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Lifestyle behavior and mental health among nursing collegians at Baghdad University

Shahad Nasret Abdoun

Master's degree in nursing from the University of Baghdad, College of Nursing, Academic Nurse, Ministry of Health/ Medical city/ Baghdad teaching hospital
Corresponding author email: <mailto:ijhs@sciencescholar.us>

Hassan Ali Hussein

Assist. Prof. Dr. working at the University of Baghdad, College of nursing, Psychiatric Nursing Department, Iraq

Abstract---Background : The lifestyle has changed between the past and the present, our current era has been characterized by the abundance of changes and transformations that put pressure on the human being, Family conditions have changed, social relations and economic conditions have become complicated, and physical and psychological diseases, have diversified alike, which makes the person resort to confronting these changes and transformations and adapting to them to achieve the greatest possible compatibility, happiness, and physical and psychological health. Objective: To fine out the relationship between Lifestyle behavior and Mental Health among nursing collegians at Baghdad university as seen with strong positive correlation at p-value= 0.001. Methodology: The study was conducted in 2021/2022 and included 171 participants representative of the Iraqi nursing student's population. Lifestyle factors were assessed via electronic questionnaire and included frequency of physical and mental activity, alcohol consumption, smoking, as well as circadian and social regularity. Outcome variables were depression, anxiety, stress and satisfaction with life. Result: There is high significant relationship between Lifestyle behavior and mental health among the nursing collegians as seen with strong positive correlation at p-value= 0.001. Conclusion: Mental health and Lifestyle behavior have strong association among nursing collegians at Baghdad university

Keywords---lifestyle, mental health, nursing collegians.

Introduction

The lifestyle has changed between the past and the present, our current era has been characterized by the abundance of changes and transformations that put pressure on the human being, Family conditions have changed, social relations and economic conditions have become complicated, and physical and psychological diseases, have diversified alike, which makes the person resort to confronting these changes and transformations and adapting to them to achieve the greatest possible compatibility, happiness, and physical and psychological health(Hariri,2020).

so, it has multidimensions that include several terms deal with physical health, mental health, emotional aspect and social life. Which is to promoting health and avoid diseases in general. In this research, especially in avoiding mental illness, it done by, proper diet, activity/rest, exercise, avoiding smoking and alcohol, Lifestyle modification requires behavioral changes that constitute a major part of daily habits(Tol et al.,2013).

Six elements make up health-promoting behaviors patterns: health responsibility, physical activity, nutrition, personal relationships, spiritual growth, and stress management. These habits are part of life and have an impact with one's happiness, values, and well-being.

healthy lifestyle behaviors are an important component in maintaining mental health, and entails a positive approach to living and a mean of increasing well-being and self-actualization(Hariri,2020).

Studies show that the lifestyle that a person follows healthy habits are more likely to enjoy higher mental health and to thrive psychologically and socially, and they also suffer from fewer health problems and live longer

As for those who are tired of an unhealthy lifestyle, they are vulnerable to psychological and health problems and face the risk of early death(Pedrelli et al.,2015)

According to (Pedrelli et al.,2015) reported that Mental illnesses have spread very widely in world, especially in recent years, and their causes are multiple and complex, including the lifestyle in general, and the lack of commitment to a healthy diet, lack of exercise regularly, or lack of adaptation to stress and psychological pressures, and a significant lack of sleep, which is replaced by staying up for periods of time. In addition to other factors that we will discuss in the research and according to research, the rate of prevalence of mental illness among university students is 75% who have at least one mental illness.

Method

A descriptive research which utilized a correlation design, planned and conducted to evaluate of health-promoting lifestyle and its relation with mental health at nursing collagens in Baghdad University/ college of nursing., An approval of the university of Baghdad / college of nursing council, being obtained previously, then an official permission was obtained from the ministry of planning/central council of statistics, for authorizing the instrument in study

conduction., then research designs protocol was arranged as pre-request in research process.

The protocol was provided with the research instrument, which was consisting of three axes: 1- a list of common items for assessing demographic data of participant nursing students, 2- health promoting lifestyle profile II scale, and 3- mental health scale, the research instrument was revised and evaluated by number of experts, from and out the current nursing college. Another permission for collecting the sample is also targeted setting (university of Baghdad / college of nursing), then an arrangement with Scientific assistant of nursing college and all department supervisor of nursing college.

The present study had been conducted in university of Baghdad/college of nursing is selected for the purpose of the study., Before collecting study data, a convenience sample of (15) participants were asked to complete the study questionnaire as a pilot, and it was conducted from the period (5th – 9th December, 2021), the sample of the pilot study was excluded from the original study sample and for the following objectives: To confirm the clarity of the instrument structure through the participants, and to determine if some modification is needed and ensure understanding of its axes. To obtain the time required for each interview which was averaged about (10-20) minutes. To assess limitation may occur, and to make sure how to deal with documentation.

