

PERCEIVED HEALTH CONSEQUENCES OF UNSAFE HEALTH PRACTICES AMONG STUDENTS OF TAI SOLARIN UNIVERSITY OF EDUCATION IJAGUN OGUN STATE

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ABSTRACT

Most students of Tai Solarin university of Education do engage in unhealthy lifestyle and practice unsafe habits. This call for a good orientation for the students in other to curb these unsafe health practices such personal attribute which plays an essential role in early diagnosis of health challenges. This study examined the perceived health consequences of unsafe health practices among students of Tai Solarin university of Education Ijagun, Ogun State. Descriptive survey research design was utilized for this study. Stratified random and proportionate sampling technique was used to select 699 respondents from the total population of Tai Solarin university of Education students Ijagun, Ogun State, self-structured questionnaire was used. Five hypotheses were tested at 0.05 level of significance. Data were analyzed using descriptive statistics, (of) Cronbachs Alpha was used for internal consistency while multiple regressions was used for hypotheses testing. Findings revealed that: Cardiovascular diseases, Mental instability, sexually transmitted infections, blurred vision and Insomnia were perceived as a significant health consequences of unsafe health practice among student of Tai Solarin University of Education, Ijagun. Based on these findings the study concludes that Cardiovascular diseases, Mental instability, sexually transmitted infections, blurred vision, Insomnia were perceived health consequences of unsafe health practice among students of Tai Solarin University of Education, Ijagun. The researchers recommended that Students should continue to practice safe health practices in order to prevent environmental hazards and the spread of diseases that could be transmitted through unsafe health practices.

Keywords; Health consequence, Perceived and Unsafe health practice and Students.

INTRODUCTION

University environment is a place where students undergo various developments in terms of biological, psychological, social and economic changes. It is the period characterized with curiosity and experimentation, experience new environment that generally involves increased workload and stress, altered patterns of life which are significant contributors to unhealthy lifestyles (Ulla-Diaz & Perez Fortis, 2010). They experience problem of accommodation, overcrowded lecture hall, unavailable learning materials, irregular supply of electricity, inadequate recreational activities, poor transport facilities and poor health facilities, all these tend to have negative effect on the health of students in the campus. Scanlan, Care & Gessler (2016) defined unsafe health practice as an occurrence, event or a pattern of repeated behavior that places the students, family or others in jeopardy or at an unacceptable level of risk for physical, psycho-social or emotional harm. Health Education which is a subject of primary importance that engages a multidisciplinary approach to our daily activities in the society, especially in Institution. Schmidt, 2012; Epton, 2013; Sabbah, (2013) pointed out that healthy choices today influence individual's health for the rest of one's life. Unsafe health practices or unsafe habits

which are harmful to optimum health, such as failure to observe proper rest or exercise, overeating, over drinking and smoking, unprotected sexual intercourse or failure to observe certain precautions against contacting diseases, usually result to poor health. None challant attitude is one of the leading factors contributing to unsafe health practices.

The lifestyle patterns (e.g. excessive alcohol use, tobacco use, inactivity and unhealthy dietary practices) formed during university life are likely to be sustained into adulthood. Some unsafe health practices among university students which are harmful to optimum health includes substance and drug abuse, failure to observe proper rest or exercise, overeating, over-drinking, and smoking and unprotected sexual intercourse which contributes to worldwide public health problems as the major cause of poor academic performance and drop out among students. (Abolfotouh ,2013; Lihan, 2017).

Students spending a lot of time on the Internet can do more harm than good to their health, some students stay awake late at night staring at the screen of the phone and poring over random things on the internet, the screen reflection can affect the student vision, sitting too much might result to back and neck pain, it can also lead to bankruptcy, especially if the time spent online is focused on shopping, gambling and gaming. The internet really affects students both negatively and positively. While the internet can be a reliable resource academically with homework and school project, things can easily turn downhill when time on the internet overtakes time for study and school. A student who is addicted to the Internet and has modern gadget like television, laptop and mobile phones is more likely to be exposed to information that will promote unsafe practices such as cyber bullying, sexting which may lead to anxiety, depression, and even suicide. Others argued that the decrease of physical activity might be explained by the fact that university students spend more of their time using internet and watching television (Huang, 2015; Taba, 2018).

