

HEALTH PROMOTING BEHAVIOR AMONG TEACHING STAFF OF UNIVERSITY OF KUFA

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Abstract: Health promoting is taken into consideration a part of number one health care and prevention, because primary prevention takes area earlier than ailment or infection occurs. The health promoting is geared toward elevating the overall degree of health and well-being of person and family, or community. The reason of this study is to evaluate the teaching body of employees health promoting behavior thru use 5 domain names of bodily activities, nutrition patterns, drugs use, intellectual wellbeing, looking for of health care. And moreover to determine the connection amongst health promoting behaviors and demographic characteristics (age, gender, and degree of education).

descriptive design, cross-sectional study was followed to benefit the research objective. the study started out from 16th December to May 26, 2022. A non-probability sampling technique (convenience sample) of (54) teaching body of employees in university of kufa. The study turned into used a power analysis method (Cohen's method) for identifying the size of the samples beneathneath study.

An assessment device is observed and advanced through the researchers to assess the health promoting behavior of teaching staff of university of kufa. look at of data strategies is employ through statistically package deal deal of social science copy 23. descriptive data assessment frequency and percentage, Statistical mean and standard deviation, Measure of ; mean, mean of score. Inferential Data Analysis use chi square test to find out the relationships among variables.

Regarding the results of the modern study, popular assessment for subscales of health promoting behaviors among teaching is moderate. There is a non-big relationships amongst health promoting behavior and socio-demographic data.

According to the findings of the prevailing study, the study recommends to Conduct a non-prevent work shop that inspire teaching body of employees in the direction of health promoting behavior. Administrative staff need to create an environment in which teaching staff can include in periodic research which includes test for infectious disease. Provide work region safety , schooling program to increase safety measures. Encourage teaching staff to vaccinate and are searching out treatment at the same time as be afflicted by disease or injury.

Keywords: Health promoting behavior, Teaching staff.

Introduction

Health promoting is taken into consideration a part of primary health care and prevention, because primary prevention takes area earlier than disease or illness occurs. The health promoting is geared toward elevating the overall degree of health and well-being of person and family ,or community Health promoting targets the strengthening of health through enhancing situations of lifestyles.(1)

One of the fundamental human rights is health. It is critical for each person in society to take duty and make the healthy lifestyles version part of their everyday habitual so that you can enhance the

idea of health. Health promoting way of life behaviors are entire movements and ideals which people put in force so that you can live healthy and save you themselves from diseases.(2)

Increased durability health promoting behaviors turn out to be even extra critical particularly in regards to keeping function and independence and enhancing quality of life.(3)

Iraq's health care system, particularly its key factors of government, were seriously mannered thru war ,boarder conflict, affordable sanction and politician instabilities in current decades.(4)

High health way extra than the absence of disease. bodily health is

step one to health, however intellectual health and social health also are essential. In fact, the WHO outline health as “a state of entire bodily, intellectual and social health and not simply the absence of disease or infirmity”. This denoted you need to guard your body , mind, and feelings so that you can live wholesome and guard your way of life and environment. (5)

However Diet and way of life are critical elements idea to influence susceptibility to many diseases. substance abuse, smoking and drinking, and shortage of bodily activity can increase the danger of

growing certain clinical conditions, particularly later years(6). Health promoting is evolved thru a set of projects and Programs that aimed at the issues of disease prevention and identity of people and agencies who're issue to danger elements (6).

Health promotion is developed through a set of initiatives and Programs that aimed at the problems of disease prevention and identification of individuals and groups who are subject to risk factors.(7)

Objectives

The purpose of this study is to assess the aged health promoting behavior thru use 5 domain names of bodily activities, nutrition patterns, drugs use, mental wellbeing, looking for of health care. And additionally to decide the connection among health promoting behaviors and demographic

characteristics(age, gender, and degree of education).

Material and method

Study design

In this study, an institutional descriptive design, cross-sectional study turned into followed to achieve the studies objective. the look at began out from 16th December to May 26, 2022.

Method

An evaluation device is followed and evolved through the researchers to evaluate the health promoting behavior of teaching body of workers of university of kufa

Result

Statically distributions of study sample for their demographical data:

Table (1) shows statistical distribution of teaching staff of university of kufa by their socio-demographic data, it explains that the highest percentage of the teaching staff' subgroup are with ages between (25-35) years old (46.3%), male (63.0%), those with no chronic diseases (66.7%), those with surgical operations (57.4%), those who are graduated from college (53.7%), those with Sufficient to some extent (63.0%).

Items	Sub-groups	Study group	
		Total = 54	
		Frequency	Percentage
Age	(25-35)	25	46.3
	(35-45)	15	27.8
	(45-63)	14	25.9
Gender	Male	34	63.0
	Female	20	37.0
Educational Level	Institute	3	5.6
	college	29	53.7
	Post graduate	22	40.7
Chronic disease	Yes	18	33.3
	No	36	66.7
Surgical Operation	Yes	31	57.4
	No	23	42.6
House Ownership	owner	33	61.1
	tenant	8	14.8
	mutual	13	24.1
Economic Status	Sufficient	14	25.9
	Sufficient to some extent	34	63.0
	Insufficient	6	11.1

Table (2) shows descriptive Statistics of subscales of health promotion behaviors among teaching staff, it explains that the assessment for physical activity, dietary pattern, Get health care and psychological health is (moderate) ; the assessment for drug use is (poor).The overall assessment is (moderate) .

