

## Primary Exploration of the Pace of Contemporary College Students' Lives Based On Network Survey

Han Xiyang\*

Affiliated Hospital, Hunan University of Science and Technology, Xiangtan 411201, China

### Original Research Article

#### \*Corresponding author

Han Xiyang

#### Article History

Received: 04.10.2018

Accepted: 14.10.2018

Published: 30.10.2018



**Abstract:** The pace of life is closely related to people's health, especially chronic diseases. This paper takes the life behaviors of college students as the research object and carries out an investigation and analysis based on the network. The results showed that the sleep regularity of college students on weekdays was poor, and 21.01% of them had irregular sleep habits. On weekends, even 55.07% of the students sleep very irregularly. For the regularity of students' getting up, they can get up regularly on weekdays, but very irregularly on weekends. Usually, although college students have a wide range of contacts, still about 10% of the people interact with relatively fixed objects, speculating that these students may even have communication problems. College students eat regularly on weekdays, but on weekends, the proportion of irregular can even reach 41.30% of them.

**Keywords:** College students, the pace of life, regularity.

### INTRODUCTION

Among the many factors that affect human health, lifestyle plays an extremely important role. The world is in an era of constant acceleration and improvement of living conditions and living standards, and the pace of people's lives has been unprecedentedly fast. People's lives show a very noticeable "irregularity". However, it is this irregular way of life that has done great harm to human health.

Some scientists believe that the natural lifespan of human beings should be over 100 years old, but the reality is the case that very few people can live to 100 years old. Why? The World Health Organization announced that 60% of a person's health and longevity depend on themselves, not on genetic factors (15%), social factors (10%), medical conditions (8%) and climate (7%) [1, 2]. College students are a special social group, and they are the future and pillars of the society. Many of the problems they face, such as ideals and reality, interpersonal relationships, personal feelings, pressure and frustration in learning, future career choices [3], will cause their psychological and lifestyle changes, and these changes will directly affect their physical health. Good living habits and physical exercises are irreplaceable means to maintain people's own health [4]. According to the survey of 2010 undergraduates in three universities in Langfang, 35% of junior and senior students sleep less than 6 hours, and 60% of the students in the other grades sleep less than 6 hours. Clearly, these college students' sleep is irregular [5]. Yan Wei's research on the sub-health status of the college students in Nanjing shows that the incidence of sub-health is 66.2%. The main factors affecting health are air quality, school life, study, appearance, and so on. Simultaneously, Yan Wei thinks

it should pay great attention to the health status of university students and popularize a healthy lifestyle in universities [6]. To figure out the life rhythm of contemporary college students, and to provide the materials and basis for the health research of college students, this paper adopts the method of a network questionnaire survey to sample and analyze.

### DATA SOURCE

The sampling was conducted by means of a questionnaire survey based on the "Wenjuanxin" [7]. Participants answered freely on the Internet. 140 questionnaires was obtained, of which 138 were valid questionnaires. The basic characteristics of the samples are shown in Table-1.

### ANALYSIS AND DISCUSSION

#### SLEEP

Sleep helps to restore the physical function of an individual and is also an important part of consolidating memory. It is an indispensable part of human physiological activities. In human life, about 1/3 of the time are spent in sleep. High quality sleep and the normal rhythm of sleep and awakening are an important guarantee for one's mental health, normal work and learning [8].

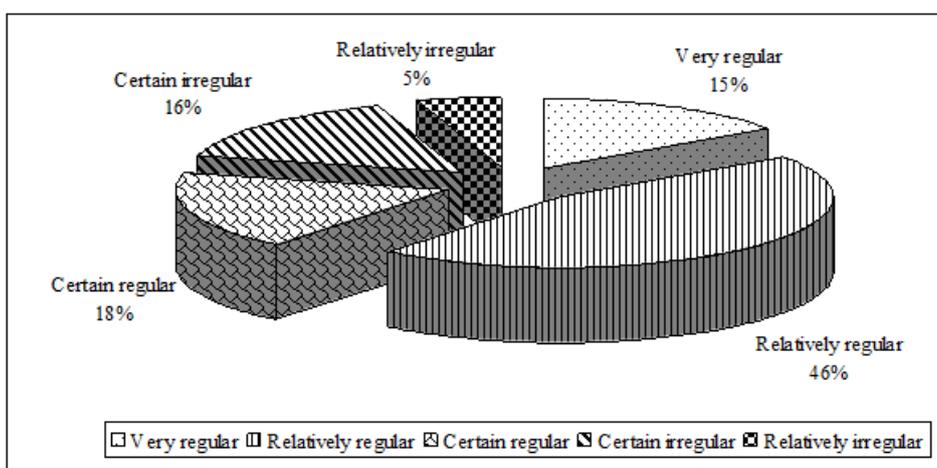
**Table-1: Basic characteristics of participants**

