

## The explanation of effective factors on the healthy lifestyle of the nursing students' view: A qualitative study

Meimenat Hosseini<sup>1</sup>, Tahereh Ashktorab<sup>2</sup>, Mohammad Hossein Taghdisi<sup>3</sup>, Safar Ali Esmaeili Vardanjani<sup>4</sup>

<sup>1</sup> Lecturer, Dept. of Community Health Nursing, Faculty of Nursing and Midwifery. Shahid Beheshti University of Medical Sciences, PhD student of International Branch of Shahid Beheshti University of Medical Sciences. Tehran. Iran.

<sup>2</sup> Associate Professor, Dept. of Medical –Surgical, Faculty of Nursing and Midwifery. Shahid Beheshti University of Medical Sciences. Tehran. Iran.

<sup>3</sup> Associate Professor, Dept. of Health Promotion, Faculty of Tehran University of Medical Sciences. Tehran. Iran.

<sup>4</sup> Ms in Nursing Education, Shahrekord University of Medical Science, Shahrekord, Iran.

[T\\_ashktorab@sbmu.ac.ir](mailto:T_ashktorab@sbmu.ac.ir)

**Abstract:** Nurses have a key role in improving the client's health and their lifestyle is effective in representing services to the patients and client. This study aims to investigate the nursing students' perception about the effective factors on their healthy lifestyle. This study was done qualitatively with the content analysis approach and through 20 semi-structured and deep interviews with undergraduate nursing students of Tehran city. The participants were selected through purposive sampling. Data were analyzed using qualitative content analysis. All interviews were recorded, transcribed, and reviewed. Also, codes were extracted. Based on centrality, codes were put in a sub-category and then by reviewing sub-categories again, they were put in categories and finally, a theme was determined. During the process of content analysis, theme on the effective factors on nursing students' healthy life style was revealed. The theme included 9 categories: "the perception of effective factors on health promotion", "having enough time", "inner factors", "work-related factors or activity", "environmental factors", "knowledge and awareness", "individual factors", "social factors", and "perceived priorities". The participants believed that various and widespread factors affected their health promotion level. The extension of these factors demands the complete attention to different health dimensions and how to improve it by person, family, and community.

[Hosseini M, Ashktorab T, Taghdisi MH, Esmaeili Vardanjani SA. **The explanation of effective factors on the healthy lifestyle of the nursing students' view: A qualitative study.** *Life Sci J* 2012;9(4):5558-5567] (ISSN:1097-8135). <http://www.lifesciencesite.com>. 825

**Keywords:** Healthy lifestyle; Nursing student; Health promotion; Qualitative study; Content analysis

### 1. Introduction

Reducing health risks and improving health increases longevity, enhances the quality of life, and reduces costs of health care. Today, health promotion, self care, and individuals' health are accentuated (Altun, 2008). Paying attention to the health risks along with individual's lifestyle were recorded well in texts. And it is completely determined that health promotion activities and healthy life style, are important guidelines to facilitate and to maintain health (Haddad et al., 2004). Health World Organization stated that 60% of health quality and individuals' life depends on their behavior and life style (WHO, 2004). In the last document related to the healthy people in 2010, increasing the quality of life, healthy life years and reducing health inequality were expressed as two aims of healthy people (Alpar et al., 2008). To be healthy is the aim of nursing (Pender et al., 2011). Diseases prevention and health promotion is concentration pivot of first care providers' activities or nursing students (Chhim, 2011). Today, nursing

students who are future nurses (Soleimani et al., 2005) are the suppliers of health services and it appears that beliefs, views or their behaviors may influence the clinical services that they present for assistants (Chhim, 2011). In terms of health promoting behavior, some texts show that nursing students may be more passive ones in comparison to other students in different fields (Irazusta et al., 2006). Nursing students are responsible for their health and others; however, it is reported that the last priority is to take care of their health (Canadian Nursing Students' Association, 2009). Nursing students in comparison to non-nursing students scored significantly lower on air capacity measure and nursing students had higher diastolic blood pressure (Hensel, 2008). Nursing students do not often perform health promotion activities and when they are learning instructions to care for others, they often neglect to take care of themselves (Stark et al., 2005). Nurses do not perform necessary activities for healthy life style and consequently it can influence work and patients' related consequences.

