

A STUDY ON AWARENESS OF HEALTHY LIFESTYLE (CASE STUDY: YANGON UNIVERSITY OF ECONOMICS)

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ABSTRACT

Good Health and Well-Being is "Goal 3" and a part of the Global 17 Sustainable Development Goals (SDGs). This study analyzes the awareness of healthy lifestyle in Yangon University of Economics and to evaluate the level of knowledge, attitude and practices. Structured self-administered questionnaire was used with simple random sampling method. It was 274 of total number of students with male 32.1% and female 67.9%. Undergraduate were with 85.4% and followed by graduated 12%. Youth got the healthy lifestyle information mostly from social media by Facebook and secondly from the family members. Survey outcome showed that 86.9% of youth were highly knowledgeable in healthy lifestyle while another 13.1% was still to improve in knowledge. To attitude toward healthy lifestyle, most of youth had a good attitude. Regarding the healthy lifestyle practices, half of youth had good practices. Therefore, this study suggested that it still need to improve practice level although most of youth had positive knowledge and good attitude. To do so, it also needs to implement the health development activities for upcoming next generation to be a part of the building of human capital of the country.

BACKGROUND INFORMATION



- The United Nations (UN) stated that Healthy People are the fundamental for the Healthy Economies.

3 GOOD HEALTH AND WELL-BEING



- Health is a form of human capital and might relate to labor market success (American Economic Association, 1998).
- A healthy lifestyle is a way of living that can reduce the risk of serious diseases and early death (WHO, Regional Office for Europe, 1999).

- Health Cluster 1 Strategy of ASEAN is that risk factors and related diseases effects on the health of the ASEAN people to promoting healthy lifestyles throughout the life course (ASEAN, 2021).

Factors Affecting Healthy Lifestyle

- It was launching of "Towards A Smoke-free ASEAN" and a campaign to encourage smoke-free living among ASEAN citizens at the World Conference on Tobacco or Health in Singapore on March, 2012 (ASEAN e-Health Bulletin, 2012).



- Balanced diet is also an important step towards a happy and healthy lifestyle and vitamins & minerals are key to boost immunity and healthy development. Healthy eating is a good chance to improve life (WHO, 2010).



- In the ASEAN region, alcohol related deaths are notably high due to alcohol poisoning, road traffic accidents and interpersonal violence (ASEAN Framework for Action on Alcohol Control, 2022).



- Healthy lifestyle initiatives to emphasize balanced food choices, limiting alcohol and increasing physical activity even small lifestyle adjustments such as eating more fruits and vegetables to get the beneficial (Giles E.L, 2011).



- Participation in sports can make a benefit physical health, mental health, cognitive and social health as well (Super et al., 2018).



- Improvement of sport skills is a major motivation for youth. Regular physical activity relates with health and fitness benefits (Malina R.M., 2016).

OBJECTIVES



- This paper intends to assess the level of healthy lifestyle knowledge among youth, including their understanding of nutrition, exercise, and health risks.
- This paper investigate to evaluate the attitudes and current practices of youth towards adopting and maintaining a healthy lifestyle, focusing on their perceptions of health benefits and barriers to change.

METHODS



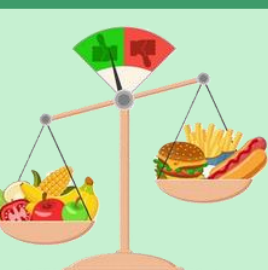
- This paper used Primary survey data in July, 2024 and accessed from 274 students (collected in 370 students) of the two campuses, aged between 18-30 years with simple random sampling method.
- Secondary data also was derived from the previous papers, official annual reports, official websites, records of related agencies.

RESULTS

- The age between 21 and 25 years of students had the highest proportion rate and female group is more than the male in this study.
- 86.9% of students are highly good knowledgeable and simultaneously most of the students have a good attitude on the four area of healthy lifestyle which is being Physical Activity, Healthy Eating, Smoking and Alcohol Drinking.
- Half of them only have good practice on the physical exercise and balanced diet.



CONCLUSIONS



- To be the balanced diet, healthy eating lifestyle has to be focused on daily life. In addition, food security and nutritious awareness is also needed to provide the youth.
- As physical exercise, it can emphasize on the sport activities among youth.
- Focusing to promote the practice level of healthy lifestyle of youth is going to meet with the health development goals since health was the vital role to human welfare and human capital development to the nation in the future.

REFERENCES



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