

The relationship between university students' quality of life and nutrition

İbrahim Dalbudak¹, Taner Yılmaz², Şahmehmet Yiğit³

¹Atabey Vocational School, Isparta University of Applied Sciences / Isparta, Turkey - E-mail: dalbudakibo@hotmail.com; ²Turkey Usak University sports science faculty /Uşak, Türkiye; ³School of Physical Education and Sports Namık Kemal University / Tekirdağ, Türkiye

Summary. The aim of this study is to investigate whether there is a difference in nutrition habits of the students in different departments of a vocational school in a university, depending on the life quality of them, and to compare by various variables. A total of 205 students, as 92 female and 113 male in Atabey Vocational School in Isparta University of Applied Sciences in the 2018-2019 academic year, participated in this study. Students who took or did not take the lesson of healthy life and nutrition, participated in the study. As a data collection tool in the research; the Turkish version of The World Health Organization Quality of Life Scale short form questionnaire and, Three-factor Eating Questionnaire (TFEQ) were applied. And The Personal information Form was used to obtain the demographic information. In this study, SPSS 22.00 Programme was used which is used in quantitative research methods. The data were summarized by giving the percentage and frequency tables. Statistically, there are both significant ($p < .05$) and nonsignificant ($p > .05$) differences in students between life quality and its subfactors by age, gender, being engaged in sports, taking the lesson of healthy life and nutrition and income status. Since age and gender variables have no effect on any of the nutrition scale and its sub-factors, there is no significant difference between them ($p > .05$). There is a significant difference between the students' income level, the status of being actively involved in sports, the status of taking the lesson of healthy life and nutrition, and the nutrition scale and its sub-factors ($p < .05$). Statistically, there was found a significant relationship intensive and in a positive way between individuals' quality of life and their nutrition habits ($p < .05$). As the total score of the life quality scale or the total score of the nutrition scale increases, other one increases, as well. As a result, an increment in a significance level is observed in the quality of life and nutritional levels of the university students taking the lesson of healthy life and nutrition. When the lesson of healthy life and nutrition becomes a compulsory course and its length gets increased, we can say that there will be difference in the levels of the quality of life and nutrition. As a result of ensuring the participation in the class of healthy life and nutrition, we can say that it will be helpful for individuals in terms of protecting against diseases and gaining health life and nutrition behaviors by struggling against the factors that affect the life negatively. Since it will be useful to repeat this study in different fields as more inclusively, we can say that this study will shed light on future studies.

Key words: quality of life, nutrition, university students

Introduction

“Healthy life and nutrition” is one of the indispensable facts in the quality of life of human, in other words in the life of human. Mankind needs to pay attention to the quality of life, in order to keep living. The human, by nature, is a whole with his/her physi-

cal and psychological aspects. People who can balance between their physical and psychological aspects, and who can protect and improve their physical and mental health, can live a happy and healthy life (1). According to the definition of World Health Organization (WHO), “Health is not only the absence of disease or disability, but the status of a full well-being, physically

and mentally (2)". WHO has also defined health, as awareness of breathing, meeting the needs, changing or coping the environment (3). And the healthy lifestyle includes taking responsibility of health behaviors, balanced nutrition, adequate and regular exercise, being a nonsmoker, having health responsibility, taking hygiene measures, establishing positive interpersonal relationships and stress management (4). In the process starting with birth, people aimed to maintain a long and healthy life by giving importance to the issues such as improving the quality of life, being resistant to physiological and psychological factors and healthy nutrition (5). Quality of life is the perception of life about how individuals feel well themselves within the values of the society where they live (6). Quality of life analyses the material and non-material aspects of the individual. The concept of quality of life can be defined as not only being in a good state of health, but a full well-being state containing physical, social and spiritual concepts. The target of the quality of life is to determine how much the individuals feel pleased or displeased because of their physical, socio-economic and spiritual functions (7). When the studies conducted are examined, researchers have used the term quality of life, as synonym with the terms such as pleasure, happiness and life satisfaction (8).