The actual taken study was (171) participant through electronic questionnaire posted by classroom application to the students of all stages and fill it by them then analyzes by SPSS version 24., The assessing the instrument quality and adequacy is done by a major criterion which is the reliability, it is the degree of consistency A participant completing an instrument meant to measure motivation should have approximately the same responses each time the test is completed, and the most common to measure the internal consistency is Cronbach alpha (Heale and Twycross,2015)

Reliability, coefficients are normally ranged from (-1.00) through (0.00) to (+ 1.00), and the reliability coefficient above (0.70) is considered satisfactory, the aim of measure is to ensure the items of questionnaire are simple, clear, and understandable, so the reliability scale is detecting by internal consistency. (Heale and Twycross,2015),and the reliability of health promoting lifestyle and mental health coefficient are above (0.80) which is consider Good degree. Where Sample of the study: A convenience (non- probability, non- randomized) sample of (Totally 171 participants students) has intentionally selected from first stage to 4th stage, that consider a sample study.

Methods of data collection is used by instrumentation by electronic questionnaire during the classroom application posted to students, the researcher used this way, because presence of covid-19 virus which limited the connection and exchange of things or papers, also it's easy to application the results to SPSS program, and collecting last from December, 2021 to 20th January, 2022, and used a Cronbach Alpha (α): for the internal consistency of the study ,The Alpha Correlation Coefficient was applied to determine the reliability of the present

study instrument by application of Statistical Package for Social Science Program (IBM SPSS) version 24.0.

Ethical Consideration

An important part of the study, means keep rights for the research and the participants through initiation of sample collection process. Before initiation of collecting sample, getting permission from the Dean of the College of Nursing, then the scientific assistant, and then the heads of comprehensive nursing departments.

- Meeting with participant (students) getting permission to involve in pilot study and in the actual sample.
- Names are not obtained.
- All students had been got full information about their mission in the study.
- All students have been told that the results of the study will be only for the purpose of this study.
- Notify all the students that all of them are an independent individual and is having the right to refuse participation.

Result

Table (1): Distribution of Sample According to their Socio-demographic Characteristics

List	Characteristics	f	%	
1	Gender	Male	40	23.4
		Female	131	76.6
		<i>Total</i>	<i>171</i>	<i>100</i>
2	Age M±SD= 21.34±4.153	18 – 20 year	91	53.2
		21 – 23 year	58	33.9
		24 – 26 year	9	5.3
		27 ≤ year	13	7.6
		<i>Total</i>	<i>171</i>	<i>100</i>
3	Marital status	Unmarried	149	87.1
		Married	19	11.1
		Divorced	2	1.2
		Widowed/er	1	0.6
		Separated	0	0
	<i>Total</i>	<i>171</i>	<i>100</i>	
4	Scholastic stage	First	42	24.6
		Second	60	35.1
		Third	46	26.9
		Fourth	23	13.4
		<i>Total</i>	<i>171</i>	<i>100</i>
5	Monthly income	Insufficient	14	8.2
		Barely sufficient	77	45
		Sufficient	80	46.8
		<i>Total</i>	<i>171</i>	<i>100</i>

6	Residence	Urban	140	81.9
		Rural	31	18.1
		<i>Total</i>	<i>171</i>	<i>100</i>

f: Frequency, %: Percentage, M: Mean, SD: Standard deviation

This table shows that 76.6% of nursing collegians are females (n=131), their age is refers to 21.34±4.153 year in which 53.2% of them (n=91) are with age group 18-20 year and 33.9% are with age group of 21-23 year (n=58). The scholastic stage refers that 24.6% from first stage (n=42), 35.1% from second stage (n=60), 26.9% from third stage (n=46), and 13.4% from fourth stage (n=23). Regarding monthly income, 46.8% of them are perceived sufficient monthly income (n=80), while 45% perceived barely sufficient income (n=77), The residency refers that 81.9% of them are resident in urban (n=140) and remaining are resident in rural (n=31).

Table (2): Overall Assessment of Health Promoting Lifestyle among Nursing Collegians

Health promoting lifestyle	f	%	M	SD
Poor	16	9.4	134.38	21.542
Fair	133	77.8		
Good	22	12.9		
<i>Total</i>	<i>171</i>	<i>100</i>		

f: Frequency, %: Percentage

M: Mean for total score, SD: Standard Deviation for total score

Poor= 52 – 104, Fair= 105 – 156, Good= 157 – 208

This table indicates that 77.8% of nursing collegians show fair health promoting lifestyle (134.38±21.542).

Table (3): Overall Assessment of Mental Health among Nursing Collegians

Mental health	f	%	M	SD
Poor	26	15.2	35.61	6.504
Fair	94	55		
Good	51	29.8		
<i>Total</i>	<i>171</i>	<i>100</i>		

f: Frequency, %: Percentage

M: Mean for total score, SD: Standard Deviation for total score

Poor= 17 – 28.3, Fair= 28.4 – 39.7, Good= 39.8 – 51

This table indicates that nursing collegians show fair to good level of mental health (35.61±6.504) in which 55% show fair level and 29.8% show good level.

