

## A Study On Gender Difference In Life Style Determinants Of Fifth Semester Medical Students In A Government Medical College.

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### **Abstract:**

**Background:** Now a days Medical profession is a very challenging profession. Many factors play a role in the outcome of the students when they complete their MBBS course.

**Aim and Objective:** This study was done to know the life style determinants of medical student.

**Materials and Methods:** This study was done on 140 medical students of V Semester medical students of age 19-21 years. The students were given a common questionnaire to answer in yes or no option.

**Results:** From the study it was noticed that 74% of male and 52% of female students were taking junk food and only 18% of male and 29% of female were taking green leafy vegetables and only 14% of male and 31% of female were taking fruits daily. Though 76% of male and 72% of female had knowledge about healthy diet only 24% of male and 22% of female students were practicing healthy diet. Around 48% of male and 40% of female students were satisfied with their dietary habits and 32% of male and 30% of female were skipping their diet regularly. 58% of male and 63% of female were hostellers and 42% of male and 37% of female were dayscholars. 50% of male and 52% of female own a vehicle and 22% of male and 28% of female own a laptop. 82% of male and 35% of female were engaged in physical activities. Time spent in usage of mobiles for male students was 4 hours and females was 3 hours respectively. Total sleep time per day for male and female student was 6 hours.

**Conclusion:** This study shows us that there are different factors in the medical life that has to be monitored for better outcome of the performance of medical students.

**Key Words:** Healthy diet, Life style determinants, Medical student, Performance, Time.

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### **I. Introduction**

The term lifestyle can denote the interests, opinions, behaviors, and behavioral orientations of an individual, group, or culture.<sup>[1][2]</sup> The term was originally used by Austrian psychologist Alfred Adler (1870-1937).<sup>[3]</sup> Health is the level of functional or metabolic efficiency of a living organism. In humans it is the ability of individuals or communities to adapt and self-manage when facing physical, mental or social challenges.<sup>[4]</sup> The World Health Organization (WHO) defined health in its broader sense in its 1948 constitution as "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity."<sup>[5][6]</sup>

Generally, the context in which an individual lives is of great importance for both his health status and quality of their life. It is increasingly recognized that health is maintained and improved not only through the advancement and application of health science, but also through the efforts and intelligent lifestyle choices of the individual and society. According to the World Health Organization, the main determinants of health include the social and economic environment, the physical environment, and the person's individual characteristics and behaviors.<sup>[7]</sup> Though many factors contribute to health of a person, diet and physical activity are the leading determinants of a healthy life. A balanced diet helps maintain energy levels throughout the day and regular physical activity can prevent weight gain that can lead to plethora of chronic conditions. Allowing the body to rest each day by getting a proper amount of sleep is also important in achieving a healthy life style. An important way to maintain personal health is to have a healthy diet. A healthy diet includes a variety of plant-based and animal-based foods that provide nutrients to the body. Such nutrients give energy and keep the body running. Nutrients help build and strengthen bones, muscles, and tendons and also regulate body processes (i.e. blood pressure). The food guide pyramid is a pyramid-shaped guide of healthy foods divided into sections. Each section shows the recommended intake for each food group (i.e. Protein, Fat, Carbohydrates, and Sugars). Making healthy food choices is important because it can lower the risk of heart disease, developing some types

of cancer, and it will contribute to maintaining a healthy weight.<sup>[8]</sup>Physical exercise enhances or maintains physical fitness and overall health and wellness. It strengthens muscles and improves the cardiovascular system.

