

**A Healthy Lifestyle of a Private University
Undergraduate Nursing Students**
รูปแบบการดำเนินชีวิตแบบสุขภาพดีของนักศึกษาพยาบาล
ระดับปริญญาตรีมหาวิทยาลัยคริสเตียน

Dr. Umereweneza Samuel*
Sirinda Srichongchai**
Pasinee Suksathapornlerd**

Abstract

The purpose of this experimental and survey research study was to investigate if a Private University undergraduate nursing students are aware of a healthy lifestyle, explore the degree to which they adhere to it, and examine if there are significant differences between the demographic variables and awareness as well as adherence to the healthy lifestyle.

A healthy lifestyle was measured by eating and drinking behavior,

relaxation and sleep, exercise and physical activity, meditation, stress management, health care behavior watching television or using computer for long hours, and smoking behavior. The participants (n=70) included CTU undergraduate nursing students from the College of Nursing, in a Private University, who represented a range of ages, gender, educational background of parents, current residence, monthly income of parents, health problems,

*Lecturer, College of Nursing, Christian University of Thailand

**Lecturer, College of Nursing, Christian University of Thailand

financial problems, and religion. It was hypothesized that a Private University undergraduate nursing students would highly believe in a healthy lifestyle, and always adhere to it. It was found that a Private University undergraduate nursing students are aware of a healthy lifestyle, yet, only sometimes adhere to it

This study is consistent with the findings of some past research done in

the area of nursing education regarding theory-practice gap and skill acquisition, (Scully N.j. 2011:93-8).The application of self-determination theory, as well as motion theory should be of help in bridging the gap between theory and practice in terms of nursing education, and, between awareness and adherence to the healthy lifestyle of a Private University undergraduate nursing students.

บทคัดย่อ

วัตถุประสงค์ของการทำวิจัยในเชิงสำรวจและทดลองครั้งนี้เพื่อศึกษาว่านักศึกษาพยาบาลของมหาวิทยาลัยเอกชนแห่งหนึ่งตระหนักถึงรูปแบบการดำเนินชีวิตแบบสุขภาพดีหรือไม่และปฏิบัติตามแนววิถีชีวิตในระดับใดรวมถึงการศึกษาว่ามีความแตกต่างอย่างมีนัยสำคัญหรือไม่ระหว่างตัวแปรในด้านประชากร ความตระหนักและปฏิบัติตัวต่อรูปแบบการดำเนินชีวิตแบบสุขภาพดี

รูปแบบการดำเนินชีวิตแบบสุขภาพดีวัดได้จากพฤติกรรมกรกินและการดื่ม, การนอนหลับพักผ่อน และการผ่อนคลายกิจกรรมด้านกายภาพและการออกกำลังกาย, การทำสมาธิ, การจัดการความเครียด, พฤติกรรมด้านการใส่ใจต่อสุขภาพเช่น การดูทีวีการใช้คอมพิวเตอร์เป็นระยะเวลาหลายชั่วโมง และ พฤติกรรม การสูบบุหรี่ กลุ่มตัวอย่างประกอบด้วยนักศึกษาปริญญาตรีของมหาวิทยาลัยคริสเตียนจำนวน 70 คนซึ่งมีความแตกต่างกันในเรื่องของอายุเพศพื้นฐานการศึกษาของผู้ปกครอง, ที่อยู่

อาศัยปัจจุบัน, รายได้ต่อเดือนของผู้ปกครอง, ปัญหาสุขภาพ, ปัญหาด้านการเงินและศาสนาสมมติฐานก็คือ นักศึกษาพยาบาลเหล่านี้มีความเชื่อและปฏิบัติตัวตามรูปแบบการดำเนินชีวิตแบบสุขภาพดี

ผลการศึกษาพบว่านักศึกษาพยาบาลมหาวิทยาลัยเอกชนแห่งหนึ่งตระหนักถึงความสำคัญของรูปแบบการดำเนินวิถีชีวิตเพื่อสุขภาพที่ดีแต่ยังขาดความสม่ำเสมอและความต่อเนื่องในการปฏิบัติตัวตามรูปแบบที่กำหนด ซึ่งสอดคล้องกับผลงานวิจัยที่ผ่านมาที่ศึกษาเกี่ยวกับการศึกษาทางการพยาบาล พบว่ามีช่องว่างระหว่างความรู้ทางทฤษฎีและการฝึกปฏิบัติคือแม้ว่านักศึกษาพยาบาลจะตระหนักและรู้เกี่ยวกับแบบแผนการดำเนินชีวิตเพื่อสุขภาพที่ดี แต่ก็ไม่ได้เกิดพฤติกรรมกรปฏิบัติที่เป็นไปตามรูปแบบที่กำหนด ดังนั้นจึงควรศึกษาเพิ่มเติมในการใช้แนวคิดเรื่องการตระหนักรู้ด้วยตนเอง และการใช้แรงจูงใจเพื่อให้เกิดพฤติกรรมกรปฏิบัติที่สม่ำเสมอและต่อเนื่อง

