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### Analysis of The Lifestyle of Students in The Sport Science Study Program

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**Abstract:** A person's quality of life is influenced by a lifestyle that is done continuously and becomes a habit for that person. A good quality of life is caused by a good lifestyle, and a bad quality of life is influenced by a bad lifestyle. Some of the lifestyles commonly practiced by students are the lifestyle of exercising, eating, sleeping and smoking. The purpose of the research that has been carried out is to find out the lifestyle of students of the PGRI Madiun University Sports Science Study Program based on several aspects including the lifestyle of exercising, eating, sleeping and smoking. The type of research carried out is qualitative research, the data collection method is carried out by questionnaire, interview and documentation of 32 samples of students of the PGRI Madiun University Sports Science Study Program class of 2018-2022. The data obtained is then subjected to data reduction, data presentation and conclusion drawing. Based on the research that has been carried out, it shows that the lifestyle of exercising, eating, sleeping and smoking of students of the PGRI Madiun University Sports Science Study Program is said to be good.

**Keywords:** Lifestyle, Students, Sport Science, Study Program

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### Introduction

Healthy living conditions indicate the absence of significant disease in everyone. Healthy living conditions can be endeavored by implementing a healthy lifestyle as a daily habit. The current condition shows that many people have a monotonous lifestyle, lack of activity, and consume a lot of processed foods that are less nutritious the decline in the quality of human health is also reinforced by the habit of smoking, alcohol consumption, and not moving much.

Some of the habit patterns carried out between men and women have many differences including smoking behavior, alcohol consumption, sleeping and eating. Smoking behavior and drinking alcohol are often carried out by male students compared to female students (Campos et al., 2017; Kvintová et al., 2015; Sayyd et al., 2020). The

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habit of consuming processed food is more often practiced by female students than male students. The results of a recent study show that female students also move less than men (Wirnitzer et al., 2022). This difference causes the fitness level of female and male students to differ (Wirnitzer et al., 2023) (Bozlar & Arslanoglu, 2016; Wei et al., 2012).

Perceived physical fitness is a reliable indirect measure of actual physical fitness, including self-estimates of general sport competence and physical fitness ability, including strength and endurance (Esmaeili et al., 2015; Nam et al., 2014). Conceptually, this perception has two aspects: health-related fitness (cardiorespiratory endurance, muscular endurance, body composition, and flexibility) and skill-related fitness (agility, balance, coordination and speed) (Aceijas et al., 2017; Milovanović et al., 2023; Yalcin et al., 2020).

In self-perceptions of physical fitness, cultural values in some Western societies suggest different ideas for different genders and these perceptions are relevant to the Indonesian context. For example, women are expected to conform to appropriate standards of slimness to show their femininity, but the male population is expected to be masculine and physically strong (Çakir & Kalkavan, 2020; Mabossy-Mobouna et al., 2022; Moses & Duduyemi, 2016). This perception also arises among students who are undergoing lecture activities so that it can cause lifestyle changes (López-Sánchez et al., 2019, 2020).

Lecture activities carried out by students cause several changes in lifestyle. The lifestyle carried out by today's students is reflected in the diet experienced (Gultom et al., 2022). Currently, there are many aesthetic cafes, junkfood and snacks high in sodium. Consumption of this type of food, if not balanced with exercise, good quality sleep, can cause a decrease in quality of life (Özkan et al., 2021).

One of the indicators that determine a person's quality of life is lifestyle. The lifestyle that is carried out tends to be positive then the person tends to be healthy (Bignold, 2013). People who have a positive lifestyle will be seen from their daily actions by paying attention to factors such as sports activities, diet, mindset and healthy environmental conditions. These factors will improve the quality of one's health and are directly proportional to the quality of life that will increase (Cicchella et al., 2022).

