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Research Article

Assessment of Health Status, Habit and Their Concomitant Effect on Mental and Intellectual Health of Pstu Students

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Abstract

The survey on the health status, hygienic condition, mental health and intellectual health of students of Patuakhali Science and Technology University (PSTU) was conducted in the Department of Biochemistry and food analysis, Faculty of nutrition and Food Science at Patuakhali Science and Technology University, during the period from 14 July to 18 October, 2012. It was observed from findings that about 21% students taken physical exercise regularly, 63% students take physical exercise sometime and 16% students do not take physical exercise. In this investigation we found that 1% students were addicted by heroine, 2% students were addicted by alcohol, 1% students were addicted by co-alcohol, 21% students were addicted by cigarette, 2% students were addicted by fencidile, 3% students were addicted by pathedene, 2% students were addicted by heroine, 0.5% students were addicted by opium, 1% students were addicted by churut, 6% students were addicted by sleeping peel, 11% students were addicted by ganja. The survey raveled that majority of students were addicted by cigarette so, they were victim many chronic diseases and a little amount of students taken opium and they fallen in depression. We found that scavenged of room regular 11% students, sometimes 87% and never 2% students scavenged their room. Above this investigation of hygienic condition majority of students maintained good health status. The survey determined that intellectuality increase highly 19% students moderately 72% and never increase 9% students respectively. From the study, it could be said that the student were 78% good health status, and 86% students were medium health condition and 6% students were at risk condition.

Keywords: Diet; Drugs; Exercise; Weight

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Introduction

Patuakhali Science and Technology University (PSTU) is the most well-known Academy for higher studies of science & technology at Southern part of Bangladesh. It is only the university situated at away from the urban facilities. The university had been growing day by day with increased manpower and students with a modern civilization at a remote place. Due to its communication facilities the supplementation of food items from the local markets were poor. Nutritional status during adolescent was an important determinant of health outcomes at a later stage of life. Public Health is an empiric and multidisciplinary field whose goal is to assure conditions in which people can be healthy [1]. We all knew that the World Health Organization (WHO defined health as "a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity" [2]. According to this definition, the mission of public health is to promote physical and mental health and prevent disease, injury, and disability. Realized that "the dominant model of disease is biomedical, and it leaves no room within this framework for the social, psychological, and behavioral dimensions of illness" [3]. After 30 years passing by, the significance of mental health in public health is being increased, but this status hasn't been changed ultimately. Taking China as an example, new research results showed that the Adjusted 1-month prevalence of any mental disorder was 17·5% (95% CI 16·6-18·5) [4]. But only a small proportion of affected persons received treatment. Based on the data from the China Health Statistics Annuals (2009), total of mental and behavior disorder patients who asked for treatment took only 0.53 percent of total patients of any treatment. We considered that mental health should have same priority as physical health. Meanwhile, it has long been recognized that there is a close interaction between a healthy mind and a healthy body [5]. Mental health is integral to overall health and well-being and should be treated with the same urgency as physical health (US Department of Health and Human Service).

Residential students of schools, colleges and universities where they live in hostel and student dormitory, are unique communities residing & being together at a particular habited. Usually foods and other living commodities were almost same with similar hygienic and sanitation system. In Bangladesh the quality and quantity of the food supplies by the dining systems are inadequate and unpleasant for health. Living way from the family care some students might get harmful habits of hazardous items like to smoking and other dangerous drugs. Proper nutrition and natural habitat with healthy environment are directly related with physical, mental and intellectual health. Through assessment, we can monitor health status to identify community health problems, as well as diagnose and investigate health

problems and health hazards in the community. Therefore, attention should be given to adolescent health and nutrition. Henceforth the study was considered to be essential for development of the university. The Survey was a programmed of studies designed to assess the health status, hygienic condition, personal habit, mental health, dietary conditions of the students of the PSTU. This also included mental and intellectual condition of those students. Therefore the studying in the perspective of students behavioral and intellectuality as effected by the bad habits are priorities in this investigation. This survey is unique measurement by which physical interviews and anthropometric measurement were followed. This type of survey was not conducted in this region since before. That is why the survey was conducted in this region in order to have a record of health status of the students of PSTU. Considering above facts this study was undertaken to identify the health conditions according to their health status, hygienic condition and personal habits and their effect on mental and intellectual health of student.