The problem is that there is no enough knowledge about effective factors in nurses' decisions to have a healthy lifestyle (Hensel, 2008).

Despite the important role of nurses in health promotion, in a widespread search in the library, there was no evidence based on carried researches about the effective factors on health lifestyle from the view of nursing students in Iran and other countries. Therefore, this study aimed to specify nursing students' perception about the effective factors on the health lifestyle.

## 2. Material and Methods

The current study is a part of a larger study that was conducted using qualitative content analysis approach.

Qualitative content analysis is the content analysis of the content of narrative data to identify prominent themes and distinguished patterns among the themes- primarily using either a template or editing analysis style (Polit and Beck, 2010). The investigated subject in this research was about the effective factors on health lifestyle from the view of nursing students. For this reason 20 nursing students from Nursing Faculties, University of Medical Sciences, Tehran, participated in the semi-structured individual interviews. The participants were selected from June to November 2012 by using purposive sampling to achieve data saturation. After selecting the participants, they were interviewed according to their tendencies in free times in classes, allocated rooms by authorities of different faculties, researcher's office, and faculties' campus. After attaining the oral consent and written informed consent by participants, in-depth semi-structured interviews were commenced based on the guidelines of the interview questions including four ones. Data were collected through semi-structured interviews and field notes. All interviews were recorded on MP3 player. Interview questions were focused on health promoting behaviors and the explanation of nursing students' perception about the effective factors on their health promoting behaviors. The minimum and maximum duration of individual interviews was 19:30 and 71:28 minutes, respectively.

To prevent data bias, all interviews were conducted by one researcher. Observing secrecy principle, confidentiality of data and the participants' names in all stages, assuring participants about keeping secrets related to data analysis, reserving the right of withdrawal of participating in any parts of the study which were about moral points of the study were observed.

In the current study to analyze data, the direct content analysis approach which elementary encoding begins with a research theory or findings was used (Zhang and Wildemuth, 2009).

The aim of direct content analysis is validation or the development of a conceptual framework or theory. The current theory or research can help to focus on research question and provide some predictions about the variables or the relationship between them (Hsieh and Shannon, 2005).

In view of the fact that, the current study was about the health promoting behaviors of Pender's model, the researchers used direct content analysis and determined categories based on the Pender's health promotion model (Pender et al., 2011).

Therefore, one of the researchers at first transcribed any interviews and notes related to study and then studied carefully and line by line and underlined the sentences and key words and encoded any one.

After completing codes, the interview was studied again in terms of the existence of possible code. Then code's integration and summarization was done and those codes which had similar meaning or other similar codes were put together in one category.

Therefore, the initial classification of data was obtained. Then it was attempted to do the same procedure on the other categories. Finally, secondary categories were put in the main category based on the features and common dimensions.

Rigor, in qualitative research are shown through the researchers' attention to detective data and its' confirmation. The accuracy of qualitative studies is to demonstrate the validity of the participants' experiences.

Credibility, dependability, conformability, and transferability are terms that form the scientific approaches to support the study's rigor (Streubert and Carpenter, 2003).

In this regard, devoting enough time for collecting data, interview, and observing samples in sessions' duration, member check, and reviewing elicited codes were used to supply data reliability from the researchers' long term involvement with the subject of the study.

To supply data security, the reliability of results was in favor of the researchers. To confirm data, audit trial was used. Therefore, a comprehensive report of process which has led to a conclusion has been represented. And the possibility of pursuing the research path and carried functions by the researchers has been provided. To transferability of the data in current study, data were investigated by external observers, carefully.

## 3. Results

A total of 20 nursing students from Nursing Faculties, University of Medical Sciences, Tehran, participated in semi-structured individual interviews.