Conversely, the lifestyle chosen is a bad lifestyle, it will be reflected in unhealthy actions such as the habit of consuming fast-food products, low exercise intensity, smoking habits, and poor stress management (García-Campanario et al., 2022). If the environment is unhealthy, it will make it more difficult for people to be healthy (Esposito et al., 2024). People with unhealthy living behaviors will certainly reduce their quality of life because the physical and nutritional intake taken results in decreased health in the body. Based on the background of these problems, research is needed to examine the lifestyle of Madiun PGRI University Sports Science students' class of 2018-2022.

## **Method**

This research uses qualitative research methods that aim to explore in-depth data related to the subject under study. This research was conducted in a span of one month, starting from July 20, 2022, to August 20, 2022. The research location includes PGRI Madiun University and the informants' residences around the campus environment, to obtain data that is more contextual and relevant to the conditions of the research subjects.

The data used in this research is primary data obtained directly from the research subject. This approach allows researchers to observe, interact, and extract information directly from the participants to produce more authentic and in-depth data. Thus, this research is expected to be able to provide an accurate picture of the phenomenon being studied.

The subjects of this study were students of the 2018-2022 Sports Science Study Program with a population of 63 people. Of these, the researcher determined a sample of 32 people who were selected based on predetermined criteria. This sample selection was carried out by considering the diversity of subject characteristics so that the research results could reflect a more representative condition of the entire population under study.

## **Results & Discussion**

### **Results**

The research was conducted at Universitas PGRI Madiun with the aim of examining the lifestyle profile of students of the 2018-2022 Sports Science Study Program. The indicators used in this study are smoking, eating, sleeping and exercising habits. The population in this study were 63 people and the sample used in this study were 32 people. The data that has been obtained is then validated by triangulation to test the validity of the data by checking the data that has been obtained from several sources.

The results of research on smoking frequency show that 31.3% of students smoke more than 1-5 cigarettes per day and 37.5% smoke 1-5 cigarettes per day. As many as 84% of students do not smoke on campus, 84.4% of students do not smoke at home, 46.9% of students smoke anywhere. The results of research on the duration of smoking time show that 62.5% of students smoke more than 5-10 minutes. The results of research on the reasons for students smoking show that 53.1% of students smoke does not help to focus, 59.4% of students smoke not for the reason of being able to join friends. The results of research on students' concern about health show that 75% of students care about health.

**Table 1.** The Results of Research on Smoking Frequency

Category	Results
Smoking Frequency	31.3% smoke more than 1-5 cigarettes per day 37.5% smoke 1-5 cigarettes per day
Smoking Place	84% do not smoke on campus 46.9% smoke anywhere
Duration of Smoking	62.5% smoked for more than 5-10 minutes
Reason for Smoking	53.1% stated that smoking does not help to focus 59.4% stated that smoking is not to join friends
Concern for Health	75% care about health

The results of research on exercise frequency show that 54.8% of students understand the benefits of exercising but do not exercise because they are lazy. The results of research on the location of students exercising show that 75% of students exercise at home. The results of research on the motivation of students to exercise show that 71.9% of students exercise because they want to be healthy. The results of research on the intensity of students exercising show that 43.8% of students exercise more than 3x in one week.

**Table 2.** The Results of Research on Exercise Frequency

Category	Results
Frequency of Exercise	54.8% understand the benefits of exercise but do not exercise because they are lazy
Exercise Location	75% exercise at home
Exercise Motivation	71.9% exercise because they want to be healthy
Exercise Intensity	43.8% exercise more than 3 times a week

The results of research on student sleep habits show that 65.6% of students like to stay up late. The results of research on student sleep habits show that 56.3% of students stay up late because of insomnia, 53.1% of students stay up late because of doing college assignments, 50% of students do not stay up late because of playing games, 56.3% of students stay up late because they are not working. The results of research on the adequacy of sleep time show that 46.9% of students sleep enough in a day. The results of research on sleep habits show that 59.4% of students feel that staying up late does not affect health and 84.9% of students agree that getting enough sleep makes them healthier. The results of research on the impact of sleep pattern habits show that 100% of students agree that getting enough sleep is beneficial for the body.