BACKGROUND AND SIGNIFICANCE OF THE STUDY

Health is an aspect of life that is essentially one of the most important factors in all aspects of human life. It is

the highest and the most precious asset humans have, yet most people make choices which seem to suggest that health is not a high priority for them. Health contributes to general well-being

and overall lifestyle. In order for a person to enjoy a quality life, good health habits must be achieved because basic health determines what a person can and cannot do. Without a good health, there is nothing else human can do. All the plans, all future goals and ambitions depend on health, (Shriver CB, Scott-Stiles A.,2000, P.3010). "Good health is the most precious asset every human possess, as it enables a person to be productive without limitation or prohibition"

There are several factors in a person's lifestyle that can make them healthy or unhealthy. Our daily choices such as: eating a balanced nutritional diet less in fat and cholesterol, drinking 7 to 8 glasses of water every day, sleeping 7-8 hours every night, having regular exercise for 20 minutes at least 3 times per week, having a daily meditation, living within our own means and having realistic expectation which would decrease stress, maintaining a personal health care, refraining from long hours of exposure to radiations from watching television or using a computer, avoiding smoking and drinking alcohol, are simple, yet, precious and very wise practices to help us stay healthy, enjoy a happy life, and live a longer and productive life (Anderson T. Elizabeth and McFarlane Judith, 2008, P.320). A balanced diet is an eating plan that successfully balances each of the food groups. By finding the

best balance of food groups, you can achieve better results than you ever have before .Basic nutrition is the fuel that a body needs to operate. Without gas, of course a car cannot run, likewise without food a body cannot function, and humans cannot carry out any plan. (Jian Fang Hong, Santhat Sermsri, BoonyongKeiwkarnka, 2007, P.16);

Sufficient rest and relaxation are as necessary for anyone to live a healthy and happy life. Sleep helps relieve the frustrations and tensions that are a result of everyday activities. Most people need six to eight hours of sleep or they become fatigued and cannot function properly. Rest and relaxation are necessary to prevent fatigue. Reading a good book, listening to music, watching TV or going for a walk can all provide a relaxing change of pace, allowing you to return to work refreshed. A regular exercise program will help you feel, look, and work better. All your muscles, including heart muscles, need to be in their best possible condition. Exercise is a proven method through which a person can keep his/her muscles tone and this contributes in coping with stressful situations. Exercise also helps stimulate the blood circulation in your body and encourages proper functioning of organs. Take the time to set up an exercise program you will enjoy, such as a brisk daily walk, tennis a few times a week, bicycling or hiking

on the weekend, aerobics or yoga to keep your body toned and in shape. Just getting out a few times a week to enjoy the fresh air will help. Meditation is an exercise, aiming to prevent thoughts in a natural way, by deeply relaxing the physical body and then trying to keep the mind completely "blank" with no thoughts whatsoever. This state may be maintained for a few seconds or a few hours, depending on your skill. Purity of the mind achieved during meditation is essential to gain access to Higher Self. It seems that our Higher Self does not admit any impurities. Not to admit any impurity is a way of living a healthy lifestyle. Spiritual Health: It is associated with the concept of self-actualization. It sometimes reflects a concern for issues related to one's value system belief in a transcending, unifying force Santrock (2005, P. 28). A simple check-up regular visit to a health facility, whether you are sick or not, the health personnel can early detect any health problem and treat it a head of time. With regular check-ups, your health care facility can keep tabs on your health and detect possible problems. These check-ups include an examination and evaluation of your general physical and mental health, growth, development and nutritional status, vision, hearing and dental health status. Avoiding watching television or using computer for long hours each day, avoiding smoking are important steps to

a healthy lifestyle (McKee Martin, Knai Cecile, 2010, P.506-511). If a person wants the body to perform at its optimal level than he/she should start early in life, most probably from even childhood, making the right food choices and eat a variety of all of the food groups in order to stay healthy. "If it has been found that basic health, including nutrition, exercise, proper relaxation and sleep, meditation, avoiding smoking and drinking alcohol contribute to an optimal health which eventually lead to a longer and productive life" (Pender N., Murdaugh C., Parsons M.A., P. 2011:257).

It is expected that senior nursing students from a Private University would take a lead in believing and complying to a healthy lifestyle, because they are the ones to help others to do so. The roles of senior nursing students from a Private University includes: Caring for the patients, educating people around them on basic health prevention and refer them to the hospitals when they got sick, mobilize mothers to get vaccinations for their children, mobilize women between 15-45 years old and the pregnant women to get vaccine of Tetanus (T3, T4, T5), educate mothers on child spacing and refer them to the health care facilities, inform higher health authorities when there is a serious disease occurring in the community, and to facilitate primary care units health staff to conduct training to

villagers (Brach, J.S., Simonsick, E. M., Kritchevsky, S., & Newman, A.B., 2008, P. 502-508).