Poor hygiene is also an unsafe health practice among students, everyday student comes in contact with millions of germs and viruses outside which may result to sickness. In work or learning. Poor hygiene and personal care habits can result in negative attitudes affecting interactions with other people. Student maybe stereotyped, leading to stigma, rejection, prejudice and discrimination. These can have a negative influence on the quality of life, emotional and mental health of individuals. Personal hygiene practices may help students and the people around them prevent illnesses. It can also help students feel good about their appearance in the public and the environment.

The link between substance misuse and abuse, internet addiction, poor hygiene, unhealthy dietary practice, unprotected sexual intercourse among students have detrimental impacts on their health, second-hand smoking is a serious health hazard to others and unprotected sex and needle-sharing leads to the spread of HIV and other STIs. The long-term health consequences of many of these behaviors are costly and could stretch households' finances and exacerbate poverty. Glanz, Barbara & Viswanath, (2018) opined that unsafe health practices have consequences on the students as a whole, since they often trigger significant public health expenditures and lead to declines in aggregate productivity through premature mortality and morbidity.

Health consequences or health effects are outcome, result, or reaction from changes in health resulting from exposure to source. Health consequences are important consideration in many areas such as hygiene, nutrition and occupational safety in general (Nuclear regulatory

commission). Every unsafe health practice has a health consequence on the health of students hence students should act carefully and pay more attention to their health. Some of the perceived health consequences of unsafe health practices of students include cardiovascular diseases, mental instability, sexually transmitted infection, blurred vision and insomnia. The health consequences of unsafe health practices among students presently are critical issues, as most students if not all will have at least one story to tell about indulging in unsafe health practice or the other. Student's practices unsafe lifestyle, some students involve in smoking, consuming alcohol and drug, live a sedentary lifestyle, they also have poor nutritional food intake. Students who are sexually active engage in unprotected sexual intercourse (Hicks and Heatie, 2018). Health problems which threatening the well-being of students includes abuse of alcohol and other substances, helminthes (worm) infection, HIV/AIDS and STI, diseases, malaria, mental health issues, such as stress like living in a war zone, being homeless, overwork, hunger, abuse or molestation, micronutrient deficiencies (iron, iodine, vitamin A), oral health problems, malnutrition, respiratory infections, sanitation inadequacies, tobacco use, unintended pregnancies, violence and injury (including sexual violence), vision problems.

Early Identification of unsafe health practices among students can be identified through direct observation, close monitoring of the student, feedback from colleagues, and in some cases, additional information about the student from faculty instructors, although related issues are acknowledged to be confidentiality, they still believed that this information was important in selecting appropriate interventions for dealing with such students (Hubert et al, 2011). The World Health Organization (2017) recommended 30 minutes of moderate physical activity per day for adults and at least one hour of moderate physical activity for children and young people. However, despite the public health information on implications for physical inactivity and sedentary behaviors there is a concern about the declining levels of physical activity among young adults especially those engaging in university education (Onyechi & Okolo, 2018; Mikolajczk, 2018).

METHODOLOGY

Descriptive research design was adopted for this study. The population comprised all students of Tai Solarin University of Education, Ijagun, Ogun State. A total of Six hundred and ninety-nine (699) students were selected from the five (5) colleges within the campus. The population in the study area is relatively large hence stratified random sampling techniques was used to select sample from the population, this sampling technique involves the division of a population into smaller sub groups known as strata. Proportionate sampling technique was used to select 2% the sample size in each college for this study. Where 2% students turn out to be in decimal faction, the nearest whole number on the upper side was considered. Self-structured questionnaire which was validated by lecturers in the field of health promotion and education was used for data collection. The instrument was pre tested using Twenty (20) students of Olabisi Onabanjo University, Ago Iwoye, Ogun State. Cronbach's Alpha was used to determine the internal consistency of the instruments. The results show that (USHPQ) instrument yielded a reliability of $r = 0.843$, while the Cronbach Alpha statistics for the (PHCQ) instrument yielded a reliability of $r = 0.703$.