		Number of people	Percentage (%)
Gender	Male	43	31.16
	Female	95	68.84
Grade	Freshman	25	18.12
	Sophomore	49	35.51
	Junior	52	37.68
	Senior	12	8.70

**REGULARITY OF SLEEPING ON WEEKDAYS (MONDAY TO FRIDAY)**

The survey showed that only 15.22% of college students had a very regular sleep, 63.77% of them had a certain regular sleep, and 21.01% had irregular sleep (Fig-1). Obviously, the regularity of

college students' sleep is poor, which may be related to the pressure they are under. College students are a group with a high IQ, high ambition and strong self-esteem. Family, society and rapid changes of times will bring them great pressure, resulting in the decline of sleep quality and poor regularity [9].



**Fig-1: Regularity of college students' sleeping on weekdays**

**REGULARITY OF SLEEPING ON WEEKENDS**

College students are at an important physiological stage from adolescence to adulthood, and also an important transition from school to society. Therefore, their sleep also has its particularity. Compared with normal adults, they have shorter sleep time and worse sleep quality on working days [10]. By the weekend, college students usually prolong their sleep time to make up for that of their usual shortcomings [11, 12]. In addition, college students will choose more relaxing activities on the weekend. The above causes their sleep to be extremely irregular on weekends. This survey also found that the irregular sleeping proportion of college students even reached 55.07% on weekends (Fig-2).

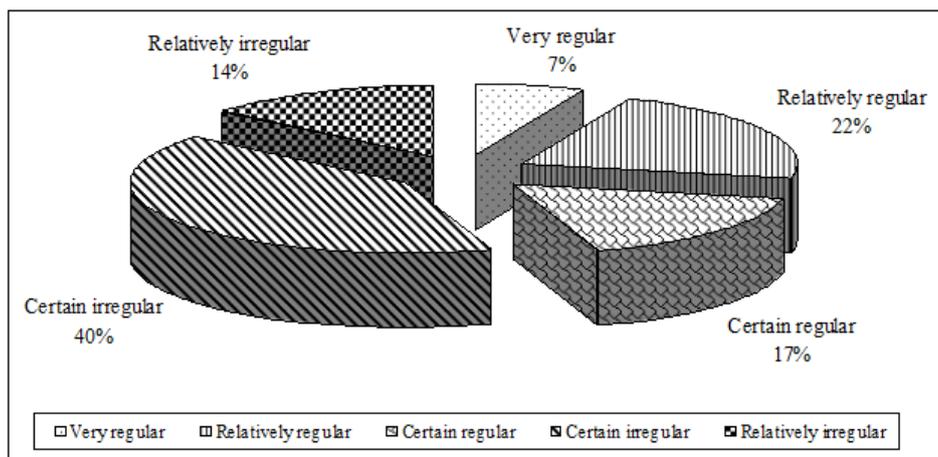
**REGULARITY OF GETTING UP FROM MONDAY TO FRIDAY**

On weekdays, college students get up regularly. Fig-3 shows that 23.19% of the students get up very regularly, 48.55% get up relatively regularly, and 17.39% get up regularly. In other words, the vast

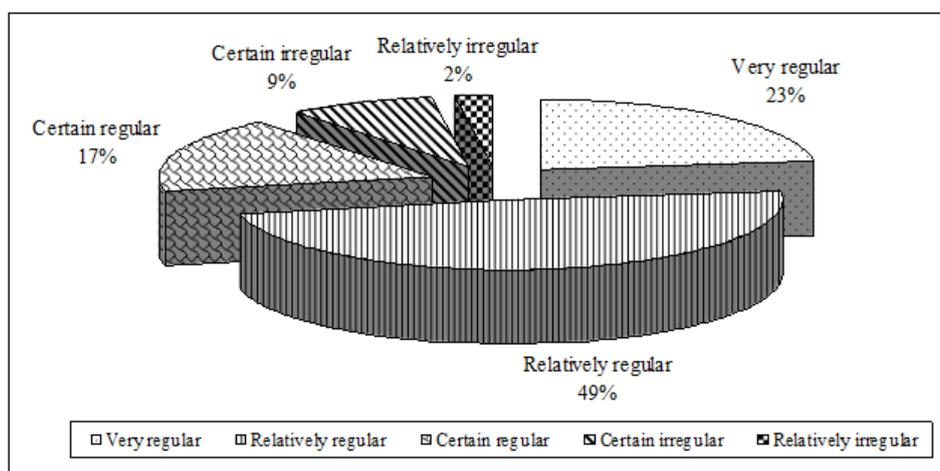
majority (about 89%) of students gets up regularly because they have to go to class at 8:00 a.m. College students usually follow this rule because of their class needs.

