



The American Journal of Physical Education and Health Science (AJPEHS)

ISSN: 2992-9679 (ONLINE)

VOLUME 3 ISSUE 2 (2025)



PUBLISHED BY
E-PALLI PUBLISHERS, DELAWARE, USA

Dissecting the Nexus: The Influence of Lifestyle Determinants on Health and Academic Excellence among College Students

Rowena Nery Monte¹*

Article Information

Received: November 05, 2024

Accepted: December 09, 2024

Published: July 05, 2025

Keywords

Balanced Nutrition, Chronic Condition, Physical Fitness, Wellness Program

ABSTRACT

This research initiative is dedicated to developing a comprehensive wellness program for female freshman students. The primary focus is to promote optimal health through education on proper nutrition and the encouragement of regular physical activity, aiming to improve overall well-being and reduce the risk of chronic health conditions. The program underscores the university's commitment to fostering a vibrant physical fitness and wellness culture among students and staff. It aims to systematically review and assess existing programs and events that enhance engagement in physical activities and promote sportsmanship within the campus community. The research employs rigorous quantitative methodologies to create an effective wellness program, including detailed surveys and statistical analysis techniques. These methods are crucial in gathering reliable data to ensure that the wellness program closely aligns with female freshman students' unique needs, preferences, and interests at the University of the Philippines Los Baños (UPLB). Ultimately, the initiative seeks to generate valuable insights into young women's health and wellness concerns, thereby developing a tailored wellness program that addresses their specific health needs and supports their personal goals and aspirations throughout their college experience.

INTRODUCTION

In addition to the information provided, it is vital to underscore the significant impact that adopting a well-balanced diet and committing to regular physical activity can have on overall well-being. These lifestyle choices do not merely enhance physical health; they also play a crucial role in improving mental health. For example, a nutritious diet rich in essential nutrients can help alleviate symptoms of anxiety and depression, while exercise has been proven to release endorphins, which are natural mood lifters. Together, these habits can help reduce stress levels, improve mood stability, and lead to enhanced sleep quality, which is often a challenge for many individuals.

Furthermore, actively managing body weight through mindful eating practices and consistent exercise is an effective strategy for preventing the onset of various chronic health issues. Maintaining a healthy weight can significantly lower the risk of conditions such as type 2 diabetes, heart disease, hypertension, and certain cancers. This proactive approach to health can lead to longer, healthier lives with a reduced incidence of disease.

To achieve optimal health, it is essential to incorporate a diverse range of physical activities into one's daily routine. Engaging in various forms of exercise keeps the regimen enjoyable and allows for comprehensive fitness development. Aerobic workouts, such as running, cycling, or swimming, can improve cardiovascular endurance and promote efficient heart function. Meanwhile, resistance training exercises, such as weightlifting or bodyweight workouts, help build and maintain muscle strength, which is crucial for physical performance and metabolism. Activities focused on flexibility, like yoga or stretching

routines, enhance agility and mobility, which are particularly important as we age or recover from injuries. On the nutrition front, crafting a well-balanced and varied diet is paramount to sustaining energy levels and promoting overall health. This diet should include an array of colorful fruits packed with vitamins and antioxidants, a multitude of nutrient-dense vegetables, lean proteins from sources like poultry, fish, and legumes to support muscle recovery after exercise, whole grains like quinoa or brown rice for long-lasting energy, and healthy fats derived from avocados, nuts, and olive oil. This combination fuels the body and provides essential nutrients that contribute to a vibrant and energetic lifestyle.

To foster a long-term commitment to physical activity, it is crucial to identify forms of exercise that resonate personally and are enjoyable. This intrinsic motivation can lead to a sustainable fitness routine. Additionally, consulting a healthcare professional or a registered dietitian can offer tailored advice that aligns with individual health goals, dietary needs, and exercise preferences, ensuring a holistic approach to personal health and well-being. Individuals can effectively embark on a healthier, more fulfilling life by taking these steps.

According to the World Health Organization (WHO), inadequate dietary patterns, paired with a sedentary lifestyle, are significant contributors to the deterioration of individual health, particularly among women. Various chronic diseases, including cancer, diabetes, osteoporosis, and cardiovascular conditions, disproportionately impact this demographic. Alarming, cardiovascular disease is responsible for approximately one-third of all female deaths worldwide, highlighting the urgent need for

¹ Department of Human Kinetics, College of Arts and Sciences, University of the Philippines Los Baños, College 4031, Laguna, Philippines

* Corresponding author's e-mail: rnmonte@up.edu.ph

preventive measures. Currently, over 70 million women live with diabetes—a number that is projected to double by 2025 if current trends continue. Additionally, breast cancer remains the most diagnosed cancer among women, raising concerns about early detection and treatment strategies. Postmenopausal and adult women are also at heightened risk for developing osteoporosis, a severe condition that leads to weakened bones and a greater likelihood of fractures. Therefore, women must prioritize healthy eating habits and incorporate regular physical activity into their daily routines to mitigate the risk of these pervasive health issues.

