



Health Behaviours and Well-being among College and University Students

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Abstract: *Introduction:* The term "health behaviour" describes the attitudes and behaviours of a person towards their health and wellbeing. These behaviours refer to routine actions that enhance self-awareness and a sense of wellbeing, including actions that support and promote healthy lives. **Objectives:** The objectives of the study are to understand the health behaviours of college and university students and to examine the well-being of college and university students. **Methodology:** Descriptive research methodology was used to learn about college and university students' health behaviours and well-being. That study was based on primary and secondary data sources. Selected items of the questionnaire have been used, which was developed by the Colorado Department of Health Care Policy and Financing in collaboration with the New Mexico Human Services Department. A total of 40 sample surveys were collected from college and university students. **Findings:** The study's findings revealed that out of 40 students, 77.5% said they usually participate in physical activities, such as walking, skateboarding, dancing, swimming, or playing basketball, for a total of 1 hour every day, while 22.5% said no, and 27.5% said they frequently worry about or feel like something bad might happen, while 72.5% said no. **Conclusion:** Health behaviour is described as any action that may have an impact on a person's physical or mental well-being or any action that a person believes may have that impact. All students who responded to the survey stated that they engage in health-promoting activities.

Keywords: Health Behaviours, Well-Being, College Students.

1. INTRODUCTION:

The term "health behaviour" describes the attitudes and behaviours of a person towards their health and wellbeing. These behaviours refer to routine actions that enhance self-awareness and a sense of wellbeing, including actions that support and promote healthy lives. Any activity carried out for the purpose of preventing or detecting disease or enhancing health and well-being was characterized by Conner and Norman (1996) as a health habit. Health behaviours are activities, behaviour patterns, and habits related to health maintenance, health restoration, and health enhancement, according to Gochman (1997) in the Handbook of Health Behavior Research. Depending on one's viewpoint, the term "health promotion" might mean many different things (Tones & Tilford, 2001). It is a method of empowering someone to have more control over and make improvements to their health. It is a significant issue that seeks to preserve one's degree of health, employment capacity, and potential health resources. Health-promoting activities, those that people engage in to improve and preserve their health, can be crucial in addressing health issues and advancing the general health of society as well as the health of adolescents in particular. The term "well-being" indicates that people believe their lives are going well; well-being is a result that is beneficial for individuals and numerous societal sectors. A healthy lifestyle starts with a good quality of life. Public policy benefits from monitoring these situations. However, a lot of indicators that assess living conditions don't assess how people feel about their lives, such as how well their relationships are, how resilient they are in the face of good emotions, how much they have achieved in life, or how satisfied they are with it overall. Therefore, the current study has investigated health behaviours and feelings/well-being among UG, PG, and Ph.D. students.

2. Review of Literature:

- **Suksatan W et al (2021)** The study examined the stress, adversity quotient, and health behaviours of university students in Thailand. A cross-sectional predictive study was carried out on predictors of health behaviours among undergraduate students during the COVID-19 pandemic. 416 undergraduate students under the age of 18 who



attended a university in Thailand were a part of it. For the purpose of analysing the data, descriptive statistics, the chi-square test, and stepwise multiple linear regression were used. According to the findings, women made up the majority of participants (71.90%), while the College of Politics and Governance had the highest student enrollment rate (25.24%). The majority of the kids reported high stress levels, high adversity quotients, and good health behaviours ($M = 3.06, SD = 0.53$) ($M = 3.54, SD = 0.53$, and $M = 3.77, SD = 0.63$, respectively). Undergraduate students' health habits were significantly predicted by their adversity quotient, stress, and present professors and institution (total variance: 37.2%). Stress and present faculty or colleges were the next best predictors of health behaviour after total adversity quotient. In order to encourage and promote students' physical and mental health behaviours, particularly during COVID-19, it has been suggested that faculty members, carers, and interdisciplinary care teams should take stress, the adversity quotient, and other factors into consideration when planning activities.

