

INTRODUCTION

- Healthy lifestyle is to control all behaviors that may have an impact on one's health.
- By maintaining healthy lifestyle attitudes, mortality and morbidity rates in chronic diseases can be significantly reduced. (such as cardiovascular diseases, cancer...)
- It will be more motivating for physicians who have practiced healthy lifestyle behaviors in their own lives to guide them on the population they serve.

***This study aims to investigate the health attitudes of the 1st and 4th class medicine students and the factors that may affect them

METHOD

- Data were collected online with the questionnaire prepared by using the literature.
- Sociodemographic information and healthy lifestyle behaviors were questioned.
- Bezmialem Vakıf University Faculty of Medicine 2021-2022 academic year class 1 and 4, 52 students constituted the universe of the research
- Sociodemographic information (highschool they graduated, parents job and education, monthly income, monthly personal income, reasons in choosing medicine, BMI etc.)
- Healthy lifestyle behaviors such as:
 - ✓ Nutrition
 - ✓ Physical activity
 - ✓ Harmful habits
 - ✓ Hygiene behaviors (hand, general, oral)
 - ✓ Health responsibility
 - ✓ Spiritual development
 - ✓ Coping with stress (sleep, hobbies, being optimistic, relaxing)
 - ✓ Social relations

FINDINGS

- The health responsibility score of the class 1 students was higher than the class 4 students (p=0.022).

Independent Samples Test		
		t-test for Equality of Means
		Significance
		Two-Sided p
beslenme	Equal variances assumed	0,825
fizikselaktivite	Equal variances assumed	0,301
sağlıksorumluluğu	Equal variances assumed	0,022
hijyen_elhijyeni	Equal variances assumed	0,841
stresslebaşçıkma	Equal variances assumed	0,953
manevigelişim	Equal variances assumed	0,080
toplam	Equal variances assumed	0,137

- Nutrition, spiritual development, social relations and coping with stress scores of the students who stayed with their family were higher than the students who stayed at students house or alone (p<0.05).

- When the students were asked about their reasons for choosing medicine, total scores of those who chose it at the request of their families and those who chose to guarantee their job were found to be significantly lower and student who chose it for having interest in medicine took higher total score (p=0.000).
- The scores of male students in the subgroups of physical activity (p=0.002), nutrition (p=0.004), and coping with stress (p=0.011) were found to be significantly higher than female students.

		t-test for Equality of Means
		Two-Sided p
beslenme	Equal variances assumed	0,004
fizikselaktivite	Equal variances assumed	0,002
sağlıksorumluluğu	Equal variances assumed	0,167
stresslebaşçıkma	Equal variances assumed	0,011
manevigelişim	Equal variances assumed	0,266
toplam	Equal variances assumed	0,700
hijyen	Equal variances assumed	0,070

- BMI s of students: underweight, normal range, overweight, obesity % 13,5, % 61,5, % 21, % 4

7	32	11	2	52
13,5%	61,5%	21,2%	3,8%	100,0%

- When students were asked: Do you practice healthy living behaviors enough in your life? % 50- % 50
- Some reasons of students who answer no:
 - ***lack of motivation, laziness, indolence, difficult and intense of medical education, high prices of healthy foods, to not have a time, high responsibility, exams, Not having enough knowledge about the benefits, stressful studentship, desperation, to not have enough awareness, economical problems

DISCUSSION

- Healthy life behaviors scores of the students who progressed in medical education did not increase!!!
- The physical activity levels of female students are low, and it has been seen that studies should be done to increase it.
- It has been observed that staying with the family has positive results in terms of physical and psychological health
- Students claim that intensity and difficulty of medical education programme prevents students from practicing some healthy living behaviors.

***55% of the students stated that healthy life behaviors were not sufficiently included in the education programs, and it was thought that there was a need for improvements in this subject in the medical education curriculum.

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