

Available online at [www.sciencedirect.com](http://www.sciencedirect.com)
**SciVerse ScienceDirect**
journal homepage: [www.elsevier.com/locate/poamed](http://www.elsevier.com/locate/poamed)

## Original Research Article

# Health-oriented attitudes and opinions of 1st year students at the University of Warmia and Mazury in Olsztyn on the prophylaxis of health hazards (2005/2006)

 Robert Podstawski<sup>a,\*</sup>, Leszek Gromadziński<sup>b</sup>, Renata Gizińska<sup>c</sup>,  
 Krystyna Skibniewska<sup>d</sup>
<sup>a</sup>Study Center of Physical Education and Sport, University of Warmia and Mazury in Olsztyn, Poland<sup>b</sup>Clinical Department of Internal Medicine, Gastroenterology and Hepatology, University Clinical Hospital, Olsztyn, Poland<sup>c</sup>Department of Machinery and Separation Processes, Faculty of Technical Sciences, University of Warmia and Mazury in Olsztyn, Poland<sup>d</sup>Department of Foundations of Safety, Faculty of Technical Sciences, University of Warmia and Mazury in Olsztyn, Poland

## ARTICLE INFO

## Article history:

Received 14 September 2012

Received in revised form

24 October 2012

Accepted 27 February 2013

Available online 15 March 2013

## Keywords:

1st year students

Health-oriented attitudes and opinions

Public health

Physical activity

Motor fitness

Nutrition

Tobacco and alcohol use

## ABSTRACT

**Introduction:** People's health is definitely influenced by their health-oriented attitudes shown in everyday life.

**Aim:** To analyze the health-oriented attitudes of young males and their opinions on the prevention of health hazards.

**Materials and methods:** The research was conducted in the academic year 2005/2006. The study group consisted of 550 students in their 1st year at the University of Warmia and Mazury in Olsztyn. A diagnostic poll with an anonymous questionnaire was applied as the research method.

**Results and discussion:** Negative effects of a harmful life style are noticeable both among Polish as well as foreign students.

**Conclusions:** The investigated students showed a low level of physical activity at secondary school and during studies. In most cases it was limited to participating in obligatory physical education classes. A relatively high percentage of the subjects consumed alcohol every day or once a week. Some students wished to change their eating habits and quit smoking or drinking alcohol.

© 2013 Warmińsko-Mazurska Izba Lekarska w Olsztynie. Published by Elsevier Urban & Partner Sp. z o.o. All rights reserved.

\*Correspondence to: Study Center of Physical Education and Sport, University of Warmia and Mazury in Olsztyn, Prawocheńskiego 7, 10-720 Olsztyn, Poland. Tel.: +48 89 523 33 08, +48 601 652 527.

E-mail address: [podstawskirobert@gmail.com](mailto:podstawskirobert@gmail.com) (R. Podstawski).

## 1. Introduction

The modern man lives in a world dominated by the dynamic civilization transformations affecting economy, society, culture and morality. The civilization progress has led to pathological changes in health-related attitudes, such as a low level of physical activity, improper eating habits, excessive alcohol consumption, smoking cigarettes and taking drugs.

As a result, a number of new diseases have occurred. Earlier unknown, now they are referred to as lifestyle diseases,<sup>8</sup> and include being overweight, obesity, cardiovascular diseases (e.g. myocardial infarction, heart failure, stroke), respiratory diseases (sleep apnea), joint diseases (degenerative lesions, spinal deformities, flat feet), metabolic changes (diabetes), some types of neoplasms (of breast or large intestine), mental disorders (depression, apathy), infertility, and even death.<sup>2,4,16,18</sup>

Health programs implemented all over the world do not bring the expected results, and research results concerning the health of populations in particular regions are alarming. Moreover, this negative tendency is increasing especially in the highly developed countries.<sup>5,6,7</sup> Difficulties associated with the implementation of health programs result directly from the complexity of what is broadly understood as mental and physical health.<sup>17</sup> Preventive activities in the field of health hazards involve such issues as physical activity, nutrition, personal hygiene, consumption of stimulants (alcohol, tobacco products, and drugs), stress, rest, and even free time management.<sup>14</sup>

Thus it seems that an attempt to analyze “a healthy lifestyle” of 1st year students at the University of Warmia and Mazury in Olsztyn on the basis of their declared opinions is worth investigating. The data collected during the research should provide interesting information as to whether these 1st year students identify themselves with health-oriented attitudes, or just the opposite.

## 2. Aim

The aim of the study conducted among 1st year students at the University of Warmia and Mazury in Olsztyn (UWM) was to investigate their attitudes with respect to principles governing a healthy lifestyle.

**Table 1 – Declared forms of motor activity at secondary school.**

Number of declared forms of motor activity	N	%
1	321	58.68
2	178	32.54
3	39	7.13
4	7	1.28
5	2	0.37
<b>Total</b>	<b>547</b>	<b>100.00</b>

**Table 2 – Declared forms of physical activity during secondary education.**

Forms of physical activity	N	%
Obligatory physical education classes	505	92.32
School sports club	109	19.93
Students sports club	19	3.47
Outside school sports club	93	17.00
Society for the promotion of physical culture	13	2.38
Another organization of physical culture	57	10.42
Academic sports association	0	0.00
Individually and rarely with family	84	15.36
The subjects could give more than one answer.		

**Table 3 – Subjects' opinions on the level of their motor fitness (from 1 to 6).**

Declared level of motor fitness	N	%
1 – Very poor	0	0.00
2 – Poor	38	7.28
3 – Sufficient	38	7.28
4 – Good	240	45.98
5 – Very good	202	38.70
6 – Excellent	4	0.77
<b>Total</b>	<b>522</b>	<b>100.00</b>

## 3. Materials and methods

This study was conducted in the summer semester of the 2005/2006 academic year during the obligatory physical education classes. The questionnaire was administered to all 1st year students from 50 groups of students chosen randomly. The study group comprised 550 students in their 1st year of regular studies at the UWM in Olsztyn, who permanently lived in the region of Warmia and Mazury. The selected group of 550 students was seen as appropriate and representative enough for this kind of research. The study was approved by the Bioethics Committee at the UWM in Olsztyn. The research method involved a diagnostic poll with an anonymous questionnaire.

## 4. Results

Tables 1–4 display students' answers concerning their physical activity at secondary school and during studies as well as their opinions on their motor fitness.

The highest number of subjects practiced only one form of physical activity at school (58.68%). Considerably fewer men practiced two or three activities (32.54% and 7.13%, respectively). The percentage of subjects who practiced more than three activities was minimal (Table 1).

The largest group of subjects (92.32%) participated in the obligatory physical education classes, while a lot fewer of them were members of sports clubs at school and outside school, or exercised individually or with their families (19.93%, 17.00%, and 15.36%, respectively). None of the

Download English Version:

<https://daneshyari.com/en/article/2678731>

Download Persian Version:

<https://daneshyari.com/article/2678731>

[Daneshyari.com](https://daneshyari.com)