

A Study to Assess the Impact of Lifestyle on the Academic Performance among the Students of Selected Nursing Colleges at Bareilly, U.P.

Pankaj Kumar¹, Mukesh Singh²

¹Researcher, Department of Mental Health Nursing, RMCH, Bareilly, U.P., India

²Assistant Professor, Department of Mental Health Nursing, RMCH, Bareilly, U.P., India

Abstract: ***Introduction:** Education is a fundamental process that develops knowledge, skills, attitudes, and competencies required for personal and professional growth. Academic performance is considered an important indicator of students' educational achievement and reflects their ability to acquire knowledge and apply it effectively. Among nursing students, academic success is particularly significant because it influences their professional competence, clinical decision-making abilities, and quality of patient care. **Objectives of the study:** To assess the impact of life style on the academic performance among the students of selected nursing college and determine the association between the impact of lifestyle on the academic performance with the socio-demographic variables to prepare pamphlets to develop awareness about the healthy life style among the student. **Material and methods:** A descriptive cross-sectional research design. Samples of 100 students B.Sc. Nursing I, II, III & IV year within the same nursing college were taken by Stratified random sampling Technique was used to select sample from Bareilly District. To assess the impact of lifestyle on the academic performance among the students of selected Nursing colleges of Bareilly, U.P., **Result:** Among the 100 participants, 60% were female and 40% were male. 25% of students belonged to each year of B.Sc. Nursing. 60% belonged to nuclear families, 90% lived in urban areas and all participants were hostel residents. Regarding screen time, 70% reported 4-6 hours daily, while 35% reported an average sleep duration of 5-6 hours. There was significant association between demographic variable like age (χ^2 - 47.78 p -123.59), gender (χ^2 - 50.35 p- 5.99) and year of study (χ^2 = 8.04 p- 5.99) and the impact of lifestyle on the academic performance among students. **Conclusion:** Finding of the study score shows that a study to assess the impact of lifestyle on the academic performance among the students was effective in terms of identification of risk factors. Proper prevention may decrease impact of lifestyle on the academic performance. Therefore, we can save the precious life.*

Keywords: Lifestyle, Academic Performance, Nursing Students, Healthy Lifestyle, Screen Time, Sleep, Nursing Education.

1. Introduction

Lifestyle refers to the pattern of behaviors, habits, and daily activities that individuals adopt throughout their lives. It encompasses various dimensions such as dietary habits, physical activity, sleep patterns, stress management, substance use, recreational activities, social interactions, and time management. A healthy lifestyle contributes to physical, mental, emotional, and social well-being, whereas unhealthy lifestyle practices may negatively affect an individual's overall health and productivity.

The transition to college life exposes students to numerous academic and personal challenges. Nursing students, in particular, experience demanding academic schedules, extensive clinical postings, examinations, assignments, and practical training. These responsibilities often lead to changes in lifestyle behaviors, including irregular eating habits, inadequate sleep, reduced physical activity, increased stress levels, excessive use of electronic devices, and poor time management. Such lifestyle factors can directly or indirectly influence their academic performance.

2. Need for the Study

Lifestyle plays a crucial role in determining the health, well-being, and academic success of students. The period of higher education is characterized by significant physical, psychological, and social changes that influence students' daily habits and behaviors. Nursing students are particularly

vulnerable to unhealthy lifestyle practices due to academic workload, clinical responsibilities, examination stress, irregular schedules, and limited leisure time. In recent years, there has been a growing concern regarding the prevalence of unhealthy lifestyle behaviours among college students. Factors such as inadequate sleep, poor dietary habits, lack of physical exercise, prolonged screen time, stress, anxiety, and poor time management have become increasingly common. These factors can adversely affect concentration, memory, learning ability, classroom participation, and overall academic performance.

Studies examining this topic are limited, and to date, no study has evaluated the influence of lifestyle on the academic performance of health profession students at Umm Al-Qura University (UQU) in Saudi Arabia. Raising awareness of the importance of a healthy lifestyle and its impact on academic performance could improve student outcomes. Furthermore, the factors that affect students' academic performance and grade point average (GPA) should be known. Therefore, the primary goal of this study is to assess the impact of lifestyle factors, such as physical activity, sleep behavior, dietary habits, caffeine consumption, and anxiety, on the academic performance of health profession students at Umm Al-Qura University (UQU). The secondary goal is to aid in the development of programs that promote healthier lifestyles among college students, ultimately improving their academic outcomes and overall well-being.

Statement of the Problem

A descriptive Study to assess the impact of lifestyle on the academic performance among the students of selected Nursing colleges of Bareilly, U.P.

Objectives of the Study

- 1) To assess the impact of life style on the academic performance among the students of selected nursing college.
- 2) To determine the association between the impact of lifestyle on the academic performance with the socio-demographic variables.
- 3) To prepare pamphlets to develop awareness about the healthy life style among the student.

