

Impact of Lifestyle on Academic Performance among Undergraduate Students in Selected Nursing College of Moradabad District U. P

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Abstract: *Background:* A healthy lifestyle a remains seems to be accounts vital for a good academic performance. There is an immediate or circuitous connection between the lifestyle with academic performance of the undergraduate students. *Aims:* The study is to shed light on lifestyle and its effect on academic performance on the under graduate students. *Methods:* The study was conducted among 130 undergraduate students in selected nursing college in Moradabad District. There was 37 self-administer lifestyle questionnaire. The overall questions were divided into 4 domain like Self –Routine and lifestyle appraise, Self – study Criteria, Family Measures, Friends Attributing. Descriptive and inferential statistics were planned to analyse the data. *Results:* In the study it was discovered that there was a significant association between academic performance with their selected demographical variable ($p > 0.05$). Among undergraduate students, there was a strong positive correlation found between lifestyle and academic performance. Hence it's states that poor lifestyle changes will have an effect on academic performance. *Conclusions:* According to the findings of this study, academic performance and demographic characteristics have a statistically significant link ($p > 0.05$). There is a strong positive correlation found between lifestyle and academic performance among undergraduate students. As a result, it is stated that poor lifestyle changes would affect academic performance.

Keywords: Lifestyle, Academic performance, Undergraduate students, Impact

1. Introduction

Motivation for academic success is especially important in undergraduate students. Owing to the prevalence of junk food, a high-calorie diet, and the use of telecommunication devices such as smartphones, computers, and social media, student's lifestyles have changed dramatically in recent years.¹ It has also been discovered that high levels of stress may have an effect on student's academic performance. According to a popular belief, most students have low academic performance as a result of their poor lifestyle. It is also seen that highest level of stress can affect in academic performance of the students. Unhealthy lifestyle can decrease the cognitive function as well as academic achievement.² According to Mensah & Nizam's research Students academic progress in Malaysian tertiary institutions is strongly influenced by social media platforms. Time appropriateness and health addiction, however, have a higher impact on students' academic progress than the other six variables examined. This is due to the fact that time management is crucial. As a result, students who struggle with time management are vulnerable to the harmful effects of social media. In terms of wellbeing and addiction, students who are engrossed in social media sites miss meals, which has a negative effect on their health.³ Rajendran, Suchithra, Rajendran Chamundeswari, S. 2019 Understanding how students' lifestyles affect their academic achievement in middle and high school. The study included teenage students from 18 Indian colleges. If GPA is used to quantify academic accomplishment, questionnaires are utilised to capture students' lifestyle habits along with to determine different types of stressors such as academic, psychological, and health-related stressors. According to the findings, a healthy lifestyle is positively associated with

academic success, though a high degree of stress has a negative effect. Lifestyle and stress have a major negative relationship, although stress and obesity have a positive relationship. Surprisingly, obesity does not appear to be a major indicator of student academic achievement in the survey results.⁴

2. Materials and Methods

To accomplish the objectives of the study a “quantitative descriptive research approach” was considered. Cross-sectional Research design was used to assess the impact of lifestyle on academic performance among undergraduate students on selected nursing college of Moradabad. The study was conducted at selected nursing college of Moradabad and Bareilly District U. P. The population of the study were nursing students. The target population of the study were under graduate students from selected Nursing college of Moradabad and Bareilly District U. P. B. sc 3rd year nursing students who were present at the time of data collection constituted the study's accessible population. The study sample is made up of B. Sc 3rd year nursing students from a designated nursing college in Moradabad and Bareilly, Uttar Pradesh, who meet the sampling requirements. Cross-sectional sample size formula is used to calculate the sample size. Sampling technique was non-probability purposive sampling.

3. Results

The majority of B. Sc (N) 3rd year students (66.2%) were between the ages of 19 and 20. Females the majority of B. Sc (N) 3rd year students (69.2 %). The Hindu religion was represented by the largest number of B. Sc (N) 3rd year