Nursing students (6boys and 14 girls) who were undergraduate semester 1 to 8, enrolled in the study.

4 participants were married and 16 were single and 6 participants were working in nursing profession and one was employed in non-nursing professionals, and 13 were unemployed.

The result of the views of the interviewees was the main theme of the effective factors on healthy lifestyle which consisted of these categories“ the perception of effective factors on health promotion”, “having enough time”, “inner factors”, “work-related factors or activity”, “environmental factors”, “knowledge and awareness”, “personal factors”, “social factors”, and “perceived priorities”.

### **The perception of the factors affecting health**

Participants mentioned to the comprehensiveness of effective factors on health promotion and the individual role as a health promotion factor. One of the participants says:

*"If you want to be careful about many things, i.e. our breathing may affect on our health level, it is very comprehensive."(participant7)*

Besides expressing a great numbers of effective factors on health, other participants believed that these factors are depended on each other like a chain.

*"Factors are great. All are chained. Family can play a role; prepare a suitable environment for you, having quietness, comrade, and all your friends to be together."(Participant12)*

Participants believed that effective factors on health do not simply have physical aspect, also they cover other aspects.

*"Psychologically, people should live in peace, it is not merely physically. When people do not have mental disturbance they can simply deal with their problems". (Participant 13)*

Chained connection between sport, nutrition, happiness, fitness, self-confidence, and make a good communication, were among other items that the participants dealt with them. One of the participants expressed about this item that:

*"Sport itself encompasses several aspects. One is its effect on nutrition, other is the relationship with others in that sport especially team sports you have with other people, the other gives him happiness and freshness arisen from it, then it itself causes sport in terms of body shape or suitable appearance, maybe form the individual's appearance well. It causes self-confidence in individuals. This self-confidence causes a good effect in your relationship. All these are connecting to each other in chains."(Participant 14)*

It was mentioned to the role of individual, family, and society in health promotion. Problems' effect, search for solutions, and individual's

background information were among items that were mentioned by the participants about the role of individual in health promotion.

*"Family role, society, the individual, individual's problems can help him/her. For instance, he/she can be prognostic and individual's background information and those who associated with him/her help him/her."(participant8)*

With regarding to the individual role in health promotion, the necessity of commencing the health promotion actions by the individual was among topics that discussed by the participants.

*"It is ideal that each person helps to work well on those problems which he/she faces."(Participant12)*

### **Having enough time:**

Considering time to do health promoting behaviors included topics that participants believed it.

*A participant said: "In my opinion among those factors which are effective is enough time that should be taken."(Participant9)*

The significance of enough time was insomuch that some participants understood it as the only effective factors on health promoting behavior.

*"I say, I don't think that it is influenced except our time". (Participant15)*

Some participants believed that the lapse of time can be considered as away to overcome problems. With regard to this, one of the participants said that *"that time, that time is so important. Time is one of the benefits, by lapsing time, all things will be solved."(Participant12)*

Participants believed that they engaged in more health promoting behaviors at the weekend when they have more free times.

*"when I am at home I use things which relate to health, I eat food over time, eat in proper time ,eat grape, drink milk, maybe I forget to take my iron pills during the week, I am tired at night ,but at the weekend both my mom and I are fresh and happy."(Participant4)*

Time had been perceived significant with regard to exercising, having suitable nutrition, having relaxation and asleep.

*"All things are prepared some time but you do not time to speed it, for instance, wanting to use those facilities. Then you preferably try to satisfy with some nutrition which is valueless."(Participant7)*

With regard to exercising, the participants said that lack of time was a hindrance to do their exercise.

