

A comparative study of components of lifestyle among the different age group students

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Abstract

Objective: The objective of the study was to find out significant difference of lifestyle (LS) among different age group male students.

Methodology: The study was conducted on 75 male students, age ranged from 18 to 30 years who were randomly selected from the different Departments of Guru Ghasidas University, Bilaspur (C.G). Selected variables for the study were components of Lifestyle (LS) i.e. Physical Assessment, Alcohol and Drug Assessment, Nutritional Assessment, Social Wellness Assessment, Spiritual Wellness Assessment, Emotional Wellness Assessment, Stress Control Assessment and Intellectual Wellness Assessment. Life Style Assessment Inventory by Anspangh Davids, Michael, H. Hamrich and Frank D. Rosato were adopted to collect data for Socioeconomic Status and Life Style Assessment. The statistical techniques employed for this study were descriptive statistics and one way ANOVA, at 0.05 level of significance.

Result: The study depicted that there are no significant difference among the different age group students i.e. 18-21 years, 22-25 years and 26-30 years in relation to components of lifestyle.

Keywords: Lifestyle, Physical Assessment, Alcohol and Drug Assessment, Nutritional Assessment, Social Wellness Assessment, Spiritual Wellness Assessment, Emotional Wellness Assessment, Stress Control Assessment, Intellectual Wellness Assessment, Questionnaire

Introduction

Healthy lifestyle is important in the prevention of cardiovascular diseases, especially for people with elevated risk due to hypertension. The general practitioner (GP) can play an important role in health promotion. Several studies have shown that lifestyle advice given by the general practitioner can be effective in changing lifestyle. However, well known barriers for performing behavioral counseling are poor compliance by patients, lack of time, and insufficient knowledge about the topics. Especially with regard to losing weight and increasing physical activity evidence exists that the quality of counseling is not optimal, and opportunities are missed. Some of the established quality criteria for lifestyle counseling are that it consist of goal setting, is individually targeted, and includes an assessment of the patients motivation and potential barriers and supporting factors. However, data about the incorporation of these counseling elements in daily family practice are not available.

According to national (Van Binsbergen JJ., *et al.*, 1991) ^[10] and international (De Backer G, *et al.*, 2004) ^[4] guidelines, lifestyle should be included in the assessment and management of cardiovascular disease risk of hypertension patients. In a previous study which investigated adherence to the national hypertension guideline, 80% of the Dutch GPs reported that they implemented the guideline, including an assessment of smoking status, body mass index (BMI), and physical activity (Wassenberg MW, *et al.*, 2004) ^[13]. In addition, they reported that they always or often gave lifestyle advice on these topics. Two other studies confirmed a high self-reported adherence to guidelines, and the lifestyle counseling as part of them (Van Dijk L, *et al.*, 2004) ^[11];

Frijling BD., *et al.*, 2002) ^[6]. However, these previous studies are based on self-report by the GPs in questionnaires, and thus GPs may overestimate the frequency of lifestyle counseling. Furthermore, these studies do not provide insight in the actual content and quality of the counseling.

The lifestyle topics included were weight management, nutrition, physical activity, and smoking. We coded whether the general practitioner or the patient initiated the discussion about lifestyle. The content of lifestyle counseling was classified as assessment of lifestyle or giving specific advice. Assessment of lifestyle was defined as information gathering on weight, or weight change, dietary pattern, physical activity, or smoking status, or (recent) changes in these behaviors. It also included the measurements of body weight or waist circumference. Discussion of alcohol use was regarded as a discussion of 'nutrition', unless the focus was on problems related to alcohol addiction. Giving lifestyle advice was defined as giving a specific advice or information on these topics, referring the patient to other information sources, handing out written materials, or referring the patient to a dietitian, practice assistant or stop-smoking course. Furthermore, the 'quality' of lifestyle counseling was assessed by observing whether certain elements of lifestyle counseling were used by the general practitioner. The elements included in the protocol were: assessment of the patient's motivation for the behaviour change; assessment of the patient's confidence to perform the behaviour change; assessment of perceived barriers or supporting factors; setting of specific behaviour change goals; and planning a follow-up appointment for the evaluation of the behavior change (Milder, I. *et al.*, 2008) ^[7].

Objectives of the study

To find asses the lifestyle of different stream students.
To compare the mean scores of lifestyle among different stream students.

Methodology

Selection of Subjects

The subjects for this study were selected from different departments of G.G.V Bilaspur. A total of 75 male students were selected, 25 from each age group i.e. 18-21 years, 22-25 years and 26-30 years.

