

The relationship health locus of control with health promotion behaviors and quality of life in student's Torbat Heydariyeh in years 2017-2018

Mahsa Mousavi¹, Narges Moaddab¹, Alireza Jafari¹, Elaheh Lael-Monfared*²

1. Student Research Committee, Torbat Heydariyeh University of Medical Sciences, Torbat Heydariyeh, Iran

2. General Health Department, Torbat Heydariyeh University of Medical Sciences, Torbat Heydariyeh, Iran

Corresponding author: Elm.monfared@gmail.com

Abstract

Background & Aim: Health promotion and lifestyles are one of the determinants of health. This research was conducted with the aim of linking health promoting behaviors and quality of life with the focus of health control.

Methods: This cross-sectional descriptive-analytic study was performed on 400 students of Torbat Heydariyeh University with random sampling. Data collection was done with standard health promotion lifestyle questionnaire and multivariate health control and quality of life. Data were analyzed by SPSS software version 20 and descriptive statistics and statistical tests were used.

Results: The findings showed that mean and standard deviation of students were 21.64 ± 2.1 years. Correlation coefficient test showed that there was a significant negative correlation between health promoting behaviors and internal health control variable and the relationship between health control and external control had a significant negative correlation with quality of life with health control axis.

Conclusion: Considering the effect of the internal control axis on health promotion and quality of life through the implementation of counseling programs, it should be tried to internalize the control of people, so that by promoting health behaviors and improving the quality of life, steps are taken to improve the health of students.

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