



Enfermería Clínica

www.elsevier.es/enfermeriaclinica



ORIGINAL ARTICLE

Relationship between tobacco consumption and sport practice among health and education science university students[☆]

Carlos Ayán Pérez^{a,b,*}, Antonio J. Molina^c, Verónica Varela Mato^{a,b},
José María Cancela Carral^{a,b}, Juan Pablo Barrio Lera^d, Vicente Martín Sánchez^{c,e}

^a Departamento de Didácticas especiales, Facultad de Ciencias de la Actividad Física y del Deporte, Universidad de Vigo, Vigo, Spain

^b Grupo de Investigación HealthyFit (HI22), Área de Educación Física y Deportiva, Universidad de Vigo, Vigo, Spain

^c Grupo de Investigación en Interacción Gen-Ambiente-Salud (GIIGAS), Área de Medicina Preventiva y Salud Pública, Universidad de León, León, Spain

^d Área de Fisiología, Grupo de Investigación en Interacción Gen-Ambiente-Salud (GIIGAS), Universidad de León, León, Spain

^e CIBER de Epidemiología y Salud Pública (CIBERESP)

Received 14 January 2016; accepted 11 August 2016

KEYWORDS

Sport;
Higher education;
Health;
Tobacco;
Spain

Abstract

Objective: To identify the prevalence and relationship between the practice of sports and smoking in university students enrolled on accredited qualifications related to health and/or education sciences.

Methods: Cross-sectional study including 540 students (average age of 21.3 ± 3.8 years; 68% women) of the University of Vigo registered in degree programmes linked to health (Physical Therapy and Nursing), or education (Pre-School, Primary School and Physical Activity and Sport Sciences) who answered an "ad hoc" questionnaire relating sports practice and tobacco consumption.

Results: Women showed a lower habit on sports practice and a higher tobacco consumption, regardless of their academic degree. The average share of students who recognised practicing sports was significantly minor in those enrolled in health careers (37.7% vs. 57.5%). Regarding tobacco consumption, the students enrolled in health careers reported the lowest prevalence (16.7%). Among the students associated to education, this prevalence was found to be 25.9%. The bivariate analysis showed a trend towards a lower sport practice among the smokers. This association was significant only among the moderate consumers.

[☆] Please cite this article as: Ayán Pérez C, Molina AJ, Varela Mato V, Cancela Carral JM, Barrio Lera JP, Martín Sánchez V. Relación entre el consumo de tabaco y la práctica deportiva en una población universitaria de ciencias de la salud y la educación. *Enferm Clin.* 2016. <http://dx.doi.org/10.1016/j.enfcli.2016.08.008>

* Corresponding author.

E-mail address: cayan@uvigo.es (C. Ayán Pérez).

<http://dx.doi.org/10.1016/j.enfcli.2016.08.003>

2445-1479/© 2016 Elsevier España, S.L.U. All rights reserved.

Conclusions: The findings of this research show a low prevalence in sports practice among students enrolled in degrees associated to health, and a more relevant tobacco consumption among those enrolled in degrees associated to education. It seems necessary to develop strategies aimed at promoting healthy habits that should be taking into account the tobacco consumption reported by the student.

© 2016 Elsevier España, S.L.U. All rights reserved.

PALABRAS CLAVE

Deporte;
Educación Superior;
Salud;
Tabaco;
España

Relación entre el consumo de tabaco y la práctica deportiva en una población universitaria de ciencias de la salud y la educación

Resumen

Objetivo: Identificar la prevalencia y relación entre práctica deportiva y tabaquismo en estudiantes universitarios españoles vinculados a la salud o la educación.

Métodos: Estudio de carácter transversal, en el que 540 estudiantes (edad media de $21,3 \pm 3,8$ años; 68% mujeres) que cursaban titulaciones vinculadas a la salud (Fisioterapia y Enfermería), y a la educación (Educación Infantil, Educación Primaria y Ciencias de la Actividad Física y del Deporte) contestaron un cuestionario «ad hoc» sobre la práctica de actividad deportiva y el consumo de tabaco.

Resultados: Se observó un menor nivel de práctica deportiva y un mayor consumo de tabaco en las mujeres, con independencia de la titulación analizada. En relación a la práctica deportiva el porcentaje medio de estudiantes que reconocieron realizarla fue significativamente menor en aquellos vinculados a la salud (37,7 vs. 57,5%). En cuanto al consumo de tabaco, los estudiantes vinculados a la salud reportaron una menor prevalencia (16,7%) siendo la misma del 25,9% entre los estudiantes vinculados a la educación. Los análisis bivariantes indicaron una tendencia a una menor práctica deportiva en los fumadores, pero solo estadísticamente significativa entre los consumidores moderados.

Conclusión: Existe una baja prevalencia de la práctica deportiva entre estudiantes universitarios de titulaciones vinculadas a la salud, presentando por el contrario los vinculados a la educación un consumo de tabaco más relevante. Parece necesario desarrollar políticas de promoción de hábitos saludables, que se aconseja tengan en cuenta el consumo de tabaco que el estudiante reporte.

© 2016 Elsevier España, S.L.U. Todos los derechos reservados.

What is known?

Studies on the prevalence of healthy habits in university nursing students are few, and the majority are descriptive and not comparative.

What is provided?

An alternative statistics focus using odds ratio and bivariate analysis, with the aim of ascertaining the influence of healthy behaviours and what profile university nursing students present compared with other university students with health sciences training.

Introduction

Tobacco use and a sedentary lifestyle constitute a public health problem of the first order, given that these are

considered factors of high risk in various chronic diseases and have been linked directly to premature death.¹ These 2 lifestyle habits are of great importance, due to their elevated prevalence and to the fact that they are potentially modifiable, especially in specific stage of life such as during the passage from post-obligatory secondary education to the university, for example. It has been observed that tobacco use clearly increases in this stage of change,² while there is a low prevalence of participation in physical activity (PA) during the stage.³ For this reason, it has been suggested that getting these young adults to adopt healthy lifestyles should be one of the goals to achieve at university.⁴ This is especially true for future professionals in the worlds of education and health, given that they will play a fundamental role as promoters of healthy behaviour among the general population, in addition to being a role model themselves.⁵⁻⁷ There are many studies on tobacco use and, to a lesser degree, on participation in PA among future health professionals. However, the profile of education students is limited. In addition, a need has been seen to study the concurrence of these 2 habits, particularly in young population groups.⁸ Consequently, the objectives of this study were to establish the prevalence of tobacco use and of participation in PA in a population of

Download English Version:

<https://daneshyari.com/en/article/8928898>

Download Persian Version:

<https://daneshyari.com/article/8928898>

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