The researcher used the services of three (3) trained research assistants for the administration of questionnaire in various colleges and departments. Data analysis was done using simple percentage (%) for the demographic data and multiple regressions to test the variables of the study 0.05 level of significance.

RESULTS ANALYSIS OF HYPOTHESES

Hypothesis 1: Cardiovascular diseases will not be perceived as a significant health consequence of unsafe health practice among student of Tai Solarin University of Education, Ijagun, Ogun State.

Table 1 Regression analysis of cardiovascular diseases.

$R^2 = 0.841$							
Multiple R2 (adjusted) = 0.840							
Parameter Estimates				Analysis of Variance			
Variable (s)	Co-efficient parameter (B)	of estimate	Standard Error	T	Df	F	Sig
Cardiovascular Diseases	0.877		0.014	60.634	698	3676.503	0.000 ^a
Dependent Variable: Unsafe Health Practices.							

The above result showed that, unsafe health practices may result to cardiovascular diseases, the T-calculated is 60.634 while the t-tabulated is 1.97 at 5% level of significance. Since the calculated t-value is more than the tabulated t-value it can be concluded that there is significant relationship between cardiovascular diseases and unsafe health practices. Furthermore, it is observed that the standard error (0.014) is less than half of the parameter estimate ($\frac{1}{2} \times 0.877 = 0.4385$). R-Squared showed that the model has a good fit and that cardiovascular diseases account for about 84.1% variation in the effects of unsafe health practices among students of Tai Solarin University of Education Ijagun. Even after adjusting with the degree of freedom; the adjusted R-Squared showed that cardiovascular diseases accounts for 84.0% systematic variation in the effects of unsafe health practices among students of Tai Solarin University of Education, Ijagun. The f-test 3676.503 showed that there is joint significant relationship between cardiovascular diseases and unsafe health practices among students of Tai Solarin University of Education Ijagun, Ogun State as shown with calculated f-test which is 3676.503 with low probability value of 0.000 which is extremely more than 0.05 using 5% level of significance.

Hypothesis 2: Mental instability will not be perceived as a significant health consequence of unsafe health practice among student of Tai Solarin University of Education Ijagun, Ogun State.

Table 2 Regression analysis of mental instability

$R^2 = 0.871$							
Multiple R2 (adjusted) = 0.871							
Parameter Estimates				Analysis of Variance			
Variable (s)	Co-efficient parameter estimate (B)	of estimate	Standard Error	T	Df	F	Sig
Mental Instability	1.050		0.015	68.518	698	4694.681	0.000 ^a
Dependent Variable: Unsafe Health Practices							

The result of the test showed that there is positive relationship between mental instability and unsafe health practices. The positive relationship implies that increase in the rate at which students engage in unsafe health practices will result in mental instability among them. The test of the statistical significance using t-test and standard error showed that there is significant relationship between mental instability and unsafe health practices. The T-calculated is 68.518 while the t-tabulated is 1.97 at 5% level of significance. Since the calculated t-value is more than the tabulated t-value it can be concluded that there is significant relationship between mental instability and unsafe health practices. Furthermore, it is observed that the standard error (0.015) is less than half of the parameter estimate ($\frac{1}{2} \times 1.050 = 0.525$). R-Squared showed that the model has a good fit and that mental instability account for about 87.1% variation in the effects of unsafe health practices among students of Tai Solarin University of Education, Ijagun. Even after adjusting with the degree of freedom; the adjusted R-Squared showed that mental instability accounts for 87.1% systematic variation in the effects of unsafe health practices among students of Tai Solarin University of Education, Ijagun. The f-test showed that there is joint significant relationship between mental instability and unsafe health practices among students of Tai Solarin University of Education Ijagun, Ogun State as shown with calculated f-test which is 4694.481 with low probability value of 0.000 which is extremely more than 0.05 using 5% level of significance.

Hypothesis 3: Sexually transmitted infections will not be perceived as a significant health consequence of unsafe health practice among student of Tai Solarin University of Education, Ijagun, Ogun State.

Table 3 Regression analysis of sexually transmitted infections.