**Sleep:** Sleep is an essential component to maintaining health. In children, sleep is also vital for growth and development. Ongoing sleep deprivation has been linked to an increased risk for some chronic health problems. In addition, sleep deprivation has been shown to correlate with both increased susceptibility to illness and slower recovery times from illness.<sup>[9]</sup> In one study, people with chronic insufficient sleep, set as six hours of sleep a night or less, were found to be four times more likely to catch a cold compared to those who reported sleeping for seven hours or more a night.<sup>[10]</sup> Due to the role of sleep in regulating metabolism, insufficient sleep may also play a role in weight gain or, conversely, in impeding weight loss.<sup>[11]</sup> Additionally, in 2007, the International Agency for Research on Cancer, which is the cancer research agency for the World Health Organization, declared that "shiftwork that involves circadian disruption is probably carcinogenic to humans," speaking to the dangers of long-term nighttime work due to its intrusion on sleep.<sup>[12]</sup> In 2015, the National Sleep Foundation released updated recommendations for sleep duration requirements based on age and concluded that "Individuals who habitually sleep outside the normal range may be exhibiting signs or symptoms of serious health problems or, if done volitionally, may be compromising their health and well-being."<sup>[13]</sup>

**Time Management:** Proper Time management plays a very important role in relieving stress. Time wastage on mobile usage is increasing now a days which has to be controlled.

An inactive life style is a prominent cause for chronic diseases. Many of the conditions are manageable and can be prevented by engaging in physical activities and by taking proper diet and by having good sleep regularly. This study was done to evaluate the different life style determinants of medical students. By properly maintaining the health of medical students we can aim at better outcome of the performances of medical students. A healthy lifestyle is one which helps to keep and improve people's health and well-being.

## **II. Materials And Methods**

This study was conducted in Department of Pharmacology, Sri Venkateswara Medical College, Tirupati, Andhra Pradesh. The study subjects were fifth semester medical students (n=140). Informed consent was taken from the students. The aim and objective of the study was explained to the students. The study was carried in the month October 2015. An Open ended questionnaire consisting of 20 questions was given to the students and they were asked to give their options regarding the questions as either yes or No. The questions were mainly on dietary habits, on cost of living, on physical activity, on monthly expenditure, duration of time spent on mobile usage and sleep.

Questions on type of food taken : **YES/NO**

1. Do you take junk food more than twice a week.
  2. Do you eat morning breakfast.
  3. Do you eat green leafy vegetables daily.
  4. Do you eat fruits daily.
  5. Are you a vegetarian or nonvegetarian.
- Opinion on dietary habits
6. Do you have knowledge regarding healthy diet.
  7. Are you practicing healthy diet regularly.
  8. Are you satisfied with your diet.
  9. Do you skip your meals regularly.
  10. Is there any recent weight change in the past six months period.

On Life style and cost of living

11. Are you a Hosteller.
12. Are you a Day scholar.
13. Do you own a vehicle.
14. Do you own a laptop.

On Physical activities

15. Do you like to be physically active.
16. Are you engaged in physical activities.

Reasons for not being physically active

- a. Lack of time ( )
- b. Lack of motivation ( )
- c. Due to health problems ( )
- d. Due to injuries ( )
- e. Could not specify the cause ( )

17. Do you have any Addictive Habits like Smoking/Alcohol/Tobacco Chewing

On Monthly expenditure

18. Mean monthly expenditure in rupees among hostellers and dayscholars

On Duration of time

19.Duration of time on mobile usage in hours or minutes per day.

20.Duration of time of sleep in hours or min per day.

The data was collected and descriptive statistics was used for analysis.

