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## PREVALENCE OF RISKY BEHAVIOR AMONG UNIVERSITY STUDENTS IN MAJMAAH UNIVERSITY, KINGDOM OF SAUDI ARABIA

**Dukhayel Suliman Aldukhayel<sup>a</sup>, Tahir Ansari<sup>a</sup>, Bader Ahmed Aldahas<sup>a</sup>, Fahad Salman Alshanbah<sup>a</sup>, Naif Munif Almotairi<sup>a</sup>**<sup>a</sup>Majmaah University, KSA

**Introduction:** Risky behaviors are those that potentially expose people to harm, or significant risk of harm, which will prevent them reaching their potential life and can cause a significant morbidity or even mortality.

**Objective:** To determine the prevalence risky behaviors among Majmaah university students. Methodology: It was an observational cross-sectional institutional based study in Majmaah city and was conducted in February to May 2015. The data was collected from 340 male undergraduate students aged (18-30) years old studying in Majmaah University. The students selected from medical and non-medical colleges were randomly selected. A Self-administered questionnaire with Arabic translation was used. Verbal consent from the students was taken, and they were briefed about the questionnaire, then they received a copy of the questionnaire to fill it. Data was analyzed using SPSS version 22.

**Results:** 47.35% of the students have risky behaviors in one or more of the following domains smoking, drifting, fast driving, and physical inactivity. 28% (n=96) of students were smoker, 25.2% (n=86) of students were drifting, 60.9 (n=207) of students were driving fast, and 66.4% (n=225) of students were physically inactive.

**Conclusion:** High percentage of the university students were engaged in risky behaviors that could end up with significant morbidity and mortality.

### Biography

Dukhayel Suliman Aldukhayel is a medical student at Majmaah University, KSA.

dr.dsd3399@gmail.com

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