



THE UNHEALTHY BEHAVIOR OF STUDENTS OF THE SPECIALTY “MANAGEMENT OF HEALTH CARE”

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ABSTRACT

Medical specialist can have a significant contribution to the improvement of health status of Bulgarian population.

Purpose of the survey is to investigate the health related behavior of medical specialists, taught in the specialty “Management of health care”.

Material and methods: By means of an anonymous inquiry we have examined the health behavior of students. In the inquiry we included 73 students.

Results show, that the surveyed contingent has an unhealthy behavior and can hardly contribute to the improvement of population’s health by means of setting an example.

Key words: health behavior, unhealthy behavior, medical specialists, students.

INTRODUCTION

Medical specialists can have a significant contribution to the improvement of health status of Bulgarian population through a proper health behavior. Population’s health knowledge not always changes the behavior of the single person. A stronger influence can exert the health behavior of medical specialists, not any recommendations and wishes.

According to V. Borisov “ the healthy lifestyle can be defined as a definite type, a system of life activities, aiming towards preservation and improvement of health of the single person and society”. /1, 69/

According to E. Shipkovenska “ the promotion combines the personal choice and the social responsibility for health”. She underlines that the presence of health knowledge not always leads to healthy behavior and better health. “If this is the truth, we have to expect, that health cadres will be the healthiest people and tobacco consumption, overfeeding and the alcohol abuse will occur among them only

accidentally. The practice proves, that the health behavior of people is determined not by the information that they possess, but also in accordance with their value system and the chance to afford to live healthy and not last of their motivation.” /2, 108-110/

The purpose of the survey is to examine the health behavior of students of the specialty “Management of health care”.

MATERIAL AND METHODS

By means of an anonymous inquiry we have examined the health behavior of students of the specialty “Management of health care”, studying in a day and external form of education. All students are with the basic medical specialty from a medical college and have worked or are at the moment working in the nation’s health system. In the inquiry we included 73 students.

RESULTS AND DISCUSSION

Students have to answer the question “Do you have an unhealthy behavior and what is it?”

The results show, that a significant part of the inquired students have an unhealthy behavior.

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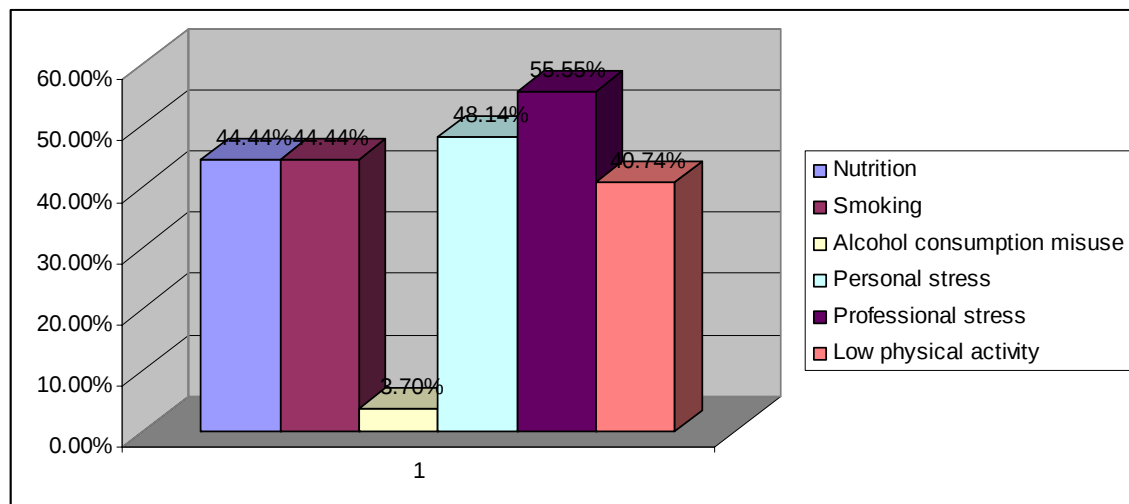


Fig. 1 Unhealthy behavior

The biggest relative share belongs to these participants in the survey, who point out the professional stress /55,55 %/ as a factor, which has a negative influence on health.