- Muller C et al (2022)** The study was conducted on university students who regularly engage in unhealthy habits, so the research was on health-promoting behaviour and lifestyle characteristics of students. Studies analysing a wide range of their lifestyle traits by sex and academic degree of study are scarce, nonetheless. With the aid of EvaSys version 8.0, a cross-sectional survey of 3389 students enrolled in BSc, MSc, or PhD programmes at one German university evaluated physical activity (PA), sedentary behaviour (SB), nutrition, sleep quality, and use of alcohol, tobacco, and other drugs (ATOD) by sex and academic level. Chi-squared tests were used to examine categorical variables according to sex, while binary logistic regression analysis with Bonferroni corrections looked at differences according to academic degree. Despite the fact that 91% of students met the requirements for aerobic PA, only 30% met those for muscle strengthening exercises (MSE), and 44% had excessive SB. In addition, only 10% of students fulfilled the guidelines for fruit and vegetable consumption (FVC), > 40% of them had trouble sleeping, and > 30% drank alcohol dangerously. Less than 20% of the sample met the PA, MSE, and SB recommendations or guidelines. Significant sex and academic level variations could be seen in several behaviours. Men (lower FVC), women (eating more under stress), and BSc students (poorer nutrition/sleep quality, higher ATOD usage) were among the groups identified as being at risk. Given the aforementioned findings, multifaceted approaches are required, with the main goal of highlighting the connections between academic accomplishment and health. In order to increase awareness and support student health, behavioural interventions and environmental policies are necessary.

3. Objectives of the Study:

- To understand the health behaviours of college and university students
- To examine the well-being of college and university students

4. Methodology:

Descriptive research methodology was used to learn about college and university students' health behaviours and well-being. The present study is based on primary and secondary data sources. Selected items of the questionnaire have been used, which was developed by the Colorado Department of Health Care Policy and Financing in collaboration with the New Mexico Human Services Department. A total of 40 sample surveys were collected from the college and university students of Karnatak University, Dharwad, through the Kobotool Box to understand the health behaviours and well-being among college and university students.

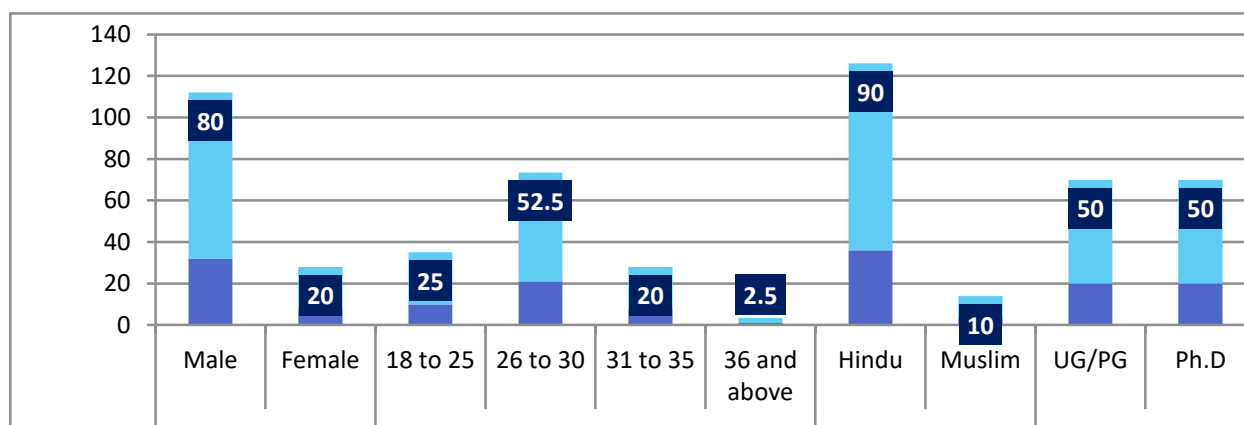


Table 1: Socio-demographic details



Table 1: demonstrates the distribution of socio-demographic details among the respondents. The majority of respondents (80%) were males, 20% were females, the majority of (52.5%) belonged to the 26-30 age category, 25% belonged to the 18-25 age category, 20% belonged to the 31-35 age category, and 2.5% belonged to the 36-and-above age category, and the majority of (90%) belonged to the Hindu religion, and 10% belonged to the Muslim religion. 50% of the respondents were pursuing Ph.D., and 50% of the respondents were pursuing UG/PG.