Materials and Methods

The study was performed in the Department of Biochemistry and food analysis, Faculty of Nutrition and Food science, Patuakhali Science Technology University. The study was conducted at Patuakhali Science Technology University campus at different category of students from 15th September, 2012 to 30 September, 2012. The data was collected by door to door randomly visiting at the entire hall in main campus as Sher-e-Bangla Hall (D-1 and D-2), Estension Building of Sher-e-Bangle Hall, M. Keramot Ali Hall and Kobe Begum Sufia Kamal Hall. A sample of 100 respondents was extracted from Patuakhali Science and Technology University (PSTU) students as respondents (15% of the survey) based on whom residing in this university. The sample of all respondents was taken from a nationally cross-sectional survey's data set of 100 respondents. The survey was used stratified random probability sampling technique to drawn the 98 respondents. The non-response rate for the survey was 2% with 88% who did not response to particular questions, 6% did not participated in the survey and another 2% was rejected due to data cleaning. Questionnaire where respondents are asked to provide detailed information on particular activities. The questionnaire covers demographic variables, health, education, daily expenses, non-food consumption expenditure, housing conditions, inventory of durable goods, and social assistance.

The multivariate model used in this study was a modification of those of Grossman, Smith & Kingston, and Bourne which captures the multi-dimensional concept of health, and health status. The current research further refines the aforementioned studies and in the process adds some new factors such as crowding, and consumption per person in household. Another fundamental difference of the current research and those of Grossman, Smith Kington, and Bourne is that it is area specific as it focused on rural residence primarily which majority of the poor in Jamaica, and for any effective health education and private care to take place, this cohort's health status must be explained by way of scientific inquiry.

Sample Collection and Questionnaire Design

In this study 100 student's data were selected for study. The study instrument constitute a questionnaire consisting of name, father's name, mother's name, semester, faculty, home, district, date, age, room member no, sex, cell no, academic achievement, place of educational achievement, amount of expenditure per month, source of expenditure, family member parent's occupation, involvement in organizational activities, hobby, awareness about cleanliness, Wall condition, dietary condition, condition of drugs addicted, maintaining physical exercise, suicide tendency, disease conditions, intellectuality and Living condition etc. Those questionnaires were field tested, modified as necessary and standardized.

Data Collection

Using the pre-tested questionnaire data were collected from 16 September 2012 from PSTU students. Survey components were divided into three components:

a. Health status survey- In this survey health status was measured by some physical parameter such as weight, height, age, BMI, Left arm circumference, Skin fondness/Thickness, Fat mass and an increase of free fat mass.

b. Hygienic condition, personal habits, mental and intellectual conditions survey- this part of these survey deal with food taking at breakfast, dinner, supper and condition of drugs addicted, maintaining physical exercise, suicide tendency, disease conditions, this part also include intellectuality of patuakhali science and technology university students.

c. Environment survey: This part of the survey deals with the observation of room condition about cleaning, decorating, wall painting, hygienic condition of food vended places.

Selection of parameters of the survey

A parameter was any characteristics which were assumed varying or different values in successive individual case (Ezekiel and Fox, 1959). A well-organized piece of research usually contained at least two important variable viz. an independent and dependent variable. However, the following characteristics of the target students were selected as dependent variable. These were pray, reading newspaper, using hand washing before and after taking meal, using toilet slipper which use only toilet, room scavenged regularly, bath regularly, hair cut these activities keep fit and healthy. Moreover parameters were chronic disease, sexually transmitted disease, drug addiction, suicide tendency, frustration from family issue, S.S.C results, H.S.C results and present results .This parameter was measured last three months.

Anthropometry measurements

Height and weight of the students were measured. Height was taken in feet and was converted in cm where used in result using measuring tape. Weight was taken using Mechanical Weight machine (NOVENA ii TM Black Berry): The mechanical weight was analog system and maximum capacity is 130 kg. BMI was calculated as the weight in kg divided by the square of the height in meter and cutoff point of 18.5 was used

Equipment and general procedure for data collection

a. Mechanical Weight machine (NOVENA ii TM Black Berry): The mechanical weight was analog system and maximum capacity is 130 kg.

b. Height measuring scale: it was 6 feet high (183 cm) by which height of students were measured.

c. Measuring ribbon: By this ribbon the left arm circumference was measured.

d. Slide calipers: By this tools skin fold thickness were measured.

e. Measuring tape: By this tools left arm were measured.