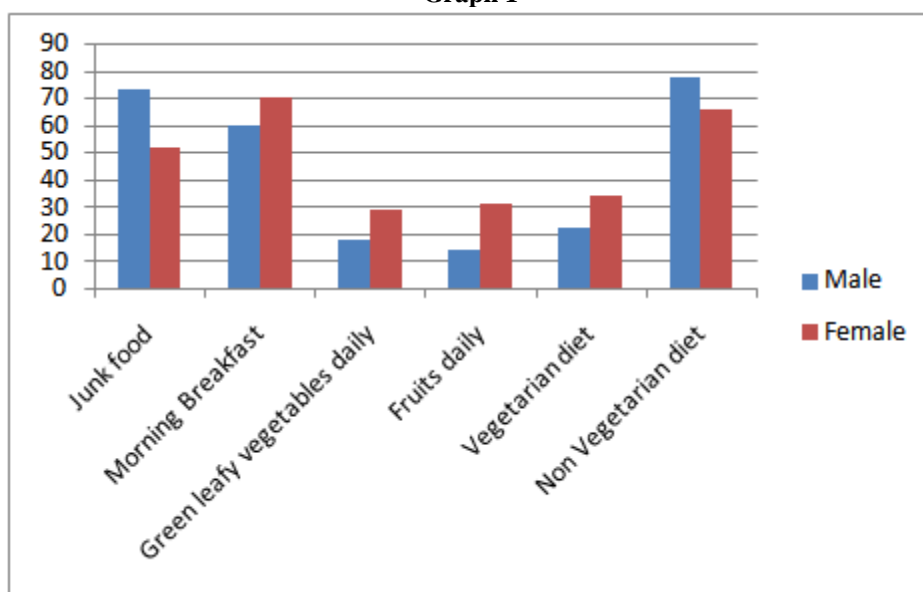
### III. Results

The Opinion from the participants(n=140)to the questionnaire was collected and interpreted

**Table 1: Type Of Food Item Taken Daily**

	Male	Female
Junk Food	74%	52%
Morning Breakfast	60%	71%
Green leafy vegetables daily	18%	29%
Fruits daily	14%	31%
Vegetarian	22%	34%
Nonvegetarian	78%	66%

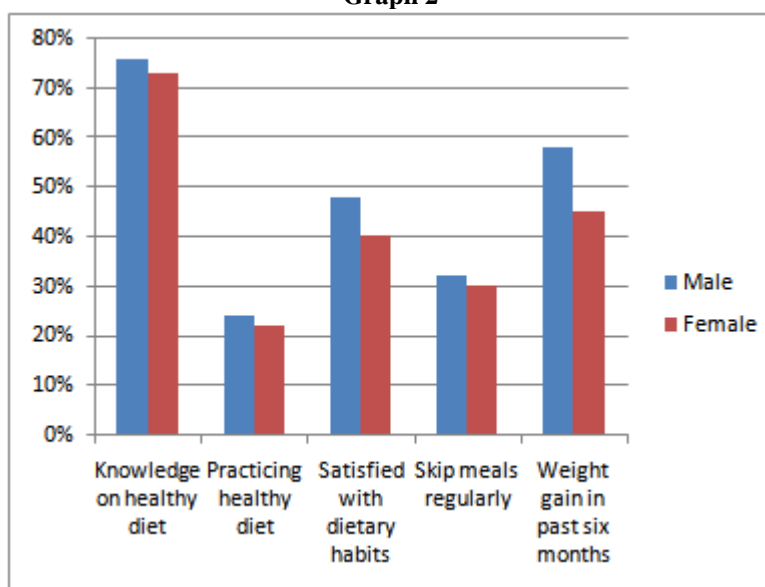
**Graph 1**



**Table2: Opinion On Dietary Habits**

	Male	Female
Knowledge on healthy diet	76%	73%
Practicing healthy diet	24%	22%
Satisfied with diet	48%	40%
Skip Meals regularly	32%	30%
Weight gain in past six months	58%	45%