Adequate and balanced nutrition is one of the basic conditions for the society and individuals to live healthy and strong, improve themselves economically and socially and increase the level of welfare (9). Many studies conducted up to the present have revealed the importance of nutrition on various subjects and many definitions have been made. Nutrition is the use of macro and micronutrients which are taken by the organism for the vital activities. As a result of a number of chemical processes, macro and micronutrients are absorbed by the body through the intestines and used for vital activities through circulation (10). In another definition, nutrition is the status that the body utilizes the food eaten, in order to grow, perform the body functions and maintain the life as healthy and happy (11). According to the reports of the World Health Organization (2), it was explained that the most important risks of non-communicable disease are high blood pressure, high cholesterol concentrations in blood, insufficient intake of fruits and vegetables, be-

ing overweight or obese, physical inactivity and tobacco use. Insufficient nutrition is an important risk factor in non-communicable diseases such as cardiovascular diseases, diabetes and some types of cancer (12). Balanced nutrition is formed by taking the required food from different food components in order to meet one's energy and nutritional needs (13). Therefore, diet and physical activity have an important effect on health protection and disease prevention. Physical activity is any bodily movements performed by skeletal muscle that result in energy expenditure (14). Researches states that the physical activity shows protective and curative effects in many diseases (15). Physical activity is not limited to sports activities only. Physical activity is in every part of life, like individuals' home, work and transportation (16).

As a result, the education of healthy life and nutrition changes the quality of life of individuals significantly, when it starts to be given first in the family, and then at the universities regularly. The education individuals received in this regard, causes the quality of life to change.

Material And Method

In this research, as the data collection tools; "Personal Information Form" which was prepared by the researcher and Three-Factor Eating Questionnaire (TFEQ) which was prepared by Kırac et al. (16) were used in order to determine the nutritional habits of individuals, and the turkish version of The World Health Organization Quality of Life Scale Short Form (WHOQOL-BREF-TR) were used in order to determine the quality levels of life. The validity and reliability of the WHOQOL-BREF scale for the Turkish language and society was confirmed and the scale was found suitable for the Turkish society. When evaluating the validity of the scale; construct validity, concurrent validity, distinctive validity and the importance of the areas in explaining the overall health and quality of life were evaluated and the scale was found valid in these areas. Regarding the evaluation of the reliability, internal consistency (Cronbach alpha) of all sections and areas of the WHOQOL-BREF scale was calculated and it was found between 0.53 and 0.83. These

values show that the reliability of the scale is high (18). It has been translated into more than 20 languages including Turkish. >Adaptation of the scale to Turkish was done by Eser et al. (19). The question 27 which was added to the scale evaluates the national environmental area. Field scores range from 0 to 20. As the score increases, the quality of life increases, as well.

Data Analysis

World Health Organization - "Life Quality Scale"

- The total score of the life quality scale is calculated from 26 items. The minimum score that can be obtained on the scale is 26 and the maximum score that can be obtained is 130.
- Subscales of the Quality of Life Scale;
 - Factor 1: General health condition (items 1-2) (minimum 2, maximum 10 points can be obtained)
 - Factor2: Physical health condition (items 3-4-10-15-16-17-18) (minimum 7, maximum 35 points can be obtained)
 - Factor 3: Psychological condition (items 5-6-7-11-19-26) (minimum 6, maximum 30 points can be obtained)
 - Factor 4: Social relations (items 20-21-22) (minimum 3, maximum 15 points can be obtained)
 - Factor 5: Environment (items 8-9-12-13-14-23-24-25) (minimum 8, maximum 40 points can be obtained)
- Looking at the "Cronbach's Alpha if Item Deleted" column in the "Item-Total Statistics" table, it is seen that the cronbach's alpha value increased from 0.988 to 0.996 when the item 3 was removed from

the survey. The answers given by the participants to this item decrease the reliability of the questionnaire. Looking at the "Corrected Item-Total Correlation" column, -0.959 is seen, but all the rest is positive. This shows that it has a completely opposite consistency with other items.