It is expected however, that senior nursing students from a Private University around the globe are established in the belief that partnership is a key factor in the renewal and healing of areas plagued by poverty and disease. Committed to preserving autonomy and cultural heritage, senior nursing students work in collaboration with village programs to support the achievements of their goals and objectives by integrating international volunteerism, sustainable community development projects, and program assistance. Better lifestyle habits can help a person reduce his/her risk for heart attack. Better food habits, relaxation and sleep, exercise and physical activity, meditation, stress management, avoiding smoking, and less exposure to watching television or using computer can help anybody reduce his/her risk for heart attack, stroke, and many other lifestyle diseases such as diabetes. A healthful eating plan means choosing the right foods to eat and preparing foods in a healthy way. One way to start is be informed about the basics of healthy nutrition and aerobic activity. The food pyramid is a good place to learn about nutrition, because it isn't based on a rigid diet but on eating a variety of foods in

moderation with healthy guidelines. Getting familiar with your target heart rate zones is a way to understand aerobic health. Heart rate charts are typically posted on the walls of gyms and easily found on the Internet, and they tell you how to gauge and determine your optimal activity intensity. The food pyramid and heart rate zones are tools that can guide you to make your own decisions about which foods and activity levels are best for you (Anderson T. Elizabeth and McFarlane Judith, 2008, P.320). Swimming, cycling, jogging, skiing, dancing, walking and dozens of other activities can help your heart. Whether it is included in a structured exercise program or just part of your daily routine, all physical activity adds up to a healthier heart (Brach, J.S., Simonsick, E. M., Kritchevsky, S., & Newman, A.B., 2008, P. 502-509).

Finally, in order to function properly and stay healthy, the body has to fight off harmful substances. Things such as excessive alcohol use and use of tobacco products are harmful to one's body because it can cause illnesses and turn into an addiction. This is very unhealthy, because addictions severely hinder a person's present and potential capabilities because the body becomes dependent on the substance. Excessive use of alcohol can cause a person to use bad judgment and can also lead to more serious health problems such as

cirrhosis of the liver, inflammation of the pancreas, brain and heart damage, and malnutrition. Tobacco use can also cause a variety of serious health problems. Smoking may cause lung cancer, stroke, heart disease, infertility, and bronchitis. A study done on American college students' attitudes about smoking shows that while they are aware of the potential health risks involved in smoking, 25% of college students smoke anyway (Turriss Rob, Mallet A. Kimberly, Mastreleo Nadine, 2006 P.401-4020). In a study done on adolescence, the researchers found that substance abuse is associated with depression and low academic performance. Depression, academic performance, and popularity are sound predictors of substance abuse. If these substances cripple a person's health then that person's level of overall performance and cognitive performance will not function at its fullest potential. (Perry A. G., Potter A. P, Ostendorf W., 2010 P. 140-142).

While there have been studies which target a healthy lifestyle among different groups of people, there has not been much research done to relate a healthy lifestyle, conviction and conformity of village health volunteers. The present study examined the relationship between conviction and conformity to a healthy lifestyle by senior nursing students, to see if there were any generalizations about

the lifestyle of the senior nursing students. Senior nursing students do not receive a monthly income other than depending on their parents, they struggle so much to meet their daily expenses, doing some sideline works, attend health trainings, and most of them are married, and have children to take care of. Being able to balance all of these things presents a very stressful lifestyle for many village health volunteers. This is why it is important to have a healthy lifestyle not only to keep them going on, but to pass it on to all other villagers whom they serve, (McCrink Andrea, 2010, P. 653-660).

Many local, regional, and international studies have been done previously and have linked a healthy lifestyle to a happier and long life, while linking unhealthy lifestyle with premature death. However, there was no study of this kind has been conducted in Nakhon Pathom Province, Thailand. There were limited studies to examine the health-promoting lifestyles of nursing students among privates or government universities in Thailand. No study in Southeast Asia worldwide has yet addressed a healthy lifestyle among nursing students, and no study worldwide has examined the impacts of a healthy lifestyle on their health at young age or in relation to different demographic variables; that is why the researchers embarked into it.

The researchers have identified the components of a healthy lifestyle to include diet, relaxation and sleep, exercise and physical activity, meditation, stress management, personal health care, Exposure to radiation through watching or using a computer for long hours every day, alcohol and tobacco use., Tonges M., Ray J.(2011:374-381). The researchers had six hypotheses: 1. A Private University undergraduate nursing students are aware of a healthy lifestyle. 2. There is a significant relationship between all the demographic variables and a healthy lifestyle, 3. A Private University undergraduate nursing students adhere to the healthy lifestyle, 4. There is a significant relationship between all the demographic variables and adherence to a healthy lifestyle, 5. There is a significant relationship between awareness and adherence to a healthy lifestyle, and 6. There is a significant difference between awareness and adherence factors of a healthy lifestyle.

Research Problem

This research study focuses on the awareness and adherence to the healthy lifestyle by undergraduate nursing students from a Private University in Nakhon Pathom.