$R^2 = 0.921$							
Multiple R2 (adjusted) = 0.921							
Parameter Estimates				Analysis of Variance			
Variable (s)	Co-efficient	of Standard	T	Df	F	Sig	
	parameter estimate (B)	Error					
Sexually transmitted infections	0.895	0.010	90.131	698	8123.579	0.000 ^a	
Dependent Variable: Unsafe Health Practices							

The result of the test showed that there is positive relationship between sexually transmitted infections and unsafe health practices. The positive relationship implies that increase in the rate at which students engage in unsafe health practices will result in sexually transmitted infections. The test of the statistical significance using t-test and standard error showed that there is significant relationship between sexually transmitted infections and unsafe health practices. The T-calculated is 90.131 while the t-tabulated is 1.97 at 5% level of significance. Since the calculated t-value is more than the tabulated t-value it can be concluded that there is significant relationship between sexually transmitted infections and unsafe health practices. Furthermore, it is observed that the standard error (0.010) is less than half of the parameter estimate ($\frac{1}{2} \times 0.895 = 0.4475$). R-Squared showed that the model has a good fit and that sexually transmitted infections accounts for about 92.1% variation in the effects of unsafe health practices among students of Tai Solarin University of Education, Ijagun. Even after adjusting with the degree of freedom; the

adjusted R-Squared showed that sexually transmitted infections accounts for 92.1% systematic variation in the effects of unsafe health practices among students of Tai Solarin University of Education, Ijagun. The f-test showed that there is joint significant relationship between sexually transmitted infections and unsafe health practices among students of Tai Solarin University of Education, Ijagun, Ogun State as shown with calculated f-test which is 8123.579 with low probability value of 0.000 which is extremely more than 0.05 using 5% level of significance.

Hypothesis 4: Blurred vision will not be perceived as a significant health consequence of unsafe health practice among student of Tai Solarin University of Education, Ijagun, Ogun State.

Table 4 Regression analysis of blurred vision.

$R^2 = 0.894$							
Multiple R2 (adjusted) = 0.894							
Parameter Estimates				Analysis of Variance			
Variable (s)	Co-efficient	of Standard	T	Df	F	Sig	
	parameter estimate (B)	Error					
Blurred Vision	1.010	0.013	76.591	698	5866.250	0.000 ^a	
Dependent Variable: Unsafe Health Practices							

The result of the test showed that there is positive relationship between blurred vision and unsafe health practices. The positive relationship implies that increase in the rate at which students engage in unsafe health practices will result in cases of blurred vision among them. The test of the statistical significance using t-test and standard error showed that there is significant relationship between blurred vision and unsafe health practices. The T-calculated is 76.591 while the t-tabulated is 1.97 at 5% level of significance. Since the calculated t-value is more than the tabulated t-value it can be concluded that there is significant relationship between blurred vision and unsafe health practices. Furthermore, it is observed that the standard error (0.013) is less than half of the parameter estimate ($\frac{1}{2} \times 1.010 = 0.505$). R-Squared showed that the model has a good fit and that blurred vision account for about 89.4% variation in the effects of unsafe health practices among students of Tai Solarin University of Education, Ijagun. Even after adjusting with the degree of freedom; the adjusted R-Squared showed that blurred vision accounts for 89.4% systematic variation in the effects of unsafe health practices among students of Tai Solarin University of Education, Ijagun. The f-test showed that there is joint significant relationship between blurred vision and unsafe health practices among students of Tai Solarin University of Education Ijagun, Ogun State as shown with calculated f-test which is 5866.250 with low probability value of 0.000 which is extremely more than 0.05 using 5% level of significance.

Hypothesis 5: Insomnia will not be perceived as a significant health consequence of unsafe health practice among student of Tai Solarin University of Education Ijagun, Ogun State.

Table 5 Regression analysis of Insomnia.