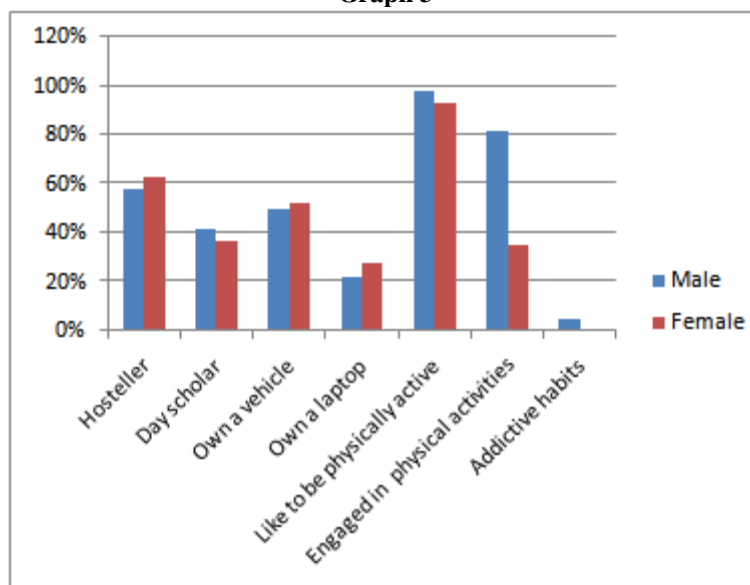
**Graph 2**



**Table 3: On Life Style And Cost Of Living**

	Male	Female
Hosteller	58%	63%
Dayscholar	42%	37%
Own a vehicle	50%	52%
Own a laptop	22%	28%
Like to be physical active	98%	93%
Engaged in physical activity	82%	35%
Addictive habits	5%	0%

**Graph 3**



**Table 4: Monthly Expenditure**

	Male	Female
Mean monthly expenditure in hostellers	Rs 5000	Rs 4000
Mean monthly expenditure in dayscholars	Rs 2500	Rs 1500

**Table 5: Time**

	Male	Female
Duration of sleep time per day	6 Hours	6Hours
Duration of time in mobile usage per day	4 Hours	3 Hours

#### **IV. Discussion**

Many studies have shown that there is huge negligence on health in medical professionals .This study was mainly carried out to assess the factors for the negligence on health in medical students. The study mainly concentrated on dietary habits, physical activities,addictive habits,time on mobile usage, and on duration of sleep.

From the study in table 1: It was evident that male (74%)and female(52%) were taking junk food daily. p value was significant  $p < 0.01$ . Male (60%)and female(71%) were taking breakfast daily.Only 18% of male and 29%of female were taking green leafy vegetables and only 14% of male and 31% of female medical students were taking fruits daily .p value was significant  $p < 0.02$  and  $0.01$  respectively. Among male students78% were nonvegetariansand 22%were vegetarians and in female students 66% were nonvegetarians and 34% were vegetarians.

From table 2: It was evident that though 76% of male and 73% of female students agreed that they had enough knowledge of healthy diet but only 24% of male and 22% of female medical students were practicing healthy diet. And 48% of male and 40% of female students were satisfied with their dietary habits. It was noticed that 32% of male and 30% of female were skipping their meals regularly and as a result of all these factors recent increase in weight in past six months was 58% in males and 45% in female students.

From table 3 :It was evident that among male students 58% were hostellers and 42% were day scholars and among female students 63% were hostellers and 37% were day scholars .50% of male and 52% of female students owned a vehicle and 22% of male and 28% of female students owned a laptop. Though 98% of male and 93% of female students liked to be physically active among them only 82% of male and 35% of female students were engaged in physical activities .p value was significant 0.00.Analysis of non-participation in physicalactivities showed that it was due to lack of motivation in 60% of students and in 10% due to health problems and in 15% due to lack of time and in 15% could not specify the cause.5% of male students had addictive habits like smoking, tobacco chewing etc and no female students were found to have any addictive habits.

From table 4: Among males, the mean monthly expenditure was Rs5000 in hostellers and Rs 2500 for dayscholars and in female students it was Rs 4000 for hostellers and Rs1500 for day scholars..

From table 5: The average duration of sleep time in male and female students was 6 hours per day . Duration of time per day students spend on mobile usage in average was 4hrs for male students and 3hrs for female students.

#### **V. Conclusion**

Most of the students were of the opinion that they were leading a healthy life style which was incorrect. The reasons behind it was regarding their eating habits it was noticed that only 18% of males 29% of females were taking vegetables and only 14% of males and 31%of females were taking fruits daily ( $p$  value  $< 0.02$  and  $0.01$ )very significant.We have to further improve our dietary habits by educating them as many medical students agreed that they had knowledge on healthy diet but not practicing them.

Regarding physical activities, classes should be conducted to encourage them to have more physical activities.

Regarding time management on mobile usage and time spent for sleep strict supervision is necessary so that necessary steps can be taken to cut down the time duration on mobile usage and proper sleep time duration ensured. Yoga, music, meditation classes should be made compulsory for medical students.

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