Objectives of the Study

The objectives of this research study were to :

1. Determine if a Private University undergraduate nursing students believe in a healthy lifestyle.

2. Explore the degree to which a Private University undergraduate nursing students adhere to a healthy lifestyle.

3. Determine if there is any significant difference between demographic variables and awareness or a adherence to a healthy lifestyle

RESEARCH METHODS

Study Design and Study Population

This is a survey research study. The target population included all senior nursing students from both bilingual and international programs who were studying in the College of Nursing in a Private University in the academic year 2013-2014. Seventy a Private University undergraduate nursing students from the College have participated in this research study. The participants included male and female; mostly single. The participants were also eighteen years of age and older. For this first part of this research, researcher, and research assistants distributed the questionnaires to the students.

The descriptive statistics methods of mean, percentage, and standard deviations were used to identify the degree to which a Private University undergraduate senior nursing students

from the international nursing program know and adhere to the healthy lifestyle. In addition, the comparative research design was used to compare awareness and adherence to the healthy lifestyle. T-test research methods were used to test the difference between adherence and awareness to the healthy lifestyle.

Research Instruments

Self-constructed questionnaires in English language were developed from the review of literature and related studies were used for survey in the field. The first part of the questionnaire consisted of some demographic elements such as: age, gender, educational background of respondents' parents, monthly income of respondents' parents, current residence, health problems, financial problems, and religion. The second consisted of elements that were used to measure a healthy lifestyle. Those elements were: eating and drinking behaviors, relaxation and sleep, exercise and physical activity, meditation, stress management, health care, exposure to television or computer for long hours each day, and smoking.

Pilot Study

Before collecting data, the content validity of the questionnaires was examined by research committee members who were expert in the field, and amendments were made according

to their suggestions. The pre-test for reliability of the questionnaire was done on April 24, 2014 in another similar program in a Private University. It revealed that the Cronbach's coefficient of awareness to the healthy lifestyle part was 0.8395, and adherence to the healthy lifestyle part was 0.8226; after which the questionnaire was adapted to measure a healthy lifestyle.

Sampling and Data Collection

A convenience sampling method was used and consisted of only senior nursing students, from both bilingual/international undergraduate nursing programs. Due to the nature of this mixed (experimental and survey) research study, 70 (100%) of the respondents participated in this research study, all of them being senior nursing students from the international and bilingual nursing programs. The inclusive criteria were: Senior nursing students from bilingual or international nursing program. :Senior nursing students with status as regular students in the academic year 2013-2014, students who were willing to participate. The exclusive criteria were: part-time nursing students, non-nursing students, graduate nursing students, other University nursing students, non-university students, and deferred as nursing students in academic year 2013-2014.

Ethical Concerns

This research followed research ethical principles of formal consent, autonomy, anonymity, and confidentiality. After the research proposal was approved by the president of a Private University, the researchers requested for an official permission to conduct the research from the Research Ethics Committee of a Private University and permission was granted through an official written letter. Before conducting a pilot and a final study, the respondents willingly accepted to participate, and the signed consent forms. Before signing, they were given all the details about the study and were given opportunity to ask questions. They received complete information about their rights to stop participating in this research any time they wanted to do so.

Data Analysis

The instrument were checked for any missing data or for any item in which respondents would have given two answers while in fact only one answer was needed. After that, the data were encoded into an Excel Spread Sheet. The data was divided into three parts and were analyzed as such. Part I consisted of the respondents' personal

characteristics, part II consisted of the awareness to the healthy lifestyle, and, part II consisted of adherence to a healthy lifestyle. Descriptive statistics of percentage, means, and standard deviations were used to illustrate the demographic data of the respondents. The descriptive statistics were also used to analyze the variables in the study including awareness and adherence to the healthy lifestyle. Analytical statistics which included t-test were used to evaluate any significance difference between awareness and adherence to the healthy lifestyle, and relationships between awareness of the healthy lifestyle and the adherence to the healthy lifestyle were tested.

RESULTS

Descriptive Results

The demographic variables were analyzed using descriptive statistics of mean, percentage, and standard deviations, and below are the results:

Part I. Number and Percentage of the Respondents by Personal Demographic Characteristics

The following are the detailed descriptions of the respondents by their demographic variables.

Table 1 : Number and Percentage of the Respondents by Personal Demographic Characteristics

Variables	Number (Total:70)	Percent (100%)
Age (age group)	65	92.9
18-24	5	7.1
25-30		
Gender		
Male	3	4.3
Female	67	95.7
Education of Respondents' parents		
Master's degree and higher		10.0
Bachelor's degree	7	50.0
High school graduate	35	34.3
Elementary graduate	24	5.7
Current Residence	4	
CTU dormitory		
Outside CTU dormitory	10	14.3
Stay at home with family members	57	81.4
Monthly Income	3	4.3
Less than 5,000 Thai Baht		
Between 6001 and 10,000 Thai Baht	27	38.6
More than 15,000 Thai Baht	27	38.6
(Mean= 3,709.2, SD = 1.341.5, Min= 1,000, Max=15,000)	16	22.9
Health Problem		81.8
None	57	16.8
Have	13	
Financial Problem		72.9
None	51	27.1
Have	19	
Religion		
Buddhist	66	94.3
Christian	4	5.7

