

Mental Health Symptoms in Relation to Socio-Demographic Characteristics and Lifestyle Factors among Nursing Collegians at Baghdad University

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ABSTRACT

Background : Mental illnesses have spread very widely in world, especially in recent years, and their causes are multiple and complex, including the lifestyle in general, and the lack of commitment to a healthy diet, lack of exercise regularly, or lack of adaptation to stress and psychological pressures, and a significant lack of sleep, which is replaced by staying up for periods of time. In addition to other factors that we will discuss in the research and according to research, the rate of prevalence of mental illness among university students is 75% who have at least one mental illness.

Objective: To assess mental health among nursing collegians at Baghdad university, and to find-out the relationship between mental health symptoms of nursing students and their socio-demographic characteristic.

Methodology: The study was conducted in 2021/2022 and included 171 participants representative of the Iraqi nursing student's population. Lifestyle factors were assessed via electronic questionnaire and included frequency of physical and mental activity, alcohol consumption, smoking, as well as circadian and social regularity. Outcome variables were depression, anxiety, stress and satisfaction with life

Result: There is high significant relationship between Lifestyle behavior and mental health among the nursing collegians as seen with strong positive correlation at p-value= 0.001

Conclusion: Mental health among nursing collegians at Baghdad university were fair, and there is no relationship between mental health symptoms of nursing students and their socio-demographic characteristic.

Keywords: Mental health, Socio-Demographic, Lifestyle, Nursing Collegians

INTRODUCTION

The university stage is one of the most important stages, because the student moves from adolescence to adulthood, which determines what the individual's lifestyle will be in the future. Attention to this age group suggests many health-promoting behaviors to maintain mental health in particular, as one of the negative habits prevalent among the youth group is Smoking and alcohol and their side effects over time ⁽¹⁾. And that's why.

University life is one of the starting points for defining the cultures of peoples because the university student, he/she is considered the chosen elite of these societies because of he/she great role in their progress, and he/she is also a tool, For development, renewal and development, which are also important elements in building the university and the foundations of its development, including, It serves that community, And changes the course of its life in a certain direction⁽²⁾

The lifestyle has changed between the past and the present, our current era has been characterized by the abundance of changes and transformations that put pressure on the human being, Family conditions have changed, social relations and economic conditions have become complicated, and physical and psychological diseases, have diversified alike, which makes the person resort to confronting these changes and transformations and adapting to them to achieve the greatest possible compatibility, happiness, and physical and psychological health⁽³⁾

So, it has multidimensions that include several terms deal with physical health, mental health, emotional aspect and social life. Which is to promoting health and avoid diseases in general. In this research, especially in avoiding mental illness, it done by, proper diet, activity/rest, exercise, avoiding smoking and alcohol, Lifestyle modification requires behavioral changes that constitute a major part of daily habits. Darby ⁽⁶⁾.

METHODOLOGY

Design of the Study: A descriptive research which utilized a correlation design, planned and conducted to evaluate of health-promoting lifestyle and its relation with mental health at nursing collagens in Baghdad University/ college of nursing.

Setting of the study: The present study had been conducted in university of Baghdad/college of nursing is selected for the purpose of the study.

Methods of data collection: The data are collecting by electronic questionnaire during the classroom application posted to students, the researcher used this way, because it's easy, simple, faster, clear, and save because presence of covid-19 virus which limited the connection and exchange of things or papers, also it's easy to application the results to SPSS program, and collecting last from December, 2021 to 20th January, 2022

Validity of the questionnaire: the questionnaire was test or validity research instrument was forwarded to experts, (initiated third October, 2021, ended in first, December, 2021), for the determination of its item's clarity and adequacy, so it has been presented to (14 experts)

Ethical Consideration: An important part of the study, means keep rights for the research and the participants through initiation of sample collection process.

1 Before initiation of collecting sample, getting permission from the Dean of the College of Nursing, then the scientific assistant, and then the heads of comprehensive nursing departments.