**REGULARITY OF GETTING UP ON WEEKENDS**

However, regularity of college students getting up on weekends is not optimistic. Among the respondents, 49.28% of college students thought that they did not wake up regularly, including 10.87% of relative irregularities and 38.41% of somewhat irregularities. Obviously, this is related to college students would carry out a lot of relaxation exercises on weekends. Because they can't go to bed at night in time, they can't get up regularly in the next morning. Tang Liping found students' sleep quality was low, and the students who play games occupy 41.89% of the total number of staying up late [13]. Hu Junfeng also pointed out about 65% of the students stay up for various recreational activities [14].



**Fig-2: Regularity of college students' sleeping on weekends**



**Fig-3: Regularity of getting up on weekdays**

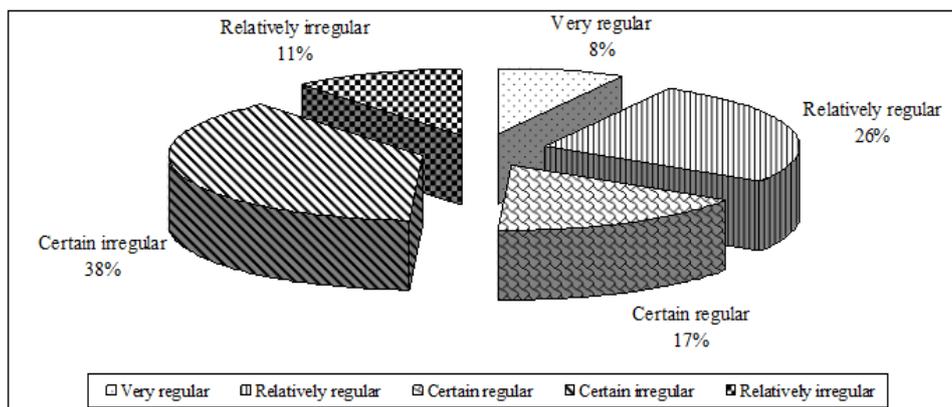
### MEETING WITH PEOPLE

Interpersonal communication ability is a comprehensive embodiment of College Students' social adaptability. Liu Juanjuan *et al.*, [15] showed that 22.4% of college students chose to communicate with others actively, but 49.5% of the students depending on the situation. About 80% of them are passive in interpersonal communication and lack of initiative. This is similar to the result of this survey. From table-2, it can be observed that irregular meetings accounted for about 40%, slightly lower than 49.5%, which was consistent with the college students' personality characteristics. College students are in their youth, and their contacts are generally relatively wide and varied. In this survey, the students who meet with the other person very regularly are few, accounting for only about 10%. On the one hand, this reflects that these people communicate with a relatively fixed target, but on the other hand, it also reflects that their social intercourse is not broad, and may even have trouble.

Fang Hanqing's research revealed that 12.6% of the students had serious problems in interpersonal communication [16].

### REGULARITY OF DIET

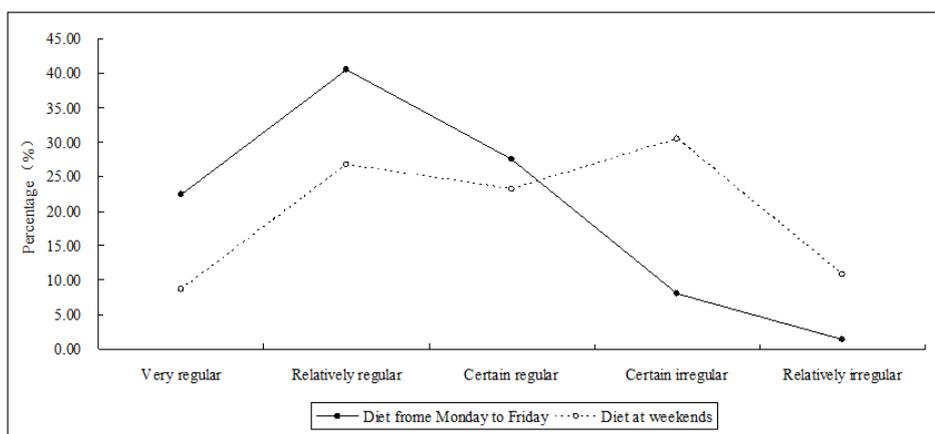
A person's diet behavior is directly related to their health, especially chronic diseases. For College students, their eating behavior has a very significant impact on academic performance, physical fitness and chronic diseases [17]. The survey shows that the diet of college students is relative regularly on weekdays. However, by the end of the week, the percentage of irregularities reached 41.30%, which was consistent with the above analysis (Fig-5). The phenomenon of irregular eating among college students is very common. Song Jun *et al.* investigated 2800 undergraduates in 15 universities and colleges. The results showed that they had many unhealthy eating behaviors, and 20.7% of them could not guarantee to eat three meals a day [18].