Procedures for data collection

1. 100 student's data was collected by randomly where 2nd to 8th semester students were participated.
2. Firstly anthropometric measurement of data (height, weight, BMI, skin foldness, left arm circumference etc) were collected by gradually with the help of measuring scale, Measuring ribbon Slide calipers, Measuring tape.
3. Then personal health status data of survey (cleaning of room, hand washing process, dieting condition, smoking status, room condition etc) data were collected by details condition was observed me.
4. Mental and intellectual conditions (present result, mental satisfaction, suicide tendency, drugs addiction, frustration etc) of students were observed with hidden by naked eye.

Data Analysis

Data were stored, retrieved and analyzed using WASP 1.0 software. Descriptive statistics were to provide pertinent socio-demographic characteristics of the sample and logistic regression was used to a predictive model of good self-reported health status of rural Jamaicans.

Results and Discussion

Purpose of this survey was describing the finding the present study .The survey was investigated the health status, hygienic condition, personal habit and mental and intellectual health of Patuakhali Science and Technology University students. This study discusses about 4 categories.

Category 1: Socio-economic views of Patuakhali Science and Technology University students.

Category 2: The health status, hygienic condition of Patuakhali Science and Technology University students.

Category 3: Personal habit which indicate student's daily activities.

Category 4: Mental and intellectual health effect by their habit health status and their satisfactory level or depression level.

Socio-economic views of PSTU students.

Most of the students come from southern part of Bangladesh about 55% where the environmental condition was better than other part of Bangladesh .About 25% students had come from northern part and another 20% students come from eastern and western part of Bangladesh .Moreover 42% students had come from rural area and 58% students had come from urban area.

The health status compare between rural and urban, health status of rural is better than the urban area. Because the rural areas students got fresh air, chemical free foods, and non-preservative fruits but urban areas did not get fresh air, chemical free foods, and non-preservative fruits.

Student's academic achievement compare with their merit status

The students who gained the average result of S.S.C and H.S.C above 4 GPA and present result above 3.5 CGPA have the better academic carrier. They represented 9%. The students having average results of S.S.C and H.S.C 3.5 to 4 GPA and present result below 3.5 CGPA they achieve worse academic carrier. They represented about 52%. And The students who gained average results of S.S.C and H.S.C below GPA 3.5 and present result CGPA below 3 they achieve worse academic carrier they represented 39%. The worst academic carrier of students were reasons poor structure of family, large family member ,bad friends circle, depressed mentality and addiction of drugs. On the contrary the better academic carrier of students was reasons small family member, god friends circle, fresh mentality.

Relationship between family members and students health

Large family member students did not get necessary money at proper time. So, the large family member students did not consume high nutrients foods. On the contrary of small size family member get necessary money at proper time so, they consume high nutrients foods and keep fit his health.

Health status according to BMI

Student's health status classifications according to WHO (1998) the students health fit measure in 4july to 12 October we find that 3% students were under weight, 86% students are normal weight, 11% students are overweight and also 0% students were obese (Table 1). The survey showed predictive a relationship between BMI and physical activity. It has been observed that the higher the BMI, the lower physical activity. Besides, it was found that the students who consumed low fat containing foods and more vegetables have the normal BMI level. Nevertheless, most of the students in PSTU take their meals at the dining of students' dormitory where they have little chance to intake more fat. This survey revealed that majority of students were occupied normal BMI (18.5 to 24.99). Because they were taken less amount of fat, taken regular exercise and the majority of student's age were 18 to 25.

Sl No.	BMI Category	Range of BMI	No. of students	Percentage	Mean of total student's BMI
1	Under weight	Below 18.5	3	3%	
2	Normal weight	18.5 to 24.99	86	86%	23.9
3	Over weight	24.99 to 30	11	11%	
4	Obese	Above 30	o	0%	

Table 1: Health status of students according to BMI.

Reference: Measuring scale according to WHO (2009).