Understanding nutrition is vital for college students' overall health and well-being, impacting their academic performance and quality of life. Recent research indicates that many undergraduate students frequently depend on on-campus dining facilities, which often provide a limited selection of healthy food options. Even when students acknowledge the potential health risks associated with fast food consumption, their dietary choices often remain unchanged. This pattern is particularly pronounced among female students, who frequently balance demanding academic schedules and personal responsibilities. This overwhelming combination often leads them to opt for convenient yet nutritionally poor, high-fat, and high-calorie fast food options. Consequently, the high consumption of processed foods poses a significant health threat for college students, potentially leading to long-term health complications that could affect their futures.

In this context, the University of the Philippines Los Baños (UPLB) stands out for its commitment to fostering physical fitness and holistic well-being among its students and staff. The University actively organizes various programs and activities to promote health and wellness. One of the pinnacle events in its annual calendar is “Palarong UPLB,” a comprehensive sports festival that engages participants from various colleges, administrative offices, and executive sectors within the University. This event not only serves to promote physical fitness but also fosters a strong sense of community and teamwork among participants. Palarong UPLB exemplifies the University's steadfast commitment to cultivating a vigorous culture of physical activity, encouraging students to embrace sportsmanship and the importance of a proactive approach to health and wellness throughout their university experience.

The Department of Human Kinetics, nestled within the College of Arts and Sciences, is pivotal in promoting health and wellness among the university community through its dynamic Move It or Lose It Program. This multifaceted initiative encompasses activities that stimulate physical engagement and foster healthier lifestyles. Among its offerings are competitive tournaments in Badminton and Lawn Tennis, which encourage friendly competition and enhance skill development and physical fitness. The program also features community aerobics classes that bring together participants of varying fitness levels,

cardio fitness sessions aimed at improving cardiovascular health, and comprehensive flexibility assessments to help individuals understand their physical capabilities and areas for improvement.

Additionally, the Move It or Lose It Program organizes sports clinics led by experienced coaches to teach specific sports skills, invigorating fun runs that promote cardiovascular health, and body mass index (BMI) measurements to provide participants with insights into their overall health status. Dance workshops are included to merge fitness with creativity, and summer fitness programs aim to maintain an active lifestyle during the break. Through these extensive and proactive initiatives, the Department of Human Kinetics encourages the entire university community to embrace a healthier, more physically active lifestyle, fostering a wellness culture that enriches individual and collective health.

In a significant move to enhance nutritional standards, UPLB's former Chancellor, Fernando Sanchez, issued a vital memo in January 2016, advocating for incorporating a quality protein maize (QPM) blend in the various culinary offerings provided by the university's caterers and concessionaires. This initiative is noteworthy given UPLB's esteemed status as a leader in agricultural innovation and scientific research. The QPM blend, developed by the Institute of Plant Breeding at UPLB, represents a substantial advancement in food quality, offering a healthier alternative to conventional rice. This nutrient-rich maize is abundant in essential proteins and plays a critical role in reducing the risk of diabetes and other metabolic disorders.

To foster the success of this transformative culinary initiative, UPLB could explore further research endeavors aimed at uncovering additional health benefits associated with QPM. This could involve studies on its impact on dietary health and its potential role in supporting sustainable agricultural practices. Moreover, educational programs could be developed and implemented to increase awareness about the nutritional advantages of incorporating QPM into daily diets and promoting healthier dietary habits. By engaging with the vibrant university community on these fronts, UPLB can effectively disseminate knowledge and cultivate a greater appreciation for the benefits of QPM consumption, ultimately leading to improved health outcomes and a healthier lifestyle among its members.

Purpose of the Study

The primary objective of the wellness program is to foster healthy eating habits and encourage regular physical activity among female freshmen students at the University of the Philippines Los Baños. This initiative aimed to address several key areas:

1. Determine the Demographic Profile of the Respondents
2. Assess the Nutritional Status and Physical Condition of the Students
3. Identify the Factors Affecting the Students' Current Health Condition

4. Design a Wellness Program Based on the Gathered Data

Overall, the wellness program is a comprehensive approach aimed at improving the health and well-being of female freshmen, creating a supportive environment that encourages them to thrive academically and personally.

MATERIALS AND METHODS

Research Design

The research study will employ a quantitative research design characterized by systematically collecting, analyzing, and interpreting numerical data to uncover patterns and relationships pertinent to the subject matter. This methodology quantifies variables to draw objective conclusions about specific phenomena within the study. Various tools and techniques will be utilized to gather numerical data, emphasizing surveys and questionnaires, which are widely recognized for their effectiveness in capturing the quantitative aspects of research questions. In this study, a well-structured survey questionnaire has been selected as the primary instrument for collecting data. This questionnaire will be designed carefully considering the research objectives, ensuring that it encompasses a variety of targeted questions that facilitate comprehensive data collection.