*"No, I don't have time. I go walking. But it is said that helpful walking should be more than one quarter and then fats being to burn"(Participant9). With regard to time effect on enough sleep and relaxation, other participant said that "it is only in*

*terms of asleep, we do not time to sleep, oh yes we do not time at all."*(Participant15)

Besides, some participants mentioned to the role of enough time to do religious activities. In this case, one of the participants said that *"my intimate friends and I go to holy shrine saleh or shahriar to holy shrine shah AbdolAzim, these are important for me insomuch that I could do them."*(Participant5)

Participants believed that arranging time can cause their mental and thinking calmness and comfort. *"For instance, in studying, if you study and continue, you will be eased. Do your works, arrange your time."*(Participant8)

#### **Internal Factors**

Preparedness, mental calm, motivation, having aim, competition with others, personal features, trust in others, gaining personal satisfaction, interest curiosity and lack of indolence, competence, and personal willingness were among the internal effective factors on improving health. Physical preparation and having well thought to enjoy sport were expressed as internal factors influencing health promotion.

The fourteenth participant says *"our inner factor was that our body should be prepared to exercise it. Suddenly, we should not do heavy exercise that leads to negative effects on us; physically, we should be prepared for that sport. Mentally, we should have an open mind to take pleasure of the sport we are practicing."*With regard to peace of mind, one of the participants said that *"when people are free from any concerns, their food will be made well and when people are nervous and want to do something, it does not answer their needs, and also, it does not satisfy his/her starvation, finally, it is not delicious."*(Participant15)

Also, having motivation was perceived as a related factor by doing health-related behaviors. The impact of motivation was through being careful for them. In this regard, one of the participants stated that: *"I must have its motivation. When one's appearance is important for her/him, therefore, he/she exercise to prevent gain weight, motivation is so important. It leads to achieve the goal..."*(Participant18 noted).

On the other hand, among the participants having goal was considered as an effective factor on doing correct behaviors. In this case, one of the participants noted that *"goal is the main thing to man. Whether you have a goal, you know what you are looking for in your life, when you know what you are looking for, and less people will make mistakes."* participant 12 said. The impact of thinking and behavior of competing with friends to see others succeed in their studies were mentioned as a positive factor. In this case, one participant noted that *"I am*

*sure if I have been studying in other school, I may be failed in this one. Because I saw my friends studying, like this example, we have always had a rivalry."* The thirteen participants said.

Individual's personality was considered as an effective factor on doing the health promoting behavior through affecting the aim, motivation, and using competencies. In this case, a participant believed that *"some things depend on the individual's personality."*(Participant11)

*"May be some of you, for example, "sh", don't enjoy it that you have one thing that others do not know, for example, she is properly ready to take examinations, but some personalities have it."* The eleventh participant said.

Of the participants' views, trust on others was another aspect that had an impact on behavior. In this case, it was more mentioned to the reliable patterns.

*"Well, someone who teaches others should be experienced, be a reliable person, because we shouldn't trust on any ones in these cases, for example, to show the correct way."*(Participant14)

Also, satisfaction was perceived as an effective factor on the promotion of health. A participant believed that working in an ideal ward in hospital have been led to her more self-satisfaction, therefore, it will be led to the better work.

*"When you, as my head nurse, for example, send me to an internal ward, so normally I start my job. But when you ask me to go to emergency, I am in the peak of pleasure, because I love this ward. Really, I feel that my energy will be spent in this ward and I'll work energetically, I work enjoyably (I relish it). Maybe you become more tired but I have self-satisfaction when I work in emergency."* The eighteenth participant said.

Also, interest was cited as a factor influencing health *"when you have interest, you follow it to use it."*(Participant7)

The impact of interest on health promoting behavior was so distinguished that the interest to pursue study overcame on the dependency of one participant to family and he could separate from family and moved to Tehran to pursue his study.

*"My mom said that I am bored that you go 4 years. It was like that or for instance, I was the last kid, when I was a high school student, my mom always said I should get up for you every morning to 5 years. She said that study here to be comfort near us, your food is ready, your sleeping set is ready, but I myself didn't accept."*(Participant13)

On the other hand, curiosity was perceived as a contributing factor with doing risky behaviors.