Weight of students

According to the report of WHO (2009), excess body weight was the outcome of a long-term imbalance between energy intake and energy expenditure. This report fit to our survey that overweight students gotten admitted to PSTU at the trend of increasing body weight. The extent to which people were overweight or obese can be measured by

the body mass index (BMI). Men were more likely than women to be overweight or obese at every age. Even though being overweight or obese was more of a health risk for men, women were generally more concerned about their body weight and diet. Women were more likely than men to be on a weight-reduction or fat-modified diet (24% compared to 16%) (Figure 1). Also, of those who consider themselves to be within an acceptable weight range, women were seven times more likely than men to be underweight (21% compared to 3%) and men were nearly three times more likely than women to be overweight or obese (38% compared to 14%).

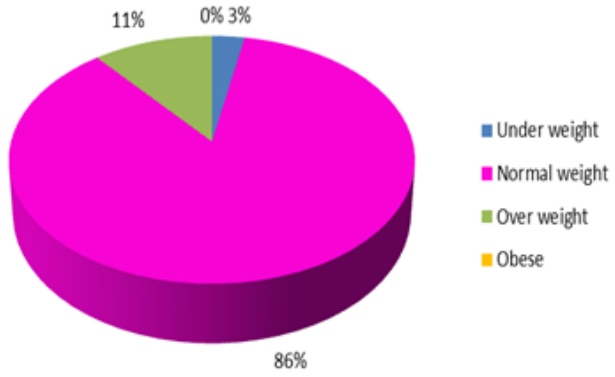

Figure 1: Pie-graph showing health status of students according to BMI.

Effect of different level of physical activities

Data furnished that about 21% students were taken physical exercise regularly, 63% students were taken physical exercise sometime and 16% students were not taken physical exercise (Table 2). Here physical exercise was included sports, swimming, jogging, gymnastic etc. Maximum students were taken physical exercise always kept fit his health and also his mentality take fresh. Otherwise the students who did not take physical exercise he always victim many chronic disease and his mentality tensed. It has been proved that physical activity of students have higher rate of blood circulation ,decrease storage fat and got more strength .Otherwise the lower physical activity of students have lower rate of blood circulation ,store fate into their body and feel anorexia . Another term for physical health is physical wellbeing. Physical wellbeing was defined as something a person can achieve by developing all health-related components of his/her lifestyle. Fitness reflects a person's cardio respiratory endurance, muscular strength, flexibility, and body composition. Other contributors to physical wellbeing may include proper nutrition, bodyweight management, abstaining from drug abuse, avoiding alcohol abuse, responsible sexual behavior, hygiene, and getting the right amount of sleep.

Sl No.	Type of physical activity	Number of students	Percentage
1	Regular physical exercise	21	21%
2	Sometime physical exercise	63	63%
3	Never physical exercise	16	16%

Table 2: Number and percent of students at various categories of physical activities.

Assessment of personal habits and their concomitant effects on PSTU students

The common personal habits of PSTU students were taking tea ,newspaper reading , sports, smoking, prayer, TV watching ,internet browsing, playing cards etc. The PSTU students were taking tea regularly 32%, 58% students were taking tea sometimes and 8% student's never taking tea. The more tea taking students sleep at late night. The PSTU students were read newspaper regularly. 40%, 52% students read newspaper sometime and 8% students never read newspaper. The survey pointed out that most students read newspaper sometime and take part daily routine wise activities and they maintain regular class.

Moreover 30% students were taking smoke regular, 12% students taking smoke sometimes and 58% students did not take smoke. smoking analysis revealed that mostly take smoke those students could not take part regular class, did not prepare class note ,and always late to rise in morning.The chain smoker students were fallen in many diseases like bronchitis, cancer, anorexia, ulcer etc and smoker always fall in many mental depression or frustration. According to a report of the Surgeon General (2006), cigarette smoking remains the Nation's leading cause of premature, preventable death during 2000-2004 approximately 443,000 premature deaths in the United States each year were attributed to cigarette smoking. Smoking causes deaths from heart disease, stroke, lung and other types of cancer, and chronic lung diseases. Preventing smoking among teenagers and young adults is essential because smoking usually begins in adolescence. Following the Surgeon Generals of USA report on smoking in 1964, cigarette smoking declined sharply for men and at a slower pace for women, thus narrowing the gap between smoking rates for men and women. Declines in current cigarette smoking over the past two decades have slowed compared with earlier periods. In 2007, 22% of men and 17% of women were current cigarette smokers. Men 25-34 years of age were most likely to smoke cigarettes (29% in 2007), and this percentage decreased with increasing age. Among women 18–64 years of age, 19%-20% were current cigarette smokers, and the percentage of current cigarette smoking declined substantially among women 65 years of age and over (8%). Educational attainment is closely linked to cigarette use. In 2007, adults with less than a high school education were three times as likely to smoke as those with a bachelor's degree or more education. Cigarette smoking also varied by race and ethnicity and gender, with the highest prevalence found among non-Hispanic black men and American Indian and Alaska Native men.