Three Factor Nutrition Questionnaire

Important Reminder - The name of the questionnaire is "three-factor nutrition survey", but since one more factor (hunger sensitivity level) has been added to the survey, four-factor nutrition questionnaire was analyzed.

- The total score of the "Three-Factor Nutrition Survey" is calculated from 18 items. The minimum score that can be obtained on the scale was 18, while the maximum was 72. Questions 1-2-3-4-5-6-7-8-9-10-11-12-13 were scored from top to bottom from 4 to 1. Questions 14-15-16-17 are listed from 1 to 4 from top to bottom. In the 18th question, those who marked 1-2 were scored as "1", those who marked 3-4 were scored "2", those who marked 5-6 were scored as "3" and those who marked 7-8 were scored as "4".
- Three-factor nutrition questionnaire subscales;
 - Factor 1: Restricting eating (items 1-7-13-14-17) (minimum 5, maximum 20 points can be obtained)
 - Factor 2: Level of uncontrolled eating (items 3-6-10) (minimum 3, maximum 12 points can be obtained)
 - Factor 3: Degree of eating at emotional times (items 2-11-12-15-16-18) (minimum 6, maximum 24 points can be obtained)
 - Factor 4: Hunger sensitivity level (items 4-5-8-9) (minimum 4, maximum 16 points can be obtained)

Table 1. Statistics for the Total Scores of Quality of Life Scale and its Subscales

	Minimum	Maximum	Average	Std. Deviation	Skew
Factor 1	2	10	5.9220	3.2949	-0.057
Factor 2	11	31	21.0244	7.5260	-0.037
Factor 3	7	30	17.2732	9.5081	0.096
Factor 4	5	15	9.3073	3.9603	0.232
Factor 5	10	34	20.8780	10.3478	0.070
Quality of life scale	40	117	74.4049	34.1238	0.096

Table 2. Cronbach's Alpha Values for Total Scores of Life Quality Scale and Sub-Scales

	Cronbach's Alpha
Factor 1	0.967
Factor 2	0.837
Factor 3	0.990
Factor 4	0.990
Factor 5	0.983
Quality of life scale	0.988

Table 3. Statistics of Four-Factor Nutrition Survey and Sub-Factor Total Scores

	Minimum	Maximum	Average	Std. Deviation	Skew
Factor 1	11	16	13.2537	2.0541	0.260
Factor 2	3	12	8.0049	4.0481	-0.139
Factor 3	14	18	15.2976	0.8069	-0.367
Factor 4	5	16	10.7756	5.1590	-0.005
4-Factor Nutrition Survey	34	60	47.3317	11.7622	-0.005

Table 4. Cronbach's Alpha Values for four factor nutrition scale and Sub-Factor Total Scores

	Cronbach's Alpha
Factor 1	0.976
Factor 2	0.993
Factor 3	0.988
Factor 4	0.981
Four factor nutrition scale	0.823

- Looking at the “Cronbach's Alpha if Item Deleted” column in the “Item-Total Statistics” table, it is seen that when the items numbered 2-11-12-14-17 are removed from the questionnaire, the cronbach's alpha value is higher than 0.823. The answers given by the participants to these items decrease the reliability of the questionnaire. looking at the “Corrected Item-Total Correlation” column, negative correlation values are seen, but all the rest are positive. This shows that it has a completely opposite consistency with other items.

Findings

When the participants were examined in terms of demographic characteristics, the following findings were reached.

- 205 people participated in the questionnaire. 70 people of them (34.1%) were between 0-19 years old, 106 people of them (51.8%) were between 20-29 years old, and 29 people of them (14.1%) were 30 or older. While the youngest participant was 14 and the oldest participant was 48 years old. The average age of 205 participants was found as 23.2341 and the standard deviation was found as 6.0959.
- 113 (55.1%) of 205 participants were male and 92 (44.9%) were female.

