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**Survey on the health status of the undergraduates of Faculty of Science,
University of Kelaniya**

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The health status of an undergraduate has a huge impact on their individual aspects such as mental and physical wellbeing, academic performances on the university standards as well as on many key fields of a country. However, a small effort is put in identifying the factors affecting the health status and evaluating them with the objective of improving the health status of undergraduates. This survey presents valid evidence about the habits that determine their health status, physically and mentally. A sample of 384 out of 2203 undergraduates was selected from the faculty of science using a stratified sampling technique for the evaluation, considering the academic levels of the undergraduates. According to the analysis, majority of the undergraduates (63.54%) from the faculty of science are having preferable body mass index (BMI) value, but minority of undergraduates are having obesity. A significant amount of undergraduates having underweight and overweight BMI-categories was also observed. Out of the undergraduates, who were having preferable BMI values, a considerable percentage (51.82%) of undergraduates were observed to be consuming 2-3 liters of water per day. Due to the heavy workload in academics resulting the extra works such as assignments, tutorials, course work etc..., a high percentage of undergraduates were not engaging in physical exercises (59.38%) and sports (66.93%). Swimming was observed as the most popular sport among the undergraduates and it was followed by cricket and football. A higher percentage of undergraduates were observed to participate in sports activities and physical exercises in order to maintain good health and to reduce the anxiety and stress. The analysis highlights that the undergraduates who were having preferable BMI values consume 2-3 liters of water per day, engage in sports and physical activities, maintain good food patterns and have good sleep. Even though the above factors were taken into consideration, there could still exist certain other specific factors that have a significant influence on the health status of an undergraduate. Being healthy is rather a lifestyle that constitutes healthier and wise choices for food and level of water consumption, being positive minded etc. Thus, if the challenge of evaluating and optimizing the health status of undergraduates is achieved; they could make into being more content and positive in every aspect of his or her university performances and peer interactions.

Keywords: Sampling techniques, Stratified sampling, Pilot survey