*"when a father involves in financial problems, surely child is his child( he loves his child),*



*for instance, he wants something and his/her father says "I don't have ", maybe his child committees a crime or do some works that do not deserve his/her family or him/her self. Now, it is for needing or not for curiosity effect."* (Participant12)

Some participants maintained that the individual's will is the first effective factor on health promoting behaviors. *"Well, the first thing that enhances your health level is you. Want, really, you should want to enhance your health level."* participant 13 said. Finally, in the category of internal factors, the individual's thought was expressed by the participants. They believed that thought cause more peace. *"I like to think, I think it make people calm."*(Participant11)

#### **Activity or work-related Factors**

The impact of doing interesting works on health promotion was attained through gaining peace and the participants were believed that even without having enough time, they are trying to do their favorable activities.

*"In health promotion, what we like is very effective. For instance, music, film, and also studying calm me. Especially, there are things that I'd really like to read. Even, for instance, it is translation. I like language itself or even, maybe I don't have enough time but I don't leave it. These things make a person to get a deal of peace."* Participant3 said. Besides, the expected result was mentioned as the effective factor on health promotion. The participants were believed that conclusion, success in work, and enjoying the achievement of the expected result lead to performing health improving behavior.

*"I study because of its enjoyment. If I had not studied hard, I would not have scored 20, for example, if I had been studying hard, I would have scored 15, 16, then I will not study anymore."* The tenth participant said.

The perceived hardness of doing activity was another effective factor on health promotion. So that when people realize that they are doing something which is hard for them gave up it.

*"Daddy, I become tired, leaves it, I say. I don't go to the pool this time, leave it, some days I used to go walking in the morning, I leave it, it is hard for me."*(Participant9)

To overcome internal demands due to the ease of understanding of the health promotion work was among other cases which cited by the participants. One of the participants said that *"now, maybe I love my own car but when I can easily come to school by public transportation systems to consume less gasoline, well, I try to use these."* The second participant said.

#### **Environmental Factors:**

Environmental factors influencing the participants' views on health promotion, including external factors that are likely interfere with their health promoting behavior. *"Maybe a man wants to do a thing like that but external factors prevent it."* The fifteenth participant noted. Participants believed that the ability to use existing environmental conditions can affect health. *"It is your surrounding conditions, now maybe the weather circumstances are desirable, your life environment exists, and you can use these cases."* The seventh participant said. The availability of health facilities and other possibilities were perceived among other effective factors on health improving. *"I have got a series of decisions, well, external conditions must be provided for doing it anymore."*(participant18)

The availability of accommodations was so important from their view that because of the lack of accommodations and facilities, the participants expressed leaving the willingness to perform behavior as a related factor with behavior.

*"The environment that it can be dormitory environment or, for example, if they give sport equipment, students do work, sports or whatever goes up. Or for example, to study to raise your scientific level, there are some problems that are humorous for people, when there are those problems, people will be disappointed, slightly."*(Participant13)

#### **Knowledge and awareness:**

Having information and knowledge were among the salient aspects which were emphasized. Besides, knowledge and understanding of the benefits and disadvantages of having an active detriment of other factors on health promotion was conceived.

*"If the man himself/herself finds out that what she/he would be doing now benefits his/her, he/she does not harm the health, promote his/her health, raise his/her knowledge and information, certainly, the best one and the best judge is person him/herself."*(Participant12)

Furthermore, participants believed that the experience and having background information on health promotion is effective.

*"For example, say you are in the hospital, we finally observe some things that we experience before it occurs for us to use, which is mainly background information."* The eighth participant said. The participants stated that a trial and error experience may promote health.

*"Take a look, one is very curious, I speak about those who are told that this is the correct behavior, however, he/she has the bankroll, she/he says that I want to be proved that this is correct, now, I don't say that these are wrong, no, I want to prove myself that these healthy behavior are more accurate than those of the healthy behavior. Or this healthy*

*behavior has more serious deficiencies. I continue, if I am doing wrong." The seventh participant said.*

They believed that facing problems and the arisen experience of facing it promote health level. Term two participants spoke about the experience of the first term:

*"If you get the experiences, we have experienced how to set up the program. For example, we set up traffic in a manner that we set up ourselves into traffic into be busy with studying. For example, when we have came house, allocate more time to rest." (Participant14)*

Self-acceptance, understanding abilities and weaknesses, and determining behavioral difficulties through investing them in different situations were among those factors that the participants cited as factors affecting health.

