

## HEALTH STYLE BETWEEN INDIAN AND FOREIGN MALE STUDENTS OF DELHI STATE

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### ABSTRACT

*The purpose of the study was to compare the health style between Indian and Foreign male students of Delhi State. To achieve the objective of the study, two hundred (N=200) Indian male students and two hundred (N=200) Foreign male students between 17 to 25 years were selected conveniently and purposely from the regular students of different Universities and colleges of Delhi State as subjects. Health Style Questionnaire (USDHHS, 1999) was used to assess physical health, social health, emotional health, environmental health, intellectual health, spiritual health and occupational health of students. To determine the significant difference between the mean scores of Indian and Foreign male students on health style, 't' test was employed with the help of SPSS software. The level of significance was set at 0.05. Results of the study revealed that there were significant differences found on health styles variables i.e. physical health, social health, emotional health, environmental health, spiritual health, Intellectual health and occupational health. The finding reveals that foreign male students have significantly better as compare to Indian male students on health style.*

**Keywords:** Health Style, Indian Male Students and Foreign Male Students.

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## INTRODUCTION

Studies indicated that healthy lifestyles enhance lifelong health, increase quality of life, and decrease morbidity and mortality (Ebem, 2007). In other words, unhealthy lifestyles (Three modifiable lifestyle behaviors- smoking, unhealthy diet, and physical inactivity) have been associated with the development of chronic diseases, specifically heart disease, cancer, stroke, and diabetes (Centers of Disease Control and Prevention, 2004) result in chronic diseases such as high cholesterol, osteoporosis, chronic heart disease, hypertension, colon cancer, and psychosocial health problems (National Health Committee 1998). There are many benefits of physical activity for the Individual to protect themselves from acute diseases and improve general health conditions (USDHHS 1998). Epidemiologic research has demonstrated protective effects of varying strength between physical fitness. Epidemiologic research has demonstrated protective effects of varying strength between physical activity and risk for several chronic diseases, including coronary heart disease (CHD), hypertension, non-insulin-dependent diabetes mellitus, osteoporosis, colon cancer, and anxiety and depression (Physical Activity and Public Health, 1995).

Health promoting lifestyle includes activities that are focused on improving the level of well-being. For example, spiritual health is associated with social skills, which can help build interpersonal relationship, which are in turn linked to physical health and a longer life expectancy the self-esteem that comes with emotional wellness is associated with increased physical activity and healthier eating habits, which support physical wellness. Previous studies in health promoting behaviors indicated a high level of risky health behaviors in university students. Especially, sedentary lifestyles and low physical activity level were the most critical findings of these studies. Other studies examining the physical activity behavior as a health promoting factor found that physical activity level dramatically decrease from high school to university years (Ebem, 2007).

## MATERIALS AND METHODS

To achieve the objective of the study, two hundred (N=200) Indian male students and two hundred (N=200) Foreign male students were selected conveniently and purposely from the regular students of different Universities and Colleges of Delhi State as subjects. The age of the subjects ranged between 17 to 25 years. Health Style Questionnaire (USDHHS, 1999) was used

to measure all dimensions of health viz. physical health, social health, emotional health, environmental health, intellectual health, spiritual health and occupational health of students. In order to examine the hypothesis of the present study Mean, SD and Independent sample 't' test was applied to compare the mean scores of Indian and Foreign male students on health style. The level of significance was set at 0.05.

## RESULTS AND DISCUSSION

The comparison between Indian and Foreign male students on physical health, social health, emotional health, environmental health, spiritual health, Intellectual health and occupational health were statistically analyzed using 't' test. The data pertaining to the same are presented in table-1.

**TABLE-1**

**Comparison of Scores on Health Style (Physical Health, Social Health, Emotional Health, Environmental Health, Spiritual Health, Intellectual Health and Occupational Health) between Indian and Foreign Male Students of Delhi State**

Variable	Group	N	Mean	S D	M D	S E	't' ratio
Physical Health	Indian	200	24.34	3.45	3.11	.35	8.74*
	Foreign	200	27.46	3.67			
Social Health	Indian	200	25.11	4.69	2.59	.48	5.31*
	Foreign	200	27.71	5.05			
Emotional Health	Indian	200	26.32	3.55	2.07	.39	5.31*
	Foreign	200	28.39	4.22			
Environmental Health	Indian	200	25.28	4.84	2.60	.44	5.87*
	Foreign	200	27.88	3.95			
Spiritual Health	Indian	200	25.54	4.44	3.35	.42	7.79*
	Foreign	200	28.89	4.14			
Intellectual Health	Indian	200	25.26	3.68	2.75	.39	6.98*
	Foreign	200	28.01	4.18			
Occupational Health	Indian	200	26.06	4.85	2.24	.45	4.96*
	Foreign	200	28.30	4.15			

