox"/> Daily	7	4.3	7	4.3
Never	3	1.8	1	0.6
total	21	86.5	29	96.7

**Physical activity**

(27.4%) with frequent gym activity while (34.3%) with out door activity

[table 2]

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**Table (2): physical  
activity**

Parameter	Medical College		Education College	
	Male number	Male percentage %	Male number	Male percentage %
Frequency of going to gym □ never	17	10.6	24	15
Frequency	21	13.1	23	14.3
Frequency of out door activity □ never	14	8.7	16	10
Frequency	24	15	31	19.3
Total	76	47.4	94	52.6

**Sleep pattern**

(40.5%) students slept for (6-8) per day. (19.9%) slept without waking in between.

Only (11.2%) students had regular daytime naps [table 3]

**Table (3) sleep patterns**

Parameter	Medical College		Education College	
	Male number	Male percentage	Male number	Male percentage
Duration of sleep □ 6-8h	30	18.7	35	21.8
9-12h	8	5	12	7.5
Wakes up during sleep □	21	13.1	11	6.8
Sometime	15	9.3	30	18.7
Yes	2	1.2	6	3.7
Daytime naps □ Daily	10	6.2	8	5
Sometime	19	11.8	30	18.7
Never	9	5.6	9	5.6
Total	114	70.9	141	80.4

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**Recreation**

(7.4%) students watching TV daily, while (16.8%) students using computer, (43.1%) students regularly surfed the internet [table 4].

**Table (4) pattern of recreation**

Pattern of A recreation	Medical College		Education College	
	Male number	Male percentage	Male number	Male percentage
Television □ Daily	2	1.2	10	6.2
Sometimes	19	11.8	27	16.8
Never	17	10.6	10	6.2
Computer □ Daily	21	13.1	6	3.7
Sometimes	11	6.8	19	11.8
Never	6	3.7	22	13.7
Internet □ Daily	36	22.5	33	20.6
Sometimes	2	1.2	11	6.8
Never	0	0	3	1.8
total	1	6	1	78.5

**Smoking**

(34.3) students were non-smoking [table 5]

**Table (5) smoking**

Pattern	Medical College		Education College	
	Male	Male%	Male	Male%
Smoking □ regular	4	2.5	7	4.3
Irregular	5	3.1	12	7.5
Non-smoking	29	18.1	26	16.2
total	38	23.7	45	28

**Food habits**

(14.9%) was vegetarian while (31.8%) non-vegetarian, (25.5%) have breakfast, (43%) have lunch, (37.5%) have dinner. (29.9%) sometimes eating between meals, (32.4%) drinks coffee/juice daily [table 6]

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**Table (6) pattern of food and beverage consumption**

Parameter	Medical College		Education College	
	Female number	Female percentage	Female number	Female percentage
Type of diet <input type="checkbox"/> vegetarian	11	6.8	13	8.1
<input type="checkbox"/> non-vegetarian	31	19.3	20	12.5
Meals per day <input type="checkbox"/> breakfast	22	13.7	19	11.8
Mid morning	9	5.6	11	6.8
Lunch	39	24.3	30	18.7
Evening	14	8.7	10	6.2
Dinner	32	20	28	17.5
Eating between meals <input type="checkbox"/>				
Daily	9	5.6	5	3.1
Sometime	27	16.8	21	13.1
Never	6	3.7	7	4.3
Consumption <input type="checkbox"/> Daily	35	21.8	17	10.6
Coffe/tea/juice <input type="checkbox"/>	7	4.3	15	9.3
Sometimes				
Never	0	0	2	1.2
total	242	98.	169	87.9

**Physical activity**

(37.4%) with frequent gym activity while (34.3%) without frequent outdoor activity [table 7]

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**Table (7) physical activity**

Parameter	Medical College		Education College	
	Female number	Female percentage	Female number	Female percentage
Frequency of going to gym □ never	34	21.2	26	16.2
Frequency	8	5	7	4.3
Frequency of out door activity □ never	26	16.2	29	18.1
Frequency	16	10	4	2.5
total	84	52.4	66	41.1

**Sleep pattern**

(29.8%) students slept for (6-8) per day. (28.7%) slept without waking in between.