*"In my opinion, the main thing to improve mental health is knowing ourselves, that we can do any things for ourselves, I know that I can be able to know myself, my abilities and weaknesses, and behave according to my abilities." (Participant18)*

#### **Individual Factors**

Participants believed that besides internal and external factors, the type of their decision was effective in health promotion.

*"Well, it depends on what decision we take. That decision we take depends on different aspects." (Participant14)*

In addition, the participants stressed the importance of learning skills to cope with life problems. One of the participants was noted in this case that *"she should gain her skills, they should have learned how to cope with life problems, these are so important." (Participant6)*

Understanding of the safety, health value and its importance, and knowing the reason to perform health promoting activities were among other individual factors that were expressed by the participants. They believed that as they are serving in nursing profession, they are able to convey their knowing to the clients and playing a role in society health promotion through it.

*"A person must understand, sir, what's health. What's its advantage, why you have to be healthy, what you do to be healthy, for example, why you should do these works? When he/she understands it, others will understand it too, especially, for us who are nurses .I myself, for example, say I don't know this event happen if I do this work, whether my body improve and be healthy. Just go to that client, who came to visit me, I'll explain him/her." The twelfth participant said.*

Participants were reminded that financial independence is the case of doing things independently. A participant stated in this case that

*"when I see myself independent of all the other, I do all my works independently, my pleasure, my work, my neatness, my washing, alleged, my neatness, buy clothes, and buy a house..." (Participant5)*

Participants believed that marital status has an impact on health promotion.

*"I think that is something that apparently went into the marriage as a kind of relationship more intimate, friendlier, and much easier to get people to express love and the incidence of interest. Inchmeal typically, inchmeal leak on this side and that side." The fifth participant said.*

The participants believed that encountering the problem is a better factor to cope with difficulties. In this case, one of the participants stated that *"When people encounter with a problem, it itself can help to improve health level because people involve in the problem to find its solution." (Participant8)*

#### **Social Factors**

In the field of social factors, participants believed that to be understood by others in their life environment and work is an effective factor on their health promotion. One of the participants noted that *"when I am understood by my work conditions or really find that what a kind man I am. It is really very important to place you in what ward, very important, well, this help me, and this is a helpful factor." (Participant18)*

The attitude of important people in life stated as a social factor on health promotion too. Also, encouragement, confirmation, and advice to health promoting behavior were understood as effective factors on health promotion by acquaintances from the participants. *"The attitude of some important people in my life is about it, my family and my friends." (Participant 11)*

*"Maybe my acquaintances told me how to behave. Well, it itself is effective." The seventh participant said. "Maybe are not interested to do any works, but for example, some people approve her/him, that communication is so important." The eleventh participant said. (Participant 11)*

Furthermore, participants emphasized the main role of collaboration and cooperation. They mentioned the accompaniment of others as a positive factor influencing health promoting behaviors. *"If our accompanying exists, he/she has a main role, one into the space that he has created, that joyful atmosphere which he/she creates or that healthy relationship which he/she creates. Well, that person is very effective because we are doing all works with him/her." (Participant14)* Social, economic, politic, and managerial conditions of community were expressed as social influences too. *"The system that we have gotten, that system emphasizes other one, this cause to have a good and peaceful system...."*

achieving the managerial stability can influence families." (Participant12)

In addition, the participants believed the family's role in health promotion. They expressed the family's role through encouraging, exchanging of information, creating calm, increasing morale, and resolve problems and so on.

