

Features of Health-Oriented Behavior in Students living in Chelyabinsk and Barnaul: A Comparative Analysis

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Abstract: The paper focuses on the issues of maintaining students' health and developing health-saving competencies as important tasks of higher education institutions. The research purpose is to study certain parameters of the health-oriented behavior in students of non-sports specialties from different universities and regions. The research is based on a sociological survey. Students of non-athletic specialties from the Altai State University (AltSU, N=92) and the Ural State University of Physical Education (UralsUPC, N=98) took part in a survey. When comparing the results between university students, similar results turned out to be in terms of enthusiasm for social networks (67-70% of students) and students' attitudes to smoking (25%). Different were the answers to questions about sleep time and walking. Research results obtained from AltSU students indicate the presence of a greater part of those students experiencing the lack of sleep and walking. The results obtained will allow to determine general and specific strategic tasks of a healthy-saving program at universities, which are aimed at the formation of healthy-oriented behavioral patterns in students.

1. Introduction

The health status of modern youth in different regions has been characterized by unfavorable trends for several decades [1-7]. The state of health depends on the behavioral characteristics of the individual. By the beginning of the student years, health-oriented competencies should already be formed, ensuring the maintenance and improvement of physical, mental, and social well-being. However, studies of recent years confirm that the reason for the decline in health status is the lack of health-oriented behavior skills [8, 9].

The concept of "health-oriented behavior" is quite multifaceted and does not have an unambiguous formulation [8]. Despite this, it is undoubtedly that a health-saving environment contributes to the formation of health-oriented behavior [10]. Most studies are devoted to the study of the influence of health-saving measures on health-oriented behavior [11-15].

A comparison of the criteria for the health-oriented behavior of students from different regions will determine the influence of environmental factors, cultural traditions, socio-economic components of the region, and other components on the health of students. The Altai Krai and the Ural region are different according to the above criteria. However, they have negative trends in the health status of students, described in [1, 2, 4, 5, 6, 8, 9].

Studying the criteria of students' health-oriented behavior will help to identify problems and formulate a strategy for health-saving programs of universities, to provide general and specific ways to maintain student's health.

The purpose of the study is to study the parameters of the health-oriented behavior of students of non-sports specialties from different universities and regions.

2. Materials and Methods

Students of the Altai State University (AltSU, n=92) and the Ural State University of Physical Culture (UralSUPCm n=98) took part in the study with voluntary consent. In the questionnaire, students noted that they are not involved in sports activities and physical education. On the Google Forms platform, we have developed questionnaires for assessing the parameters of student's health-oriented behavior. Statistical analysis was performed using the statistical package SPSS v.17. The significance of differences was determined by the nonparametric Wilcoxon test, followed by the calculation of the p-level of significance.

3. Research Results

When comparing students' answers to the question "How much time do you use social networks during the day?", it is found that 67-70% of students spend more than 6 hours a day, 25-27% of students spend 2-3 hours, and 4-5% devote less than an hour. There were no differences between UralSUPC and AltSU students. The enthusiasm of students for social networks by us is presented in publications [16], which presents an analysis of the study of the characteristics of the enthusiasm of student-athletes at a physical education university (UralSUPC) with social networks and instant messengers at different stages of professional development.

Analysis of student's answers to the question "How much time do you spend on a night's sleep?" allowed to reveal significant differences between the answers of students of UralSUPC and AltSU. It became known that 57% of AltSU students lack sleep, while UralSUPC has 10% fewer students. Accordingly, the number of students with sufficient sleep in AltSU turned out to be 10% less compared to UralSUPC (Fig. 1). It should be noted that according to the results of the questionnaire, a group of students was identified (3-4%), whose sleep time is more than normal.