$R^2 = 0.826$							
Multiple R2 (adjusted) = 0.826							
Parameter Estimates				Analysis of Variance			
Variable (s)	Co-efficient	of Standard	T	Df	F	Sig	
	parameter estimate (B)	Error					
Insomnia	0.978	0.017	57.575	698	3314.898	0.000 ^a	
Dependent Variable: Unsafe Health Practices							

The result of the test showed that there is positive relationship between insomnia and unsafe health practices. The positive relationship implies that increase in the rate at which students engage in unsafe health practices will result in cases of insomnia among them. The test of the statistical significance using t-test and standard error showed that there is significant relationship between insomnia and unsafe health practices. The T-calculated is 57.575 while the t-tabulated is 1.97 at 5% level of significance. Since the calculated t-value is more than the tabulated t-value it can be concluded that there is significant relationship between insomnia and unsafe health practices. Furthermore, it is observed that the standard error (0.017) is less than half of the parameter estimate ($\frac{1}{2} \times 0.978 = 0.489$). R-Squared showed that the model has a good fit and that insomnia account for about 82.6% variation in the effects of unsafe health practices among students of Tai Solarin University of Education, Ijagun. Even after adjusting with the degree of freedom; the adjusted R-Squared showed that insomnia accounts for 82.6% systematic variation in the effects of unsafe health practices among students of Tai Solarin University of Education, Ijagun. The f-test showed that there is joint significant relationship between insomnia and unsafe health practices among students of Tai Solarin University of Education, Ijagun, Ogun State as shown with calculated f-test which is 3314.898 with low probability value of 0.000 which is extremely more than 0.05 using 5% level of significance.

DISCUSSION OF FINDINGS

This study has statistically analyzed the perceived health consequences of unsafe health practices among students of Tai Solarin University of Education in Ijagun, Ogun State.

From the regression results, it was observed that cardiovascular diseases were perceived as a significant health consequence of unsafe health practice among student of Tai Solarin University of Education Ijagun, Ogun State. This is in conformity with the works of Schmidt (2012) who reiterated that students who abuse drugs and takes too much of alcohol is likely to end up having cardiovascular diseases if not attended to in time may result to death. Substance use and misuse may have adverse effects on the cardiovascular system with regard to oxygen supply and demand, thereby increasing the risk of ischemia. These effects may ultimately precipitate clinical events in persons with compromised coronary circulation that stems from underlying atherosclerosis. Approximately 10% of cardiovascular disease is attributed to smoking. This finding is also supported by the works of Epton et al (2013) who stressed that in Ghana, even though there is perceived rises of cardiovascular disease cases, the extent to which young people are at risk is not well documented. In the quest to reduce morbidity and mortality as a result of cardiovascular diseases, it is imperative to focus on addressing the risk factors in the young. This is because the

onset of cardiovascular diseases is not a sudden occurrence but happens as a result of long-time exposure to the various risk factors. Many are exposed to the risk factors right from childhood through adolescence to adulthood.

Results of the analysis on mental instability was perceived as a significant health consequence of unsafe health practice among students of Tai Solarin University of Education Ijagun, Ogun State. This finding is similar to that of Sabbah, Khamis, Sabbah. & Droubl (2013) who explained that mental instability can occur as a result of a wide range of mental illness which includes depression, anxiety disorders, schizophrenia, eating disorders and addictive behaviors. When the brain is starved of oxygen for a prolonged period of time, mental instability may occur, it causes illnesses, or conditions that have numerous symptoms such memory loss, disorders of smell and taste, persistent headaches, paralysis, tremors, seizures, sleep disorders, slurred speech, loss of consciousness, reduced tolerance for stress and sluggishness. When the condition becomes severe the student may suffer life changing and debilitating problems. The finding of the study also agrees with that of Brund & Rhee (2014) who explained that mental health challenges and symptoms of distress -- including heightened anxiety, difficulty concentrating, emotional dysregulation, insomnia, and elevated stress -- are common problems for many university students. This emotional and psychological distress has the potential to negatively impact educational performance, particularly for students who are also self-managing other symptoms of psychiatric disabilities and condition.

Sexually transmitted infections was perceived as a significant health consequence of unsafe health practice among students of Tai Solarin University of Education Ijagun, Ogun State. This result is in line with Glanz (2018) and Hubert et al (2011) who opined that Sexually Transmitted Infection spreads during sexual activity. It spread through vaginal, anal, and oral sex. Yet, students engage in unprotected sexual intercourse despite the awareness on the health consequences. The finding is also congruent with that of Lihan et al (2017) who opined that STDs are predominantly found among the young sexually active members of population, with the highest rates among 15–29 years old. The main reasons include biological factors, transmission dynamics, treatment-seeking behavior and dangerous sexual behavior. Sexually transmitted disease plays an important role in physiological, psychological and social aspects of adolescent. STDs also have devastating effects on the capacity to reproduce, perinatal infection rates and incidence of genital cancers, and the increased risk of cervical cancer.