"Family's role in mental health, people should be motivated to back home, he will be happy when goes home. How tell you, he would like to go home, with family members to be comfortable." (Participant8)

Difficult living conditions in dormitories on the one hand, and on the other to get intellectual help through the companionship with domiciled dormitory students, the impact of life on dormitory on the experience of making a wider communication, the impact of the homogeneity of dormitory roommates on the enjoyment of life, and so on were among cases which were introduced. One of the participants stated that "for example, all students are near each other, do all their tasks. Because if you are at home, there are only you yourself, or your cousin or those persons you always see them. But when you go to dormitory environment, there are some people who haven't been seen yet, and then maybe you have many discussions to say." (Participant13)

Participants were considering loneliness as a factor to think about problems and to find a solution.

"Alone time, it is a good opportunity to think. For instance, I solve many things by thinking." (Participant11)

#### Perceived Priority

Among other matters affecting health promotion that were expressed by the participants, was a priority that they deserved for their appearance, family, or other issues.

"Of course, I should say that my appearance is so important for me. I don't say that only lesson or my spirit or mind is important, my appearance is so important too." (Participant10)

Participants agreed on the priority of the individual family. So, some participants believed that even if they have a lot of problems, but their family is at peace, they feel comfortable. One of the participant stated in this case that "well, one thing about my family, for example, my family's comfort gives me peace of mind even if I only involve in so much trouble. But if I see that my daddy felt good, my mom is good, my sisters and brothers are happy, this leads to my peace even if you have so many problems." (Participant11)

The findings of current study were summarized at table (1).

Table (1) subcategories, categories, and theme of effective factors on health promotion

Sub-category	Category	Theme
Diversity of effective factors on health, promotion behavior, person as a factor for health promotion	the perception of effective factors on health promotion"	the effective
having time, the effect of leisure time on health promotion, investigating health promotion, the impact of time on health promotion behaviors (studying, nutrition, exercise, adequate sleep and rest, perform religious rites), arranging time, and priorities of the program, and its effects on health promotion	"having enough time"	
mental relaxation, motivation, competition and view others' work, personality traits, trust in others, having effective internal factors on aim, self-satisfaction, gain personal satisfaction, interest, readiness, curiosity, personal will and desire, thought, attitude	"inner factors"	
the impact of performing interesting works on health promotion, the expected outcome, the obtained pleasure of performing work, perceived hardness, the ease of using health promotion equipment	work-related factors or activity	
external factors, environmental conditions, presence of facilities and accommodation, cost	environmental factors	
information enhancement, the impact of background information on health promotion, perception of benefits, perception of lack of harm, trial and error, comparison and proving more correct behavior, experience, the impact of gaining experience on planning as an effective health promotion, the person him/herself and self-knowledge	knowledge and awareness	
kind of decision, the impact of life skills on health promotion, perception of health and its related activities, job, having physiologic health, financial independence, marital status, having activity, difficulties	individual factors	

perception of individual by others, attitudes of life important persons, relatives and acquaintances, perception of behavior importance by others, behavior encouragement by others, society attitude, others' support and companionship, cooperating, social, economic, political, managerial, and family conditions, and the characteristics of person's family, the university and dormitory, loneliness	social factors	factors on nursing students' healthy life style
importance and appearance adornment status, priority to family health than personal health, perception of family important problems	perceived priorities	

#### 4. Discussions

In the current study, the factors affecting on health promoting lifestyle in nursing students were widespread and numerous. In this case, the carried study related to the structure of health promotion in nursing students showed that the students' perception of health promotion was related to the students' personal experience and included widespread subcategories (Liimatainen et al., 2001) which mention the result of the current study.