Table 2: Health Behaviours

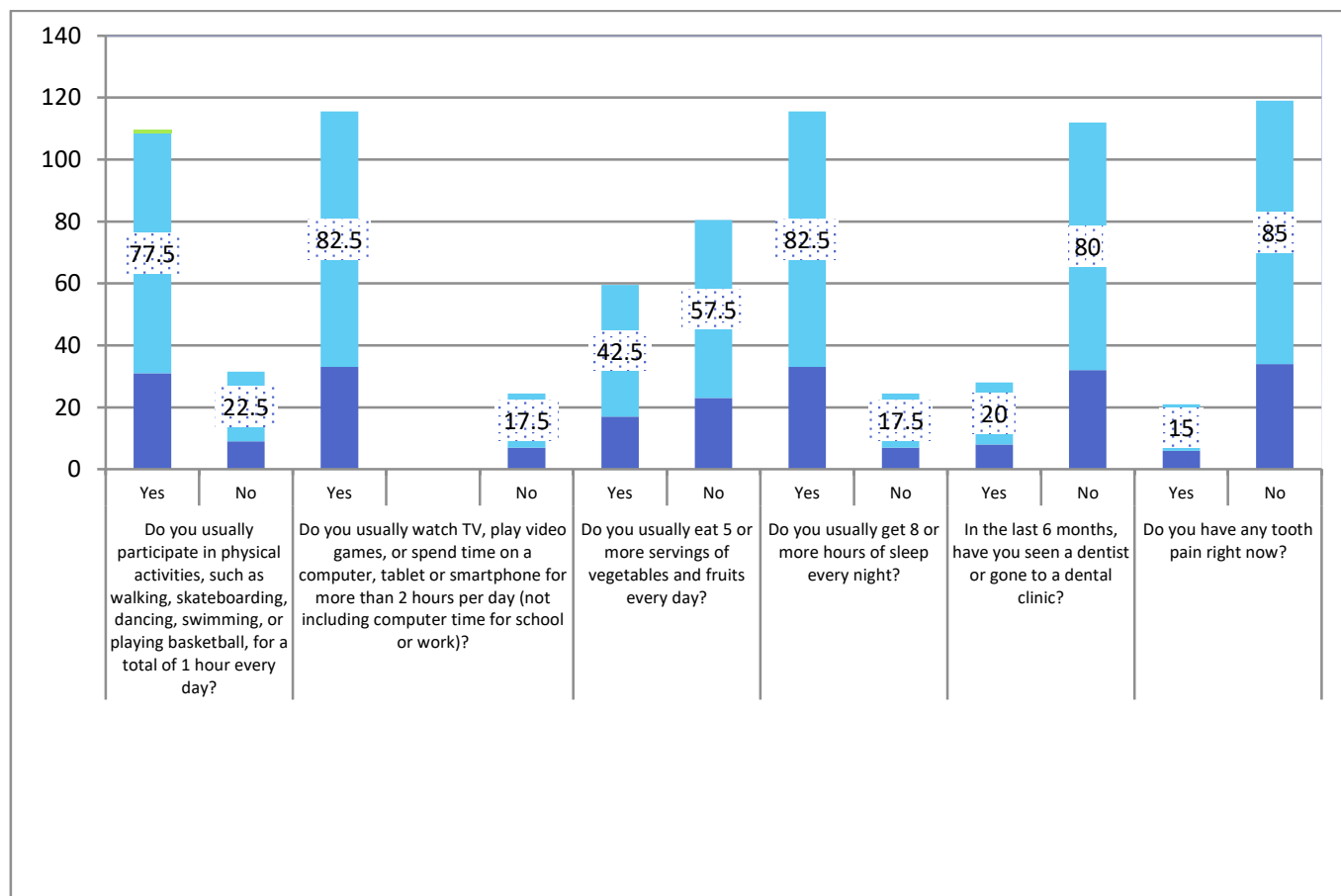


Table 2: This table shows that out of 40 students 77.5% of the students were said yes to usually participate in physical activities, such as walking, skateboarding, dancing, swimming, or playing basketball, for a total of 1 hour every day and 22.5% of the students were said no, 82.5% of the students were said yes to usually watch TV, play video games, or spend time on a computer, tablet or smartphone for more than 2 hours per day (not including computer time for school or work) and 17.5% of the students were said no, 42.5% of the students were said yes to usually eat 5 or more servings of vegetables and fruits every day and 57.5% students were said no, 82.5% of the students were said yes to usually get 8 or more hours of sleep every night and 17.5% of the students were said no, 20% of the students were said yes to In the last 6 months, have you seen a dentist or gone to a dental clinic, and 80% of the students said no; 15% of the students said yes to having tooth pain right now; and 85% of the students said no to having any tooth pain right now.



Table 3: Feelings/Well-being:

Sl.No	Variable	Category	N=40	%
1	Do you often worry about or feel like something bad might happen?	Yes	31	27.5
		No	29	72.5
2	Are you often tense, stressed out, and/or have difficulty relaxing?	Yes	18	45
		No	22	55
3	Over the past 2 weeks, how often have you been bothered by any of the following problems?			
3.A	Little interest or pleasure in doing things?	0= Not at all	21	52.5
		1= Several days	10	25
		2= More than half the days	5	12.5
		3= Nearly every day	4	10
3.B	Feeling down, depressed, irritable or hopeless?	0= Not at all	19	47.5
		1= Several days	16	40
		2= More than half the days	5	12.5
		3= Nearly everyday	0	0
4	Have you ever purposefully hurt yourself without wanting to die, such as cutting or burning yourself?	Yes	7	17.5
		No	33	82.5
5	Have you ever seriously thought about killing yourself, made a plan and/or actually tried to kill yourself?	Yes	5	12.5
		No	35	87.5

