

## Principles Of Healthy Lifestyle In Students

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**Abstract:** Dietary habits of every human impact her or his health. The society-wide situation with regard to the dietary habits is not positive according to the existent surveys, and the same applies to the college students. This paper goal is to identify the dietary habits frequented among the college students at a selected institution (a case study); evaluate the habits; and, propose actions for the institution under review, aimed to positively influence their students' dietary habits. The paper has been designed as a case study, while the data has been obtained from the evaluation of a quantitative survey (based on an executed questionnaire survey) including the total of  $n = 219$  college students of the selected educational institution. As revealed by the results, there is a statistically significant difference in the students' dietary habits according to gender and age category.

**Keywords:** Nutrition, students, die.

According to Reeves and Rafferty (2005) a healthy lifestyle can be defined as a combination of four characteristics: non-smoking, healthy weight, vegetables and fruit consumption and regular physical activity. Fang et al. (2016) or Larsson et al.

(2015) added the fifth element – no or limited alcohol intake. It can be also understood as a combination of four healthy behaviors: non-smoking, healthy weight, moderate alcohol consumption and regular walking (Ryu et al., 2014). Considering the breadth of topics covered in presented definitions, this study was planned to keeping in view just a few elements, as is explained below. Human nutrition is of the entirely central, unique importance in people's lives, ever more

highlighted in the current world heavily burdened with civilisation diseases. Proper nutrition is one of the healthy lifestyle constituents (Dima-Cozma et al., 2014; Machová and Kubátová, 2015). Unlike that, malnutrition, smoking, excessive alcohol consumption or poor physical activity are seen by Machová and Kubátová (2015) as the main injurious factors to health. The focus of this paper, therefore, is to identify specific dietary habits of college students in a selected institution (a case study).

As a secondary goal, interdependencies are tested of the set quality features (see, Methodology) that impact dietary habits according to Gregor (2004) or Musaiger, Gregory (1992), and, actions are suggested for the institution in question that would positively motivate the students' dietary habits. During one's childhood, we are predominantly influenced by our parents in terms of nutrition, whilst during the higher education or university studies, most of the students would encounter

their first experience of freedom and relaxed control feelings (Emmons et al., 1998). The fact has consequences for numerous areas of the respective individual's life, including her or his dietary habits. Fraser et al. (2011), Wengreen and Moncur (2009) have concluded that the habits suffer obvious deterioration during the student years. It is said that it is easy to learn and maintain bad habits but it is very difficult to switch them back. The issue of a healthy lifestyle is very serious but the people take it very lightly. Often, it is seen that the people take steps to improve their lifestyle but due to lack of determination quits in the midway. Moreover, for a healthy lifestyle is it important that you take small and one-step at a time. Also, do not go overboard with it. Besides, this healthy lifestyle will help you in life in a lot of ways. For keeping your body and mind healthy you have to follow

certain rules that will help you achieve your goal. Besides, there are certain measures that will help you to stay healthy. First of all, for being healthy you have to plan and follow a strict diet. This diet should contain all the essential minerals and vitamins required by the body. Also, eat only healthy food and avoid junk and heavily carbohydrate and fatty food. In addition, wake up early in the morning because first of all, it's a healthy habit. Secondly, waking up early means you can get ready for your work early, spend some quality time with your family. Besides, this decides time for your sleep and sleep early because it de-stresses body. Doing exercise regularly makes your body more active and it also releases the pent-up stress from the muscles. Avoid the mobile – the biggest drawback of this generation is that they are obsessed with their mobile phones. Moreover, these phones cause many physical and mental problem for them. So, to avoid the negative effects of mobile the usage volume of them should be reduced. Connecting with positive minds because the more you indulge with these people then less you will go to the negative side. The things that should be avoided for a healthy lifestyle. We knew that there are several bad habits that affect our healthy lifestyle. These habits can cause much harm to not only to the body but to the society too. In addition, these habits are also the cause of many evils of society. The major healthy lifestyle destroying habits are smoking, drinking, junk food, addiction, meal skipping, and overuse of pills. All these activities severely damage body parts and organs which cannot be replaced easily. Besides, they not only cause physical damage but mental damage too.

A healthy lifestyle has many benefits not only for the body but for the mind too. Also, if you follow a healthy lifestyle then you can reduce the risk of having cancer, heart disease, diabetes, obesity, and osteoporosis. To sum it up, we can say that there are various benefits of living a healthy lifestyle. Also, a healthy lifestyle has many benefits to your social as well as personal life. Besides, it improves the relationships in the family. Most importantly, the person who lives a healthy lifestyle lives longer as compared to those who do not. The questionnaire was completed by 219 respondents in total during the period from 21 May 2017 to 1 November 2017; the survey has been conducted as a case study focuses on the dietary habits of students of VŠEM, a. s. (University of Economics and Management, Prague). The questions were split into two groups – those directed at obtaining respondents' identification data and substantive questions about the respective students' lifestyles. Selective closed questions were presented to the respondents, as well as semi-closed questions for which the respondent could choose and state her or his answer option. The questions were sequenced in a manner sustaining their logical order, while the questions concerning identification details were placed at the questionnaire end. The questions were tested for their clarity, disambiguation and meaningful value through a precursory survey attended by 6 students. Based on the obtained information, selected questions were further specified, complemented, or, reworded. The participants responding in the survey included 147 women and 72 men. More than 64 % of the respondents were aged 18 – 26, approx. 19 % were aged 27 – 35, more than 13 % were aged 36 – 44, and, approx. 2 % were aged 45 – 53. The survey generalizes students of full-time and part-time study therefore the age categories are at the above intervals. Both full-time (110 respondents in total) and part-time students (109 respondents) were invited. The Bachelor Programme students represented a majority (56 %) of the respondents (see Tab I.). The respondents were contacted using an e-questionnaire (developed at the Click4Survey server), primarily by e-mail (161 e-mails were sent out in total). Social network groups with a focus on the VŠEM, a. s. studies were used as another distribution channel. An improbability selection technique was employed, specifically purpose-based selection (Disman, 2002) relying entirely on the researcher's judgement about what should be observed and what can be observed. The conclusions derived from the purpose-based selection may be generalised for the students of the involved university; therefore, it is a case study the outputs of which may be used to draw supporting information for the analyses of dietary habits of students at other institutions. The case study evaluated the situation concerning the dietary habits of the college students of a selected university (n = 219). It may be concluded based on the results that the invited students consume larger volumes of unsweetened beverages (water, tea, coffee) than of the coke-based or other sweet drinks (22.37 %). They daily consume increased volumes of cereals, raw vegetables, fresh fruits and milk and milk products, compared to ever decreasing consumption of fried meals, potato crisps, snacks or salted sticks. The largest proportion of the respondents (53.4 %) consumes vitamins and minerals, which is a positive fact. Continuous information action on the healthy dietary habits is however necessary by the university, while consideration should be afforded to the range of meals offered by the canteen. While this

paper has limited itself to the selected higher education institution, the case study may nevertheless help to motivate other educational institutions to map the current situation with regard to the dietary habits and to set up strategies for positively enhancing the nutrition approaches adopted by the young generation.

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