

Knowledge and Practice of Dental Students on Healthy Lifestyle, Khammam

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Abstract: Background: Dentists are one of the most important groups directly associated with public health. Dental students must maintain a balanced routine and adopt healthy lifestyles. The aim of this study was to determine the prevalence of these lifestyles habits among mamata dental students and to identify their relation with variables such as socio-demographic characteristics, year of dental school and personal beliefs.

Methods: This cross-sectional study of 200 dental students included a self-administered questionnaire comprising information about healthy lifestyle practices in the following areas: gender, age, physical activity. The students were undergraduates, interns and postgraduates and gave verbal informed consent. Data were analyzed using SPSS version 25 descriptive statistic was performed.

Results: Among 200 participants included in the study, more than 80% of students were aware of importance of physical activity. Only 20% of students are not sure about their physical activity. Lack of time and work commitment was the two major barriers for regular physical activity as understood by the study subjects.

Conclusion: Majority of the study subjects perceive that regular physical activity is necessary for good health, but the practice of the same was not regular and up to the recommended level.

Keywords: Healthy lifestyles, students, prevalence.

1. Introduction

A healthy lifestyle is one which helps to keep and improve people's health and well-being. Healthy living is a lifelong effect. The ways to being healthy include healthy eating, physical activities, weight management and stress management, whereas physical activity is defined as any bodily movement produced by skeletal muscles that require energy expenditure [5].

Exercise is global health issue. It is most necessary and important in all stages of life as they provide many psychological and physiological benefits, but now days in present generation we can see lot of inactivity in all age groups. One must exercise and be fit in order to lead a healthy, independent sound life [8].

It is a well-known fact that having a good healthy lifestyle is if benefit not only in prevention of disease but also in promotion

of well-being [3]. physical activity and poor dietary intake are related behaviours that impact on health and well-being and maintenance of healthy weight [2].

Physical inactivity is one of the major health problems in today's world. Unhealthy lifestyle behaviours including poor dietary practices, physical inactivity and often lead to obesity and chronic non communicable diseases [3].

Healthy practices such as weight management, physical recreational activity and proper sleeping habits can have a positive impact on health status [3].

Dental school is a period of responsibility in terms of choices and lifestyle practices. The students of dental school are exposed to various set of challenges while simultaneously tackling the physical, mental and social issues of student life. Many students confront changes in living conditions and adapt to the lifestyle and environment [3].

Dental students are most important people where they are directly associated with the public health and their health related behaviours have a significant impact on their patients attitudes as a role model. [1] A lot of dentists attitudes and behaviours are grounded or established in their performance at their undergraduate and postgraduate period.

In order to bring positive changes to dental student's health and well-being, implementing and maintaining systems for supervise and superintendence of health and well- being status is essential [4].

Our principle focus of this study is to evaluate the prevalence of these lifestyle habits among dental students of Mamata dental college regarding the impact of health behaviour interventions to improve physical activity, diet and/ or weight outcomes [2].

2. Methodology

The cross-sectional study was conducted in mamata dental college, Khammam. The study includes four groups including third year, final year, interns and postgraduates.

Total participants involved in the study are 200, the third year are of 32 students, final year of 86, interns of 47 and postgraduates are of 35.

The students were asked to fill out the self-administered questionnaire after obtaining verbal informed consent. The questionnaire contained 14 questions including demographic data, healthy lifestyle knowledge.

Demographic data considered of questions on age, gender and educational level. The questionnaire was distributed randomly to a total of 200 by attending various educational level classes. the questionnaire was distributed to postgraduates in the clinical departments.

Each participant voluntarily provided with informed consent before participating. The content validity of the questions were approved by staff of department of public health dentistry.

Inclusion criteria for the study includes who can understand English language and students present on the day of study and consenting to participate in the study.

Exclusion criteria for the study includes students who are not present on the day of study were excluded.

The questionnaire included beliefs and attitudes towards personal exercise habits and mode of work in the college. It assessed the students about the knowledge of having fitness centre in the college, duration of exercise, consultation of any physician/ physiotherapist of regarding physical activity, frequency of exercise, sleep consumption, mode of transport, and behaviours of healthy lifestyle.

Data was analyzed by using SPSS version 25 descriptive statistic was performed. Chi – square test was performed. Among the categorical variable level of significance set at 0.005.

3. Results

Total number of participants were 200 which includes males of 36 and females of 150 respectively.

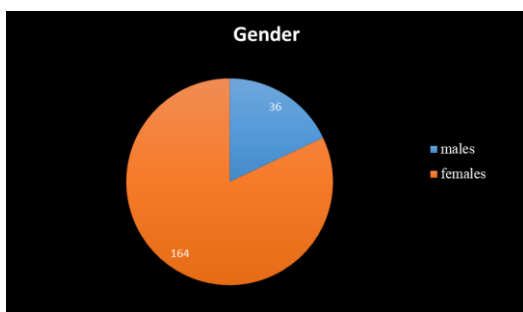


Fig. 1. Gender

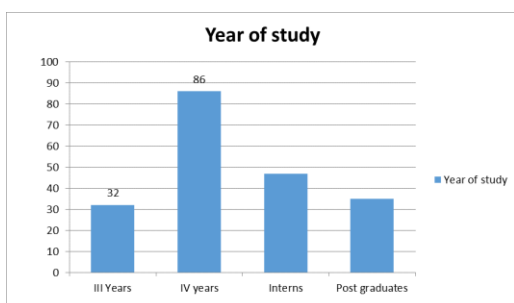


Fig. 2. Distribution of students according to year of study

When the students were asked whether or not they have visited the college fitness centre, (42.5%) responded positively, (35%) responded of not visiting college fitness centre, whereas (13%) of students sometimes visited fitness centre on occasional basis and (9.5%) of students never visited the college fitness centre (gym). Hence significant difference was found.