Table 3: This table shows that out of 40 students 27.5% of the students were said yes to often worry about or feel like something bad might happen and 72.5% were said no, students 45% of the students were said yes to often tense, stressed out, and/or have difficulty relaxing and 55% were said no, 52.5% of the students were said Not at all to little interest or pleasure in doing things over the past 2 weeks, how often have you been bothered, 25% were said Several days, 12.5% were said More than half the days and 10% were said Nearly every day, 47.5% of the students were said not at all to Feeling down, depressed, irritable or hopeless, 40% were said Several days, 12.5% of the students were said More than half the days to Feeling down, depressed, irritable or hopeless, 17.5% of the students said yes to having ever purposefully hurt yourself without wanting to die, such as cutting or burning yourself, and 82.5% of the students said no. 12.5% of the students said yes to having ever seriously thought about killing yourself, made a plan, and/or actually tried to kill yourself, while 87.5% said no to having ever seriously thought about killing yourself, made a plan, and/or actually tried to kill themselves.

5. CONCLUSION:

Health behaviour is described as any action that may have an impact on a person's physical or mental well-being or any action that a person believes may have that impact. It is closely tied to their culture and has a significant impact on how people behave when it comes to their health and illnesses. Students should be assisted in practicing self-care by ensuring that they are well-educated and have the capacity to learn new skills for health promotion. All students who responded to the survey stated that they engage in health-promoting activities. The development of healthy behaviours during adulthood may have a big impact on those behaviours as well as the occurrence of diseases later in life. College students are excellent candidates for health promotion and preventive programmes since they are infamous for engaging in dangerous health behaviours. According to research, college students' health behaviours and well-being are poor.

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