Only (21.8%) students had sometime daytime naps [table 8]

**Table (8) sleep patterns**

Parameter	Medical College		Education College	
	Female number	Female percentage	Female number	Female percentage
Duration of sleep □ 6-8h	31	19.3	17	10.6
9-12h	11	6.8	16	10
Wakes up during sleep □ No	12	7.5	1	0.6
Sometime	25	15.6	21	13.1
Yes	5	3.1	11	6.8
Daytime naps □ Daily	18	11.2	6	3.7
Sometime	18	11.2	17	10.6
Never	6	3.7	10	6.2
total	126	89.4	99	79.5

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**Recreation**

(30%) students never watch TV, while (22.5%) students sometimes used computer, (35.5%) students regularly surfed the internet [table 9].

**Table (9) pattern of recreation**

Pattern of A recreation	Medical College		Education College	
	Female number	Female percentage	Female number	Female percentage
Television □ Daily	2	1.2	5	3.1
Sometimes	16	10	4	2.5
Never	24	15	24	15
Computer □ Daily	11	6.8	3	1.8
Sometimes	20	12.5	16	10
Never	11	6.8	14	8.7
Internet □ Daily	39	24.3	18	11.2
Sometimes	3	1.8	8	5
Never	0	0	7	4.3
total	116	85.4	99	98

**Discussion**

Students lifestyle is important, and can have a profound impact on students at university and subsequently. The students lifestyle survey was carried out to assess students health and well-being and as a baseline to measure change overtime.

The finding can be used to inform policies and strategies aimed at supporting students. This study shed light on the following

food habits:

Non-vegetarian students of medical college was (36.8%) while (32.5%) of Education college and that show some similarity. While vegetarian students of medical college (13%) and (17.4%) of Education college and that percentage show some differences because of their low income. Also female skipping breakfast and that was higher than male students in line with many studies in Arab [15]. [16].one reason

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for this practice is based on wide spread, belief among girls in the region that skipping breakfast help reduce weight by reduced the amount of food consumed during the day[17].. And also to keep herself with good looking and full of femininity. The frequency of going to the gym was higher amongst male students. Also the frequency of going to gym amongst male education students is higher than medical students because they have leisure time and both college students go to gym for the general health and to reduce the risk of coronary heart disease and stroke, diabetes, hypertension, depression and reduce stress level. World Health Organization. Global recommendations on physical activity for health. 2010. In this study, Almost all education college students sleep (6h) more than medical college students per day. In medical college students sleep can be seen as less important than other activities. Medical students carry a large academic load which could potentially contribute to poor sleep quality[18]. The frequency of recreation hours were higher in Education students college than in medical students college except in using of the internet and that may be due to the flexibility in the time table of education college student which allowed them to spent more time in activities such as watching television and using computer while college students show higher percentage in using internet because indeed, "the internet is a virtual library which is seen as virtual space containing a vast amount of information and documents including books, pictures, videos, graphs and musical sounds that can be consulted"[19]..

Also it could be for related purposes

such as personal guidance, relaxation, adjustment, and information. This study show that both college students are irregular in their study because they have difficulties with time management having to read voluminous textbooks and financial problems were all mentioned as major reasons for feeling stressed[20]. Only (5%) of medical college students and (4.3%) of education college students were stress-free and majority responded that studies were the cause of stress which, in turn, adversely affected studies. An Australian study has reported and overall enhancement in well-being of medical students during the pre-exam period after a de-stressing programs[21].

The study show that Educational students were higher in smoking level than medical students. Physicians are in an ideal position to advise and educate patients about the dangers of smoking, they act as visible role models and may unintentionally affected the smoking behavior of other[22]..

### Conclusion

1. Presence of various modifiable risk factors such as unhealthy diet and irregular eating habits in especially in education college students.
2. Physical inactivity and stress where high in degree among the students especially in female.
3. Medical students prefer study during exam more than educational students.
4. Drugs consumption of medical students especially (female) were higher than among education college students 10.6%u.
5. Smoking students were high among education college students about 4.3%.

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**The recommendations**

1. Hold educational sessions titled by "health care" aim to educate the students about the benefit of physical activity and healthy diet.
2. Research should be directed on the study of lifestyle among the students of other Iraqi universities.
3. Research should be directed to take in consideration other factors such as (obesity, Alcohol, Bowel habits and menstrual cycle).

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