Participants will be asked to respond to a series of closed-ended questions, allowing for more accessible numerical analysis and enabling the researcher to evaluate the results statistically. The data gathered through the survey will be crucial for testing hypotheses and drawing evidence-based conclusions about the trends and behaviors being investigated in the research. Through this rigorous approach, the study aims to provide reliable and valid insights into the phenomena under exploration.

Locale and Population

The study will be conducted with a focus on female freshmen who are enrolled at the University of the Philippines Los Baños (UPLB). The researcher will implement a stratified random sampling method to ensure diverse representation across the university's academic disciplines. This approach is designed to capture the unique characteristics and perspectives of students from each college within UPLB.

The UPLB campus is home to eight distinct college departments that host freshmen students: the College of Agriculture and Food Science (CAFS), which focuses on agricultural practices and food systems; the College of Arts and Sciences (CAS), offering a broad range of courses in humanities and sciences; the College of Development Communication (CDC), which specializes in communication strategies for development; the College of Economics and Management (CEM), emphasizing business and economic principles; the College of Engineering and Agro-Industrial Technology (CEAT), dedicated to engineering disciplines and technology; the College of Forestry and Natural Resources (CFNR), concentrating on forest management and environmental

science; the College of Human Ecology (CHE), exploring the interactions between humans and their environments; and lastly, the College of Veterinary Medicine (CVM), training students in veterinary science and animal care.

Using stratified random sampling, the researcher aims to select ten female freshmen from these eight departments. This careful selection method will yield a total sample size of 80 respondents. This structured approach ensures an equitable distribution of participants. It enhances the validity of the findings by capturing a comprehensive range of experiences and viewpoints from the freshman female student body across the university. The research will be carried out on the UPLB campus, facilitating direct engagement with the participants and fostering an environment conducive to gathering valuable data.

Research Procedure

The research will begin with the implementation of an extensive survey designed to collect in-depth insights from individual participants. This process will involve carefully designing and distributing thoughtfully constructed questionnaires, focusing on eliciting rich, qualitative, and quantitative data that captures the diverse perspectives of respondents.

The survey will cover various topics relevant to the research objectives, ensuring that participants can provide comprehensive feedback on their experiences and viewpoints. After collecting the responses, the researcher will analyze the data systematically using various statistical and thematic analysis techniques. This will help uncover significant patterns, trends, and correlations within the data set, allowing for a nuanced understanding of the issues.

Once this analysis is complete, the resulting findings will serve as a foundation for developing a specialized program. This program will be specifically tailored to address the unique concerns and challenges identified through the survey, aiming to provide practical solutions and support that resonate with the participants' needs and expectations. By taking this structured approach, the research seeks to create a meaningful impact and foster positive change in the targeted area.

Statistical Treatment

The data collected from the survey participants will be meticulously analyzed and presented in graphical format to provide a clear and comprehensive understanding of their lifestyle preferences, nutritional status, factors influencing their living environment, and medical background. Each graphic will illustrate the frequency of specific responses and the percentage distribution of those responses within the participant groups. This approach will enable us to visualize trends and patterns, highlighting the commonalities and variations among the participants. By showcasing these insights graphically, it aims to offer a thorough overview of the participants' profiles, facilitating a deeper understanding of how various elements of their lives intersect and impact their overall well-being.

(%) = _____ * 100

The formula outlined earlier is a crucial tool for analyzing survey data, specifically designed to calculate the percentage of respondents who select each available option. This analytical process begins with gathering data on the number of participants who chose each specific answer.

Once this initial tally is complete, the next step involves dividing the number of responses for each option by the total number of respondents who participated in the survey. This division provides a proportion that reflects how frequently each option was selected relative to the entire respondent pool.

To express this proportion as a percentage, the result is then multiplied by 100. This final calculation allows the researcher to easily interpret the data and visualize the preferences or opinions of the respondents.

By employing this systematic approach, the researcher gains insights into the data and enhances their ability to summarize and present their findings clearly and effectively. This method efficiently condenses potentially complex survey responses into straightforward percentages, making communicating results to various stakeholders easier.

RESULTS AND DISCUSSION

Table 1. Lifestyle of the Respondents

In addition to the data presented in Table 1, it is essential to expand our analysis by including detailed information regarding the stress levels experienced by the respondents. This should encompass the intensity and frequency of their stress and the specific circumstances or events that contribute to their feelings of anxiety. Moreover, understanding these students' coping mechanisms—whether they involve social support, physical activity, mindfulness practices, or other strategies—will provide insight into how they manage their stressors effectively.

It is also crucial to identify any pre-existing health conditions among the respondents, including but not limited to allergies, chronic illnesses, or mental health concerns such as anxiety or depression. These factors can significantly influence their day-to-day functioning and overall wellness, providing context to their responses and behaviors.