Operational Definitions

- 1) **Lifestyle:** Refers to the daily habits and behaviors of B.Sc. Nursing students, including dietary habits, physical activity, stress level management, study habit sleep patterns.
- 2) **Academic Performance:** Refers to the B.Sc. Nursing students academic achievement, measured by percentage secured in their last semester.
- 3) **Nursing Students:** It refers to the students of B.Sc. Nursing I, II, III & IV year studying in the selected college of Bareilly

Hypothesis

H₁: There will be a significant association between the impact of life style on the academic performance with the Socio-demographic variables.

3. Review of Literature**1) Review of literature relates to Lifestyle Assessment.**

Wei Wang et al., (2025) conducted a descriptive study to determine the relationship between demographic variables and health-promoting lifestyle among university students in Japan. A total of 314 university students participated in the study. Data were collected using the Japanese version of the Health-Promoting Lifestyle Profile II (HPLP-II) questionnaire. The collected data were analyzed using descriptive statistics (mean and standard deviation) and inferential statistics, including independent t-test, one-way Analysis of Variance (ANOVA) with Scheffe's post-hoc test, and multiple regression analysis to identify the effects of demographic variables on health-promoting lifestyle. The findings revealed that the overall mean HPLP-II score was 2.50 ± 0.29 . The highest mean score was observed for interpersonal relations (3.05 ± 0.44), whereas the lowest mean score was for health responsibility (2.01 ± 0.53). The health-promoting lifestyle score declined progressively from the first year (2.59 ± 0.29) to the fourth year (2.45 ± 0.30). Female students demonstrated significantly better health responsibility, interpersonal relations, and nutrition, whereas male students had significantly higher physical activity scores. Students living with their families had significantly better nutrition scores than those living away from their families. The study concluded that demographic variables, particularly university year, gender, and living arrangement, significantly influenced students' health-promoting lifestyles and emphasized the need for targeted health education

programmes to promote healthy lifestyle behaviors among university students.

2) Review of literature related to Academic Performance

Krutarth Ramallah Baahmbhatt (2020) conducted a study to assess the prevalence of stress and identify the sources of stress among baccalaureate nursing students. Data were collected using a self-administered questionnaire based on the Perceived Stress Scale (PSS), which included 33 items related to academic, health-related, and psychological stressors. A total of 200 nursing students participated in the study. The findings showed that the overall prevalence of stress was 42.5%, with 85 out of 200 students reporting significant stress. Female students experienced a higher prevalence of stress compared to male students. The study revealed that first- and second-year nursing students had higher levels of perceived stress. Major academic stressors included frequency of examinations, examination performance, and academic curriculum demands, while important psychosocial stressors were high parental expectations, lack of entertainment facilities within the institution, and poor quality of food in the hostel mess. The researcher concluded that nursing students experience considerable levels of stress, which may negatively affect their academic performance and overall well-being, highlighting the need for effective stress management strategies and supportive educational environments.

4. Research Methodology

The quantitative research approach was used with stratified random sampling. The research design chosen for this study a descriptive cross-sectional research design to assess the impact of lifestyle on the academic performance. Target population consisted of all B.Sc. Nursing students from 1st, 2nd, 3rd, and 4th years in selected college of Bareilly, U.P. The sample size of study was 100 students within the same college, Rohilkhand College of Nursing. Bareilly calculating with power analysis to assess the impact of lifestyle on the academic performance.

5. Result and Discussion

Table 1: Overall response scores of respondents on level of factors on impact of lifestyle on academic performance, N=100

Response	Checklist score		
Scale	Score	N	%
Poor Life Style	15-35	40	40%
Moderate Life Style	36-55	35	35%
GoodLife Style	56-75	25	25%

*Significance at the level of 0.05

Table 4.2 depicts the frequency and percentage of adolescents according to the factor reveals that majority (40%) of responds having poor lifestyle which impact of lifestyle on the academic performance, (35%) of respondent having moderate life style and (25%) of respondents having good life style.

Table 2: Association between impact of lifestyle on the academic performance among the nursing students and demographic variables, N=100

S. No	Demographic Variables	Frequency	Poor Lifestyle	Moderate Lifestyle	Inadequate lifestyle	Degree of Freedom	Calculated Value	Level of Significance
1	Age	100	40	35	25	6	47.78	S
2	Gender:							
	Male	8	4	2	2	2	50.35	S
	Female	92	12	40	40			
3	Year of Study:					4	0.29	NS
	1st Year	25	10	5	10			
	2nd Year	25	10	5	10			
	3rd Year	25	10	5	10			
4	4th Year	25	10	5	10	6	6.26	NS
	Type of Family:							
	Nuclear	68	20	20	18			
	Joint	22	8	8	6			
5	Extended	10	3	4	3	2	0.23	NS
	Residence:							
	Urban	90	30	30	30			
6	Rural	10	3	3	4	2	8.04	NS
	Living Arrangement:							
	Hostel	100	30	40	30			
7	Paying Guest	0	0	0	0	6	6.26	NS
	Home	0	0	0	0			
	.Monthly Family Income:							
	<₹10,000	20	6	8	6			
8	₹10,001–20,000	60	20	30	10	4	0.23	NS
	₹20,001–30,000	10	3	4	3			
	>₹30,000	10	4	3	3			
9	Father's Education:					4	8.04	NS
	High School	0	0	0	0			
	Secondary	0	0	0	0			
	Graduate & Above	90	30	30	30			
10	No Formal Education	10	3	3	4	2	0.28	NS
	Mother's Education:							
	High School	20	6	8	6			
	Secondary	10	3	3	4			
11	Graduate & Above	50	10	15	25	2	0.11	NS
	No Formal Education	20	6	6	8			
	Father's Occupation:							
	Government	20	10	5	5			
12	Private	70	20	20	30	2	6.26	NS
	Business	10	3	3	4			
	Agriculture	0	0	0	0			
	Other	0	0	0	0			
13	Mother's Occupation:					2	0.29	NS
	Government	6	3	2	1			
	Private	10	3	2	5			
	Business	0	0	0	0			
14	Housewife	0	0	0	0	2	0.29	NS
	Other	84	20	30	34			
	Daily Screen Time:							
	<2Hours	0	0	0	0			
15	2–4 Hours	20	10	5	5	2	6.26	NS
	4–6 Hours	70	20	20	30			
	>6Hours	10	3	3	4			
	Average Sleep Duration:							
16	<5Hours	25	10	10	5	2	0.29	NS
	5–6 Hours	35	10	10	15			
	7–8 Hours	20	20	0	0			
	>8Hours	20	20	0	0			

