



LIFE STYLE CHANGE STATUS AMONG COLLEGE STUDENTS IN HYDERABAD.

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ABSTRACT

Back ground: Worldwide life style changes among the students community is rapidly changing and it results in long term health hazards like obesity, heart attacks, joint pains and bad cholesterol levels increased in the society and it also leads to economically crippling and may land up in handicapped situation. **Objectives:** To find the demographic profile among the selected Engineering college students 2. To determine the age at onset and other factors associated with the life style changes observed in the students. **Methodology:** A cross sectional institutional based study was conducted from March 2019 to June 2019 among the 3rd year and 4th year engineering students at VNR Vignana Jyothi Institute of Engineering and Technology. A total of 120 students interviewed and information collected and oral informed consent taken and confidentiality of individual information maintained. Necessary statistical tests like simple proportions and chi square tests were applied. **Results:** In the present study, about 71.6% were male students and only 28.4% were females. Literacy rate among the fathers of students were 85% and among the mothers were 72.5%. About 13.3% of the students were having smoking habit. Approximately 45% of the students practising physical activity and near to 11.6% of the students were consuming alcohol. **Conclusions:** Based on the study results, less number of students are smokers and alcohol consumption habit. But, more number of people not doing physical activity. This study not covered frequency of smoking and alcohol consumption and also not covered about duration of physical activity. This study is planning to keep as a base line study and need conduct long term cohort studies in the future. Finally at this age is suitable for inculcation of good life style changes definitely bring some positive change in the society.

KEYWORDS: Age, Sex, Literacy of parents, Smoking, Physical Activity, Alcohol Consumption.

INTRODUCTION

For the last two decades, there is a tremendous development in education systems, information and technology and social media development increased like anything. Out of this development, there is some positive development among the students in terms of education and career growth. Same time there is influence of some life style changes like physical inactivity, fast food consumption and personal habits like smoking, alcohol consumption is also increasing in the degree and professional colleges.

These life style factors indirectly or directly influences the student academics growth, career and family resources draining in case of adverse life style habits. In addition to that these changes over a period of time, increases the health hazards like obesity, heart problems, gastrointestinal problems, blood circulation problems and other health problems like road traffic accidents. Developing countries like India have great potential that approximately 50% of the young population under 25 years of age group. This type of demographic scenario

available in India and other countries middle and elderly population is more. Our younger generation must take advantage in bringing up the children in good studies and academic improvement in correct dimension and it will give long term fruitful results in the society. This is the responsibility of the parents and younger generation less than 25 years of age group. Those younger generation people should not addict to any other bad life style habits.

Study conducted by Anjali et al^[1] in New Delhi, at Department of nutrition and food revealed that most of these non communicable diseases are preventable as most of its risk factors such as raised blood pressure, raised blood glucose, tobacco use, physical inactivity, and overweight and obesity can be avoided by adopting a healthy lifestyle. Most of these NCDs are preventable as most of its risk factors such as raised blood pressure, raised blood glucose, tobacco use, physical inactivity, and overweight and obesity can be avoided by adopting a healthy lifestyle.^[2-5]

Nowadays majority of the students coming from rural background areas to metropolitan cities like Hyderabad urban areas for their studies, due to influence of city culture, friends, and other social media due to acculturation influencing to adopt these life style changes and trapping such changes and landed up in adverse habits.

In view of the above problems and country prosperity, we made an attempt to explore the prevalence, causes and suggesting some recommendations to the general population and younger generation.

OBJECTIVES

1. To find the demographic profile among the selected Engineering college students.
2. To determine the age at onset and other factors associated with the life style changes observed in the students.

METHODOLOGY

Target population: Selected batches of 3rd year Engineering students of VNR Vignan Jyothi Engineering College.

Study Design: A cross sectional study was conducted at some selected branches from Electronics Communication Engineering (ECE), Electrical and Electronics Engineering (EEE) and Computer Science Engineering (CSE).

Study period: from the period from March 2019 to June 2019 among the students.

Sample Size: Based on the previous studies prevalence of different life style factors like physical activity and smoking in some studies in India and meta analysis of those studies taken as 30%, absolute precision is 8% and at 95 % confidence interval, sample size was arrived as 127.

Sampling method: In the present college approximately 10 branches of Engineering students are there, out of that 3rd year students from 3 branches of ECE, EEE and CSE branches students were selected in this study. Those who are interested to share and fitted to my study design and interviewed with questionnaire and collected information. Out of 127 students, seven students incomplete data was there. These 7 members data not included. Hence, total number of sample size in our study was 120.

Exclusion Criteria: First, Second year students and fourth year students. some of the first year students may be less than 18 years. Fourth year students are busy with their exams and their future career.

Inclusion criteria: Students age more than 18 years and capacity to understand the questionnaire.

Selected branches students of ECE, EEE and CSE branches.

Statistical Analysis: Data was entered in Microsoft office Excel and necessary statistical tests like simple proportions, for categorical analysis chi square test and fisher exact tests were applied. Confidentiality of the student information was maintained at all the levels.

RESULTS

Table 1: Demographic characteristics among the study population.