Passing of leisure period of PSTU students

Many students passed their leisure time through newspaper reading , sports, smoking, prayer, TV watching ,internet browsing ,playing cards etc among them 19% students TV watching regularly ,25% students TV watching sometime and 34% never TV watching .21% students sleep their leisure time, and 11% students playing cards and 24% students pass their leisure time through playing cricket and also 12% students pass their leisure time through internet browsing and another students were taken part political issues at their leisure time. It has been proved that physical activity of students have higher rate of blood circulation, decrease storage fat and get more strength.

Relationship between good habit and physical activity

In this investigation we found that good habit like reading newspaper, physical exercise, keep health sanitation, and these activities to

keep fit for good health this relationship showed a positive trend the concerned variable. It has been proved that physical activity of students have higher rate of blood circulation, decrease storage fat and get more strength.

Drugs addiction of PSTU students

It was observed from this survey that PSTU students are addicted by drugs about 2% regularly and 5% students are addicted by drugs sometimes and rest students did not take drugs. The drugs are taken by students are as like phencidile, ganja, heroine, pathedine, churut, alcohols, co-alcohols, opium, nicotine, sleeping peel, etc. In this investigation we found 1% students addicted by heroine, 2% students addicted by alcohol, 1% students addicted by co-alcohol, 21% students addicted by cigarette, 2% students addicted by fencidile, 3% students addicted by pathedine, 2% students addicted by heroine, 0.5% students addicted by opium, 1% students addicted by churut, 6% students addicted by sleeping peel, 11% students addicted by weed (Gaja) (Table 3). The addicted students of PSTU were revealed that a little amount students were taken drugs regularly. These students did not maintain regular class and their text so their academic results were worst.

Sl No.	Types of drugs	No. of students addicted	Percentage of students	Students affected by diseases
1	Alcohol	2	2%	Damage liver, blood pressure, heart weakness
2	Co-alcohol	3	3%	Damage liver, blood pressure, heart weakness
3	Cigarette	21	21%	Anoxrea, appetite, ulcer, diginess, liver cancer, physical weakness,
4	Fencidile	2	2%	Liver cancer, heart weakness ,deep sleeping, mental depression
5	Pathedine	3	3%	Less blood circulation, Anoxrea, appetite, ulcer
6	Heroene	1	1%	deep sleeping, mental depression
7	opium	1	1%	Damage liver, blood pressure, heart weakness
8	Churut	1	1%	Lung damage
9	Sleeping peel	6	6%	Damage the heartbeat, deep sleeping, heart weakness, mental depression ,
10	Weed (Gaja)	11	11%	Anoxrea, appetite, ulcer, diginess, liver cancer, physical weakness

Table 3: Number and percent of drugs addiction and diseases affected by PSTU students.

Student's addiction by drugs

Frustrations or depression was the main reasons for drug addiction. Frustration or depression initiated through family issues, bad friends circle, and failure in love, weak academic carrier, and also feelings for interested to drugs (Figure 2).

Consequences of drugs taking

Drugs addiction was a various harmful effect in human health. Students memory decreased as a result mentality and intellectuality decreased also worst effect on his academic carrier. The student who taken drugs he fallen in many diseases like lungs cancer, heart weak, appetite, Damage liver, blood pressure, dinginess etc.

