



3. AVRASYA POZİTİF PSİKOLOJİ KONGRESİ 3rd EURASIAN CONGRESS ON POSITIVE PSYCHOLOGY

*“Psikolojik İyi Oluşun Kaynakları”
“Sources of Psychological Well-Being”*

12 - 14 APRİL
NİSAN 2019

ÜSKÜDAR ÜNİVERSİTESİ
İSTANBUL / TÜRKİYE

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III. Eurasian Congress on Positive Psychology

ÖZETLER KİTABI

BOOK OF ABSTRACTS

B.19

**Life Style Behaviors As Predictors of Psychological Well-Being Among
University Students**

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ÖZET

University students are exposed to several challenges and daily stressors through the process of their university education. Life style behaviors of the young individuals at that transitional stage of their lives from early adulthood to adulthood are considered to be significant predictors of physical and psychological well-being. This study aimed to examine several life style behaviors as predictors of psychological well-being among university students. Using cross sectional survey method as the research design, data of the present study were collected from a total of 240 students through random sampling from different faculties of Sultan Idris Education University, Malaysia. Life style behaviors were measured with a combination of sub scales including diet patterns, physical activity, study habits, social support, mobile usage, financial stress, shopping behavior and sleep quality. Psychological well-being was assessed by Beck depression inventory. The results of the present study showed life style behaviors, particularly, diet patterns, sleep patterns, social support, and mobile usage as significant predictors of well-being among university students. The findings of the study highlighted the importance of life style behaviors as contributing factors to psychological well-being among university students. The ways of increasing awareness on healthy life style behaviors among the university population as well promoting healthy life style behaviors in order to enhance individual well-being are discussed.

Key Words: life style behaviors, psychological well-being, depression, university students