Selection of Variables / Contents

For the present study these contents of lifestyle selected as variables:

- (1) Physical Assessment (PA).
- (2) Alcohol and Drug Assessment (ADA).
- (3) Nutritional Assessment (NA).
- (4) Social Wellness Assessment (SWA).
- (5) Spiritual Wellness Assessment (SPWA).
- (6) Emotional Wellness Assessment (EWA).
- (7) Stress Control Assessment (SCA).
- (8) Intellectual Wellness Assessment (IWA).

Selection of Questionnaire

Life Style Assessment Inventory by Anspangh Davids, Michael, H. Hamrich and Frank D. Rosato was adopted to collect data for Life Style Assessment. Validity of the questionnaire in Indian Conditions is found 0.89.

Administration of Questionnaire

The inventory contained 78 items, these question statements were evenly divided in eight Life Style contents namely physical assessment, alcohol and drug assessment, nutritional assessment, social wellness assessment, spiritual wellness assessment, emotional wellness assessment, stress control assessment and intellectual wellness assessment. There were ten questions statements for each, except social wellness assessment and emotional wellness assessment. The subjects were responding using five point ordinal scale, hence the maximum response score from the total inventory was 97.5 and minimum 9.75 and in case of each content the response score ranged between 10 to 100, except social wellness assessment and emotional wellness assessment where the response score ranged between 10 to 90.

The normative response intervals for life style assessment score are given below:

- 86-100: Excellent
- 70-85: Good
- 50-69: Average
- 30-49: Below average
- Less than 30: Needs improvement

Statistical Technique for Analysis of Data

To compare the lifestyle among different age groups on their selected life style responses, Descriptive Statistics and analysis of variance (ANOVA) were used at 0.05 level of significance.

Result and Findings of the Study

Table 1: Descriptive table of different age groups in relation to components of lifestyle

Components	18-21 years			22-25 years			26-30 years		
	N	Mean	SD	N	Mean	SD	N	Mean	SD
PA	25	71.2800	17.95021	25	70.4800	16.38882	25	70.1600	19.15002
ADA	25	66.4000	18.09236	25	68.6800	23.31259	25	67.5200	21.58533
NA	25	61.3600	17.75031	25	57.4000	16.72573	25	58.1200	19.26422
SWA	25	72.5600	15.08609	25	75.6800	21.32041	25	68.3600	16.16550
SPWA	25	70.1600	17.89944	25	74.3600	16.74037	25	74.6400	17.94408
EWA	25	58.9600	15.81529	25	65.1600	15.32068	25	60.1600	15.49914
SCA	25	66.5600	15.07503	25	61.0000	14.35560	25	61.0400	14.54441
IWA	25	69.2400	13.08714	25	59.8000	19.35631	25	66.1600	15.55549

Table 1 shows that the descriptive statistics i.e. mean, s.d etc. of the components of lifestyle i.e. Physical Assessment (PA), Alcohol and Drug Assessment (ADA), Nutritional Assessment (NA), Social Wellness Assessment (SWA), Spiritual Wellness

Assessment (SPWA), Emotional Wellness Assessment (EWA), Stress Control Assessment (SCA), Intellectual Wellness Assessment (IWA) of different age group students.

Table 2: Mean values of different age groups in relation to Total Lifestyle Assessment scores

Age group	18-21 years	22-25 years	26-30 years
Mean of all contents of lifestyle (total score/8)	67.06	66.57	65.77

Table 2 shows that the average scores of different age group students in relation to all the contents of lifestyle. On the basis of the norms of life style assessment inventory (L.A.I.), all the