2 Meeting with participant (students) getting permission to involve in pilot study and in the actual sample, Names are not obtained.

All students had been got full information about their mission in the study, All students have been told that the results of the study will be only for the purpose of this study, Notify all the students that all of them are an independent individual and is having the right to refuse participation.

Sample of the study: A convenience (non- probability, non-randomized) sample of (Totally 171 participants students) has intentionally selected from first stage to 4th stage, that consider a sample study.

The sample has been selected according to the following criteria

Inclusion criteria: The participants (students) are selected according to these criteria:

1 Students who are already in college of nursing/Baghdad University.

2 Students who agreed to participant in the study.

3 The incomprehensible points were re-explained to students when filling out the form by the students' request.

Exclusion criteria: The exclusion includes:

- 1 Other students who not fill the electronic questionnaire.
- 2 Incompletely filled out forms were excluded and some were warned to fill them out completely again.

Methods of data collection: The data are collecting by electronic questionnaire during the classroom application posted to students, the researcher used this way, because it's easy, simple, faster, clear, and save because presence of covid-19 virus which limited the connection and exchange of things or papers, also it's easy to application the results to SPSS program, and collecting last from December, 2021 to 20th January, 2022

Statistical data analysis: The data are analyzing through the use of statistical package of social sciences (SPSS) version (24).

RESULTS

Table 1: Distribution of Sample According to their Socio-demographic Characteristics

List	Characteristics	f	%
1	Gender	Male	40 23.4
		Female	131 76.6
		Total	171 100
2	Age M±SD= 21.34±4.153	18 – 20 year	91 53.2
		21 – 23 year	58 33.9
		24 – 26 year	9 5.3
		27 ≤ year	13 7.6
		Total	171 100
3	Marital status	Unmarried	149 87.1
		Married	19 11.1
		Divorced	2 1.2
		Widowed/er	1 0.6
		Separated	0 0
		Total	171 100
4	Scholastic stage	First	42 24.6
		Second	60 35.1
		Thirid	46 26.9
		Fourth	23 13.4
		Total	171 100

f: Frequency, %: Percentage, M: Mean, SD: Standard deviation

This table shows that 76.6% of nursing collegians are females (n=131), their age is refers to 21.34±4.153 year in which 53.2% of them (n=91) are with age group 18-20 year and 33.9% are with age group of 21-23 year (n=58).

Regarding marital status, 87.1% of them are still unmarried (n=149) and only 11.1% are married (n=19)..The scholastic stage refers that 24.6% from first stage (n=42), 35.1% from second stage (n=60), 26.9% from third stage (n=46), and 13.4% from fourth stage (n=23).

Table 2: Assessment of Mental Health among Nursing Collegians

Mental health	f	%	M	SD
Poor	26	15.2	35.61	6.504
Fair	94	55		
Good	51	29.8		
Total	171	100		

f: Frequency, %: Percentage M: Mean for total score, SD: Standard Deviation for total score Poor= 17 – 28.3, Fair= 28.4 – 39.7, Good= 39.8 – 51

Table 3: Association between Levels of Mental Health among Nursing Collegians with their Gender

Mental health Gender	Poor	Fair	Good	Total
Male	6	26	8	40
Female	10	107	14	131
Total	16	133	22	171
Chi-Square	χ 2 obs.=		df = 2	Sig.=

Table 7: Assessment of Nutrition Dimension among Nursing Collegians.

List	Nutrition	Responses	f (%)	M.S	Assess.
1	Choose a diet low in fat, saturate fat, and cholesterol.	Never	7(4.1)	3.60	Good
		Sometimes	14(8.2)		

	4.939 χ 2 crit.= 5.999	P-value= 0.085	N.S
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df: Degree of freedom, P: Probability level, χ 2 obs. : Calculated Chi-square, χ 2 crit.: Tabulated Chi-square, Sig: Significance, N.S: Not significant, S: Significant, H.S: High significant

This table indicates that nursing collegians show fair to good level of mental health (35.61±6.504) in which 55% show fair level and 29.8% show good level.