Scales	M.S.	Ass.
Physical activity	1.88	Moderate
Dietary pattern	1.77	Moderate
Drug use	2.43	Poor
Psychological health	2.10	Moderate
Get health care	1.77	moderate
Overall Assessment	1.91	Moderate

Table (3) shows relationship between total health promotion assessment of the teaching staff and their demographic data, it shows that there is no significant relationship between demographic data and total health promotion assessment; (P value <0.05).

Demographic Data	Chi Square	df	P value	Significance
Age	2.917	3	0.40	NS
Gender	2.917	3	0.40	NS
Educational Level	2.917	3	0.40	NS
Chronic disease	5.00	3	0.17	NS
Surgical Operation	5.00	3	0.17	NS
House Ownership	6.66	6	0.35	NS
Economic Status	7.50	6	0.27	NS

Discussion

The research outcomes indicate the more than 46% of the individuals with age raging (25-35)years old can be this age extra choose to such work that calls for Renewed scientific strength, that is frequently found in this age group. This outcomes fit to the outcomes for the study carried out through (Chiou et al., 2014) whom discovered that the dominants age for the study subjects are category (26-35) . Concerning their gender, this study which imply that more of the sample is male, Also the maximum of individuals are have Institute certificates this can be because of their living , socially and culturally situation this end result disagree with (Chiou et al., 2014) he discovered the majority of sample is female, but our study is accept as true with this finding consistent with the research carried out in (2015) through Chauhan that revealed demographic data wherein extra than 1/2 of of respondents (51.2%)have been male.(Qassim & Abed, 2016)

Regarding health status and present of chronic disease or not the highest number of the study subjects don't have chronic disease , about (66.7%),but surgical operation (57.4%) sequentially It is may reflects the age of the teaching staff , which represents the least affected group of chronic diseases, this result disagree with (Khalifa, 2013) which show more than half of participant have a chronic disease.

The outcomes of the study confirmed that the percentage of respondents within side the questionnaire is better for people who personal homes. In addition the studies end result show that the

maximum of the individuals has enough month-to-month profits to a few extent, this end result interpreted it usually that financial status, occupational level. This end result is disagree with (Şenol et al., 2014) their end result shows that the maximum of individuals month-to-month profits is insufficient .

The overall assessment health promotion behavior as physical activity is moderate. Among 54 of respondent 28 of them get up early every morning this is due to the nature of their work, which requires getting up early this result agree with (Khalifa, 2013)that their result indicate (82.5%) of the participants get up early every morning Also (92.6%)of respondent Doing daily activities of the body (such as bathing, brushing teeth, etc.) without the help of others This may be due to their age, which consists of the youth group. This result come along with study result of (Khalifa, 2013) which demonstrate (78.8%) of participants Doing daily activities of the body (such as bathing, brushing teeth, etc.) without the help of others.

The study result show that the overall assessment of teaching staff health promotion behavior regarding dietary pattern is moderate. make a variety of food for each day, such as fruits, vegetables, grains, bread, etc. is highly significant This result come along with (Khalifa, 2013) which result study show high significances of participants regarding make a variety of food for each day, such as fruits, vegetables, grains, bread, etc.

The study result show that the overall assessment of teaching staff health promotion behavior regarding drug use is poor. Also it show

that the most of the study sample sometime use the medicines prescribed to him without medical advice, This result disagree with (Khalifa, 2013) whose study indicate that the (70%) from subjects always and repeatedly use drugs prescribed for him without medical advice.

The study result show that the overall assessment of teaching staff health promotion behavior regarding psychological health is moderate. Among 54 participants 26 of them Interested in communicating and strengthening social relationships with friends and relatives and adapting to them sometime this results agree with (Al-jeborri, 2017) whose study subjects indicate that the (95%) of subjects have no emotional illness.

This study result also show that the health promotion behavior as seeking health care of teaching staff is moderate. (55.6%) of subjects some time get the necessary vaccinations such as (typhoid, viral hepatitis, influenza),(55.6%) sometime performs laboratory tests and analyzes to control infections and infectious diseases, and(85.2%) always wash their hands with soap and water after leaving health facilities and before eating food, this result disagree with (Khalifa, 2013) whom result demonstrate that the seeking health care of participants is good.

The study show that the non-significant relationships between health promotion behavior and socio-demographic characteristics. This result disagree with (Şenol et al., 2014) they studied the result show significant relationships between health promotion behavior and socio demographic characteristics of participants.

Conclusion

Regarding the outcomes and discussion of the modern study, the study end result conclude the general evaluation for subscales of health promoting behaviors amongst teaching is moderate. There is a non-large relationships among health promoting behavior and socio-demographic data

Recommendation

Conduct a non-prevent artwork shop that inspire teaching staff in the direction of health selling behavior. Administrative staff need

to create an environment in which teaching body of employees can include in periodic studies which includes test for infectious disease. Provide work region safety , schooling program to increase safety measures. And inspire teaching staff to vaccinate and are searching out remedy at the same time as be afflicted by disease or injury.

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