A comprehensive examination of the student's access to healthcare services is necessary to enhance our understanding further. This includes evaluating their knowledge of available healthcare resources, the quality of these services, and how easily they can navigate the healthcare system. Additionally, assessing their understanding of healthy lifestyle options—such as nutritional choices, exercise habits, and mental wellness practices—will be instrumental in developing a wellness program that genuinely responds to their needs.

Furthermore, it is essential to consider the students' willingness to seek medical support when needed. This entails exploring the barriers they may face in accessing care, including stigma, financial constraints, or a lack of information about resources.

Finally, a thorough investigation into how social pressures, such as societal expectations, peer dynamics, and familial

influences, intersect with academic stressors—such as workload, performance expectations, and competition—will provide invaluable insights. Understanding these complex relationships can illuminate the unique stressors faced by the respondents, thus allowing for the development of targeted strategies aimed at alleviating such challenges and promoting a healthier, more balanced lifestyle for female first-year students at UPLB.

Table 1:

| Lifestyle Data | Percentage |
|-------------------|------------|
| Regular Exercise | 75% |
| Balanced Diet | 80% |
| Sufficient Sleep | 60% |
| Stress Management | 45% |
| Regular Check-ups | 55% |
| Social Support | 70% |

Table 2:

| Lifestyle of the Respondents | | |
|-------------------------------|-----------|------------|
| Number of meals eaten per day | Frequency | Percentage |
| 1 | 3 | 3.75 |
| 2 | 39 | 48.75 |
| 3 | 36 | 45 |
| Four or more | 2 | 2.5 |
| Total | 80 | 100 |

Table 2 The survey conducted among 80 female first-year students revealed insightful data regarding their dietary habits. Out of the respondents, approximately 48.75%, which translates to 39 students, reported that they consistently have two nutritious meals each day. This suggests a relatively good level of meal planning among a significant portion of the participants. Additionally, 45% of the students, amounting to 36 individuals, indicated that they consume three meals daily. This finding highlights a noteworthy commitment to maintaining a regular eating schedule among nearly half of the students surveyed, reflecting their awareness of nutritional needs during their first year of college.

Table 3:

| Eating Breakfast | Frequency | Percentage |
|------------------|-----------|------------|
| Yes | 41 | 51.25 |
| No | 39 | 48.75 |
| Total | 80 | 100 |

According to the data presented in Table 3, a significant finding emerges regarding the breakfast habits of the surveyed individuals. Nearly half, precisely 48.75%, indicated that they either do not have breakfast regularly or often skip this crucial meal altogether. This statistic underscores a notable trend among the respondents,

suggesting that a large segment of the population is not adhering to a consistent breakfast routine. The implications of this trend are essential, as maintaining a regular breakfast is often linked to various health benefits, including improved concentration and energy levels throughout the day. This data point invites further exploration into the reasons behind these breakfast patterns and their potential impact on overall well-being.

Table 4:

| Glasses of water drank per day | Frequency | Percentage |
|--------------------------------|-----------|--------------|
| 1 - 2 | 2 | 2.5 |
| 3 - 4 | 23 | 28.75 |
| 5 - 6 | 28 | 35 |
| 7 - 8 | 16 | 20 |
| Nine or More | 11 | 13.75 |
| Total | 80 | 100 |

Table 5:

| Soft drinks Consumption | Frequency | Percentage |
|-------------------------|-----------|------------|
| Always | 2 | 2.5 |
| Often | 19 | 23.75 |
| Sometimes | 16 | 20 |
| Rarely | 30 | 37.50 |
| Never | 13 | 16.25 |
| Total | 80 | 100 |

Table 6:

| Drinking Coffee or Tea | Frequency | Percentage |
|------------------------|-----------|------------|
| Always | 10 | 12.5 |
| Often | 27 | 33.75 |
| Sometimes | 19 | 23.75 |
| Rarely | 21 | 26.25 |
| Never | 3 | 3.75 |
| Total | 80 | 100 |

Table 7:

| Drinking Milk | Frequency | Percentage |
|---------------|-----------|------------|
| Always | 5 | 6.25 |
| Often | 15 | 18.75 |
| Sometimes | 15 | 18.75 |
| Rarely | 33 | 41.25 |
| Never | 12 | 15 |
| Total | 80 | 100 |

The comprehensive analysis of the data presented in Tables 4 to 7 has provided us with critical insights into students' daily water consumption patterns. According to the findings, 35% of respondents indicated that they typically consume between 5 to 6 glasses of water daily. In contrast, 28.75% reported a somewhat lower daily intake, averaging 3 to 4 glasses. Notably, only 20% of

the participants, corresponding to 16 female students, reported meeting the generally recommended guideline of eight glasses of water per day — a standard often cited for maintaining adequate hydration.