Table 1
Have you ever visited your college fitness centre (gym)?

	Frequency	Percent	
Yes	85	42.5	P<0.001
No	70	35.0	
Sometimes	26	13.0	
Never	19	9.5	
Total	200	100	

Students were asked about the frequency of exercising, in that majority of the students (30.5%) exercise once in week, (29.0%) of students exercise once in a day, whereas (15.5%) of students exercise once in a month and (25.5%) of students never exercised anytime.

Table 2
How frequently do you Exercise?

	Frequency	Percent	
Valid	Once in a Day	58	29.0
	Once in a week	61	30.5
	Once in a month	31	15.5
	Never Exercise	50	25.0
	Total	200	100.0

P > 0.001

Students were asked about involvement of any sport activity conducted by college, (35%) of students are actively involved in sport activity, (51.5%) of students are not at all involved in sport activity whereas, (9.5%) of students aware of sport activities conducted by college and (4%) of students are unaware of the sport activities conducted by college.

Table 3
Are you involved in any sport activity conducted by college?

	Frequency	Percentage	
Valid	Yes	70	35.0
	No	103	51.5
	Aware	19	9.5
	Unaware	8	4.0
	Total	200	100.0

P>0.000

Table 4
Do you have knowledge of adverse effects of exercise?

Valid	Frequency	Percentage	
	Yes	97	48.5
	No	39	19.5
	Not sure	61	30.5
	Refused	3	1.5
	Total	200	100.0

P>0.005

Table 4 shows the knowledge of adverse effects of exercise, majority of the students reported of (48.5%) of idea of adverse effects of not being physically active, (19.5%) of students had no idea of adverse effects of exercise, (30%) of students are not sure about the adverse effects of the exercise. To the contrast

(1.5%) of students refused to acknowledge the adverse effects of the exercise.

Table 5
In past week, how many days did u take up any physical activity?

Valid	Frequency		Percentage		P>0.002
	Half a day	34		17.0	
	Hours per day	84		42.0	
	Minutes per day	82		41.0	
	Total	200		100.0	

Table 5, Depicts duration of physical activity taken up in the past week, Majority of the students reported (17%) exercised half a day, (42%) of students exercised 1 hour per day, whereas very less students (41%) exercised less than 1 hour per day. Hence Significant difference was found.

Table 6
Would you like to change your attitude towards fitness and lead a healthy lifestyle?

Valid	Frequency		Percentage		P>0.000
	Yes	151			
	No	31			
	Not sure	16			
	Refused	2			
	Total	200			

Table 6, Students were asked whether they would like to change their attitude towards fitness and lead a healthy lifestyle, Majority of the students agreed (75.5%), (15.5%) students disagreed with the question whereas (8.0%) students are not sure and (1.0%) refused to change their attitude towards fitness and lead a healthy lifestyle.

4. Discussion

The present study was conducted to evaluate knowledge, attitudes and practices of dental students regarding healthy lifestyles.

The principle focus of the study is to bring impact on dental students on their well-being, implementing and maintaining systems for supervise and superintendence of health and nutritional is essential.

The Purpose of this study was to understand the lifestyle practices of dental students. The major limitations of this research was fact that all aspects of a healthy lifestyle were not covered. Future research could be carried out focusing on the remaining details including hours of study, water, fruit consumption, a mental health/ stress quotient etc. Along with widening the scope of this research, it would also follow for a more comprehensive assessment of the topic.

Results from the present study findings bring a question to the mind about the competence of their knowledge and practice. In most of the knowledge and practice questions, the percentage of correct answers was above 50%. More than 50% of the participants had adequate physical activity. The present study showed good physical activity but the practice of the same was not satisfactory. Though all the study subjects are practicing

physical activity it was not regular and not recommended level.

College life is an important stage for individuals because the element "Behavior" is contributive to change during this time. University and college platform, therefore represent an important opportunity for health and nutritional education.

Unhealthy habits picked up at this level generally persist throughout adult life. College life is also a period during which individuals are for the most part, exposed to stress and lack of time, posing a restriction to the adaptation of healthy practices.

Results of the survey shows about the habits and perceived barriers to following a healthy lifestyle in a college population, the biggest obstacle to exercise and good eating habits was "lack of time".

However, it should also be noted that in our research, while we found that the majority of students were aware of basic factors affecting lifestyle, they still found it difficult to implement the necessary changes. Therefore, it is necessary that further research be carried out in this field in order to not only identify but also address these perceived barriers.

5. Conclusion

Dental students are important role models for general population so paying more attention to their personal lifestyle is necessary. Compared to general population, their lifestyle was less better in some respects but the college staff/ directories should design programmes for students to improve knowledge and behaviors to maximize the level of accurate and healthy lifestyle.

A perception towards physical activity among the dental students was found to be satisfactory, but the practice of the same was not regular and to the recommended level. Work commitment and lack of time for physical activities were found to be the perceived barriers for practicing regular physical activity.

The institution of higher education is ideal site to promote and encourage physical activity and balanced diet. Through challenge and support, academic faculty and staff can assist college students in psychosocial development. Unfortunately, there is a crack between student affair professionals, who informally teach students via co-curricular activities and residential life, and academic faculty, who formally teach students in classrooms.

To conclude, the colleges should develop wide health strategies to bring greater understanding to issues of health and fitness, including understanding the differences between the concepts of health, fitness and well-being.

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