Table 5. Data Distribution by Demographic Characteristics

Class	Frequency	Percentage (%)	Cumulative Percentage (%)
Age			
	70	34.1	34.1
	106	51.8	85.9
	29	14.1	100.0
Total	205	100	
Gender			
Male	113	55.1	55.1
Female	92	44.9	100.0
Total	205	100	
Active Sports			
Doing	100	48.8	48.8
Not-doing	105	51.2	100.0
Total	205	100	
Lesson of Healthy Living and Nutrition			
Taken	100	48.8	48.8
Not-taken	105	51.2	100.0
Total	205	100	
Income status			
0 – 500	55	26.8	26.8
501 – 1000	75	36.6	63.4
1001 – 2000	75	36.6	100.0
Total	205	100	

- Among the 205 people participated in survey, 100 (48.8%) people were actively involved in sports, while 105 (51.2%) were not actively involved in sports.
- 100 (48.8%) of the participants took “healthy life and nutrition lessons” while 105 (51.2%) did not take this lesson.
- 55 (26.8%) of the 205 people surveyed were between 0-500, 75 (36.6%) were between 501-1000 and 75 (36.6%) were between 1001-2000.
- There were obvious differences between “quality of life” and “its sub-factors” according to demographic findings.
- As the ages of the participants increased, it was observed that the “physical health conditions” decreased and the “social relations” decreased. Additionally, according to the general scale, statistically the quality of life was found significantly decreased as the ages of the people increased.

Table 6. Findings Regarding the Quality of Life and Sub-Scale Scores, according to Participants' Age, Gender, Active Athletics, Healthy Life and Nutrition Lesson and Income Status

	Age	Gender	Involved in Active Sports	Lesson of Healthy Life and Nutrition	Income Status
General Health Condition	0.118	0.001	0.000	0.000	0.000
Physical Health Condition	0.006	0.015	0.000	0.000	0.000
Psychological Condition	0.183	0.000	0.000	0.000	0.000
Social relations	0.007	0.051	0.000	0.000	0.000
Environmental Conditions	0.091	0.526	0.000	0.000	0.000
Quality of Life	0.016	0.148	0.000	0.000	0.000

- The “gender” of the individuals did not have any effect on their general quality of life, but there were significant differences found in some sub-factors. General health and psychological conditions of females were better than males. Physical health conditions of males were better than females.
- The quality of life of people who were actively involved in sports and the people who took healthy living and nutrition lessons is significantly higher than those who were not involved in sports and who did not take healthy living and nutrition lessons. Statistically significant differences were obtained for all sub-scales and general scale.
- Again, when looking at all sub-factors and general quality of life scale, statistically significant differences were obtained for all of them. According to the results obtained, it was seen that as the income level of the individuals increased for all the sub-factors and the quality of life scale, the quality of life significantly increased.
- It was observed that age and gender variables had no effect on any of the “Four-Factor Nutrition Survey” and related “sub-factors”.
- “Degree of restriction to eating” is higher in people who were actively involved in sports and who took

a healthy lifestyle and nutrition lessons, comparing others. At the

- same time, “uncontrolled eating levels”, “degree of eating at emotional times” and “hunger sensitivity level” in these people were lower than those who do not do sports and take a healthy lifestyle and nutrition lesson.
- A significant correlation was found between the total scores of 4-factor nutrition questionnaire and its sub-factors with the individuals' income status. According to the results obtained, as the income This means that as people's income increases, their eating habits become better. They pay attention to what they eat and avoid uncontrolled consumption that will cause obesity. As the income status of individuals increases, total scores of general scale and sub-scales increase.