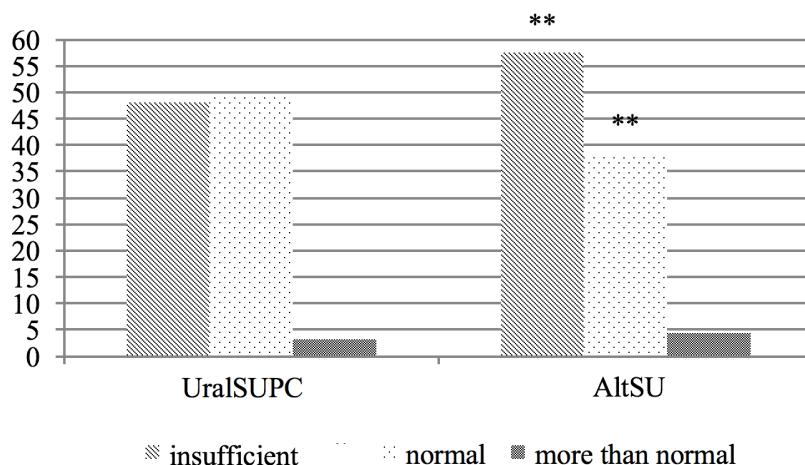


Fig. 1. Distribution of students by the time allotted for sleep (** – the significance of differences at $p<0,05-0,001$).

When analyzing students' answers to the question "How much time do you take for walks in the day?", it is found that 54% of students in UralSUPC spend not enough time outdoors (16% of students in AltSU). Statistical analysis of the responses showed significant differences between the responses of UralSUPC and AltSU students.

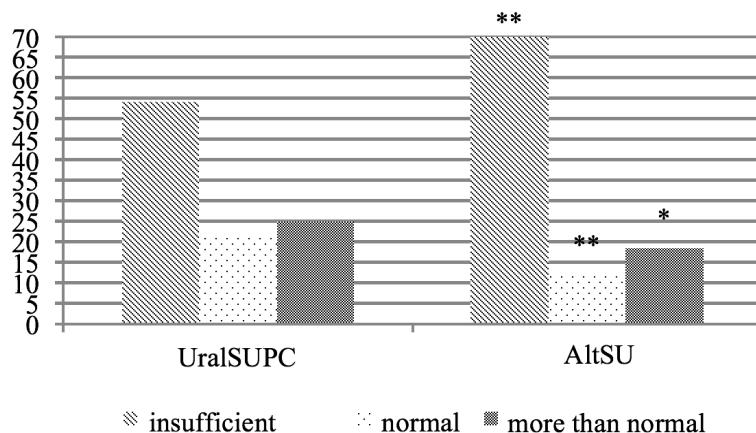


Fig. 2. Distribution of students by the time allotted for walks (** – the significance of differences at $p<0,05-0,001$).

Our analysis of the answers to the question "Do you smoke?" does not reveal differences between the answers of students of different universities. In total, 75% do not smoke. However, 25% of all respondents are related to this negative habit and replied "yes, often" and "yes, rarely."

4. Discussion

The results obtained reflect the current trend. Indeed, social networks are a means of communication, interaction, and expansion of communication opportunities on the one hand. On the other hand, they have a negative effect, primarily on the functional state of the nervous system [17]. Therefore, it is important to create a culture of interaction with social networks and to ensure the prevention of the formation of Internet addiction. According to the Public Opinion Foundation (FOM), the total Internet audience in Russia is 47 million; more than 90% of Russians have a social network account [18].

The time allotted for sleep is an important health factor that ensures the restoration of the body's resources. Insufficient sleep is the reason for the decline of concentration, working capacity, and physical qualities. While studying at a university, it is important for students to rationally distribute all types of activities throughout the day without affecting the time allotted for sleep.

Walking is also an important factor in maintaining health. Walking provides oxygen saturation of the body cells; active motor mode relieves stress, increases the tone of capillaries, immunity, and other positive effects.

Smoking is an acute problem worldwide [19]. The results obtained during the study also raise concerns. A fairly large number of students (25%) smoke. We did not set the task to analyze the quality of cigarettes smoked, to determine the degree of nicotine addiction, and others. It was important for us to identify a group of students related to smoking. Of course, the results obtained indicate the need for measures to prevent smoking and smoking cessation [20].

5. Conclusion

In the course of the study, we identified features of the health-oriented behavior of students who do not show interest in physical education and sports among students in universities of different regions. Thus, the results of the study allow us to determine general and specific approaches to the development of programs for the formation of UralSUPC and AltSU students' health-oriented behavior.

Regardless of the educational program, the federal state educational standard of higher education, in the section "Requirements for the results of mastering the undergraduate program," establishes universal competencies in the health care category. According to the standard, students should be "able to manage their time, build and implement a self-development path based on the principles of education throughout life," "able to maintain the proper level of physical fitness to ensure full social and professional activities." Therefore, it is essential to include the formation of these competencies through a variety of means, forms, and methods in the university's health-saving program.

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