

International E-Conference on

NURSING AND HEALTH CARE

November 18-20, 2020 | Virtual Webinar



Waha Al-Kassasbeh, Prof. Waqar Al-Kubaisy, Saker Sunna, Abrar Al-Saraireh, Ru'a Tafesh, Ghazi Majali, Mohammed Hashem Salameh, Raghad Al-Qazaqi, Waqar Al-Kubaisy, Waleed Al-Shakhely, and Nesrin Mwafi.

Mutah University, Jordan

Health and Socio-Behavioral variation between male and female students of Mutah University

It's no point of argument when we say that men and women are different in many aspects. As those differences have been seen within the setting of the Middle East, including Jordan, in social and health aspects. The aim of this study is to identify the contrast present amongst the students of Mutah University, south of Jordan. A cross-sectional study based on a face-to-face interview was carried out on 503 students using a group of valid and reliable questions concentrating on the socio-demographical characteristics, habitual performance of sport, intake of fast food and their spending of pocket money per week. Their heights and weights were measured to calculate their BMI. Out of the 503 students, 225 (55.2%) were men and 278 (44.8%) were females. 223 reported playing sports regularly (44.3%). Comparing both genders with their sport activity, 120 (53.8%) men reported playing sports regularly, while 103 (46.2%) reported the same from females, indicating that men have a higher tendency in participating in physical activities (Chi-square= 13.3, $p < 0.001$, OR=2.1). Male students showed higher personal pocket money expenditure per week (32.996 \pm 29.365 JD) when compared to females (23.727 \pm 11.015 JD) ($p < 0.001$). On the other hand, no significant difference was found between the genders and the following; the mean times of fast food consumption ($p = 0.099$), the intake of vegetable ($p = 0.735$) and the intake of fruit ($p = 0.775$). From our study, we conclude that the differences between both genders are wide and include many aspects of life, therefore different techniques for approaching the genders are needed.

Biography:

I'm Waha Ayman Al-kassasbeh from Jordan. I'm a fifth year medical student in Mutah university in Jordan. I'm interested in research ;I've participated in an international conference in 2019 and I'm a co-author in many papers one of them is published in the international journey of ophthalmology. I'm also a member in IFMSA; International federation of medical student association. Additionally, I'm a main organizer of medicine and technology conference in Jordan. I love being a medical student, I hope one day I'll use my knowledge to fight the sickness and discover the unknown yet. I dreaming to be a rheumatologist in the future. I'm also interested in art, specially one line drawing; I do practice it. I'm like sport too; I play basketball.