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HEALTH PERCEPTIONS BETWEEN COLLEGE STUDENTES FROM PERNAMBUCO FROM DIFERENTS KNOWLEDGE AREAS

Renata Alves de Sousa^{1*}, Guilherme Brazão², Péricles Bezerra de Freitas Júnior³, Everton Botelho Sougey⁴, Tatiana de Paula Santana da Silva⁵

^{1,2,4,5}UFPE; ³FUNESO

ABSTRACT

OBJECTIVE: to verify the association between general health perceptions with a focus on sleep quality, eating activities and concentration areas of the course after university admission.

METHOD: Cross-sectional study approved by ethics committee (n°2,581,563), with a sample of 432 undergraduate students from the Federal Public University, divided into three groups: Group 1: Humanities Students; Group 2: Health Students; Group 3: Exact Science students. For the collection, we used: vivências Acadêmicas's questionnaire in the reduced version, and a sociodemographic questionnaire. Descriptive and inferential statistical techniques were used for analysis, considering a significance level of 5%. **RESULTS:** In the general sample, all general health perceptions were impaired after entering the University. In the analysis of the groups, it is noticed that Group 1 presented more negative rates of health perception (47.3% $p(1) = 0.016$), with significant and significant sleep-related impairments (68.2% $p(1) = 0.002$). On the other hand, the students in Group 3 presented the worst perceptions about the quality of food and difficulties in performing leisure activities ($p(1) = 0.005$). **CONCLUSION:** There was a significant association between university admission and negative health perceptions. In addition, it was found that the students in the humanities and exact areas were the most vulnerable. Thus, it can be considered that academic experience can contribute negatively to the promotion of the health of young people, and, in this sense, it is recommended the implementation of educational programs aimed at self-care, prevention of academic stress and its negative effects on health.

Keywords: Psychological Stress. Student Health. Mental Health

*Correspondence to Author:

Renata Alves de Sousa
UFPE

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