This table reveals that there is no significant association between mental health and gender of nursing collegian.

Table 4: Association between Levels of Mental Health among Nursing Collegians with their Age

Mental health Age	Poor	Fair	Good	Total
18 – 20 year	9	72	10	91
21 – 23 year	4	43	11	58
24 – 26 year	2	7	0	9
27 ≤ year	1	11	1	13
Total	16	133	22	171
Chi-Square	χ 2 obs.= 5.586 χ 2 crit.= 12.592		df = 6 P-value= 0.471	Sig.= N.S

df: Degree of freedom, P: Probability level, χ 2 obs. : Calculated Chi-square, χ 2 crit.: Tabulated Chi-square, Sig: Significance, N.S: Not significant, S: Significant, H.S: High significant

This table depicts that there is no significant association between levels of mental health among nursing collegians and their age.

Table 5: Association between Levels of Mental Health among Nursing Collegians with their Marital Status

Mental health Marital	Poor	Fair	Good	Total
Unmarried	13	115	21	149
Married	2	16	1	19
Divorced	0	2	0	2
Widowed/er	1	0	0	1
Total	16	133	22	171
Chi-Square	χ 2 obs.= 11.487 χ 2 crit.= 12.592		df = 6 P-value= 0.074	Sig.= N.S

df: Degree of freedom, P: Probability level, χ 2 obs. : Calculated Chi-square, χ 2 crit.: Tabulated Chi-square, Sig: Significance, N.S: Not significant, S: Significant, H.S: High significant

This table displays that no significant association has been reported between levels of mental health among nursing collegians and their marital status.

Table 6: Association between Levels of Mental Health among Nursing Collegians with their Scholastic Stage

Mental health Stage	Poor	Fair	Good	Total
First	5	34	3	42
Second	5	48	7	60
Thirid	1	37	8	46
Fourth	5	14	4	23
Total	16	133	22	171
Chi-Square	χ 2 obs.= 9.878 χ 2 crit.= 12.592		df = 6 P-value= 0.130	Sig.= N.S

df: Degree of freedom, P: Probability level, χ 2 obs.: Calculated Chi-square, χ 2 crit.: Tabulated Chi-square, Sig: Significance, N.S: Not significant, S: Significant, H.S: High significant

This table reveals that there is no significant association between levels of mental health among nursing collegians and their scholastic stage.

		Often	20(11.7)		
		Routinely	130(76)		
2	Limit use of sugars and food containing sugar (sweets).	Never	17(9.9)	3.07	Good
		Sometimes	34(19.9)		
		Often	40(23.4)		
		Routinely	80(46.8)		
3	Eat 6-11 servings of bread, cereal, rice and pasta each day.	Never	56(32.7)	2.11	Fair
		Sometimes	60(35.1)		
		Often	36(21.1)		
		Routinely	19(11.1)		
4	Eat 2-4 servings of fruit each day.	Never	40(23.4)	2.40	Fair
		Sometimes	62(36.3)		
		Often	30(17.5)		
		Routinely	39(22.8)		
5	Eat 3-5 servings of vegetables each day.	Never	76(44.4)	1.93	Poor
		Sometimes	45(26.3)		
		Often	36(21.1)		
		Routinely	14(8.2)		
6	Eat 2-3 servings of milk, yogurt or cheese each day.	Never	21(12.3)	2.46	Fair
		Sometimes	77(45)		
		Often	46(26.9)		
		Routinely	27(15.8)		
7	Eat only 2-3 servings from the meat, poultry, fish, dried beans, eggs, and nuts group each day.	Never	5(2.9)	3.35	Good
		Sometimes	33(19.3)		
		Often	30(17.5)		
		Routinely	103(60.2)		
8	Read labels to identify nutrients, fats, sodium content in packaged food.	Never	15(8.8)	2.92	Fair
		Sometimes	43(24.1)		
		Often	53(31)		
		Routinely	60(35.1)		
9	Eat breakfast.	Never	27(15.8)	2.68	Fair
		Sometimes	44(25.7)		
		Often	56(32.7)		
		Routinely	44(25.7)		

M.S: Mean of Score, Assess: Assessment
 Poor= 1 – 2, Fair= 2.1 – 3, Good= 3.1 – 4

This table shows the items related to nutrition dimension that indicate fair level items 3,4,6,8 and 9 ; poor level among items 5; and good level is shown among items 1,2,and 7.