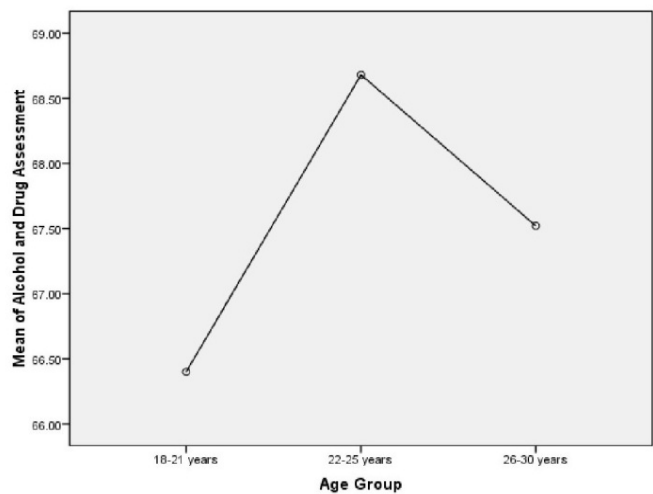
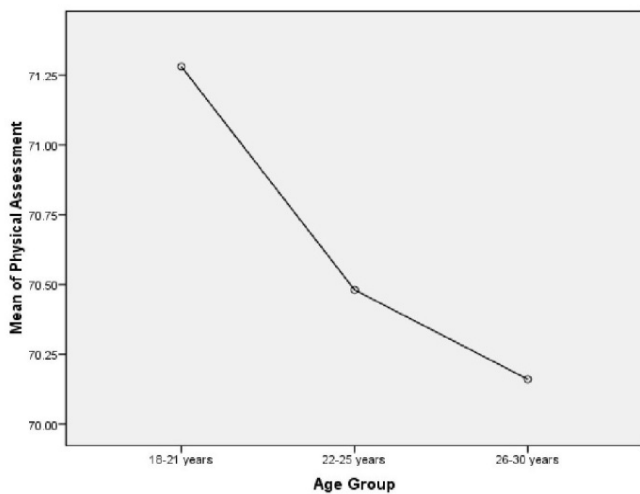
students of different age group were fall in average category in case of all the contents of lifestyle.

Table 3: Comparative table of different age group students in relation to components of lifestyle

ANOVA table						
		Sum of Squares	Df	Mean Square	F	Sig.
Physical Assessment	Between Groups	16.640	2	8.320	.026	.974
	Within Groups	22980.640	72	319.176		
	Total	22997.280	74			
Alcohol and Drug Assessment	Between Groups	64.987	2	32.493	.073	.930
	Within Groups	32081.680	72	445.579		
	Total	32146.667	74			
Nutritional Assessment	Between Groups	222.480	2	111.240	.345	.709
	Within Groups	23182.400	72	321.978		
	Total	23404.880	74			
Social Wellness Assessment	Between Groups	674.640	2	337.320	1.073	.348
	Within Groups	22643.360	72	314.491		
	Total	23318.000	74			
Spiritual Wellness Assessment	Between Groups	314.907	2	157.453	.512	.601
	Within Groups	22142.880	72	307.540		
	Total	22457.787	74			
Emotional Wellness Assessment	Between Groups	540.667	2	270.333	1.119	.332
	Within Groups	17401.680	72	241.690		
	Total	17942.347	74			
Stress Control Assessment	Between Groups	511.547	2	255.773	1.190	.310
	Within Groups	15477.120	72	214.960		
	Total	15988.667	74			
Intellectual Wellness Assessment	Between Groups	1158.747	2	579.373	2.206	.118
	Within Groups	18909.920	72	262.638		
	Total	20068.667	74			

Table 2 revealed that there are no significant difference among the different age group students i.e. 18-21 years, 22-25 years and 26-30 years in relation to components of lifestyle i.e. Physical Assessment (PA), Alcohol and Drug Assessment (ADA), Nutritional Assessment (NA), Social Wellness

Assessment (SWA), Spiritual Wellness Assessment (SPWA), Emotional Wellness Assessment (EWA), Stress Control Assessment (SCA), Intellectual Wellness Assessment (IWA), as the p-values were more than 0.05. So LSD post Hoc test was not applied.