Having enough time was among the factors influencing health promoting behaviors in the students. So, by having enough time, students were performing more health promoting behaviors. In this case, previous studies showed that lack of time can prevent doing health promoting behaviors and often, individuals reported that they were busy, therefore, they have not had enough time to do health promoting behaviors in modern life (Huang et al., 2010). Participants believed that internal factors such as willingness and personal will can influence their health promoting behaviors. In line with the results of this study, in a study, nursing students' healthy lifestyle was related to the person's responsibility for their own health (Liimatainen et al., 2001). In the present study, participants stated that the benefits of the expected result and the ease or difficulty of the work being done are effective on doing health promoting behavior. Also, Wittayapun and colleges found that perceived benefits of action were associated with health promoting behaviors (Wittayapun et al., 2010). In current studies, participants believed that personal factors such as occupation, marital status, and financial autonomy play a role on health promotion. In this regard, the study revealed that these nurses who were working on rotate shift were lower in the lifestyle than those nurses who were working in fix shift. Single nurses with a less work shift were possessed an unhealthy nutritional status. Nurses who were married and worked longer than other nurses had less physical activity (Kim, 2011).

Furthermore, the results of Kemppainen et al (2012) showed that cultural aspects of the place where nurses were employed affect their health promoting activities and this cultural content could be supportive or discouraging. In present study, the

participants emphasized the role of environmental factors in health promotion. In this regard, a study on nursing students showed that a healthy community services with environment, housing, leisure time, health, and entertainment related activities were established (Liimatainen et al., 2001). The participants of current study believed that knowledge has an impact on their health promotion. Paulik et al. in their study found that higher levels of knowledge were more likely to adopt health promoting behaviors (Paulik et al., 2010). Also, Peltzer found more knowledge about health promotion, along with a more positive perspective on health promotion. So, knowledge about health promoting with positive perceptions of health among nurses were significantly correlated (Peltzer, 2001). Liimatainen study also showed that students' self-awareness could be involved in decisions about health promotion (Liimatainen et al., 2001). The participants in this study stated that financial autonomy and the perception of their health can lead to the enhancement of their health. There was a significant relationship between income, health perception, and health promoting behaviors in Beser et al. study. So that, people who had higher perceived health had chosen a better health promoting lifestyle (Beser et al., 2007). In this study, the participants mentioned to the role of social factors in health improving behaviors. And they noted that family, economical, social, political, and managerial conditions can influence health promoting behaviors. Also, in a carried study in Hungary, a significant relationship was found between health promoting behaviors and economical and social status. Furthermore, family and social networks were mentioned as interpersonal effective factors on health promotion behaviors. Also, a study conducted on students on Turkey showed a significant relation between lifestyle, health promotion, and social support (Peker and Bermek, 2011). In Liimatainen study, most students believed that health promotion are formed in the context of social services (Liimatainen et al., 2001). In the present study, the perceived priorities of problems and family problems were found to be effective on the participants' health promotion. A study conducted by Lin also revealed that there was a significant relationship between the understanding of health promotion behaviors and health promotion behavior



in family. Furthermore, an understanding of health promoting behavior in family was predicted as promoting individual behavior (Lin et al., 2009). Therefore, by considering the results of the study and other related results of other studies can mention that health lifestyle in the students is placed under the various and different factors which can use some strategic plans about them. On the other hand, the factors can be considered to increase health lifestyle of their lives and take practical steps in this regard. The results of this study help to nursing policy makers and administrators and authorities to develop practical strategies for the students' healthy lifestyle.

#### Limitations and Suggestions

Since the study was conducted on a limited number of students, its generalization to other situations and locations should be made with caution. Doing studies in the field of nursing healthy lifestyle in broader aspects of nursing and nursing education in other sections are suggested.

#### Acknowledgements:

This research is a part of a thesis project and a research plan, Shahid Beheshti University of Medical Sciences. Authors express their appreciation for the financial support from International Branch of Shahid Beheshti University of Medical Sciences, and all participants of this study due to the expression of honest feelings and perceptions of their health promoting lifestyle that they made this study possible.

#### Corresponding Author:

Tahereh Ashktorab

Associate Professor, Dept. of Medical –Surgical,  
Faculty of Nursing and Midwifery. Shahid Beheshti  
University of Medical Sciences. Tehran. Iran. E-mail:  
[T\\_ashktorab@sbmu.ac.ir](mailto:T_ashktorab@sbmu.ac.ir)

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12/21/2012