

Comparison of wellness in undergraduate health and non-health majors

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In the 2015 College Senior Survey, 50.5% of seniors at Missouri Southern State University (MSSU) stated that they were in the top ten percent or above average in emotional health, while only 33.4% of respondents claimed to be in the same range for physical health (Higher, 2017). Students enrolled in the MSSU Kinesiology Department's Lifetime Wellness course participated in this study. Data for this study was collected from surveys completed by students enrolled in this course. The surveys focused on Dietary Intake, Life Stressors, and Aerobic Fitness. The results of the surveys were compared between students in health related and non-health related majors. The hypothesis was that students in pre-health profession majors would more closely align with currently established levels of wellness in these areas. The results for the surveys were analyzed using a separate ANOVA test for each. There was no significant difference found in responses between health majors and non-health majors. The results of this study will be helpful to faculty members at MSSU who might use the data for future research to determine why self-rated health is so low and to use the knowledge in developing new curricula to target areas of health education for students by major.