\*Significant at .05 level

$t'_{.05}(398) = 1.960$

It is depicted from the table-1 that the calculated ‘t’ values in case of Indian and Foreign male students on physical health, social health, emotional health, environmental health, spiritual health, Intellectual health and occupational health were found to be statistically significant as the values obtained were 8.74, 5.31, 5.31, 5.87, 7.79, 6.98 and 4.96 whereas, the tabulated value was 1.960 which 398 degrees of freedom at .05 level of significant.

Mean scores of Indian and Foreign male students on physical health, social health, emotional health, environmental health, spiritual health, Intellectual health and occupational health are graphically depicted in figure-1.

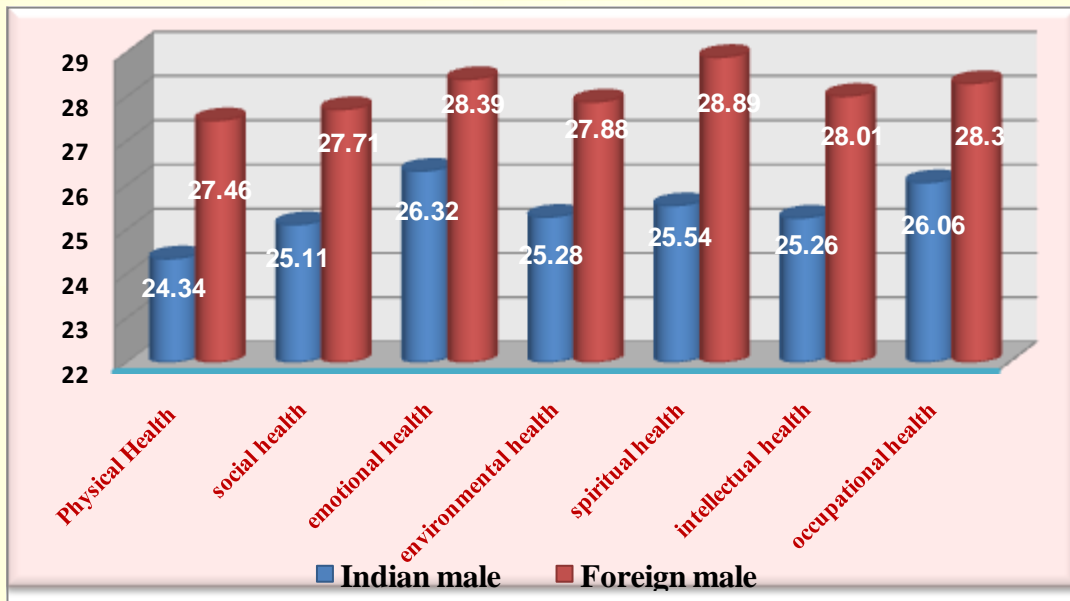


Figure: 1

**The Graphical Representation of Mean Scores on Health Style between Indian and Foreign Male Students**

The mean scores of Indian male students were 24.34, 25.11, 26.32, 25.28, 25.54, 25.26 & 26.06 and mean scores of foreign male students were 27.46, 27.71, 28.39, 27.88, 28.89, 28.01 and 28.30 on physical health, social health, emotional health, environmental health, spiritual health, Intellectual health and occupational health. The finding of the study showed that there were significant differences between Indian male students and foreign male students of different Universities and colleges of Delhi State on physical health, social health, emotional health, environmental health, spiritual health, Intellectual health and occupational health. Foreign male students have shown significantly better in all dimensions of health than Indian male students.

## CONCLUSIONS

In the light of findings and limitations of present study the following conclusions were drawn.

1. There were significant differences between Indian male students and foreign male students of different Universities and colleges of Delhi State on physical health, social health, emotional health, environmental health, spiritual health, Intellectual health and occupational health.
2. Foreign male students were found more active and good health style on all dimensions of health as compare to Indian male students.

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