Title: Association between lifestyle and selected indices of health in adults attending a nurse-operated ambulatory health clinic in Bandung, Indonesia

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Abstract:

This study of ex-post facto correlated survey design was done to examine the relationship between the health lifestyle and health status in adult patients attending an ambulatory nurse-operated clinic located in Bandung, Indonesia.

Fifty subjects 30 to 60 years of age, male or female, were selected by systematic random sampling. The data were collected by answering a constructed questionnaire. Clinical test data were collected by measuring weight, percentage of body fat, blood pressure, pulse rate and respiration rate.

Pearson’s product moment correlation coefficient $r$ was used to find the relationship between variables and to test the hypotheses.

The statistical analysis yielded an $r$ of 0.91. Based upon the results of the study, the following conclusions were reached:

1. The more healthful the lifestyle of an individual is, the higher his health status will be.
2. People with unhealthful lifestyle have a higher risk of hypertension and obesity than people with healthful lifestyle.