

Study on Life Style Factors Determinants on Health Status of Incoming and Outgoing Medical Students of Pondicherry

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Abstract- Background: The health status of people significantly depends upon their health related behavior life style. Medical students as a distinct and young adults segment of our population need to address their health and life style problems. This study highlights the existing life style factors among incoming and outgoing medical students on their health status. **Aims & Objectives:** To determine and compare the eating habits and life style behaviors of the incoming and outgoing students. **Methodology:** This is a Cross sectional and Descriptive study conducted among the first M.B.B.S (Incoming), Final and interns M.B.B.S (Outgoing) students in the month of October and November 2013 in Sri Lakshmi Narayana Institute of Medical Science, Pondicherry. Data was collected from 302 Students using a pretested semi open ended questionnaire, self-administered to the students after obtaining their consent. The data on eating habits, various life style factors, personal expenditure pattern, time utilization on using electronic gadgets etc. were collected and analyzed using SPSS. **Results:** The incoming and outgoing students residing in hostel were 68% and 74% respectively. Fifty percent of outgoing students have own vehicle whereas incoming students own only 23%. Sixty five percent of outgoing students were owning laptop whereas incoming have only 27%. The monthly average expenditure per month of outgoing students was Rs.4316 whereas incoming students was Rs.1821. The outgoing students have more expenditure, owning laptop and vehicle, eating non vegetarian and junk foods outside at least twice in a week. On an average duration of 10 hours per day was engaged by the outgoing students on electronic gadgets. **Conclusion:** The variation in the life style factors and dietary habits of the students will have a significant effect on their health in future. Hence there is need to create awareness for their life style modification.

Index Terms- medical students, life style, diet, overweight

I. INTRODUCTION

A significant amount of the mortality and morbidity experienced worldwide today is preventable⁽¹⁾. Nearly half of all premature deaths are associated with unhealthy lifestyles. Health status and health-related practices such as lifestyle patterns are important predictors of future health, productivity

and life expectancy^(2,3). The health status of people significantly depends upon their health related behavior life style. Medical students as a distinct and young adults segment of our population need to address their health and life style problems. The medical students life style behaviors getting changes year by year due to many reasons and they are more vulnerable to many chronic health problems in addition to the professionally and socially associated stress. This study highlights the existing life style factors among incoming and outgoing medical students on their health status.

II. OBJECTIVES

To determine and compare the eating habits and life style behaviors of the incoming and outgoing students.

III. METHODOLOGY

This is a Cross sectional and Descriptive study conducted among the first M.B.B.S (Incoming), Final and interns M.B.B.S (Outgoing) students in the month of October and November 2013 in Sri Lakshmi Narayana Institute of Medical Science, Pondicherry. Data was collected from 302 Students using a pretested semi open ended questionnaire, self-administered to the students after obtaining their consent.

A pilot study was done on 30 students to test the validity, applicability and practicality of the questionnaire. Height was recorded (in cm.) using a non- stretchable tape and weight was taken (in Kg.) using a weighing machine standing upright and with shoes off. Body Mass Index (BMI) was calculated in kg/m^2 . The data on eating habits, various life style factors, personal expenditure pattern, time utilization on using electronic gadgets etc. were collected and analyzed using SPSS.

IV. RESULTS

The Results were analysed among 302 medical students comprising of 163 outgoing and 139 incoming medical students. Their life style behaviors and eating habits were analyzed and tabulated here.

Table 1: Distribution of life style factors and dietary habits among Incoming & Outgoing students

Factors		Incoming Students			Outgoing Students		
		Male	Female	Total N (%)	Male	Female	Total N (%)
Resident	Hostel	48	47	95 (68)	43	77	120 (74)
	Day Scholar	20	24	44 (32)	25	18	43 (26)
Owning Vehicle		17	15	32 (23)	50	32	82 (50)
Owning Laptop		18	19	37 (27)	46	60	106 (65)
Diet	Veg	5	6	11 (8)	65	75	23 (14)
	Non-Veg	63	65	128 (92)	65	75	140 (86)
Frequency Of Eating Outside	Daily	34	44	78 (56)	15	46	61 (37)
	Weekly	27	15	42 (30)	30	31	61 (37)
	Occasionally	4	3	7 (5)	18	4	22 (14)
	No	3	9	12 (9)	5	14	19 (12)
Mean Monthly Expenditure (Rs.)		2047	1604	1821	5039	3798	4316

The incoming and outgoing students residing in hostel were 68% and 74% respectively. Fifty percent of outgoing students have own vehicle whereas incoming students own only 23%. Sixty five percent of outgoing students were owning laptop whereas incoming have only 27%. The monthly average expenditure per month of outgoing students was Rs.4316

whereas incoming students was Rs.1821. Majority of the incoming and outgoing medical students were on mixed diet. Based on the study, more than half of the incoming medical students were having the habit of consuming outside food daily whereas outgoing students were only 37%.

Table 2: Distribution of Body mass index among Incoming & Outgoing students

BMI (Kg/M ²)	Incoming Students			Outgoing Students		
	Male	Female	Total (%)	Male	Female	Total (%)
≤18.5	14	11	25 (18)	3	7	10 (6)
18.5 - 24.9	33	38	71 (51)	36	59	95 (58)
≥25	21	22	43 (31)	29	29	58 (36)

Above table shows, the overweight problem among incoming and outgoing medical students was 31% and 36% respectively. The incoming medical students (18%) were underweight whereas only 6% of the outgoing students were

underweight. The prevalence of overweight was high among the outgoing students whereas the prevalence of underweight was high among incoming students^(4,5).

Table 3: Distribution of time for Mobile usage among Incoming & Outgoing students

Mobile Usage	Incoming Students			Outgoing Students		
	Male	Female	Total	Male	Female	Total
Voice	1.2	1.9	1.6	2.5	1.7	2
Text Message	2.1	2.5	2.3	3.2	2.6	2.9
Internet	2.6	1.9	2.3	4.4	2.8	3.6
Games	1.9	1.5	1.7	2.5	2	2.2
Total	7.8	7.8	7.9	12.6	9.1	10.7

The mobile usage among outgoing students were high when compared to incoming students. The average time duration spend on mobiles by the incoming and outgoing students was 10.7 hours and 7.9 hours per day respectively.

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V. CONCLUSION

The outgoing students have more expenditure, owning laptop and vehicle, eating non vegetarian and junk foods outside at least twice in a week. The variation in the life style factors and dietary habits of the students will have a significant effect on their health in future. Hence there is need to create awareness for the life style modification.

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