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Dercan Gencbas

Background: Physical activity, adequate & balanced nutrition, stress management, healthy sexual behaviors decrease morbidity & mortality in chronic diseases. Ô[˘¦•^Å|[æå•ÉÅà^â}*Åæ¸æˆÅ-¦[{Å-æ{â|ˆÉÅ•^¦-Ȧ^æ]â˙æcâ[}ÉÅɃ[àˮ•^^\â}*Å{æˆÅ|^æåÅ˘}âç^¦•âcˆÅ•c˘â^}c•Åc[Å@æç^Å¦â•\ˆÅ@^æ|c@Åà^@æçâ[¦•ÉÅV@^Å•c˘âˆÅâ•Åæâ{^åÅc[Å¸}åÅ[˘cÅ lifestyle behaviors related to exercise, nutrition, addictions, stress coping, some health issues of university students.

Methods: The study was aimed to reach 323 freshmen among 2044 in a university. A Data Collection Form, Healthy LifeStyle Behavior Scale-II, Stress Coping Styles Scale, Social Media Addiction Scale, and Health Outcomes Form measuring students' health problems were implemented to 136 students(42% of the sample) after ethical approval. Their risky health behaviors were determined with a Risk Assessment Tool. The results of the analysis were presented as mean±standard å^çâæcâ[}Åæ}åÅ]^¦&^}cæ*^ÉÅ0}å^]^}å^}c¦•æ{]|^åcÈc^•cŸ¸æ•Åˇ•^åÅc[Å&[{]æ¦^å}å^]^}å^}c¦çæ¦âæà|^•Åæ}åÅ•&æ|^Å•&[¦^•ÉÅV@^Å•c˘â^Å¸æ•Åc@^Å¸¦•c¦]æ¦cÅ[-ÅæÅ]¦[b^&cÅ-˘}å^âÅ by the University. From now on, students at risk will be given training modules and individual counseling for 4 months.

Results: 61 of 136 were assigned as at risk for Addiction, 135 for Adequate&Balanced Nutrition and Regular Physical Activity, 54 for Reproductive Health, and 121 for Stress Management. The average age was 20.2. Out of 136, 25.7% use cigarettes, 62.5% use alcohol occasionally, 5.2% use substances, 18.6% were sexually active, 20.8% had multi-partner and 31.9% of them used contraception before. 27.2% were overweighed. Healthy Lifestyle Behavior Scale was scored 130.1±20.3, Ùc¦^••ÅÔ[]â}*ÅÙc^|^•ÅÙ&æ|^Å¸æ•ÅÍFɦ͕ɦͥɦٮ[&âæ|ÅTˆåâæ¦Œâåââ&câ[}ÅÙ&æ|^Å¸æ•ÅˆÍÎɦɦFˆȦÎٌŕ•â*}â¸&æ}câåâ˘^¦^}&^Åâ•Å-[˘}åÅà^c¸¸^^}Åc@^Å]@ˆ•â&æ|Åæ&câçâcˆÅ•˘à•&æ|^Åæ}åÅ all scales by gender(p=0.032).

Conclusions: Almost all were found to be at risk in terms of health behaviors within the scope of nutrition, physical activity and stress coping. Students must acquire healthy behaviors to prevent future diseases. Training modules related to healthy lifestyle behaviors should be applied to students throughout the university.

Keywords: nutrition, stress management, chronic diseases, addictions, stress coping

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