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University Students' Health Behavior, Depression, and Egoresilience

Keum Suk Park, and Hae Min Yoon²

¹College of Nursing, Ajou University, Suwon, Korea.

²Division of Student Support, Gangneung-Wonju National University, Gangneung, Korea.

Corresponding author: Park, Keum Suk. College of Nursing, Ajou University, 164 World cup-ro, Yeongtong-gu, Suwon 443-380, Korea. Tel: +82-33-760-8097, Fax: +82-33-760-8098, Email: ksp110@hanmail.net

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Purpose

The objectives of the study were to examine university students' health behavior, depression, and egoresilience in order to understand the relationship between these variables, and to identify factors influencing ego-resilience.

Methods

Data were collected from a sample of 302 students attending G University. The data collection period was from October 28, 2015 to December 21, 2015. Data were analyzed using descriptive statistics, t-test, one-way ANOVA, Pearson's correlation coefficients, and multiple regression with the SPSS Statistics version 23 Program.

Results

The number of close friends was weakly correlated with depression and ego-resilience: specifically, the number of close friends had a weak negative correlation with depression, and a weak positive correlation with ego-resilience. Factors significantly influencing the students' ego-resilience were depression, type of residence, frequency of exercise, and gender, with a total explanatory power of 18%.

Conclusion

These findings indicate that intervention programs to improve ego-resilience should be developed. Research into ego-resilience should be replicated with students from a variety of cultural background and diverse study areas.

Keywords: University students; Health behavior; Depression; Ego-resilience

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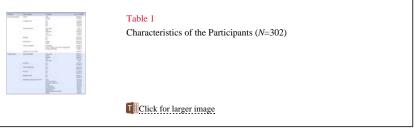
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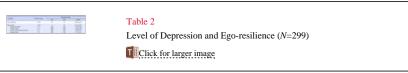
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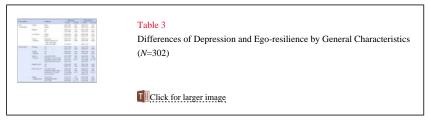
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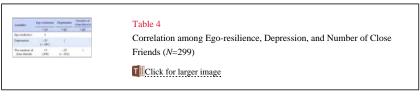
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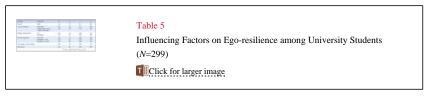
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