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Determination of the physical activity levels of midwifery students

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Background: University students spend most of their time in their schools, and the university environment may affect students' nutrition and physical activity. On the contrary, midwifery students are an important part of health labor and should be a role model for individuals they serve in terms of positive health behaviors.

Objectives: This descriptive study aimed to determine physical activity levels of students in the Firat University, Faculty of Health Sciences, Department of Midwifery.

Methods: The entire study population was included without sampling, and the study was conducted on 262 students (88.8%). Personal information form and short form of the International Physical Activity Questionnaire were used to collect data. The data were analyzed using the statistical package with a chi-square test.

Results: Of the midwifery students, only 4.6% were active at a sufficient level, 63.4% were active at a low level, and 32.1% were physically inactive. The physical activity levels of the students were analyzed according to their age, year in the university, and body mass index. The distributions were found to be similar to each other.

Conclusion: Approximately three fourths of the midwifery students in this study were found to have normal body weight but insufficient physical activity levels.

Biography

Evrin Celebi has completed her PhD in Public Health Nursing from Firat University. She is working as an Assistant Professor in Firat University Faculty of Health Sciences.

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