Table (4) Correlation between Health Promoting Lifestyle and Mental Health among Nursing Collegians (N=171)

Scales	Pearson correlation	p-value
Health Promoting Lifestyle	0.317	0.001

Mental Health

** . Correlation is significant at the 0.01 level (2-tailed).

This table indicates that there is high significant relationship between health promoting lifestyle and mental health among the nursing collegians as seen with strong positive correlation at p-value= 0.001.

Discussion

According to table (1), the study results show the statistically distribution of observed frequencies and percentage of nursing students according to their socio-demographic characteristics (gender, age, Scholastic stage, Monthly income,) and it found that majority percentage of distribution according to the gender was (76.6%) of females and (23.4 %) of males. This result agree with study done by (Alzahrani et al.,2019). Health promoting lifestyle of university students in Saudi Arabia: a cross-sectional assessment, that conducted on 171 students fully completed the surveys the majority of the participants were female (70.4%), the researcher concludes that females students are more engage in Participation in the study's results, which means they are interested and also share their answers, and consider a critical determine of health it is influence on mental health, including their socioeconomic roles, ranks and social stats, and treatment in society, as gender is important in defining susceptibility and exposure to number of mental health risks as result unhealthy lifestyle behaviors.

The results demonstrated that majority percentage of nursing students according to age group was (53.2%) for the age group of 18 – 20 year, (33.9%) for 21 – 23 year, (5.3%) for 24 – 26 year and (7.6%) for 27 ≤ year, these results supported by study was by (Mak et al.,2018), their study about Health-promoting lifestyle profile and associated factors among medical students in a Saudi university, is conducted the age range was 20–25years, with a mean of 21.6±1.0years. Just over half (55.1%) were males, more than one-third (39.5%) were recruited from their fifth year, 38.7% were selected from the fourth academic year, and the rest were from the sixth year.

The major percentage of distribution according to Scholastic stage (35.1%) of second stage, first stage (24.6%), third stage (26.9%) and forth stage (13.4%), according to this study of nursing students (Lee,2019) , Health-promoting Lifestyle of Nursing Students: Using Mixed Methods Research, are (54.8%) for first stage, (13.8%) for second stage, (22.5%) for third stage, and (8.9%) for forth stage, a study by (Borle et al.,2017), Health-promoting Lifestyle of Nursing Students: Using Mixed Methods Research stated that first stage (17.6%), second stage (21.6%), third stage (34.5%), fourth stage (26.3%), the researcher conclude found that older students had a significant high level of overall health promotion life style, because they are aware of healthy lifestyle and more conscious about academic college achievement.

The major percentage of distribution according to Monthly income the high percentage is Sufficient= (46.8%), Barely sufficient= (45%), and Insufficient= (8.2%), according to study by (Alzahrani et al.,2016), Health-promoting lifestyle profile and associated factors among medical students in a Saudi university, that

reported monthly income Less than 10,000 = (8.2%), 10,000–20,000 = (35.0%), 20,000–30,000 = (26.8%), and More than 30,000 = (30.0%). The table (2) indicates that there is high significant relationship between health promoting lifestyle and mental health among the nursing collegians as seen with strong positive correlation at p -value= 0.001, a study by (Noorbala et al.,2017), The association of healthy lifestyle behaviors with mental health indicators among adolescents of different family affluence in Belgium, mentioned that investigated healthy lifestyle behaviors and mental health, plays a moderating role in the relation between certain healthy lifestyles and mental health outcomes, sleep duration and daily breakfast intake , levels of physical activity, limited alcohol consumption, good relationships and stress management are all effected on quality of mental health among nursing students,

The table (3) nursing collegians of (77.8%), show fair health promoting lifestyle (134.38 ± 21.542), and the rest arranging between poor (9.4%) and good (12.9%), study by (Borle et al.,2017), Health-promoting lifestyle behaviors of nursing students of a tertiary care institute reported The survey participants consisted of 124 students, the students HPLP assessment was done, it was found that nobody was there in poor score category, The majority (71.77%) had a good HPLP score, with 29 (23.39%) in the excellent group. The table (4) indicates that nursing collegians show fair to good level of mental health (35.61 ± 6.504) in which (55%) show fair level and 29.8% show good level, supported by study(Noorbala et al.,2017), Mental Health Survey of the Iranian Adult Population in 2015, mentioned that a total of 23.44 percent of people were suspected of having mental illnesses (19.28 percent of males and 27.55 percent of females),

Conclusion

The current study underlines the importance of healthy lifestyle choices in respect to psychological wellbeing, the number of healthy lifestyle choices also predicts lower psychological distress and greater life satisfaction. Healthy lifestyle behaviors seem to have an additive effect on mental health, but attention need to be paid for healthier choices.

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