

**HEALTH-PROMOTING LIFESTYLES OF NURSING STUDENTS
IN MAHIDOL UNIVERSITY**

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ABSTRACT

Based on Pender's health promotion model, this study aimed to examine the level of health-promoting lifestyles of nursing students in Mahidol University and analyze related factors in 2006.

The research design was a cross-sectional analytic study. The study population was undergraduate nursing students who were studying at the Faculty of Nursing, Mahidol University in 2006. The research instrument was a self-administrated questionnaire. Data were analyzed by using descriptive statistics such as frequency, percentage, means, standard deviations, and median. Moreover, for analytic statistics, the Kruskal-Wallis test, Spearman rank correlation, Chi-square test, and multiple regressions were employed.

The research results showed that more than half (53.58%) of the nursing students had health-promoting lifestyles at a moderate level. The nursing students performed best in interpersonal relations but worst in exercise. There were significant differences among the various age groups and studying years with freshmen reporting worse in health responsibility and stress management. There were significantly positive associations between health-promoting lifestyles and health promotion course taken, perceived health status, and perceived health self-efficacy. Among these factors, perceived health self-efficacy was the strongest predictor able to explain 37.8 percent variance of health-promoting lifestyles.

An exploration of the results leads to several recommendations made to rectify the weaknesses in the nursing students' health-promoting lifestyles. Causes for the low rate of exercise need to be carefully examined. Moreover, identifying sources of stress in first year college students and strengthening their health responsibility warrant further attention. Nursing educators could also motivate the students to perform good health practices and enhance their health self-efficacy. This would lead to better health-promoting lifestyles.

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