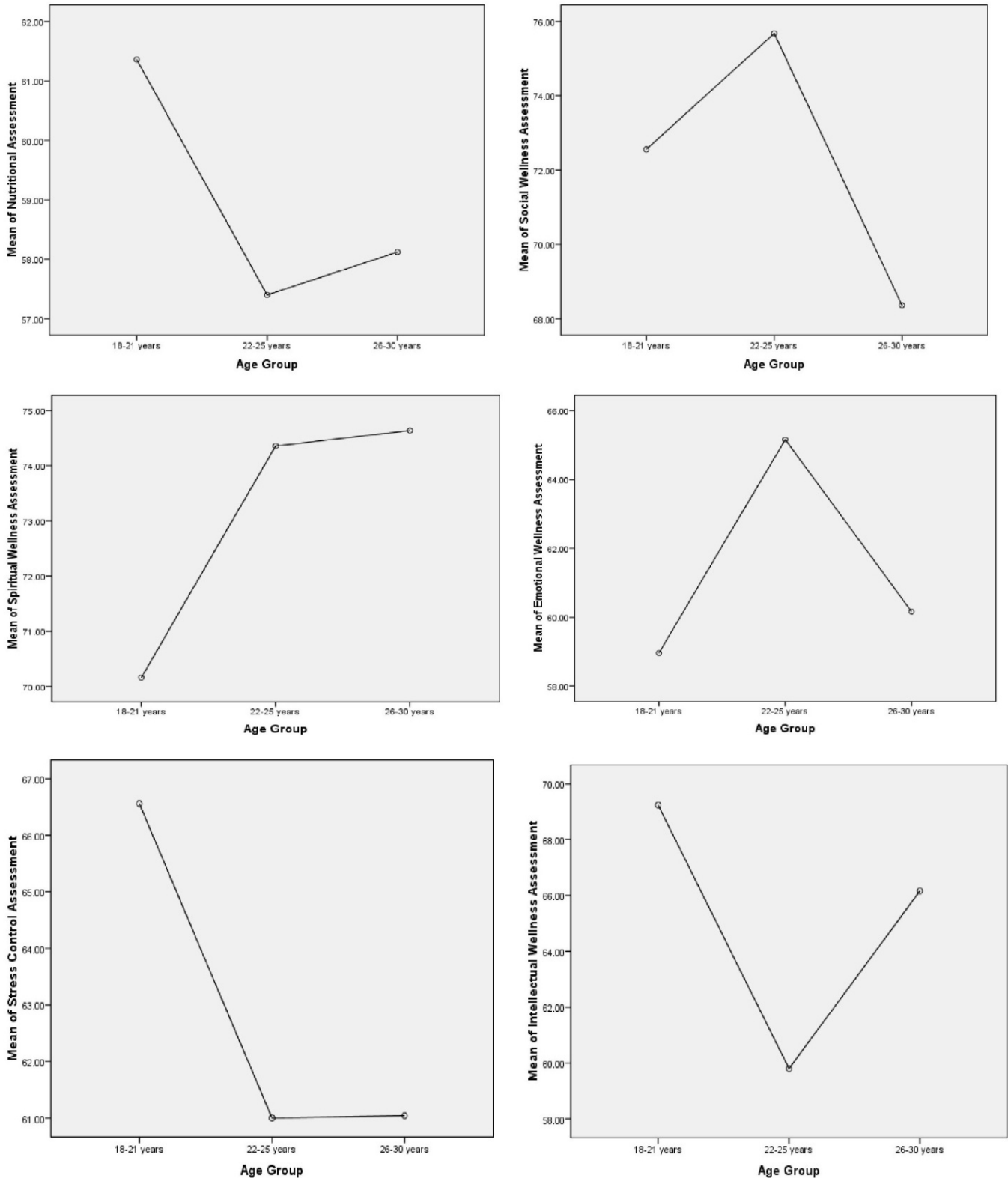


Fig 1: Graphical representation of different age group students in relation to components of lifestyle

Discussion of the findings

The insignificant differences were found between the different age group students in relation to various components of lifestyle i.e Physical Assessment (PA), Alcohol and Drug Assessment (ADA), Nutritional Assessment (NA), Social Wellness Assessment (SWA), Spiritual Wellness Assessment

(SPWA), Emotional Wellness Assessment (EWA), Stress Control Assessment (SCA) and Intellectual Wellness Assessment (IWA). Researcher says that among the men of the age 18-30 years, there is very much variation of lifestyle as such in terms of physical activity in spite of their changes in the life events.

There are instances where physical activity get use prominent in lifestyle of young adults over years but that has huge variations across different contextual variation. Apart from the psychophysical characteristics, the variation occurs from the from major life events like economic independence, long term relationships, family roles and expectations work conditions and responsibilities which structure the daily circumstance to maintain certain kind of lifestyle. As in case of the sample groups 18-30 years there were least variation in such life events that would have led to some variation in their life style.

Conclusions

On the basis of the result of the study, it can be concluded that there are no significant difference among the different age group students i.e. 18-21 years, 22-25 years and 26-30 years in relation to components of lifestyle i.e. Physical Assessment (PA), Alcohol and Drug Assessment (ADA), Nutritional Assessment (NA), Social Wellness Assessment (SWA), Spiritual Wellness Assessment (SPWA), Emotional Wellness Assessment (EWA), Stress Control Assessment (SCA), Intellectual Wellness Assessment (IWA), as the p-values were more than 0.05. The result of this study also shows that, all the students of different age group were fall in average category in case of all the components of lifestyle.

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