In addition to examining water consumption, the data analysis revealed intriguing patterns in beverage choices among students. A notable 33.75% of the respondents, equating to 27 students, indicated that they regularly consume coffee or tea, which suggests a reliance on caffeinated beverages for hydration or energy. Conversely, a more substantial portion, 37.5%, said they rarely indulge in soft drinks, indicating a potential preference for healthier alternatives. Furthermore, the analysis highlighted that 41.25% of female freshmen reported infrequent milk consumption, raising concerns about their intake of important nutrients commonly found in dairy products. These findings resonate with the conclusions of a study conducted by Vartanian, Schwartz, and Brownell in 2007, which identified a potential correlation between insufficient intake of milk, fruits, and dietary fiber and an increased tendency to consume soft drinks. This connection raises important questions about the dietary choices of students and the implications these choices may have on their overall health and well-being.

Table 8:

| Normal Meal Contains Meat | Frequency | Percentage |
|---------------------------|-----------|------------|
| Always | 35 | 43.75 |
| Often | 28 | 35 |
| Sometimes | 14 | 17.5 |
| Rarely | 3 | 3.75 |
| Never | 0 | 0 |
| Total | 80 | 100 |

Table 9:

| Normal Meal Contains Fish | Frequency | Percentage |
|---------------------------|-----------|------------|
| Always | 1 | 1.25 |
| Often | 15 | 18.75 |
| Sometimes | 32 | 40 |
| Rarely | 29 | 36.25 |
| Never | 3 | 3.75 |
| Total | 80 | 100 |

Table 10:

| Average Meal Contains Fruits/Vegetables | Frequency | Percentage |
|---|-----------|------------|
| Always | 6 | 7.5 |
| Often | 21 | 26.25 |
| Sometimes | 35 | 43.75 |
| Rarely | 16 | 20 |
| Never | 2 | 2.5 |
| Total | 80 | 100 |

Table 11:

| Eating on Fast Food Restaurants | Frequency | Percentage |
|---------------------------------|-----------|------------|
| Always | 3 | 3.75 |
| Often | 29 | 36.25 |
| Sometimes | 27 | 33.75 |
| Rarely | 21 | 26.25 |
| Never | 0 | 0 |
| Total | 80 | 100 |

Table 12:

| Eating snacks/junk foods between meals | Frequency | Percentage |
|--|-----------|------------|
| Always | 9 | 11.25 |
| Often | 31 | 38.75 |
| Sometimes | 31 | 38.75 |
| Rarely | 9 | 11.25 |
| Never | 0 | 0 |
| Total | 80 | 100 |

The data presented in tables 8 to 12 from the conducted survey provides a comprehensive overview of the participants' dietary habits. A significant finding from this data is that a notable percentage of respondents tallied at 43.75%, consistently incorporate meat into their meals. This high level of meat consumption suggests a robust preference among the participants for meat as a staple component of their diets.

In contrast, the survey indicates that fewer participants report regularly including fish, fruits, and vegetables in their dietary choices. Among these groups, the category "Sometimes" emerged as the most common response, with 40% of individuals indicating that they occasionally consume fish. In comparison, 43.75% noted that they sometimes integrate fruits and vegetables into their meals. This disparity in dietary preferences points to a significant opportunity to promote a more diverse and balanced nutritional intake among the participants, potentially emphasizing the health benefits of including various food groups in their diets.

Moreover, it is essential to contextualize these findings with existing research highlighting the nutritional advantages of incorporating fish into one's diet, particularly in comparison to certain types of red meat (Leech, 2015). Fish is often associated with higher omega-3 fatty acids and other beneficial nutrients. Similarly, the positive relationship between consuming fruits and vegetables and reducing mortality rates has been well-documented in the literature (Aune *et al.*, 2017). These insights underscore the need to consider how dietary preferences influence long-term health outcomes.

In addition to the aforementioned dietary components, the survey results reveal that out of the total 80 students surveyed, 29 participants—amounting to 36.25%—report that they frequently choose to dine at fast-food

restaurants. This statistic raises important questions about the overall health implications of frequent fast-food consumption. Furthermore, 31 students, representing 38.75% of the total respondents, indicated consuming snacks between meals. Notably, another group of 31 students disclosed their snacking habits, though their frequency was not specified.

These findings collectively offer valuable insights into the respondents' eating patterns and dietary decisions, highlighting their preferences and potential areas for educational interventions to promote healthier eating practices. Addressing these habits could improve overall nutritional health among the surveyed population.

