



A Study to Assess Effect of Seasonal Variations on Activity and behavior Pattern of Students at Selected College of Nursing, Ludhiana, Punjab.

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ABSTRACT

Background of the study: Seasons has been defined as natural periods in which the year is divided, which vary by weather conditions, hours and temperature. Seasonality is often described as a potential environmental determinant of children's and youth's physical activity. The recognition that humans are subject to seasonal changes in mood and behavior dates back to classical times. Modern researchers have documented seasonal rhythms in many human behaviors and functions, including weight, appetite, sleep, birth, death and suicide.

Objectives: A study was conducted with an objective to assess effect of seasonal variations on activity and behavior pattern, its association with selected socio-demographic characteristics.

Methodology: A cross-sectional descriptive study conducted on 100 students of DMCH College of Nursing. Sample was selected by using Total Enumerative Sampling Technique.

Results: Out of 100 students, (65%) were in age group of 20-22 years, most of them were females i.e. (90%) and more than half i.e. (61%) were from urban area. As per student residential status, (56%) were residing in home followed by (42%) living in hostel. In relation to religion more than half (56%) students followed Sikhism belonging to nuclear family. Most (90%) of the students have moderately active lifestyle. More than half (61%) of the students did not use any stress coping strategy and had 8-10 hours of sleep. According to WHO classification of BMI, majority (59%) had BMI of 18.5 – 24.9. Findings of the present study revealed that 38% of students feel best in december, 25% tend to gain more weight in january, 33% reported that they socialize most in august, 38% of students sleep least in january, 26% reported that they eat most in january.

Conclusion: The findings of the study concluded that (41%) of the students have no seasonal deviation whereas (38%) of them have deviated seasonal pattern and (21%) are susceptible to deviation of seasonal pattern. This study shows that there is no significant association of effect of seasonal variation on activity and behavior pattern of students with their ages and BMI respectively.

Keywords: Seasonal Variation, Activity, Behavior

Aim of the study

To assess effect of seasonal variations on activity and behavior pattern of students at selected College of Nursing, Ludhiana, Punjab.

Objectives

1. To assess effect of seasonal variations on activity and behavior pattern of students.
 1. To determine association of effect of seasonal variations on activity and behavior pattern of students with their selected socio-demographic characteristics.
 2. To develop and disseminate IEC material (Pamphlet) regarding lifestyle modification to prevent seasonal changes.
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Major findings of the study

- The analysis of socio-demographic characteristics shows that 65% of students were between age group of 20 - 22 years among them 90% were female and 56% students belong to Sikh religion.
- 61% of students were from urban areas and 56% of them were residing in homes, 75% of student's belonged to nuclear families.

- Coming to the life style 90% of the students were moderately active and 61% of them were not using any stress coping strategies.
- Most of the students were having BMI ranging from 18.5- 24.9 and 59% of students were having 8-10 hours of sleeps per day.
- Furthermore, coming to the first objective to assess effect of seasonal variations on activity and behavior pattern of students, least of the students (38%) do feel best during month of December.
- There is different distribution of frequency on weight changes. Out of those 25% of students tend to gain more weight during January.
- 33% of students socialize most during the month of March, on the other hand 38% of students sleep during August.
- There is not any significant result on eating, but least of the students 26% have marked eat more during month of January and none of the student loses most weight.
- There is slight change 40% in sleep length of the students and moderate change 40% and 32% in social activity and mood.
- Moderate change in appetite 37% and slight changed in weight and energy level is 33%.
- 70% of students perceived no problems due to change in season.

Conclusion

- As per distribution of students regarding change in sleep pattern during the year 22% students slept most in January while 38% of students slept least in August.
- According to feeling 38% feel best in December while 14% feel worst in February followed by 28% of students socialized most in month of December and 19% of socialized least in month of August.
- In context to eating 26% of students eat most in the month of January while 16% of students eat least in month of August.
- According to level of deviated seasonal pattern 41% of students had no deviated seasonal pattern while 21% has S-SAD.
- As per distribution of perceived problems due to change in seasons 30% students perceived problems due to change in seasons while 70% has no perceived problems.
- 15% of students faced mild problem while 12% of students faced moderate problems.
- In section of change in food preference 36% had change in food preference while rest 64% did not have change in food preference.
- According to sleeping hours, 65% students slept b/w 8-10 hours in winter (December 20- March 20) while 42% slept for 5-7 hours in spring (March 21- June 20) and in the month of summer.

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