Blurred vision was perceived as a significant health consequence of unsafe health practice among students of Tai Solarin University of Education Ijagun, Ogun State. Similar findings were observed in the works of Onyechi and Okolo (2018) who opined that blurred vision can be a symptom of more serious problems, including a potentially sight-threatening eye disease or neurological disorder. Blurred vision can affect both eyes, but some people experience blurred vision in one eye only. Cloudy vision, where objects are obscured and appear "milky," is often mistaken for blurry vision. Cloudy vision usually is a symptom of specific conditions such as cataracts, but blurry and cloudy vision can both be symptoms of a serious eye problem.

It was discovered from the analysis of returned questionnaires that insomnia was perceived as a significant health consequence of unsafe health practice among students of Tai Solarin University of Education Ijagun, Ogun State. To buttress this result, Brund and Rhee (2014) asserted that students prefer to watch T.V or use the internet instead of resting, others will go to party, if rest and sleep is not adequate it can adversely affects the brain and cognitive function, however in a subset of cases sleep deprivation can paradoxically, lead to increased energy and

alertness and enhanced mood, although its long-term consequences have never been evaluated, it has even been used as a treatment for depression. Schooling and work schedules affect sleeping quality of undergraduate students. On the other hand, poor sleeping affects the human cognitive functions, such as information processing, learning, and the integration of intellectual records. Poor sleeping quality highly correlated with poor academic performance and reduced learning ability. The other detrimental effect of poor sleep quality includes reduced memory, reduced cognitive ability, risk of suicide, mental problems, driving accident, and poor sleep hygiene practices.

SUMMARY

This study examined the health consequences of unsafe health practices among students of Tai Solarin University of Education Ijagun, Ogun State. Cardiovascular diseases, Mental instability, sexually transmitted infections, blurred vision, Insomnia were perceived as health consequences of unsafe health practice among students of Tai Solarin University of Education, Ijagun. The researchers recommended that Students should continue to practice safe health practices in order to prevent environmental hazards and the spread of diseases that could be transmitted through unsafe health practices.

CONCLUSIONS

Based on the findings, the following conclusions were made:

This study revealed that the university students have moderate health practices.

Cardiovascular disease is perceived as a significant health consequence of unsafe health practice among student of Tai Solarin University of Education, Ijagun, Ogun State.

Mental instability is perceived as a significant health consequence of unsafe health practice among students of Tai Solarin University of Education Ijagun, Ogun State.

Sexually transmitted infection is perceived as a significant health consequence of unsafe health practice among students of Tai Solarin University of Education Ijagun, Ogun State.

Blurred vision is perceived as a significant health consequence of unsafe health practice among students of Tai Solarin University of Education Ijagun, Ogun State.

Insomnia is perceived as a significant health consequence of unsafe health practice among students of Tai Solarin University of Education Ijagun, Ogun State.

Recommendations

Based on the findings, the following recommendations were made:

Government should strive to provide a safe, healthy environment including sufficient sanitation and water for students.

Engaging health and education officials, lecturers and their representative organizations, students, parents and community leaders in efforts to promote health.

Support and counseling service should be available for students in universities.

Regular work shop and seminars should be organized for students by continuous education unit to educate them, on the risk of unsafe health practices.

Available logistics and support supervision should be put in place to ensure that students adhere to standards guideline and practices.

Students should continue to practice safety in order to prevent environmental hazards and the spread of diseases that could be transmitted through unsafe health practices.

Provision of access to health services with nutrition and food safety programmers.

Implementation of health promoting policies and practices such as policies on equal treatment for all students.

Students should maintain good general health, get adequate rest to minimize fatigue.

Eat balanced diet including vegetables, fruits, and whole grains and avoid caffeinated drinks (coffee, tea and soft drinks) and alcohol, avoid spicy, acidic and dairy foods if sensitive to them.

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