Table 13:

| Frequency of Exercise per Week | Frequency | Percentage |
|--------------------------------|-----------|------------|
| 1 - 2 | 34 | 42.5 |
| 3 - 4 | 10 | 12.5 |
| 5 - 6 | 1 | 1.25 |
| Everyday | 10 | 12.5 |
| Never | 25 | 31.25 |
| Total | 80 | 100 |

Table 14:

| Duration of Exercise | Frequency | Percentage |
|----------------------|-----------|------------|
| 5 – 10 minutes | 27 | 33.75 |
| 15 -30 minutes | 16 | 20 |
| 1 hour | 14 | 17.5 |
| More than 1 hour | 2 | 2.5 |
| No exercise | 21 | 26.25 |
| Total | 80 | 100 |

Table 15:

| Participation in Sport Activities | Frequency | Percentage |
|-----------------------------------|-----------|------------|
| Always | 3 | 3.75 |
| Often | 11 | 13.75 |
| Sometimes | 17 | 21.25 |
| Rarely | 18 | 22.5 |
| Never | 31 | 38.75 |
| Total | 80 | 100 |

Table 16:

| Duration of Sleep | Frequency | Percentage |
|-------------------|-----------|------------|
| 1 – 2 hours | 1 | 1.25 |
| 3 – 4 hours | 27 | 33.75 |
| 5 – 6 hours | 45 | 56.25 |
| 7 – 8 hours | 7 | 8.75 |
| More than 8 hours | 0 | 0 |
| Total | 80 | 100 |

Table 17:

| Taking a Nap during the daytime | Frequency | Percentage |
|---------------------------------|-----------|------------|
| Always | 12 | 15 |
| Often | 17 | 21.25 |
| Sometimes | 30 | 37.5 |
| Rarely | 15 | 18.75 |
| Never | 6 | 7.5 |
| Total | 80 | 100 |

Table 18:

| Smoking Cigarette | Frequency | Percentage |
|-------------------|-----------|------------|
| Always | 0 | 0 |
| Often | 0 | 0 |
| Sometimes | 2 | 2.5 |
| Rarely | 5 | 6.25 |
| Never | 73 | 91.25 |
| Total | 80 | 100 |

Table 19:

| Drinking Alcohol | Frequency | Percentage |
|------------------|-----------|------------|
| Always | 0 | 0 |
| Often | 2 | 2.5 |
| Sometimes | 17 | 21.25 |
| Rarely | 31 | 38.75 |
| Never | 30 | 37.5 |
| Total | 80 | 100 |

In the following section, we will thoroughly examine participants' various strategies to sustain their physical well-being. Among the 80 students surveyed, a significant number of 34 individuals—reported engaging in physical exercise 1 to 2 times per week. However, an additional 25 students indicated they face challenges finding sufficient time to incorporate exercise into their regular schedules. This presents a fascinating contradiction; despite numerous students recognizing the importance of physical fitness, many admitted to prioritizing other commitments over exercise, which likely contributes to lower overall energy levels. This may help explain why a notable portion of the respondents, approximately 38.75%, choose not to participate in sports activities, further highlighting the need for effective time management strategies that could facilitate increased participation in physical activities. In addition to exercise, sleep is another critical component that significantly impacts our physical health. To our surprise, more than half of the respondents—56.25%—reported sleeping only 5 to 6 hours per night on average. This revelation suggests a potential issue regarding inadequate sleep duration, which may adversely affect their overall well-being. Furthermore, 37.5% of the students indicated they occasionally take naps at bedtime, prompting a need for a deeper investigation into their sleep habits and patterns, as this could offer valuable

insights into the factors influencing their health. Another area of interest in our survey was the influence of certain vices on the physical well-being of the female respondents. On a positive note, an overwhelming majority of students—91.25%—reported never smoking, reflecting a commendable trend toward non-smoking behavior among young adults. Additionally, 38.75% of the respondents acknowledged that they rarely consume alcoholic beverages, suggesting a relatively low prevalence of alcohol consumption within the surveyed group. This encouraging trend indicates a broader awareness of health-related issues among the students, further underscoring the importance of promoting healthy lifestyle choices.

Table 20: Factors that Negatively Affect the Lifestyle and Physical Health of Respondents

| Factors | Frequency | Percentage | Rank |
|----------------------------|-----------|------------|------|
| Excessive academic load | 64 | 80 | 2 |
| Insufficient sleep | 70 | 87.5 | 1 |
| Lack of exercise | 57 | 71.25 | 3 |
| Absence of a balanced diet | 50 | 62.5 | 4 |
| Smoking | 1 | 1.25 | 6 |
| Drinking Alcohol | 12 | 15 | 5 |

