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Determining the healthy lifestyle behaviours and self-efficacy of the nursing students

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Aim: Across the literature, the diseases that are responsible for 40-80% of deaths have been associated with the healthy lifestyle behaviours. Some studies that are conducted to understand to promote healthy life style and to clarify behavioral changing and motivational process have revealed the concept of self-efficacy. In this concept this research is conducted to determine healthy lifestyle behaviours and self- efficacy of the nursing students.

Method: In this descriptive study, 212 students were surveyed using paper-based survey that include socio-demographic characteristics. General Self- Efficacy Scale (GSE) was developed by Sherer and et al (1982) and Health Promoting Lifestyle Profile Scale-II was developed by Walker and et al (1987).

Results: 86% of the students whose ages range from 20 to 26 were female and 13% were male. The main score of GSE was 60.35 ± 8.56 and the main score of HPLP-II was 137.51 ± 19.04 . Among the GSE and HPLP-II scores of students was determined weak positive correlation ($p=0.05$, $r=0.15$). Having studied subgroups, among spiritual growth subgroups of HPLP-II and behavioral completing subgroup of GSE ($p=0.05$, $r=0.40$) and tackling barriers subgroup of GSE ($p=0.05$, $r=0.38$) was determined weak positive correlation. And, among interpersonal relationship subgroup of HPLP-II and completing subgroup of GSE ($p=0.05$, $r=0.38$) and tackling barriers subgroup of GSE ($p=0.05$, $r=0.34$) was also determined weak positive correlation.

Conclusion: Consequently adding new educational programmes to improve self-efficacy of students and provide opportunity to also improve healthy lifestyle are recommended

Biography

Elif Donmez Temucin is pursuing her PhD at Florence Nightingale Faculty of Nursing of Istanbul University, Turkey. She is also working as a Lecturer in Bahcesehir University Faculty of Health Sciences Nursing Department. She has book sections in national books in Turkey, 15 oral/poster abstracts national and international congress and symposium. She has completed 1 nationwide project and 1 internationalwide project.

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