Relationship Between The Life Quality Scale And Three Factor Nutritional Survey

The Pearson Correlation coefficient takes values ranging from -1 to +1. A positive value indicates the same directional relationship between the two variables, and a negative value indicates an inverse relationship between the two variables. As the correlation value approaches -1 and +1, the severity of the rela-

Table 7. Findings Regarding Nutrition and its Sub-Scale Scores of the Participants, According to their Age, Gender, Active Athletics, Healthy Life and Nutrition Lesson and Income Status

	Age	Gender	Being and active athlete	Lesson of healthy life and Nutrition	Income status
Degree of Restriction to Eating	0.053	0.067	0.000	0.000	0.001
Uncontrolled Eating Level	0.051	0.055	0.000	0.000	0.000
Degree of Eating in Emotional Times	0.078	0.334	0.000	0.000	0.000
Hunger Sensitivity Level	0.051	0.055	0.000	0.000	0.000
Four-Factor Nutrition Survey	0.056	0.060	0.000	0.000	0.001

Table 8. Pearson Correlation Coefficient of the Relationship between the scores of Quality of Life Scale and the Four-Factor Nutrition Scale

	Quality of Life Scale	Four-factor Nutrition Survey
Quality of Life Scale	1.000	0.971 (0.000)
Four-factor Nutrition Survey	0.971 (0.000)	1.000

relationship between them increases. A correlation coefficient of 0 indicates that there is no relationship between the two variables. As it approaches 0, the severity of the relationship decreases.

- A very strong and positive relationship was found statistically significant between the quality of life of individuals and their eating habits. Pearson's correlation coefficient was found as 0.971. As the total score of the quality of life scale or total score of the four-factor nutrition questionnaire increases, the other increases, as well.

Discussion and Conclusion

Within the scope of the research, it was aimed to investigate whether there are differences between the nutrition habits and the quality of life of students in different departments of the vocational school in the university and to compare with various variables. Discussions and conclusions related to the research findings are given below.

It was observed that as the age of the participants increased, their "physical health condition" went back and their "social relations" decreased. In addition, according to the general life scale, it was found statistically significant that the quality of life decreased as the ages of the people increased ($p < .05$). In psychological condition, there is no statistically significant difference between the environmental conditions and age ($p > .05$). No studies have been found about the relationship between, according to the age variable. We can say that, as the age gets older, the changes in individuals' body structure and health, emotions and thoughts can cause changes in individuals' life and health.

The "genders" of individuals have no effect on their general quality of life, social relations, and en-

vironmental conditions ($p > .05$). However, significant differences were found in some sub-factors. Females' general health and psychological conditions are better than males. Physical health status of males is better than females ($p < .05$). When the studies on different sample groups were examined according to the gender, Salıcı (20) stated that there is no statistically significant difference found in terms of gender in the study of the quality of life of the university students. İlhan (21), in his study examining healthy lifestyle behaviors of athlete students in university teams, in terms of total scores of healthy lifestyle behaviors, it

was concluded that there was no significant difference between male and female students. In the study conducted by Kangal (22) on university students about their quality of life, he found a significant difference in favor of female students in terms of gender. Erdal (23), in his study titled the effect of university students' physical activity levels on their quality of life levels and social participation levels, when the sub-dimensions of the gender variable and the quality of life scale were examined, the psychological status of the female participants received higher scores and in all other sub-dimensions male participants received higher scores. As a result of the studies conducted, it is thought that the reasons for the relationship between the quality of life and the gender variable shows difference or not; can be the sample groups' specific characteristics, the environment they live, the university they study, their economical status and their cultural characteristics.

The general health, physical health, psychological state, social relations, environmental conditions and quality of life of those who are actively involved in sports are significantly higher than those who do not do sports. There is a significant difference between those who do sports and those who do not ($p < .05$). Ayhan (24) obtained the results that the individuals who are in physical activity have high quality of life. In the study conducted by Yılmaz and Karaca (7), it was determined that healthy life and nutrition were effective on university students who do sports and do not do sports. Blair (25) in his study on the benefits of regular physical activity; found that exercise improves quality of life, prevents diseases and injuries, and reduces mortality. Also, Hawk et al. (26), in their study about healthy lifestyle and behavior of those who do

regular sports, found higher results. As a result of the studies, we can say that sports or physical activity is extremely effective on healthy life and individuals who do sports are conscious of this issue.

