

Association between stress and smoking in HBCU students

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Abstract: Young people show minimal reductions in smoking prevalence. Although smoking among young adults is associated with stress, lifestyle, physical activity, sleep habits, eating habits, economic status and educational achievement, health behaviors; in young people is important to explore these habits because these habits will be consolidated during adulthood. The objective of this study was to explore the relationship, stress, and diverse factors such as physical activity, sedentary behavior, sleep habits, eating habits and smoking; among a sample of HBCUs. In fall 2016 a random sample of 60 HBCUs students completed a survey to examine the distributions of sociodemographic characteristics, physical activity, sleep habits, weight, eating habits, and levels of stress. Low physical activity showed significant relationship with smoking status. Frequencies of lunch and dinner showed significant differences between persons who take 5 to 7 times a week and 3 to 4 times a week in terms of stress levels. Number of cigarettes increased as age increased. For students who sleep well the level of stress decreases. There was no relationship between stress levels and smoking status among HBCU's students.

Key words: College health, health behavior, diet, physical activity/exercise, sleep, smoking status, income, stress levels.