THE EFFECTS OF HEALTH RISK BEHAVIOR TO THE ACADEMIC PERFORMANCE OF BSHM AND HRM STUDENTS OF BULACAN STATE UNIVERSITY HAGONOY CAMPUS

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Abstract: The study aims to determine the effect of health risk behavior in the academic performance of the BSHM and BSHRM students in Bulacan State University Hagonoy Campus. The researchers used descriptive method in conducting the study. The research was conducted in Bulacan State University Hagonoy Campus. it has an overall total of 71 respondents composed of 2nd BSHM students and 3rd-4th year BS HRM students. The data used in this study was gathered though distributing survey questionnaire to respondents. The statistics used for were frequency, percentage, weighted mean and correlation.Based on the findings of the study, it is concluded that 1) based from the statistical treatment of data, there was no significant relationship between demographic profile of respondents and health risk behavior; 2) based on the academic performance last school year 2014-2015, all of the respondents are passing their academic performance. Health risk behavior are not affecting their studies; and 3) based on the study, majority of the respondents are not having the kind of health risk behavior. The respondents' eating habits, sleeping habits, drinking habits and hangout habits has a moderate positive effects on the health risk behavior.

Keywords: health risk behaviour, BSHM students, BSHRM students, statistical treatment.

1. INTRODUCTION

Health is more than the absence of disease. It includes physical, mental and social well-being. Healthy people are able to deal with everyday activities and so they are able to adapt to their surroundings. A lack of disease is a desirable state, but it does not define health, it is not a criterion for health, and alone is not sufficient to produce health. An individual's health does not happen in isolation. Rather, many factors combined together to influence the health of individuals and communities. These factors include social, cultural, economic and physical environments, individual behavior and biology. Together, these factors are known as the "determinants of health" and they describe where we live, how we live, and who we live among. Examples of health determinants include housing standards and suitability, employment and education prospects, income and wealth distribution, access to health care resources, clean and safe water and food, relationships with family and friends, pollution and personal safety.

Health risk is the degree of possibility that one or more exposures to hazardous substance may have damaged or will damage the health of the exposed person. Factors like smoking, drugs and alcohol usage, poor nutrition and physical activities may cause a health risk to a person.

Smoking, drugs and alcohol usage is one of the major health risk behaviors among people especially teenagers like students ages 16-18. Cigarette use varies according to gender, age and ethnicity with rates of cause higher in men that women.

Poor nutrition and food habits can be a behavioral health issue, because nutrition and diet affect how you feel, look, think and act. A bad diet results in lower core strength, slower problem solving ability and muscle response time, and less alertness. Poor nutrition creates many other negative health effects as well. This will determine whether food habits and

preference influence student's own menu planning and that of other's eating outlets. Poor nutrition can cause many illnesses such as obesity and malnutrition.

It is believed that students to have higher grades are significantly less likely to have engaged in health risk behavior activities.

Statement of the Problem:

The general problem of the study is to determine the effects of health risk behavior to the academic performance of BSHM and BSHRM students in Bulacan State University Hagonoy Campus.

Specifically, it sought answers to the following:

1. What is the demographic profile of the students in term of:

   1.1 age;

   1.2 sex;

   1.3 marital status;

   1.4 school and health background; and

   1.5 parent's educational attainment.

2. How may the daily habits or activities of the respondents be described based on the following:

   2.1 eating habits;

   2.2 drinking habits;

   2.3 sleeping habits; and

   2.4 leisure hours' activities?

3. How extent is the association of the respondents to their peers during hangout?

4. What is the level of academic performance on the major subject of the respondents during last school year 2014-2015?

5. Is there a significant relationship between the demographic profile and the health risk behavior of the respondents?

6. Is there a significant relationship between the health risk behavior of the respondents to their academic performance?

Research Instrument:

The researchers provided questionnaire or survey form as the main instrument to gather data. The questionnaire has three parts. Part I contained items to elicit responses pertaining to the respondent's demographic profile such as age, gender, marital status, school and health background and parent's educational attainment. Part II measured the daily habits or activities of the respondents in terms of eating habits, drinking habits, sleeping habits and leisure hour activities. Part III assessed the association with group of people which consisted only of five items. The level of academic performance of the respondents which was taken from the school's file were also included.

Data Collection Procedures:

A written letter of request to conduct the study was prepared and approved and was disseminated to the target respondents. The questionnaires were administered and retrieved personally by the researchers.

Data Analysis:

Frequency and percentage were used for descriptive presentation of data such as age, gender, marital status, school and health background and parent's educational attainment. The health risk behavior are qualitative data which were quantified and interpreted.

2. SUMMARY OF FINDINGS

The findings of this research study were summarized as follows:

The highest percentage of the respondents is 18-19 years of age or 59.15% of the respondents. The percentage of female respondents is higher than male respondents. Female respondents have 54.9% while male respondents have 45.1%. The majority of the respondent which is 97.2 % of the total respondents are single. Urinary tract infection is the highest in

percentage with 18.30% for the health background and the highest educational attainment of the respondents' parent with 90.25% is secondary education.

With regards to the habits or daily activities of the respondents, eating during lunch has the highest mean of 4.44% interpreted as very frequently. Drinking habits got the grand mean of 2.41% with a verbal interpretation of sometimes. Sleeping habits has 3.36% while hanging out habits has a grand mean of 1.90 with a verbal interpretation of rarely.

Based on the data gathered, respondent's association with a group of people got the grand mean of 1.88% which was interpreted as rarely.

All the respondents passed all the major subjects that they enrolled in the school year 201-2015. Only one student has an average grade in the range of 2.25-2.50.

All of the demographic profile of has positive moderate effect on the health risk behavior of BSHM and BSHRM students of Bulacan State University Hagonoy Campus and all of the daily habits has positive moderate effect on the academic performance of BSHM and BSHRM students of Bulacan State University Hagonoy Campus.

3. CONCLUSIONS

Based from the statistical treatment of the data, there was no significant relationship to the demographic data of the respondent's and the health risk behavior.

Based on the academic performance last school year 2014-2015 all of the respondents passed their major subjects. HM 2A has the average grade of 1.78, HRM 3A has the average grade of 1.96 and HRM 4A 1.79. Health risk behaviors are not affecting their study.

Also based on the study the majority of the respondents are not having the kind of health risk behavior. Most of the respondents having good eating habits, sleeping habits and also the drinking habits and hang out habits.

4. RECOMMENDATIONS

Based on the study and analysis of the questioners this paper makes the following recommendations to the students of HM and HRM Bulsu Hagonoy Campus.

Although eating habits of not eating breakfast does not affect the academic performance of BSHM and BSHRM students in Bulacan State University Hagonoy Campus, researchers still recommends that the respondents should prioritize eating breakfast, since it is the first and the very important meal of the day. Skipping breakfast is associated with reduced problem solving ability, lower energy and decreased motivation, and it tends to have a lower risk of certain health conditions such as diabetes and heart diseases so it may affect the academic performance of the students.

On the other hand, researchers also recommend that respondents should avoid drinking soda as it leads to serious diseases such as obesity, diabetes, teeth and bone damage and reproduction problems. The school should have water dispenser in each corridor to prevent student to buy soda and attracts them to drink water instead.

The researchers also recommend to the respondents to include group study with classmates or friends to review the previous lessons during hangouts. Also, it is recommended that respondents should engage new activities like sports activity or religious activities during leisure hours to avoid influences of drugs, smoking and drinking alcohol.

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