Table 1 shows that the majority 65 (92.9%) of respondents of this research study are aged between 18-24 years old, of which 67 (95.7%) of them were female, and only 3(4.3%); then 35(50.0%) of their parents had a bachelor's degree, followed by 24 (34.3%) of those who were high school graduates. The majority 57(81.4%) of the respondents of this

research study currently live outside a Private University dormitories, followed by 10 (14.3%) of those who live in a Private University dormitories, and only 3(4.3%) live with family members in their respective homes. The results show that the majority 27 (38.6%) of the respondents 'parents earned a monthly income less than 5,000 Baht, and equally 27 (38.6%) have a monthly

income between 6001 and 10,000 Baht. The majority 57 (81.8%) of the respondents of this research study had no health problems, while 13 (16.8%) had. The majority 51 (72.9 %) of the respondents of this research study had no financial problems, while 19 (27.1%) had. Finally, 66 (94.3%) of the respondents of this research study were Buddhists, followed by 4 (5.7%) of Christians.

The descriptive analysis of the variables in the study was performed. The variables in the study consisted of the awareness and adherence to the healthy lifestyle alongside with the demographic variables such as: age, gender, education, current residence, monthly income, health problems, financial problems, and religion. The results are reflected in the tables below:

Part II. Descriptive Analysis of the Variables in the Study

Table 2 Mean and standard deviation Scores of Awareness of a Healthy Lifestyle among Respondents

Variables	Mean	SD	Min	Max
Eating between meals is not good for health.	1.29	.455	1	2
Eating too fast is not good for health.	1.13	.337	1	2
Eating too much is not good for health.	1.19	.392	1	2
Eating deep fried food is not good for health.	1.16	.416	1	2
Eating more than one egg per day is not good for health.	1.13	.462	1	2
Eating meat (pork, beef, chicken...) more than 4 times a week is good not for health.	1.37	.487	1	2
Eating fresh fruits and vegetables is good for health.	1.09	.282	1	2
Eating bean, nuts, oatmeal is good for health.	1.13	.337	1	2
Eating ice cream/cake/candy more than 3 times a week is not good for health.	1.34	.478	1	2
Eating or snaking while watching TV is not good for health.	1.23	.423	1	2
Eating salty food such as dried fish, canned food like sardine is good for health.	1.39	.490	1	2
Eating while driving a car or riding a motorbike is not good for health.	1.34	.478	1	2
Eating a balanced nutritional diet is good for health.	1.16	.367	1	2
Eating MSG (Monosodium glutamate) is not good for health.	1.23	.423	1	2
Eating a light breakfast and a heavy dinner is not good for health.	1.26	.440	1	2
Eating food low in sugar is good for health.	1.03	.168	1	2
Eating junk food such as potato chips is not good for health.	1.19	.392	1	2
Eating in fast food restaurants such as : KFC, MacDonald... is not good for health.	1.26	.440	1	2
Eating where there are many people around is not good for health.	1.26	.440	1	2
Eating on a regular time is good for health.	1.14	.352	1	2
Keep snack food, where people can see them is not good for health.	1.24	.432	1	2
Having too many or too much food choices on the table is not good for health.	1.31	.468	1	2
Using food as reward to entice good behaviour is not good for health.	1.23	.423	1	2
Using food as a form of recreation to make one feel good is not good for health.	1.13	.337	1	2

Variables	Mean	S.D.	Min	Max
Treating children with food is not good for health.	1.29	.455	1	2
Drinking alcohol such as beer, Whisky... is not good for health.	1.29	.455	1	2
Drinking coffee, Coca-Cola, and other caffeinated drinks is not good for health.	1.10	.302	1	2
Drinking less than 6 glasses of water per day is not good for health.	1.26	.440	1	2
Sleeping less than 6 hours per night is not good for health.	1.16	.367	1	2
Sleeping 7-8 hours per night is good for health.	1.11	.320	1	2
Sleeping late in the night is not good for health.	1.04	.204	1	2
Having regular exercise everyday day is good for health.	1.11	.320	1	2
Not exercising at all is not good for health.	1.19	.392	1	2
Having some recreational activities such as: playing tennis, basketball, racquetball, volley ball... is good for health.	1.16	.367	1	2
Doing housework, dancing is good for health.	1.07	.259	1	2
Walking for pleasure, gardening, and yard work is good for health.	1.04	.204	1	2
Jogging, hiking, stair-climbing, brisk walking is good for health.	1.07	.259	1	2
Having a daily meditation is good for health.	1.36	.483	1	2
Attending the temple is good for health.	1.11	.320	1	2
Worrying so much (you can not eat, sleep...) because of problems is not good for health.	1.14	.352	1	2
Being affected by domestic violence is not good for health.	1.10	.302	1	2
Being always in a hurry is not good for health.	1.13	.337	1	2
Having regular check-up is good for health.	1.14	.352	1	2
Going to the hospital, health centre, clinic as soon as you get sick is good for health.	1.11	.320	1	2
Watching TV more than 2 hours a day is not good for health.	1.21	.413	1	2
Playing computer games more than 2 hours a day is not good for health.	1.20	.403	1	2
Sitting in front of a computer or TV more than 5 hours a day is not good for health.	1.14	.352	1	2
Smoking is not good for health.	1.13	.337	1	2
Sitting or sleeping with someone is smoking is not good for health	1.13	.337	1	2

According to Table 2, the mean score of “eating salty food such as dried fish, canned food like sardine is good for health” was the highest, then, “having a daily meditation is good for health” was the second rank, and “sleeping late in the night is not good for health” was the lowest.

