Health Promoting Behaviors of Nursing Students

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Abstract

The purpose of this study was to describe health promoting behaviors of nursing students and to compare health promoting behaviors of nursing students differing in level of educational preparation. The sample consisted of 240 nursing students of Faculty of Nursing, Mahidol University., Thailand. The data were collected using the Health-promoting lifestyle Profile II designed by Walker and colleagues. Arithmetic means, standard deviations, and ANOVA were reported. The findings were as follow:

1. The health promoting behaviors of nursing students were moderate level. The aspect of interpersonal relationship was the highest level while the physical activity was the lowest level. The 2nd year nursing students illustrated the highest level of health promoting behavior while the 3rd year showed the lowest level.

2. The health promoting behaviors of nursing students differing in level of educational preparation were significantly difference (p< .05). Post hoc analysis (Scheffe’s test) indicated significant differences among the 1st year, 2nd and 3rd year nursing students.

3. Results indicated significant differences between the groups on two subscales (health responsibility and physical activity)

This study poses a challenge for nurse educators to provide an effective environment to maximize students’ potential to be future vanguards of health.

Key words: Health promoting behaviors, nursing students