**Table 3.** The Results of Research on Student Sleep Habits

Category	Results
The habit of staying up late	65.6% like to stay up late 56.3% due to insomnia 53.1% due to doing coursework
Reasons for Staying Up Late	50% did not stay up late because of gaming 56.3% stayed up late because they were not working
Adequate Sleep Time	46.9% have enough sleep in a day
Views on Staying Up Late	59.4% feel that staying up late does not affect health
Impact of Sleep Patterns	84.9% agree that getting enough sleep makes you healthier 100% agree that getting enough sleep is beneficial for the body

The results of research on the frequency of student meals show that 65.6% of students eat three times a day. The results of research on students' mealtimes show that 62.5% of students regularly eat breakfast, and 46.9% never eat above 10 pm. The results of research on healthy eating patterns show that 46.9% of students have a healthy diet. The results of research on the location of student meals show that 78.1% of students eat at home.

**Table 4.** The Results of Research on The Frequency of Student Meals

Category	Results
Meal Frequency	65.6% eat three times a day 62.5% eat breakfast regularly
Mealtime	46.9% never eat after 10 p.m
Healthy Eating Pattern	46.9% have a healthy diet
Meal Location	78.1% eat at home

The results of the study were presented in the form of graphs, tables, or descriptions. Analysis and interpretation of these results are required before they are discussed.

### Discussion

Regarding smoking behavior, it is shown that students of the 2018-2022 sports study program smoke 1-5 cigarettes per day and smoking activities are carried out anywhere, not only on campus or at home. When associated with the theory that has been written in the previous chapter, it can be said that the smoking behavior of 2018-2022 sports science study program students is categorized as light to moderate smoking behavior. According to Nasution (2007), a person is said to be a light smoker if the cigarettes smoked are 1 - 4 cigarettes / day, a moderate smoker if the cigarettes smoked are 5 - 14 cigarettes / day, and as a heavy smoker if consuming cigarettes more than 14 cigarettes / day.

Physical activity is the movement of the body that causes energy expenditure (calorie burning), which includes daily physical activity and exercise, while according to WHO what is meant by physical activity is an activity that is carried out for at least 10 minutes without stopping. Physical activity is divided into three levels, namely light, moderate and heavy physical activity. Light physical activity is everything related to moving the body, moderate physical activity is body movement that causes considerable energy expenditure, in other words, moving that causes breathing a little faster than usual, while heavy physical activity is body movement that causes considerable energy expenditure (calorie burning) so that breathing is much faster than usual. Students who are respondents in this study do light to heavy physical exercise activities depending on the needs and strength of the sport they have and the type of exercise they like to do. They do sports for 5 times a week, according to Suharjana (2013: iii), good exercise is done once every three weeks, 20-60 minutes per day continuously. So, it can be said that the sports needs of students are good.

While the sleeping behavior of students of the 2018-2022 sports study program shows that 65.6% like to stay up late, this staying up late activity according to data exposure is caused by students having difficulty sleeping. Sleep difficulties are caused by environmental influences, lifestyle, and activities. But judging from the length of time they sleep, it is good enough to say. Quoted from Alodokter which is 7 - 9 hours per day for ages 18-25 years.

To live and improve the quality of life, everyone needs nutrients, namely carbohydrates, proteins, fats, vitamins, minerals, and water in sufficient quantities. The variety of food consumed must be able to fulfill the three functions of food (known as the tri-use of food), namely energy substances (carbohydrates), building substances (proteins), and regulating substances (vitamins and minerals). To be able to fulfill them, the food consumed daily must be diverse because diverse food consumption can complement nutrient deficiencies in other foods so that a balanced nutrient input is obtained. From the eating behavior of students, it can be said that the eating behavior of students is healthy because 46.9% have a healthy diet and this percentage is the highest percentage among the options provided.

## **Conclusion**

From the results of the study, it can be concluded that the following sleeping habits, smoking habits, diet and exercise habits of students of the 2018-2022 PGRI Madiun University Sports study program are said to be good so that it can be said that the lifestyle of students of the 2018-2022 PGRI Madiun University Sports study program is classified as good.

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