Table 3 Mean and standard deviation Scores of adherence to a Healthy Lifestyle among Respondents

Variables	Mean	S.D.	Min	Max
Eating behaviour	1.22	.20	1.00	1.84
Drinking behaviour	6.03	1.99	2.33	11.67
Relaxation and sleeping behaviour	2.61	.52	2.33	4.33
Exercise and physical activity behaviour	5.75	1.10	5.17	10.33
Meditation behavior	3.64	1.21	1.50	7.00
Stress management behaviour	2.61	.64	2.33	4.67
Health care behavior	1.70	.47	1.50	3.00
Watching TV and using computer behaviour	2.60	2.42	2.33	11.67
Smoking behavior	3.69	1.69	1.50	7.50
Total	29.85	10.24	17.66	62.01

According to Table 3, the mean highest, followed by, “eating behavior: score of “drinking behavior” was the “eating behaviour” was the lowest.

Table 4 Comparisons of a Adherence to Stress Management Behavior

Age	Mean	S.D.	t	p
18-24	2.635	.660	2.233*	.004
25-30	2.400	.1490		

* p value <0.05

Table 4. Shows that the average statistically significant at 0.05 when of stress management behavior was comparing by age group of 18-24.

Table 5. Comparisons of Adherence to Age by Health Care Behavior

Age	\bar{X}	S.D.	t	p
18-24	1.715	.483	3.589*	.002
25-30	1.500	.383		

* p value <0.05

Table 5. Shows that the average of health care behavior was statistically significant at 0.05 when comparing by age group of 18-24.

Table 6. Comparisons of Adherence to Age with Total Adherence Behavior

Age	\bar{X}	S.D.	t	p
18-24	3.714	.541	2.296 *	.003
25-30	3.495	.151		

* p value <0.05

Table 6 shows that the average of Total Adherence Behavior was statistically significant at 0.05 when comparing by age group.

Table 7. Comparison of Adherence to Gender with Smoking Behavior

Gender	\bar{X}	S.D.	t	p
Male	4.667	2.753	2.225*	.004
Female	2.514	1.593		

* p value <0.05

Table 7 shows that the average of Smoking Behavior was statistically significant at 0.05 when comparing gender.

Table 8. Results of One Way ANOVA in Comparing Adherence to a Healthy Lifestyle by Eating Behavior among Different Educational Backgrounds of a Private University undergraduate Nursing Students' Parents

Education	\bar{X}	S.D.	F	p
Master degree or higher	1.228	.173	3.178*	.003
Bachelor's degree	1.285	.201		
High school graduate	1.175	.198		
Elementary graduate	1.020	.202		

* p value <0.05

Table 8 shows that the average by educational background of the mean of Eating Behavior was statistically respondents' parents. significant at 0.05 when comparing

Table 9. Results of One Way ANOVA on Adherence to a Healthy Lifestyle Exercise by Physical Activity Behavior among Different Educational Backgrounds of a Private University undergraduate Nursing Students' Parents

Education	\bar{X}	S.D. SD	F	p
Master degree or higher	5.452	.173	4.160*	.004
Bachelor's degree	6.185	.201		
High school graduate	2.298	.198		
Elementary graduate	5.167	.202		

* p value <0.05

Table 9 shows that the average at 0.05 when comparing by educational mean of Exercise and Physical activity background of the respondents' parents. behavior was statistically significant

Table 10. Results of One way ANOVA on Adherence to a Healthy Lifestyle with Eating Behavior among a Private University Undergraduate Nursing Students' different Current Residence Locations.

Residence	\bar{x}	S.D.	F	P
CTU dormitory	1.136	.145	3.412*	.003
Outside CTU dormitory	1.254	.205		
Stay at home with family members	1.013	.023		

* p value <0.05

Table 10 shows that the average different current residence locations of a mean of eating behavior was statistically significant at 0.05 when comparing by Private University undergraduate nursing students.

Table 11. Results of One way ANOVA on Adherence to a Healthy Lifestyle with Drinking Behavior among a Private University Undergraduate Nursing Students' different Current Residence Locations

Residence	\bar{x}	S.D.	F	P
CTU dormitory	7.433	2.352	3.299*	.004
Outside CTU dormitory	5.760	1.850		
Stay at home with family members	6.444	1.710		

* p value <0.05

Table 11 shows that the average different current residence locations of a mean of drinking behavior was statistically significant at 0.05 when comparing by Private University undergraduate nursing students.

