

DISCUSSION

The study results found that health college students had more depression and less physical activity compared to social science students. These differences were statistically significant.

We found out that depression is more common in health science students, mild, moderate and severe 29.3%, 29.3% and 41.3% respectively as compared to social science students. These results were consistent with the previous studies. In previous studies the depression among the students of public medical students has been estimated to be 15.2% in USA (21), 24% in UK (7), 29.1% in India (8), and 43.8% in Pakistan (9). Major factors contributed were study burden, less social time, gender, marital status and a past depression history.

In this study, the maximum mean scores of physical activity among social science students compared to health science students. These results are in agreement with the previous studies (20-23) in which the health science students were found lowest score. The low scores may be linked to less time available for leisure activities due to high burden of studies. In this study all level of physical activity among health science students were low compare to social science students and these results are consistent with other studies results (24,25). This results accordance with other studies results (26,27), who found that medical students be less likely to perform physical activity. The results indicated that in spite of awareness, health sciences students scored poorly in stress managing, health and academic liability, and physical activity.

In this study male students in both health and social sciences were more likely to be affected as compared to female. These results were consistent with other study results. Previous study found that males health students are more likely depressed

compared to females students (28). Different reasons are associated with it such as school pressure, peer pressure, family problems, sense of loss, self-doubt, high expectations etc.

The study results found that students in first academic year were more depressed and more physical active in both health and social science students. These results contradict the previous study results. The previous studies (29,30) found that final academic year students were more depressed and less physical active. The reason to this difference is that availability of resources to the students. One plausible explanation for the results could be the immense study load of health profession students.

The study found that students had smoking habits were more depressed and less physical active. This result was consistent with other previous studies (31,32). The major reason for this situation is that students feel fresh in psychological status and does not intention to go physical activity.

The limitations of study are, first it is the cross sectional study which cannot determine the temporal relationship, second external validity is low due to small sample size.

CONCLUSION

The study results highlights that health science students were more depressed and less physical active compared to social science students. These finding needs to reform in the health science curriculum which enable students have more physical active and healthy mind.

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