

Psychological Features Associated with Health in Undergraduate Students

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Introduction

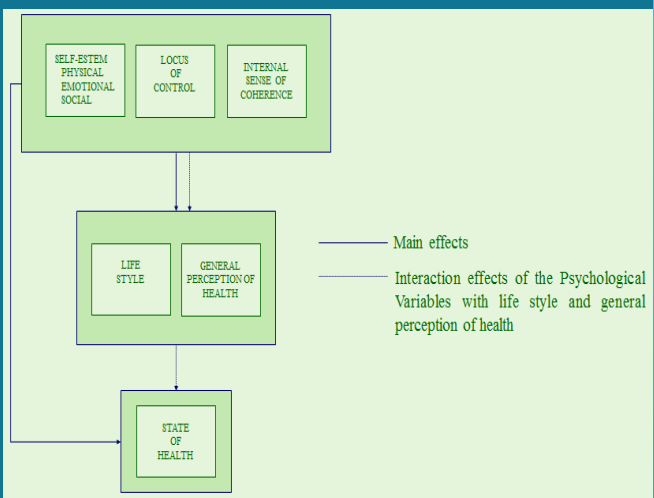
The social and human sciences have enormously contributed to the study of health and well being of populations as well as to the risk factors and individual resilience that are associated to them. Thus, it is a general thought that one of the main functions of health professionals is to promote healthy behaviours in people (Albuquerque, 2012). Thus, it is a general thought that one of the main functions of health professionals is to promote healthy behaviours in people. However, many of these professionals when they are suggesting people that they should not smoke, should exercise or shouldn't share needles, soon realise that their well intentioned efforts have no satisfactory result, as often no significant changes are observed in individuals (Wardle, et al., 2004).

Methods

The sample was made up by 548 students, men and women, who were attending Nursing School (n= 322) and other graduations without any health studies-Management, Languages, Secretarial and Administration (n=226). The protocol included: Inventory "My Lifestyle" Scale "State of Health"; To measure psychological variables: Sense of Coerence Questionnaire; Self-Esteem Clinical Inventory; Self-Esteem Physical Inventory; and Locus of Control Questionnaire.

Results

It was our intention to study the effect of psychosocial variables in the prediction of health variables using the regression model. We have studied the main effect of the Psychosocial variables, as well as the interaction effect of psychosocial variables with Lifestyle and General Perception of Health, in the prediction of State of Health in Nursing School Students (Fig. 1).



There is an association, statistically significant between health variables and psychological variables, in the expected sense. Also, the results suggest that the Internal Sense of Coherence factors - understanding($\beta = .336$) and generalised significance($\beta = .294$)- are, in interaction with General Health Perception, predictors in a positive and highly significant way, for Health State, specifically in Nursing School Students.

Conclusion

We believe this study points to a growing need of a bigger participation of psychologists (along with other health professionals) in the development of programs related to public health. Apart from an involvement in primary health care it will also be important for these professionals to participate in differentiated care.

References

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