Table 12. Results of One way ANOVA on Adherence to a Healthy Lifestyle with Relaxation and Sleeping Behavior among a Private University Undergraduate Nursing Parents' Different Categories of Monthly Income

Monthly Income	\bar{X}	S.D.	F	P
Less than 5,000	2.802	.608	3.299	.003
Between 5,001 and 10,000	2.567	.504		
More than 10,000	2.395	.250		
Total				

* p value <0.05

Table 12 shows that the average mean of relaxation and drinking behavior was statistically significant at 0.05

when comparing by a Private University Undergraduate Nursing Parents' Different Categories of Monthly Income.

DISCUSSION

In terms of respondents' personal demographic characteristics, seventy respondents (n=70) who participated in this research study included a Private University undergraduate nursing students from the College of Nursing, who represented a range of ages, gender, educational background of parents, current residence, monthly income of parents, health problems, financial problems, and religion. The results revealed that the majority 65(92%) were young people aged between 18 to 24, nearly all 67(93%) were female, Most of them 57(81%) lived outside a Private University dormitories, 57(82%) had no health problems, 51(73%) had no financial

problems; and nearly all 66(94.3%) were Buddhists. This is a group of Bachelor of Science in Nursing program, a group of energetic people classified by Erikson's psychosocial development to be in the section of young adulthood stage of emotionally development, busy in searching for intimate relationship, and expected of course to be health, but sometimes do not follow the principles of a healthy lifestyle because of trying to be on line. The current residence plays an important role in a healthy lifestyle, as nursing students tend to live according what is available to them, especially in terms of eating, drinking, and social life (Harford C. Thomas, Wechster H., Muthen

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B., 2002, P.206-207). Most of the respondents were from fairly educated parents whom most of them earned bachelor degrees that could be one reason nearly all respondents are aware of a healthy lifestyle.

With regard to the variables in the study, there were six hypotheses in this research study. The first hypothesis, a Private University Undergraduate Nursing Students would be aware of a healthy lifestyle was supported by the data which were collected and by the results. Almost all the responses showed that a Private University Undergraduate Nursing Students were aware of a healthy lifestyle. The results of detailed variables related to the awareness of a healthy lifestyle showed that generally, a Private University undergraduate nursing students were aware a healthy lifestyle, and the highest score in the rank was: "eating salty food such as dry fish and canned food, with (mean=1.39, SD=.490, min=1, max=2). The lowest was: "eating food low in sugar" (mean=1.03, SD=.168, min=1, max=2). They knew very well eating salty food is dangerous to their health. Nursing students were health oriented people who constantly underwent training and care for the patients in the clinical area. They usually give health education to their clients, and they usually teach people to live a healthy lifestyle. In term of awareness to a healthy lifestyle, the findings of this study are consistent with

the real life of a Private University Undergraduate Nursing Students, as well as other health professionals. They usually receive constant training, they were more exposed to health information more than the rest of the villagers, that is why they were convinced of a healthy lifestyle, however, even though they had all the necessary health information than anybody else of their village, they only sometimes adhered to a healthy lifestyle. This reveals that a Private University undergraduate senior nursing students were aware of the healthy lifestyle. The fact that respondents were senior nursing students, explains very well that knew very well and believed in a healthy lifestyle. The results were supported by the previous research study on a healthy lifestyle among nursing students in Taiwan, (Yeh I., Chen CH, Wang CJ, Wen MJ, Fetzer Su., 2005, P. 563-565). According to this research, lifestyle programs in nursing education may help promote the long-term health of future nurses who will serve as positive patient role models, (Fawcett J., De Santo-Madeya S. P. 2013).

The second hypothesis that there is a significant relationship between all the demographic variables and adherence to the healthy lifestyle was not supported by the results of this study because only age, gender, education, current residence and monthly income were significantly related to a healthy lifestyle. This is because the young age

of nursing students (18-30 years old), most of them being females who generally live outside a Private University dormitories tend to enjoy life without any limitation either from their parents or from the a Private University administrators. The third hypothesis that a Private University undergraduate nursing students would always adhere to a healthy lifestyle was not supported, because the findings showed that a Private University undergraduate nursing students only sometimes adhere to the healthy lifestyle. The total average score of 29.84, with the highest mean being (mean= 6.03, SD=1.99, min=2.33, max= 11.67) otherwise known as drinking behavior; and the lowest being (mean= 1.22, SD= .20, min= 1.00, max=1.84), otherwise known as eating behavior. Taking in consideration all the individuals variables, the results showed that a Private University undergraduate nursing students only sometimes adhere to a healthy lifestyle, because of peer pressure, academic and clinical stress, and the availability of food and drinking, as well as they the location of their current residence, as it has been documented in review of literature and related studies in connection to college students, (Hjartaker, L, 1998, P. 565-72).

