

ORIGINAL PAPER

Socio-Economical Inequalities on Physical Activities and Mental Health Status among the Young People

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Abstract

Background: Health inequality among the social groups is accepted as one of the most important matters of the public health.

Objective: The study was to investigate socioeconomic health Inequalities in terms of physical activity and mental health among young people.

Methods: This cross-sectional study sample consisted of 1274 randomly selected university students. A questionnaire and General Health Questionnaire (GHQ) were used to collect data.

Results: It was questioned the activities during the last week for assessing the physical activity status of students. Of the students 27.2 % had moderate and 47.1 % had vigorous physical exercise during last week. Females, those percieving their social position in class middle or worse had negative characteristics in terms of having physical exercise ($p<0.05$). The mental health of females, those having mother of low educational level, perceiving their economic situation modetare or worse, being blue-collar social class, percieving their social position in class middle or worse and having no physical exercise were worse ($p<0.05$).

Conclusion: As conclusion, socioeconomic status and physical exercise had an important effect on mental health. Focusing on healty life style only would have limited effect on health promotion efforts.

Keywords: Young people; Health behaviors; Mental health; Socioeconomic Status.