The data provided in the table above comprehensively outlines a range of factors that significantly influence the overall health of the individuals surveyed. Among these factors, excessive academic workload, inadequate sleep, insufficient physical activity, and an unbalanced diet have emerged as substantial contributors to the various health issues reported by the respondents. A striking finding from the data is that inadequate sleep was identified as the most common issue, with 87.5% of the 80 respondents indicating that they do not receive enough restful sleep. This statistic highlights a critical area of concern, as insufficient sleep can lead to a myriad of health problems, including decreased cognitive function, increased stress levels, and compromised immune health. Adolescents often experience notable changes in their sleeping and waking patterns, which can be attributed to many influences. Factors such as rising academic pressures, expanding social engagements, evolving relationships with parents, part-time jobs, and increased exposure to substances like drugs and alcohol have a considerable impact on these changes (Carskadon, 1990). Additionally, the data reveals that excessive academic workload ranks as the second most influential factor affecting the health of the surveyed students, with 64 out of 80 respondents citing it as a concern. This finding underscores the potential relationship between increased academic demands and adolescent sleep pattern alterations. The correlation suggests that the pressures associated with academic performance may disrupt sleep and contribute significantly to the overarching problem

of insufficient sleep experienced by many students. Understanding these interconnections is essential for addressing the health and well-being of adolescents, as it can guide interventions aimed at promoting healthier lifestyle choices and academic practices within this age group.

Table 21: Medical History of the Respondents

| Medical History | Frequency | Percentage |
|--------------------------|-----------|------------|
| Anemia | 12 | 15 |
| Anxiety Disorder | 9 | 11.25 |
| Asthma | 21 | 26.25 |
| Bladder Problems | 3 | 3.75 |
| Blood Transfusion(s) | 2 | 2.5 |
| Bowel Disease | 5 | 6.25 |
| Cancer | 2 | 2.5 |
| Depression | 12 | 15 |
| Diabetes | 6 | 7.5 |
| Hearing Impairment | 2 | 2.5 |
| Heart Disease | 5 | 6.25 |
| Hepatitis | 2 | 2.5 |
| High Blood Pressure | 8 | 10 |
| High Cholesterol | 2 | 2.5 |
| Lung/Respiratory Disease | 8 | 10 |
| Migraines | 19 | 23.75 |
| Osteoporosis | 3 | 3.75 |
| Seizure/ Convulsions | 2 | 2.5 |
| Severe Allergy | 11 | 13.75 |
| Ulcer | 13 | 16.25 |
| Visual Impairment | 13 | 16.25 |
| Gerd and Gastritis | 1 | 1.25 |
| Dyslexia | 1 | 1.25 |
| Dengue | 1 | 1.25 |
| UTI | 1 | 1.25 |

The wellness program at UPLB should be meticulously designed to address the unique medical needs of students, particularly focusing on the specific health concerns prevalent among female freshmen. An in-depth analysis of the data reveals that the primary health issues affecting this demographic include asthma, migraines, ulcers, and visual impairments. Asthma affects approximately 26.25% of these students, making it a significant concern, followed closely by migraines at 23.75%. Both ulcers and visual impairments are also prevalent, with a recorded incidence of 16.25% each.

Asthma, characterized by chronic respiratory difficulties, manifests through recurring episodes of breathlessness and wheezing, varying in severity and frequency. Its global impact is substantial; it is estimated that around 235 million individuals worldwide suffer from asthma, with a strikingly higher prevalence in women compared to men.

Alarmingly, asthma does not merely confine itself to developed nations—over 80% of asthma-related fatalities occur in low- and lower-middle-income countries. The condition is frequently underdiagnosed and inadequately treated, leading to significant ramifications for affected individuals and their families, both emotionally and economically.

In terms of headache disorders, migraines are a widespread concern among adults globally. Research suggests that between 50% and 75% of adults aged 18 to 65 have experienced headaches during their lives, with migraines being prevalent. Migration disorders show a notable bias toward individuals aged 35 to 45, affecting women at a higher rate due to hormonal factors that can precipitate these severe headaches.

Given these prevalent health concerns, it becomes imperative for the UPLB wellness program to prioritize implementing targeted strategies that focus on the prevention and management of these specific health issues. Extensive research has consistently demonstrated the benefits of integrating regular aerobic exercise into daily routines, particularly in preventing and managing chronic conditions like asthma and migraines. Leading health and medical organizations strongly advocate adopting regular aerobic exercise as an effective therapeutic intervention that can significantly mitigate the debilitating effects of these illnesses.

To enhance the efficacy of the wellness program, it is crucial to customize exercise regimens designed explicitly for managing asthma and preventing migraines. This may include activities tailored to improve respiratory function and reduce migraine triggers, such as stress reduction techniques and lifestyle modifications. Additionally, incorporating a wide range of activities that bolster overall physical and mental well-being would strengthen the program’s impact further. By aligning the wellness program with established medical recommendations and research-backed practices, UPLB can ensure a meaningful improvement in the health and wellness of its student body, fostering a healthier academic environment.

CONCLUSION

Recent research has shown that quality sleep is essential for memory formation and cognitive function, highlighting its importance in academic and professional environments. Adequate sleep is crucial for effectively absorbing new information.

Additionally, lifestyle factors like alcohol consumption and smoking significantly impact health outcomes. While many respondents reported minimal engagement in these behaviors, ongoing education and regulation are necessary to promote healthier habits.