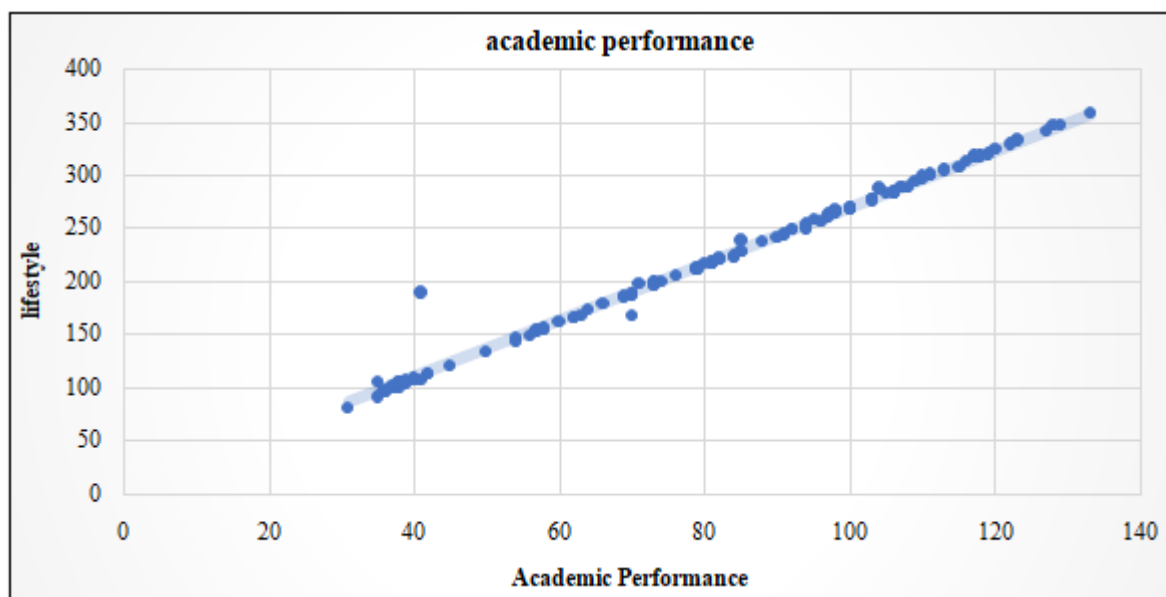
students (61.5 %) The majority of B. Sc (N) 3rd year students were from nuclear families (57.7%). Father's of the most B. Sc (N) 3rd year students were graduates (29.2 %). Mother's of the B. Sc (N) 3rd year students had the highest percentage of primary education and no formal education (25.4%). Father's of the most B. Sc (N) 3rd year students were self-employed or business owners (54.6 %). Mother's of the B. Sc (N) 3rd year students were the most were homemakers (83.1%). The majority of B. Sc (N) 3rd year students were single (89.2%). The majority of B. Sc (N) 3rd year students came from families with a monthly income of Rupees 20,001 – 30,000. (33.8 %). The highest percentage of B. Sc (N) 3rd year students (46.6%) lived in hostel.

Around 7.60% of undergraduate students had very poor lifestyle, 33% of undergraduate students had poor lifestyle, majority (45.30%) of undergraduate students had moderate lifestyle and about 13.80 % of undergraduate students had healthy lifestyle.

Around (46.90%) of the undergraduate students had poor academic performance, (38.40%) of undergraduate students had average academic performance and about (14.60%) of undergraduate students had good academic performance.

The Association between the academic performance with their selected demographical variables. Chi-square test was computed to find the significant association between the academic performance with their selected demographical variable. It revealed that, there was significant association found between academic performance with their selected demographical variable i. e., age, mother's educational status, area of residence. ($p > 0.05$)

There was a strong positive correlation found between lifestyle and academic performance. Hence it's states that poor lifestyle changes will have an impact on academic performance.



4. Discussion

Out of 130 around 3.07% of undergraduate students with very poor lifestyle had average academic performance, 19.23% of undergraduate students with poor lifestyle had good academic performance, 14.61% of undergraduate students with moderate lifestyle had good academic performance and 6.15% of undergraduate students with healthy lifestyle had good academic performance there was no impact of lifestyle on academic performance among undergraduate students.

According to the recent study the demographical variables of the sample there was statistically significant association between their age, mother's educational status and area of residence.

According to Prajina P. V, Dr. J. Godwin Premsingh A Study on the Effects of Life Skills on Tribal Adolescents' Academic Achievement Motivation Life skills and academic accomplishment motivation was found to be relatively low among tribal adolescence. According to the study, academic accomplishment motivation and life skills have a highly

substantial beneficial relationship. That is, when pupils gain more life skills, their incentive to succeed academically improves.⁵

According to the recent study there was a strong positive correlation found between lifestyle and academic performance among undergraduate students.

According to the Fatimah Al-Kandari The relationship between a health-promoting lifestyle and academic achievement among Kuwaiti College of Nursing students. In this descriptive study, the well-being-promoting lifestyle profiles of 224 nursing students were compared to their nursing course enrolment and academic achievement. There was no correlation found between a healthy lifestyle and theoretical success. This research presents a challenge for nurse educators in terms of creating a learning environment that maximises students' potential as future health pioneers.⁶

5. Conclusion

Academic Performance is the achievement of grades or marks that are assessed on the basis of examination results.

Lifestyle is the area of students' living habits and how their conduct reflects, and Academic Performance is the achievement of grades or marks that are assessed on the basis of examination results.

Conflict of Interest Statement

None

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