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Factors Influencing Health-Promoting Lifestyle among Obafemi Awolowo University Undergraduates in Ile Ife, Nigeria

Facteurs Influençant le Mode de Vie Favorable à la Santé chez les Étudiants de Premier Cycle de l'Université Obafemi Awolowo à Ile Ife, Nigeria

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ABSTRACT

BACKGROUND: The impact of lifestyle choices on health has received more attention in recent years due to several scientific studies that have found positive results between diseases and quality of life. This study determined factors influencing Health Promoting Lifestyles among Obafemi Awolowo University undergraduates.

METHODS: This study employed a descriptive cross-sectional design. A multistage sampling technique was used in this study. Data were collected from 401 undergraduates using the Health Promoting Lifestyle Profile II (HPLP II) questionnaire which was adapted from previous studies. Multiple regression analysis was used to analyze the effects of various demographics on the overall HPLP-II score. The association was determined using a 95% confidence interval and a p-value less than 5% was taken as statistically significant

RESULTS: The average total HPLP II score among respondents was 131.2 ± 18.4 . The other dimensions of health promoting life style are health responsibility, physical activity, nutrition, stress management, self-actualization, and interpersonal relationships. Students had the highest mean scores in self-actualization among males (27.8 ± 5.4) and females (27.7 ± 5.2). Physical activity had the lowest mean score in both males (17.3 ± 4.9) and females (15.9 ± 4.7). There was a statistically significant difference in mean score of physical activity for male and female ($t=2.805$, $p=0.005$). The predictors of dimensions of health promoting life style were age ($p=0.042$), faculty ($p=0.026$), level of study (0.004) and religion (0.013).

CONCLUSION: The study concluded that there is a statistically significant relationship between health promoting lifestyle and age, religion and respondents study level. **WAJM 2022; 39(9): 922–927.**

Keywords: Health promoting lifestyles, Non-communicable diseases, Undergraduates, Predictors.

RÉSUMÉ

CONTEXTE: L'impact des choix de mode de vie sur la santé a fait l'objet d'une attention accrue ces dernières années en raison de plusieurs études scientifiques qui ont révélé des résultats positifs entre les maladies et la qualité de vie. Cette étude a déterminé les facteurs influençant les modes de vie favorables à la santé chez les étudiants de premier cycle de l'Université Obafemi Awolowo.

MÉTHODES: Cette étude a utilisé un plan descriptif transversal. Une technique d'échantillonnage à plusieurs degrés a été utilisée dans cette étude. Les données ont été recueillies auprès de 401 étudiants de premier cycle à l'aide du questionnaire Health Promoting Lifestyle Profile II (HPLP II), adapté d'études antérieures. Une analyse de régression multiple a été utilisée pour analyser les effets de diverses données démographiques sur le score global du HPLP-II. L'association a été déterminée en utilisant un intervalle de confiance de 95 % et une valeur p inférieure à 5 % a été considérée comme statistiquement significative.

RÉSULTATS: Le score total moyen de HPLP II parmi les répondants était de $131,2 \pm 18,4$. Les autres dimensions du style de vie favorisant la santé sont la responsabilité en matière de santé, l'activité physique, la nutrition, la gestion du stress, l'accomplissement de soi et les relations interpersonnelles. Les étudiants ont obtenu les scores moyens les plus élevés en matière de réalisation de soi chez les hommes ($27,8 \pm 5,4$) et les femmes ($27,7 \pm 5,2$). L'activité physique a obtenu le score moyen le plus faible chez les hommes ($17,3 \pm 4,9$) et les femmes ($15,9 \pm 4,7$). Il y avait une différence statistiquement significative dans le score moyen de l'activité physique pour les hommes et les femmes ($t=2,805$, $p=0,005$). Les prédicteurs des dimensions du style de vie favorisant la santé étaient l'âge ($p=0,042$), la faculté ($p=0,026$), le niveau d'étude (0,004) et la religion (0,013).

CONCLUSION: L'étude a conclu qu'il existe une relation statistiquement significative entre le style de vie favorisant la santé et l'âge, la religion et le niveau d'étude des répondants. **WAJM 2022; 39(9): 922–927.**

Mots clés: Modes de vie favorables à la santé, maladies non transmissibles, étudiants de premier cycle, variables prédictives.

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