All medical specialists are exposed to a significant professional stress, especially these, who work in emergency and urgent units. The psychological load is greater because of the everyday encounter with death and the unfavorable end of many cases. Often medical specialists are exposed to stress and emotional exhaustion, which can bring to the syndrome of “burn-out”. For the coping of this problem it is recommended when possible to change the work place and take long annual holidays.

48,14 % of the participants have pointed out personal stress as a factor, which additionally pays a negative impact on health.

Another risk factor defined by 44,44 % of the surveyed is nutrition, which is not rational, even sometimes because of professional engagements missing.

Very disturbing is the fact that 44,44 % of medical specialists smoke. With their risky health behavior they not only harm their personal health, but give a very bad example to the rest.

Low physical activity is pointed out by 40,74 % of the inquired, which shows, that students do not do sports enough, which added to the rest harmful factors is very risky for their health.

From the answers of the question: “What is the reason for the unhealthy lifestyle?” we make conclusions for several different causes for that.

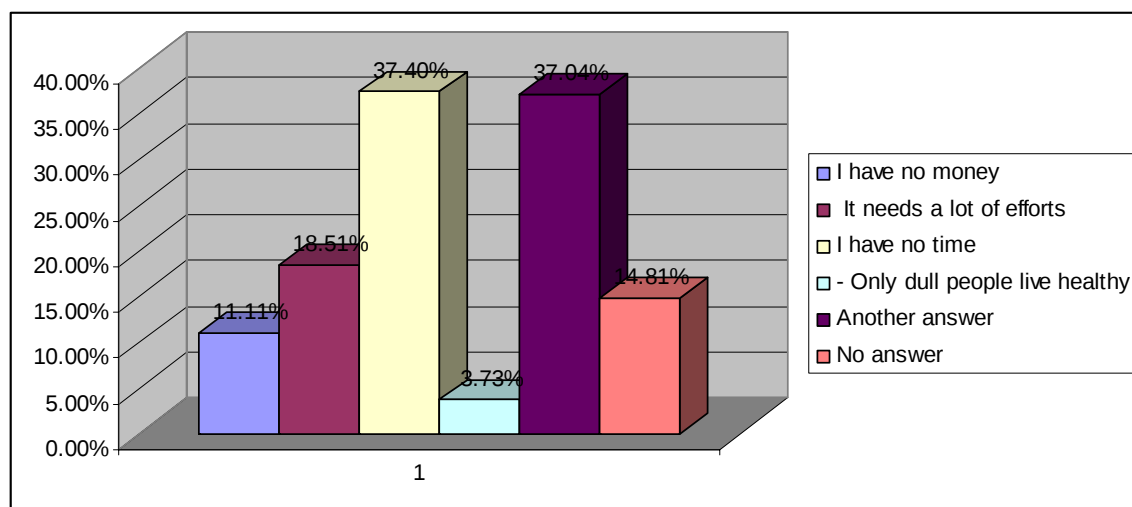


Fig. 2. Causes for unhealthy health behavior

According to 37,40 % of the inquired there is a reason, but they have not written it exactly.

A great part of the inquired /37,04 %/ have answered that they have no time and that they are very busy to live healthy. This can be an excuse for their behavior.

A part of the respondents 18,51 % are sincere and stress that the healthy lifestyle requires great efforts.

For 11,11 % the lack of money is the cause for their unhealthy style of living.

A significant part 14,81 % are those who do not give any answer, which shows that they can hardly find a reason or an excuse for their way of living.

Low is the part /3,70%/ of those who point as a reason that “only dull people live healthy”.

The inquired were asked the question: “Do they have the wish to change their unhealthy habits?”