Type of Branch	Number of students	Percentage
EEE	40	33.3
ECE	40	33.3
CSE	40	33.3
Total	120	100%
Sex		
Male	86	71.6%
Female	34	28.4%
Total	120	100%
Literacy of father		
Literate	102	85%
Illiterate	18	15%
Total	120	100%
Literacy of mother		
Literate	87	72.5%
Illiterate	33	27.5%
Total	120	100%
Income of the family		
< 10,000/per month	24	20%
> 10,000/per month	96	80%
Total	120	100%

In the present study, about 71.6% were male students and only 28.4% were females. Literacy rate among the fathers of students were 85% and among the mothers were 72.5%. Approximately 80% of the students family income was > 10,000/per month.

Table 2: Life style factors observed in the study population.

Life style factors	Number of the students	Percentage
Smoking		
Yes	16	13.3%
No	104	86.7%
Total	120	100%
Physical Activity		
Yes	54	45%
No	66	55%
Total	120	100%
Alcohol Consumption		
Yes	14	11.6%
No	106	88.4%
Total	120	100%

In the current study, about 13.3% of the students observed as smokers. Approximately 45% of the students practising physical activity and near to 11.6% of the students were consuming alcohol.

Table 3: Physical activity versus sex in study population.

Sex	Physical Activity Yes	Physical Activity No	Total
Male	44 (51.1%)	42 (48.9%)	86 (100%)
Female	10 (29.4%)	24 (70.6%)	34 (100%)
Total	54 (45%)	66 (55%)	120 (100%)

$\chi^2 - 4.66$, 1df, $P - 0.03$.

In the present study, about 51% of males were practising the physical activity and among the females, physical activity practising people were 29.4%. There was statistically significant association was found between physical activity and female sex ($P < 0.05$).

Table 4: Duration of smoking and influencing factors of smoking in study population.

Duration of smoking (n-16)	Number of students	Percentage
< 1 year	6	37.5%
> 1 year	10	62.5%
Total	16	100%
Influencing factors of smoking (n-16)		
Friends	7	43.7%
Family members	4	25%
Neighbours	3	18.8%
Advertisements	2	12.5%
Total	16	100%

In the present study among the smokers population, about 62.5% of smokers were having the smoking habit more than 1 year. Similarly approximately 43.7% of students influenced the smoking by friends and 12.5% were influenced by the advertisements.

DISCUSSION

Present study conducted among Engineering college students to identify demographic characteristics and life style changes observation to suggest some health education in addition to their regular academic subjects for the interest of the society and country development. In the current study, about 13.3% of the students observed as smokers. Frequency of smoking and number of days of smoking not taken in this study. In the present study about 75% of the students started smoking at the age of 18 years. Similarly approximately 43.7% of students influenced the smoking by friends and 12.5% were influenced by the advertisements.

Other studies conducted in different parts of the world revealed that the vast majority of tobacco users worldwide begin the use of tobacco during adolescence. NFHS-3 revealed that 40 per cent of males and 5 per cent of females aged 15 to 24 yr consumed tobacco nationwide.^[6,7] Systematic review of 15 studies across India aged 13-15 yr showed a median prevalence of tobacco use (ever users) to be 18.2 per cent; 14 per cent among males and 6.3 per cent among females.^[8]

Global Youth Tobacco Survey (GYTS) 2006 and 2009 across India covering 13 to 15 yr old adolescents in 180 schools highlighted an increase in the current users of any form of tobacco from 13.7 to 14.6 per cent from 2006 to 2009.^[14] A study conducted in Karnataka showed 4.9 per cent point prevalence and 5.1 per cent life-time prevalence of tobacco use among adolescents aged 13-15 yr^[9], conducted a study from Noida city indicated that 11.2 per cent of adolescents aged 11 to 19 yr were users of any kind of tobacco.^[10] Study conducted in Najran, Saudi Arabia, smoking is increasing, particularly among the youth. The prevalence of smoking in adults in 2000 was reported as 11.6%, being higher among males (21.1%) than among females (5.2%).^[12]

In the present study, alcohol consumption was reported as near to 11.6% of the students were consuming alcohol. Again quantity of the alcohol, frequency of the alcohol and type of alcohol is not included in the study as researchers interest is to get an basic idea about how many people are consuming alcohol. In the future in depth analysis can be done with long term cohort studies. Studies from other regions revealed that data from the National Household Survey (NHS) by United Nations Office on Drugs and Crime (UNODC), 2002 covering urban and rural areas of 24 States of India revealed a prevalence of 21.4 per cent of alcohol use among men aged 12 to 18 yr.^[11]

In the present study, approximately 45% of the students practising physical activity. Again type of physical activity and duration of physical activity is not included in the study. Study conducted in Najran, Saudi Arabia stated that 29% of the students engaged in regular exercise while another 25% stated that they never or hardly ever perform physical exercise.^[13]

Limitations of the study

As our study conducted in one college in Hyderabad and that too in some selected branches of Engineering students. Sample size is small and generalization of study findings cannot be reflected to the entire Hyderabad student population. Results of life style habits of engineering college students are different from the students of Degree and other Medical and Paramedical college students and also varies from college to college. But, at least this study will call for the attention to student community and also acts as a basic data for trend of the life style factors among the students on the whole.

CONCLUSIONS

Based on the study findings, prevalence of smoking, alcohol consumption was low comparatively other studies results in India and abroad. Physical activity among the students relatively little low with other studies conducted elsewhere. These results will call for the creating more awareness among the students about life style changes versus future predicted health problems. Need similar long term cohort studies are required to substantiate the present study findings.

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