The general health status, physical health status, psychological state, social relations, environmental conditions, quality of life of the people who take the lesson of healthy life and nutrition are significantly higher than those who do not take the lesson healthy life and nutrition. Statistically significant differences were obtained for all subscales and general scale ($p < .05$). Jones et al. (27) stated that the nutritional knowledge levels of students who took nutrition lessons were significantly higher than others. In his study, Kavas and Kavas (28) stated that the veradge scores of the students who received nutrition education were higher compared to the average scores of students who did not received nutrition education. In their study, Yılmaz and Karaca (7) stated that there is a significant difference between university students who took nutrition classes and who did not take nutrition classes. As a result of the studies, we can say that the reason for the difference between those who take and do not take the healthy life and nutrition lesson was that the lesson of healthy life and nutrition is effective on the students.

When all sub-factors and general quality of life scale regarding income level were analyzed, statistically significant differences were obtained for all of them ($p < .05$). According to the results obtained, for all the sub-factors and the quality of life scale, it was seen that the quality of life increased significantly as the income level of the people increased. There is no study we found, investigating income status. Healthy living is directly proportional to income status. The increase in income will cause individuals to change the quality of life. As the quality of life changes, the individual will take care of himself in better health and better conditions. So, we can say that income status has an impact on the quality of life.

It was observed that the age variables had no effect on any of the "Nutrition Survey" and the related "sub-factors". Since the general nutrition and subscale items (the degree of restriction on eating, the level of uncontrolled eating, the degree of eating at emotional times, the level of sensitivity to hunger) had no effect on age, there is no significant difference between

them ($p > .05$). We can say that mankind knows the nutritional conditions at any age. Because of the education received by the university students in the study we have done and because they know the nutrition for any range of age, we can state that age is not effective on nutrition. We can say that nutrition is not effective on age due to the characteristics of individuals such as education, cultural characteristics, environment they live in, increased communication, nutrition programs on television, increased participation in regular physical activities, and their awareness.

It was observed that gender variables had no effect on any of the "Four Factor Nutrition Survey" and related "sub-factors". Since the general nutrition and subscale items (the degree of restriction on eating, the level of uncontrolled eating, the degree of eating at emotional times, the level of sensitivity to hunger) had no effect on gender, there is no significant difference between them ($p > .05$). In the nutrition study conducted by Kırac et al. (17), some items were found similar, while some items did not differ. In the study conducted by Aksoydan and Çakır (29), it was stated that male students' diet was better than girls, but there was no significant difference between the groups. Nutrition is important for every individual. In order to sustain the life in a healthy and peaceful manner, mankind should be fed balanced and regularly. Therefore, because nutrition affects male and female, we can say that there is no difference between them.

"Restriction of eating" was higher in people who are actively involved in sports compared to others. At the same time, in these people, "uncontrolled eating level", "degree of eating at emotional times" and "hunger sensitivity level" are lower than those who do not do sports. It means, there is a significant difference in nutrition and its subscales between the people who do sports and those who do not ($p < .05$). Individuals doing sports eat a balanced diet and they know well the diet. They have a programmatic diet. They arrange their diet according to that programme and do not go out of that programme. They are strong-willed about feeding them selves. They know what to eat and drink very well. They take good care of themselves. Their diet is very different, according to individuals who do not do sports. Otherwise they can not do sports. We can say this is the reason of the difference.