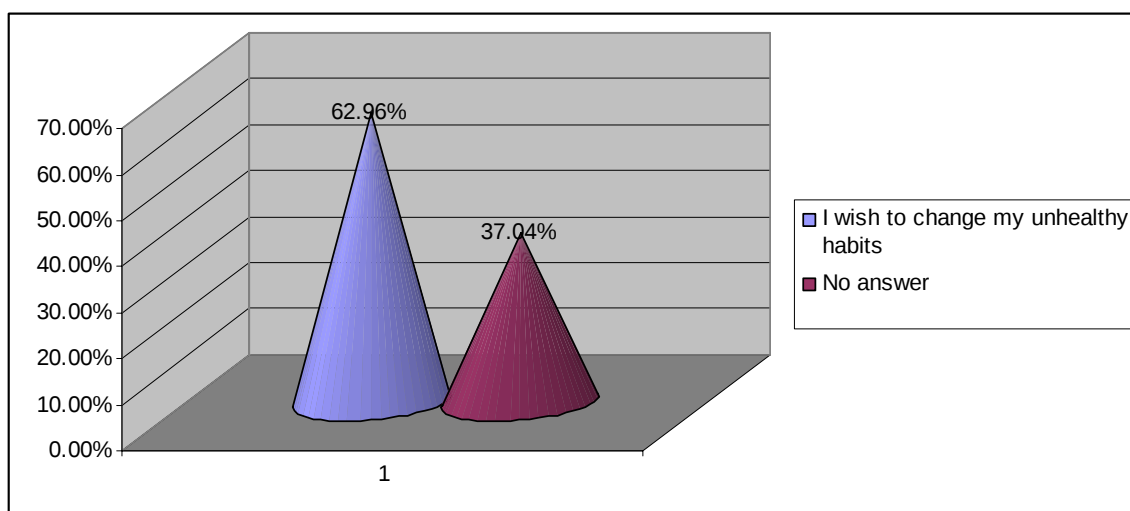


Fig. 3. Wish for a change of the health behavior.

The given answers show, that there is a wish to a change in direction healthy behavior in 62,96 % of the inquired. An interesting fact is, that the relative weight of these who do not answer is very high – 37,045 %. This shows that they

do not intend to change their behavior, but do not acknowledge it.

Asked, “whether if they think, that the healthy lifestyle will raise their quality of life?” we received the following answers:

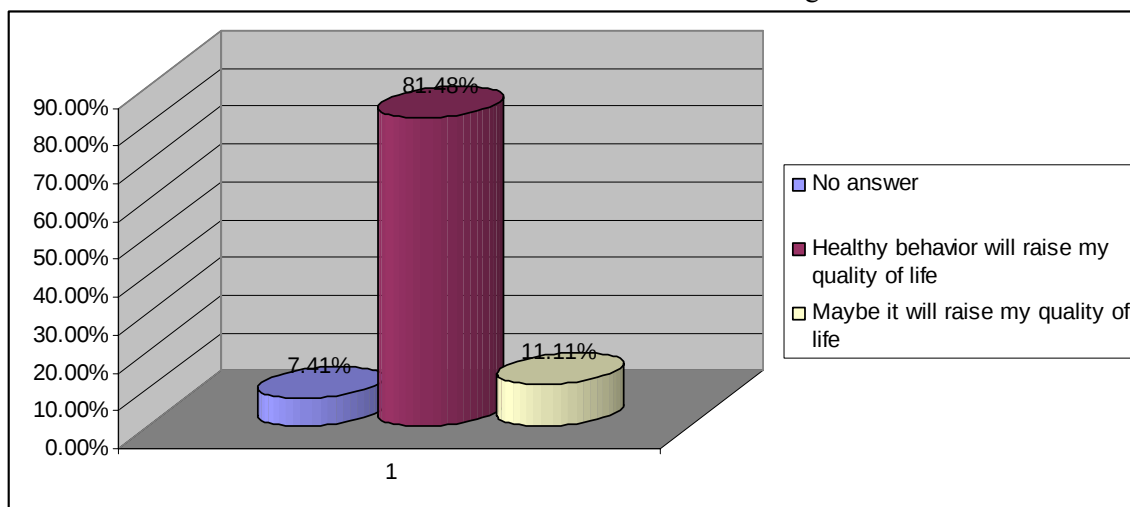


Fig. 4. Possibilities to raise the quality of life through healthy behavior

The highest relative part /81,48 %/ is of those, who share the opinion that healthy behavior will raise their quality of life. This shows clearly that students are aware of the risks for their health. For 11,11 % of the participants the healthy behavior can raise their quality of life. 7,41 % have not given any answer.

CONCLUSIONS

The students - medical specialists have a risky health behavior, which is connected with personal and professional stress, irrational nutrition, use of tobacco products and low physical activity.

As a cause for their unhealthy behavior they point out the lack of time and money and the efforts that they have to do in order to live healthy.

The positive is, that they wish a change and are aware that the healthy behavior can raise their quality of life. A significant part of the surveyed do not answer, which shows that they know the risk factors, but do not have a wish a change.

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