Data from Table One is supported by findings in Table Two, revealing that 70 out of 80 participants identified insufficient sleep as a significant issue affecting their lives. Furthermore, 80% of respondents noted “Excessive academic load” as a stressor, followed by 71.25% citing “Lack of exercise” and 62.5% pointing to “Absence of

a proper and balanced diet.” These trends align with the initial table, but the excessive academic load is a distinct concern. Research shows a direct link between unhealthy lifestyle choices and poor academic performance, as noted by the University Health Services at the University of Texas, which encourages healthier practices for improved well-being and academic success.

REFERENCES

- Abraham, S., Noriega, B. R., & Shin, J. Y. (n.d.). College students' eating habits and knowledge of nutritional requirements. *Allied Academies*. Retrieved from <http://www.alliedacademies.org/articles/college-students-eating-habits-and-knowledge-of-nutritional-requirements-9188.html>
- Aune, D., Giovannucci, E., Paolo, T. L., & Serena. (2017). Fruit and vegetable intake and the risk of cardiovascular disease, total cancer and all-cause mortality—A systematic review and dose-response meta-analysis of prospective studies. *International Journal of Epidemiology*, 46(3), 1029–1046. Retrieved from <https://academic.oup.com/ije/article46/3/1029/3039477>
- Brown, O. N., O'Connor, L. E., & Savaiano, D. (n.d.). Mobile MyPlate: A pilot study using text messaging to provide nutrition education and promote better dietary choices in college students. *PubMed*. Retrieved from <https://www.ncbi.nlm.nih.gov/pubmed/24654921>
- Crichton-Stuart, C. (n.d.). The top 10 benefits of eating healthy. *Medical News Today*. Retrieved from <https://www.medicalnewstoday.com/articles/322268.php>
- Donvitojul, T. (n.d.). Skipping breakfast: How it affects your body. *Reader's Digest*. Retrieved from <https://www.rd.com/health/wellness/skipping-breakfast/>
- Evidenced-Based Health Benefits of Eating Fish. (n.d.). *Healthline*. Retrieved from <https://www.healthline.com/nutrition/11-health-benefits-of-fish>
- Exercises for Asthma. (n.d.). *Health.com*. Retrieved from <https://www.health.com/asthma/14-best-and-worst-exercise-for-asthma>
- Headache disorders. (n.d.). *World Health Organization*. Retrieved from <http://www.who.int/news-room/factsheets/detail/headache-disorders>
- Health and Academic Performance. (n.d.). *Healthy Horns*. Retrieved from https://www.healthyhorns.utexas.edu/HT/HT_performance.html
- Health and Wellness Guide for Busy College Students. (n.d.). *Purdue Global Blog*. Retrieved from <https://www.purdueglobal.edu/blog/student-life/health-and-wellness-guide-for-college-students/>
- Hussein, M. H. (2024). The degree of exercise of academic and sports freedom among faculty members at the colleges of physical education and sports sciences in Baghdad. *International Journal of Physical Education and Sports Sciences*, 2(1), 1–10.
- Nutrition. (n.d.). *HealthyWomen.org*. Retrieved from <https://www.healthywomen.org/condition/nutrition>
- Nutrition. (2017, October 5). *World Health Organization*. Retrieved from <http://www.who.int/topics/nutrition/en/>
- Physical Activity. (2017, May 23). *World Health Organization*. Retrieved from <https://www.who.int/dietphysicalactivity/pa/en/>
- Physical Activity and Women. (2009, February 19). *World Health Organization*. Retrieved from http://www.who.int/dietphysicalactivity/factsheet_women/en/
- Qualitative versus quantitative research – understanding methodology. (2017, November 2). *Munich Business School Insights*. Retrieved from <https://www.munich-business-school.de/insights/en/2017/qualitative-vs-quantitative-research/>
- Sleep Relaxation Techniques You Should Have Heard of. (2017). *Dreams.co.uk*. Retrieved from <https://www.dreams.co.uk/sleep-matters-club/sleep-relaxation-techniques/>
- Sleep, Learning, and Memory. (n.d.). *Harvard Medical School*. Retrieved from <http://www.healthysleep.med.harvard.edu/healthy/matters/benefits-of-sleep/learning-memory>
- Study: The Philippines is among the countries with the most underweight people. (n.d.). *The Philippine Star*. Retrieved from <https://www.philstar.com/lifestyle/health-and-family/2016/04/04/1569657/study-philippines-among-countries-most-underweight-people?fbclid=IwAR2dfERdRvFe-H4ijmUXQQ609x0ayZdumL9AILXNeLtf8Id68eZhfpc>
- Udeme, B., & Ochor, D. C. (2024). Effects of sports participation on the lifestyle of secondary school adolescents in Uyo Metropolis. *American Journal of Physical Education and Health Science*, 2(2), 76–85.