People who took the lesson of healthy life and nutrition have a higher degree of "restriction on eating" than others who did not take this lesson. At the same time, "uncontrolled eating level", "degree of eating at emotional times" and "hunger sensitivity level" in these people were lower than those who did not take healthy living and nutrition lessons. Shortly, there is a significant difference in nutrition and its subscales between those who take healthy life and nutrition lesson and those who do not take this lesson ($p < .05$). In the study conducted by Yılmaz and Karaca (7), it was found that there was a significant difference in favor of students who took a nutrition lesson compared to those who did not take a nutritional lesson. When the nutritional attitudes were analyzed, it was found that there was a significant difference between the students who took a nutritional lesson and those who did not take it. We can say that the healthy life and nutrition lessons taking in schools is effective on individuals. Individuals will be able to learn and apply healthy eating and living through their healthy life and nutrition lesson. Through the healthy life and nutrition lessons, individuals will be able to learn healthy eating and living and apply them to their lives. This way, they will know what to eat and what to drink and how to do the physical activities. The individuals who eat properly and do the regular physical activities, will be able to sustain their lives in a healthy way. We can say that healthy life and nutrition are directly proportional to long life. By applying the healthy life and nutrition lesson in pre-school education, we can raise healthier generations.

A significant correlation was found between the income status and the total scores of nutrition and its sub-factors by ($p < .05$). According to the results obtained, as the income status of individuals increases, total scores of general scale and the sub-factors increase. This means that as the people's income increases, their eating habits become better. They pay attention to what they eat and avoid uncontrolled consumption that will cause obesity. Healthy eating, in parallel with the economic situation of the family, varies to the access to the healthy food (Tanriverdi et al., 2011.30). In the determination of the factors affecting the nutrition and exercise behavior in adolescents, Kalay and Türkmen (2015.31) concluded that healthy nutrition-exercise behavior of the students with good economic status

is better than the students with poor economic status. This finding is similar to the literature. In our study, we stated that the nutrition and sub-factors show increase in the students with good economic status while these factors show decrease in the students with poor economic status. We can say that as the income status increases, the diet changes and individuals can take care of themselves in better conditions.

A very strong and positive relationship was found statistically significant between the individuals' quality of life and their eating habits ($p < .05$). As the total score of the quality of life scale or the total score of the nutrition scale increases, the other increases as well. In a study by Yılmaz and Karaca (2019.7), they found a significant difference between the total scores of nutrition and the total scores of quality of life. Nutrition increases the quality of life. Considering these, individuals should be made conscious about healthy life and nutrition. As the quality of life increases, a significant increase is observed in nutrition scores. In this context, since as the nutrition habits will be regulated as the quality of life will increase, it is thought that the individuals will be able to do physical activity or sports, take care of their health, be conscious of diseases and take necessary precautions, have information about nutrition, know their healthier and longer lives, and increase the quality of life as they will eliminate the factors that negatively affect their life. In order to maintain the life, mankind needs to be fed regularly. Otherwise, he/she cannot survive. If the human body cannot get the necessary nutrients, he/she will endanger his/her development and will be open to all kinds of dangers that may arise outside. We can say that the stronger body structure means the stronger human against the outside. If the immune system of individuals is strong, we can say that they are healthy. We can state that the strong immune system depends on the quality living conditions.

As a result, a significant increase is observed in the quality of life and nutritional levels of university students taking the lesson of healthy life and nutrition. We can say that when the healthy life and nutrition lessons are compulsory at universities and as the duration of the existing lessons increases, the quality of life and nutrition levels will differ in a positive way. As a result, ensuring the participation of the healthy

life and nutrition lesson will be helpful about learning to live healthy, protecting against diseases and gaining healthy living and nutrition behaviors by struggling with factors affecting life negatively. We can say that this study will shed light on future studies, since it is thought to be useful to repeat this study more broadly in different areas.

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Correspondence:
İbrahim Dalbudak
Atabey Vocational School, Isparta University of Applied Sciences
Isparta, Turkey
E-mail: dalbudakibo@hotmail.com