

The Survey of University Student's Health Behavior

Abstract

The Survey of University Student's Health Behavior has the objective to survey and analyze health behavior of university students by creating an updated database of university health information, which leads to suggestions on how to promote health behavior among university students in Thailand. The research mainly applied quantitative method, based on the survey study of the online questionnaire 'University Health Assessment, U-HA'. The questionnaire has the content validity score of over 0.87 and the reliability testing score of 0.904, both showing its reliability for research. 9,050 responses were compiled from undergraduate students from 15 network universities from 5 regions across Thailand through the online survey site <https://uhappy.happy-worklife.com>.

From June to September 2020, 9,050 responses were collected from the survey of health behavior from the questionnaire 'University Health Assessment, U-HA'. The result indicates health risk situations in 9 aspects. The first aspect is mental health and stress. 40 percent is in high stress. 4.3 percent were diagnosed with mental conditions, such as depression or bipolar disorder. Over 4 percent of students across the country frequently or always thought of committing suicide, 12 percent of this group had attempted to self-harm and 1.3 percent repeatedly and always self-harmed and the highest rate showing in Bangkok Metropolitan Region, as well as Northern Region. The second aspect is sedentary lifestyle, referring to exercise activities and food consumption. It is found that students exercised and moved their bodies less and a tendency to have a sedentary lifestyle was highly stronger (average score of 2.49, S.D. = 0.669). Inversely, overall healthiness of consumption behavior was moderate (average score of 2.86, S.D. = 0.535) because students had a declined tendency to have breakfast, a stronger tendency to not have regular meal time, and a tendency to consume food with strong flavors and high-fat good, especially fried, roasted, and grilled food. This was reflected by Body Mass Index (BMI) values of university students

in Thailand. One fourth of students have the underweight status, and those with the overweight status or with the fat status were roughly in the same proportion. This also correlates with illness and disorders in students, illustrated by a stronger tendency of students to have office syndrome. The third aspect is cigarette, alcohol, and drug use behavior, which is found in 15 percent of students in Thailand. 5.5 percent smokes frequently or daily. Over 40 percent smokes in universities, with 20 percent are frequently or always found in university areas. As for alcohol consumption, 9 percent of students frequently drink alcohol and 7 percent of the group has been frequently found within university areas. As for the drug use, 0.4 percent use substances frequently or daily, but 5 percent of the group could sometimes be found in university areas. The fourth aspect is life and assets safety. Only a half of all students wear seatbelts every time they were in a car. They also wear helmets only sometimes. Likewise, only a small portion wear sport safety equipment while playing sports or exercising. The fifth aspect is gender and sexual behavior. 17.9 percent of participants is male, 51.0 percent of participants is female, and 31.1 is LGBTQIA+. One fourth of students had experienced in a sexual relationship. The majority (46.6 percent) use condoms as the means of birth control while 5.6 percent have not used protection at all. The sixth aspect is financial burdens. Roughly a half had financial debts, especially university students in Northeastern Region and Southern Region, indicated by the highest number of students with students loan debts. Most of the debts are tuition fees, followed by daily expenses and residence debts, respectively. The seventh aspect is the six factors which affect studying. The major factor is stress (20 percent), followed by financial problems, anxiety, homesickness, sleeping problems, and concentration problems such as distraction and short attention span. The eighth aspect is violence and harassment. The majority (87.7 percent) has faced neither violence nor harassment while over 10 percent has. Common forms were mental abused from people close to them (32.2 percent), verbal harassment (32.0 percent), and physical or sexual harassment (8.9 percent). LGBTQIA+ students in Bangkok Metropolitan Region are the majority of this group. The ninth aspect is life satisfaction. Students had moderate life

satisfaction (average score of 3.31, S.D. = 0.922) and believe that past actions highly influenced success in the present (average score of 3.76, S.D. = 0.934). They also believed that they were moderately capable of solving problems and of managing time for different activities (average score of 3.27 and 3.31, S.D. = 0.745 and 0.842, respectively). In addition, their life satisfaction was only moderate (average score of 3.31, S.D. = 0.996).