

**Abstract****Original Article**

## **The Relationship Between the Health Behaviours and Social Networks Usage Status of Istanbul University Students**

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**Abstract**

**Purpose:** This study was planned as a descriptive study in order to investigate the relationship between lifestyle behaviors and social media between students of the three Faculty of the University of İstanbul.

**Methods:** Students who agreed to participate in the study, datasheets for learning ideas and habits, individual features, the International Physical Activity Questionnaire and the Dietary Pattern Index were collected. Data were analyzed with SPSS.

**Results:** According to the socio-demographic characteristics, the majority of students participating in the study of women (77%;n=755) were created. Men's breakfast ( $p<.05$ ) and dinner at the ( $p>.05$ ), while the girls lunch ( $p<.05$ ) and intermediate meals ( $p>.05$ ) were found that the skip. Of the majority of the students who participated in the study, BAU risk level at medium / high risk category were detected ( $p<.05$ ). According to the MET values, almost all of the students (99.7%;n=977) were identified as low physical activity levels ( $p<.05$ ).

The majority of students, social networking sites, a variety of information and resources to share with friends, be informed of developments related to everyday life, communicate and health, were found to use to achieve social issues. Social networks used by students and their friends, to obtain information and to share on health-related issues, primarily: youtube, facebook, wikipedia, tweeter. However, those who don't use any social media were found that in the majority.

**Conclusions:** They do not have enough information about they can access accurate information from which the source. Students don't use the right information they have learned and appears that didn't create behavior change.

**Keywords:** Social media, health behaviors, lifestyle behaviors