**Fig-4: The regularity of getting up on weekends**

**Table-2: Time rules of college students meeting with other people**

	Very regular	Relatively regular	Certain regular	Certain irregular	Relatively irregular
Meeting with people in study or work on weekends	11.59	24.64	23.91	32.61	7.25
Meeting with others in spare time from Monday to Friday	10.87	31.16	17.39	34.78	5.80
Meeting with others at leisure time in the weekend	10.14	25.36	22.46	31.16	10.87



**Fig-5: College Students' weekly diet**

**CONCLUSIONS**

The results of this study show that:

- According to the sleep regularity of College students, only 15.22% of them sleep regularly on weekdays, while 21.01% of them sleep irregularly, which may be related to their great pressure. However, college students will prolong their sleeping time on weekends to make up for their shortcomings on weekdays. Therefore, college students sleep very irregularly on weekends. For college students' getting up, they get up regularly on weekdays, but 55.07% of college students get up irregularly on weekends.
- Interpersonal communication ability of college students is strong and changeable, but about 10% that of them are not broad, and even problems.

- College students still have a regular diet on weekdays, but on weekends, the irregular proportion reaches 41.30%, indicating that college students have much unhealthy dietary behavior. It is worthy of attention.

**REFERENCES**

1. Xu, J. (2001). 10 factors affecting human lifespan [J]. *Medpharm & Health*, (11): 52-53.
2. Yang, X. (2006). Stay away from lifestyle diseases [M]. *China Medical Science Press*.
3. Mao, L. (2017). Cleaning up a Strong Heart and Constructing a Beautiful Body and Soul - On the Mental Health Status of Contemporary College Students and the Solutions [J]. *Juanzong*, (26): 138.
4. Tian, B., & Wenfei, M. (2004). Pursue health

- without express train: pursue health from lifestyle [J].
5. Xiaohuan, L. (2016). Investigation on the Health Status and Life Style of College Students in Langfang. *Journal of North China Institute of Aerospace Engineering*, 26 (6): 58-59.
  6. Wei, Y., Zhang, Y., Shen, H., Lu-Lu, X., Hai-Hua, D., & Mei-Hong, S. (2015). Sub-health status and related factors among college students in Jiangsu. *Occupation and Health*, 31 (05): 669-671.
  7. <https://www.wjx.cn/newwjx/manage/myquestionnaires.aspx?randomt=1538708177>
  8. Price, V. A., Coates, T. J., & Thoresen, C. E. (1978). Prevalence and correlates of poor sleep among adolescents [J]. *American Journal of Diseases of Children*, 132 (6): 583.
  9. Bayinhexige, H. F., & Zhang, Y. (2014). Stress and sleep quality of college students [J]. *Journal of Diseases Monitor & Control*, 8 (1): 31-32.
  10. Jr B. W., Brown, F., & Soper, B. (2001). Sleep habits and patterns of college students: a preliminary study [J]. *Journal of American College Health*, 50 (3): 131-135.
  11. Brown, F. C., Jr B. W., & Soper, B. (2002). Relationship of sleep hygiene awareness, sleep hygiene practices and sleep quality in university students [J]. *Behavioral Medicine*, 28 (1): 33-38.
  12. Zhang, B., & Rong R. G. (2007). Sleep characteristics of college students in Hongkong [J]. *Guangdong Medical Journal*, 28 (1): 11-12.
  13. Tang, L., & Yuanming, H. (2018). Investigation and Analysis of the Influence of Staying up late on the Mental Health of College Students-Taking Hunan Institute of Science and Technology as an Example [J]. *Journal of Hunan University of Science and Engineering*, (4).
  14. Junfeng, H., Chenchen, Q., & Ting, X. (2015). Investigation and Analysis of Unusual Bedtime for College Students - Taking North Sichuan Medical College as an example [J]. *China Science & Technology Panorama Magazine*, (17): 219-219.
  15. Juanjuan, L., & Peng, P. (2018). An Empirical Study of College Students' Interpersonal Communication - Take Northwest Minzu University as an example. *The Journal of Shandong Agriculture and Engineering University*, 35 (07): 185-188.
  16. Han-qing, F., & Ning-ling, M. (2008). The Inquisition and Analytical of Human Communication Condition about Contemporary University Students. *Journal of Changzhou Vocational College of Information Technology*, 7 (5): 69-73.
  17. Wang, Z., Zhang, J., & Rui, X. (2008). Survey on University Students'Eating Behavior and Habits in Beijing. *Food and Nutrition in China*, (10): 61-64.
  18. Song, J., Xiao, W., & Xuezheng, J. (2012). Present situation of dietary behaviors among college students. *Chinese Journal of School Health*, 33 (6): 661-662.