The fourth hypothesis that there would be a significant relationship between all the demographic variables and Adherence to a healthy lifestyle was not supported because health problem, financial problems, and religion were not significantly related to adherence to a

healthy lifestyle. The fifth hypothesis, that there would be a significant relationship between conviction and conformity to a healthy lifestyle was not supported. Finally, the sixth hypothesis, that there would be a significant difference between awareness and adherence was not supported, because among all conviction and conformity factors, results showed that a Private University undergraduate nursing students were aware of a healthy lifestyle, yet, only sometimes they adhere. This reveals that a Private University undergraduate senior nursing students only sometimes adhere to the healthy lifestyle. The above table shows the mean and standard deviations for different variables grouped into nine categories and presented in a descending order. The fact that respondents were senior nursing students, contradicts their attitude, because they only sometimes adhere to a healthy lifestyle due to different barriers such inadequate vegetarian restaurants, presence junk foods around them, lack of time to exercise and practice meditation, lack of enough time recreational activities, enough sleep or go to the temple for spiritual activities because of heavy academic and clinical loads placed on their shoulders. According to the previous research conducted in Taiwan on health habits of nursing students versus non-nursing students, in some specific behaviors, nursing students improved in eating breakfast regularly,

performing monthly self-breast and testicular exams, reading food labels, wearing seatbelts, and exercising at least three times a week. Implications include the importance of emphasizing self-health care in nursing curricula to promote healthy life styles of nursing students who can subsequently become role models in their professional practice, (Yeh I., Chen CH, Wang CJ, Wen MJ, Fetzer Su., 2005 P. 563-565); (Winkleby M.A, Jatulis D.E., Frank E., and Fortmann. S.P,1992, P. 26).

The findings of this study have been countered to previous research which found that once a person believes in a healthy lifestyle, he/she would as well comply to its principles. These findings are as well contrary to the reality of life, where theory should match practice, though, some studies agree that many people know very well how smoking is dangerous to their health, yet, they smoke. Others know very well that drinking alcohol is harmful to their health, yet, they drink alcohol (Vesile S., Demet U.,Ferhan S., and Mahmut A., (2014).The implications of the current study are: 1) there should be more emphasis on all elements of a healthy lifestyle which are: eating and drinking behaviors, relaxation and sleeping behavior, exercise and physical activity behavior, meditation and stress management behaviors, watching and using computer for long hours and smoking behavior (Yeager J., 2013 P. 200). This emphasis should begin in childhood because the eating habits that a person has in childhood will usually continue into adulthood, (Yamarat K., Cho A. H.,2009, P. 16). 2) a Private University undergraduate

nursing students should practice a healthy lifestyle habits for themselves so that they may convey proper healthful habits to other people represent. The limitation associated with this study was that the participants were from different places in Thailand, therefore having also different background in term of awareness and adherence to the healthy lifestyle.

In collaboration with administrators, to organize and materially, financially, and morally support a series of trainings designed for nursing students and other interested individuals on how to match theory and practice in terms of a healthy lifestyle, and consequently become good role models among the constituencies they serve. In collaboration with a Private University and Nakhon Pathom Health authorities to disseminate the findings of this research study among administrators, faculty and staff should stand as role models to students and other people in terms of adhering to a healthy lifestyle. There is a need for future research in a healthy lifestyle that can be beneficial to the field of nursing in that the findings can provide both students, as well faculty and staff a good chance to a healthier and productive life.

Conclusion and Recommendations

In view of the findings and conclusions of this research study, the researchers recommend the following:

1. Recommendation for Nursing Research

To conduct a bigger researcher on a healthy lifestyle that would cover not only undergraduate nursing students, but also graduate nursing students. A comparative research among private institutions that offer nursing programs is highly recommended. Conduct a similar research in different provinces of Thailand.

2. Recommendation for Nursing Education

Since a Private University undergraduate nursing students are aware of the healthy lifestyle, yet, only sometimes adhere to it, it is highly recommended that all the nursing educators, administrators and academic staff teach the students on how to adhere to a healthy lifestyle. It is highly recommended that all the faculty and staff of the College of Nursing serve as good role models in terms of adhering to the healthy lifestyle through engaging themselves into health promotions programs. Nursing educators should offer free or low-price and convenient accessibility of health-promoting activities to a Private University undergraduate nursing students

and this would reduce likelihood of future health risks. Nursing administrators should revise arrangement of study program and placement as this would facilitate nursing students to have time for relaxation and time to engage into health promotion activities that would foster a healthy lifestyle. The application of some theories such as: Health Believe Model, Self-Determination Theory, and Motivation Theory, should be used to bridge the gap between Awareness and adherence to the healthy lifestyle of a Private University Undergraduate Nursing Students.

3. Recommendations for Nursing Practice

It is recommended that in the field of nursing practice, all health professionals live according to the principles of a healthy lifestyle. All the nursing lecturers and other lecturers from other departments of a Private University in Nakhon Pathom, preceptors, researchers, laboratory instructors and academic staff, should serve as role models to a Private University undergraduate nursing students in the area of adherence to a healthy lifestyle.

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