Discussion

According to **table (1)**, the study results show the statistically distribution of observed frequencies and percentage of nursing students according to their socio-demographic characteristics (gender, age, marital state, and Scholastic stage,) and it found that majority percentage of distribution according to the gender was (76.6%) of females and (23.4 %) of males, supported by study which was conducted about Factors Affecting Health-Promoting Behaviors of University Students in Jordan, is conducted on 525 participants who stated that higher percentage (71.8%) (n = 525) of the students were female and (26.5%) of males⁽⁵⁾.

The results demonstrated that majority percentage of nursing students according to age group was (53.2%) for the age group of 18 – 20 year, (33.9%) for 21 – 23 year, (5.3%) for 24 – 26 year and (7.6%) for 27 ≤ year, these results supported by study conducted about Health-promoting lifestyle profile and associated factors among medical students in a Saudi university, is conducted the age range was 20–25years, with a mean of 21.6±1.0years⁽⁶⁾.

Marital status to some students is Unmarried (87.1%), Married (11.1%), Divorced (1.2%), Widowed/er (0.6%) And Separated (0%), these are supported by study done about Factors Affecting Health-Promoting Behaviors of University Students in Jordan, where (91.6%) for singles, (6.3%) for married, (0.4%) for divorced⁽⁵⁾.

The major percentage of distribution according to Scholastic stage (35.1%) of second stage, first stage (24.6%), third stage (26.9%) and fourth stage (13.4%), according to this study of nursing students "Health-promoting Lifestyle of Nursing Students" : Using Mixed Methods Research, are (54.8%) for first stage, (13.8%) for second stage, (22.5%) for third stage, and (8.9%) for fourth stage, a

study by lee, (2019), Health-promoting Lifestyle of Nursing Students: Using Mixed Methods Research stated that first stage (17.6%), second stage (21.6%), third stage (34.5%), fourth stage (26.3%)^(7,8).

The **table (2)** indicates that nursing collegians show fair to good level of mental health (35.61±6.504) in which (55%) show fair level and 29.8% show good level, supported by study "Mental Health Survey of the Iranian Adult Population in 2015", mentioned that In total, (23.44 %) of individuals were suspected to have mental disorders (19.28% of males and 27.55% of females) and these results increase with if clients from urban area, over 70 years old, divorced individuals, non-educational population, and the opposite is by decrease with rural areas, youth age group, singles individuals, educational people⁽⁹⁾.

According to **tables (4,5,6,7)** The variables (Age, Gender, marital status, scholastic stage) showed there is no significant association between levels of mental health among nursing collegians and levels of mental health among nursing collegians. This result agrees with study done in Jordan which showed there is no relationship between Age, Gender, marital status, scholastic stage and mental health⁽⁵⁾.

According to table (7), According to Medline (2021), Food and drink provide the energy and nutrients you need to be healthy. In the last decade, studies have shown that food intake is linked to mental and behavioral problems, with more than 300 million people living with depression increasing by more than 18% between 2005 and 2015. This is due to unstable and unhealthy food⁽¹⁰⁾. Breakfast adds to the daily necessary intake of key nutrients when eaten on a regular basis. for young students at least daily fruit and vegetable consumption⁽¹¹⁾, many of student collage are faced a stressful lifestyle lead to ignore the healthy diet and consumption a fast food

CONCLUSION

Mental health among nursing collegians at Baghdad university were fair, and there is no relationship between mental health

symptoms of nursing students and their socio-demographic characteristic.

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