*Significance at the level of 0.05, NS-not significant

6. Conclusion

This chapter deals with the major findings of the study, nursing implications, limitation, suggestion and

recommendations. Lifestyle refers to the pattern of behaviors, habits, and daily activities that individuals adopt throughout their lives. It encompasses various dimensions such as dietary habits, physical activity, sleep patterns, stress

management, substance use, recreational activities, social interactions, and time management. A healthy lifestyle contributes to physical, mental, emotional, and social well-being, whereas unhealthy lifestyle practices may negatively affect an individual's overall health and productivity.

7. Implications of the Study

This study deals with the factors influencing suicidal behaviour and its prevention among the adolescents. Nursing practice has critical aspects in promotion of health as well as the prevention from illness. People have less knowledge regarding suicidal prevention. Through this study, people about to know the factors influencing suicidal behaviour and how can prevent from it, especially adolescents. In this the major role play by the nurse to aware the adolescents, adopting healthy lifestyle, establish awareness programs regarding prevention of suicidal behaviour. Nurses should educate the teenager regarding coping mechanism, stress management, adopting preventive measures through the structured teaching programmes, media and guidance and counselling.

1) Nursing Education

In nursing education, it is very critical to involve training program related to impact of lifestyle on the academic performance among the students, as a nurse educator, she can provide the counselling services to the students as well as other people as well. So, they can share their knowledge or skills with the other students and the staff. This knowledge, skills, responsibilities will help in upcoming life. Nurse educator can encourage the students to know about the factors to impact of lifestyle on the academic performance among the students. This should be the part of curriculum through which student can learn different methods of teaching like- role play, awareness. Programme, puppet shows, symposium, teaching programme to assess lifestyle on the academic performance among the students

2) Nursing Practice

The nurse plays a key role in the health care delivery system with emphasis on primary prevention that is health promotion. In different area's people faces problem due to lack of information and health education regarding factors to assess impact of lifestyle on the academic performance among the students. It is an opportunity should be provided health education and to teach prevention of impact of lifestyle on the academic performance among the students. The nursing student should also undergo continuing and in-service education programmes to improve the quality of counselling skills to the adolescents who need support and counselling. Booklet information on the impact of lifestyle on the academic performance among the students. Student nurses can disseminate information on lifestyle on the academic performance among the students and high-risk group people, which can reduce the impact lifestyle on the academic performance among the students.

3) Nursing Administration

A nurse administrator should take measures to promote health of people. The Nurse administrator is the backbone to assess the factors influencing of lifestyle and academic performance and can coordinate with the members to

encourage health care professionals, to implement the programmes related to impact of lifestyle on the academic performance among the students. Administrator can provide the opportunities for nurses to conducted training programme to reduce suicidal cases. Nursing administrator can organize in service education.

4) Nursing Research

One aim of the nursing research is to expand and broaden the scope of nursing. Researcher needed to engage in multidisciplinary research to strengthen the knowledge regarding factors influencing impact of lifestyle on the academic performance among the students. Nursing researcher finds out the different innovative ideas to strengthen the knowledge regarding suicidal prevention. Research gives the evidence-based practice related to the theory, which helps to enhance the capability of researcher to do the research and find out the best way to deal with the problems. Nurse should conduct projects and researches which help to improve different aspect to impact of lifestyle on the academic performance among the students.

8. Limitations of the Study

- The limitation recognized in the study was-
- Sample size is limited to 100
- The study was limited to Nursing students only.
- The study was limited to college students only.
- Assessment is only based on questionnaires.

9. Recommendations

There may follow the various recommendations-

- A future study can be conducted on a large sample.
- A study can be conducted on various age groups.
- A comparative study can be conducted on rural and urban people.
- A comparative study can also be conducted on male and female.
- A survey can be conducted on the effectiveness of impact of lifestyle on the academic performance among the students

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