Comparative Study of Health Promoting Lifestyle Profiles and Subjective Happiness in Nursing and Non-Nursing Students

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Abstract. The purpose of this study was to identify the significant predictors of subjective happiness for nursing students and non-nursing students, respectively. The subjects consisted of 410 including both of them. Data were collected through self-report questionnaires, which were constructed to general characteristics and health promoting lifestyle profile, and subjective happiness. The data were analyzed with the SPSS PC+22.0 program. The significant predictors of subjective happiness for nursing students were health promoting lifestyle and residence style, whereas significant predictors for non-nursing students were health promoting lifestyle, residence style, sleep status, and drinking habits. These factors explained 18.7% and 22.6% of the variance in subjective happiness, respectively. The most important predictor of subjective happiness for University students was health promoting lifestyle. The findings of this study suggest that there is a need for effective client-tailored programs focused on increasing happiness and health promoting lifestyles among nursing and non-nursing students.

Keywords: Health promotion, life style, happiness, nursing students

1 Introduction

University students are a young age group in the healthiest period of life, and they may be negligent regarding their health. Health habits formed during university years, however, form a foundation for a healthy life and may affect health in mid-life after the 50s and beyond into senior life when chronic diseases occur. Therefore, a health promoting lifestyle in university students is important [1]. In a health promoting model, individual characteristics and experience, cognition, emotions, and establishing action plans are relevant factors for health promoting lifestyles [2]. For this reason, it is necessary to examine related factors in order to enhance health promoting lifestyles. In studies conducted so far, university students generally had a medium levels of health promoting lifestyles. From highest to lowest, the subareas of health promotion practiced by university students were interpersonal relations, stress, nutrition, exercise, and health responsibility [3-5]. While health responsibility was the lowest, practice levels were also low in physical health such as nutrition and physical activity. Health majors showed lower health promoting lifestyle levels than non-health majors. These facts indicate that an in-depth study of this issue is necessary. Recent studies on
mental health concerning subjective happiness have focused on positive rather than negative emotions. Happier individuals live longer, happy feelings at work make employees moreproductive, and happy individuals contribute to making society a better place through socially cooperative roles such as voluntary work [6, 7]. For that reason, this study sought to examine the factors influencing the subjective happiness of nursing students and non-nursing students to find ways to help them practice health promoting lifestyles and provide baseline data for the development of education programs that help promote subjective happiness.

The purpose of this research is to examine health promoting lifestyles and the subjective happiness of university students according to nursing major and non-nursing major in order to provide baseline data for developing optimized health promotion programs. The detailed aims are as follows: 1. To examine the general characteristics, health promoting lifestyle profiles, and subjective happiness of nursing and non-nursing students. 2. To examine the differences in health promoting lifestyles and subjective happiness of nursing and non-nursing students. 3. To investigate factors that influence the subjective happiness of nursing and non-nursing students.

2 Method

2.1 Participants

A convenience sample of nursing and non-nursing students was obtained from each college majoring in humanities, social science, natural science, and engineering at H university in C city. To allow for participant refusals and withdrawals from the study, 420 copies were distributed. 410 copies were retrieved and used for this research analysis.

2.2 Data collection

Prior to conducting the research, ethical approval was obtained from the Research Ethics Committee of H university for ethical protection of research subjects and the data were collected through a self-report questionnaire from 1st of October to 18th of December, 2015. The research tool was a self-report questionnaire. The detailed general characteristics included: gender, major, grade, religion, weight, pocket-money, experience of illness, experience of family, residence, club activity, smoking, drinking during the last year, experience of dietary control, health related course completion, smartphone usage, and sleep status.

For health promoting lifestyle profile, the tool of HPLP-II [8] standardized in Korean by Yun et al. (2005) [9], consisting of 51 questions using a 5 point scale, was used and higher scores indicate better adherence to a health promoting lifestyle. At the time of development of this tool, Cronbach's alpha was .92, and reliability in this research was $\alpha = .90$.

For subjective happiness, a Korean version of the subjective happiness scale [10] translated by Im (2004) [11] was used, which consists of 4 questions in a 7-point
scale. In this scale, the higher the score, the greater the subjective happiness. At the time of its development, the reliability was $\alpha = .79-.94$; in the study by Im (2004) the Cronbach's $\alpha = .76$; and the reliability in this study was $\alpha = .66$.

2.3 Data analysis

Data collected for the study were analyzed using SPSS WIN 21.0, and frequencies, percentages, chi-square tests, t-tests, and one-way analysis of variance (ANOVA) were performed according to analytic goal. Factors influencing the subjective happiness of nursing students and non-nursing students were analyzed through multiple regression analysis.

3 Results

3.1 Differences of health promoting lifestyle and subjective happiness of nursing and non-nursing students

The results of the comparison of health promoting lifestyle and subjective happiness of nursing and non-nursing students are demonstrated in Table 1. Health promoting lifestyle showed a significant difference ($t=3.31, p=.001$) between the two groups, however, there was no significant difference in subjective happiness ($t=.49, p=.623$).

For the subareas of health promoting lifestyle, while nutrition ($t=1.24, p=.214$) and physical activity ($t=-1.36, p=.175$) did not show significant differences, interpersonal relations ($t=3.39, p=.001$), health responsibility ($t=4.75, p=.000$), stress management ($t=3.24, p=.001$), and spiritual growth ($t=3.40, p=.001$) showed significant differences.

<table>
<thead>
<tr>
<th>Category (items)</th>
<th>Nursing students (n=171)</th>
<th>Non-nursing students (n=239)</th>
<th>t</th>
<th>p-value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Interpersonal relations (8)</td>
<td>31.43 3.751</td>
<td>30.05 4.477</td>
<td>3.388</td>
<td>.001</td>
</tr>
<tr>
<td>Nutrition (9)</td>
<td>26.23 5.142</td>
<td>25.52 6.316</td>
<td>1.243</td>
<td>.214</td>
</tr>
<tr>
<td>Health responsibility (9)</td>
<td>27.07 4.679</td>
<td>24.67 5.299</td>
<td>4.747</td>
<td>.000</td>
</tr>
<tr>
<td>Physical activity (8)</td>
<td>20.39 5.668</td>
<td>21.20 6.158</td>
<td>-1.358</td>
<td>.175</td>
</tr>
</tbody>
</table>
### 3.2 Factors that influence subjective happiness according to nursing and non-nursing majors

Factors that had an impact on subjective happiness of nursing students are shown as it follows. The regression model was significant (F=5.12 p=.025) and its explanatory power was 18.6%. Health promoting lifestyle (β=.450, p=.000) and home stay (β=-.166, p=.025) were significant factors. When dorm stay was the standard, home stay became a negative influential factor. In contrast, factors influencing the subjective happiness of non-nursing students were: health promoting lifestyle (β=.372, p=.000), home stay (β=-.142, p=.018), sufficient quality of sleep (β=.135, p=.030), and drinking 2~4 times per month (β=.122, p=.044). Among these, home stay was a negative influential factor, and the total explanatory power of these variables was 22.7%.

### 4 Conclusion

In conclusion, there are differences in the factors that influence subjective happiness among nursing students and non-nursing students, and it is necessary to develop subjective happiness enhancement programs tailored according to their general characteristics in order to increase subjective happiness. Moreover, health promoting lifestyle does influence subjective happiness, thus, plans are required to help university students adequately adhere to a health promoting lifestyle.

### References