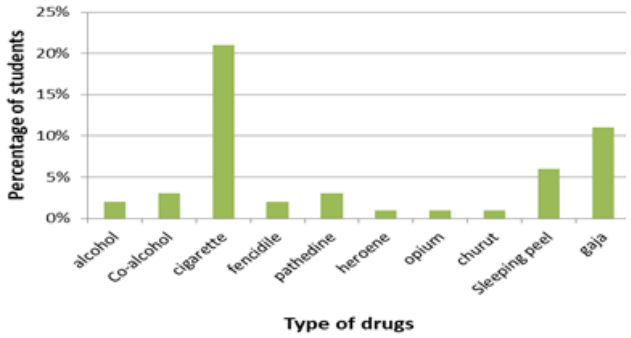

Figure 2: The graph showing percentage of drugs addicted students with different types of drugs.

According to NSDUH (2010-2012) reports on the prevalence, incidence, and patterns of drug and alcohol use and abuse in the general U.S. civilian no institutionalized population 12 years of age and over. Data are collected on the use of the following substances: illicit drugs, including marijuana or hashish, cocaine (including crack), inhalants, hallucinogens, heroin, or nonmedical use of prescription-type psychotherapeutics (including stimulants, sedatives, tranquilizers, and pain relievers); alcohol; and tobacco. NSDUH also reports on substance use disorders, substance use treatment, health care, mental health disorders, and mental health service utilization. Following the Surgeon Generals of USA report on smoking in 1964, cigarette smoking declined sharply for men and at a slower pace for women, thus narrowing the gap between smoking rates for men and women. Declines in current cigarette smoking over the past two decades have slowed compared with earlier periods. In 2007, 22% of men and 17% of women were current cigarette smokers. Men 25-34 years of age were most likely to smoke cigarettes (29% in 2007), and this percentage decreased with increasing age. Among women 18-64 years of age, 19%-20% were current cigarette smokers, and the percentage of current cigarette smoking declined substantially among women 65 years of age and over (8%). National Survey on Drug Use and Health [6] to assess past year alcohol use disorder and illicit drug use disorder among persons aged 12 or older by 362 substate regions within the 50 States and the District of Columbia. Topics covered include past month substance use (e.g., illicit drugs, marijuana, cocaine, pain relievers, alcohol, and tobacco), substance dependence, abuse, and treatment need, past year Serious Mental Illness (SMI), Any Mental Illness (AMI), suicidal thoughts, and Major Depressive Episode (MDE).

Symptoms of drugs addicted students of PSTU

1. Always his face was looking sick.
2. He was slept at day time.
3. He did not conduct his class time regularly.
4. His mentality depressed or frustrated always.
5. He did not take part in socio-cultural activities.

6. He looked like physically unfit and unhealthy.
7. He always keeps his room unhygienic condition.
8. He did not taken meal at proper time.
9. Drugs addicted students do not prepare practical note book regularly.
10. Any chronic diseases suffered by Drugs addicted students.
11. Drugs addicted student did not clean his nail and cloths regularly.

Mental and intellectual health of student's affected by personal habit and drugs addiction

Students mental and intellectuality was relaxed with various reasons these are early to bed and early to rise regularly, taking meal at proper time, good relation with another students, to keep clean environment at his residential area, pray regularly, reading newspaper regularly, using hand washing before and after taking meal, using toilet slipper which use only toilet, room scavenged regularly, bath regularly, hair cut regularly these activities keep fit and healthy. Otherwise who do not maintain their disciplinary activities he/she fall diseases. Moreover the students take smoke, phenchidile, weeds, heroine (Table 4), pathedine, churut, alcohol, co-alcohol, opium, nicotine, sleeping peel, etc were depressed their mental condition and decrease his results and also fall in bad tendency like steeling, misbehaving, showing bad film, fanatical to oral sex with girlfriend etc. Depression was the most common mental health disorder and a leading cause of suicide, yet less than one-quarter of adults diagnosed with depression receive treatment. Men's depression was often masked by alcohol or drug use, or by working excessively long hours. Men are less likely to admit to depression, and doctors are less likely to suspect it.

Parameter of students	Performenence of regular smoker	Performenence of sometimes smoker	Performenence of never smoker
Chronic disease	more	less	least
Appetite/anorexia	more	less	least
sleep	Not sound sleep	Hazard of sound sleep	Good sound sleep
depression	always	sometimes	never
Mental health	Weak	strong	More strong
Academic achievement	medium	medium	good

Table 4: Relation of health status among regular smoker, sometimes smoker, and never smoker level of PSTU students.

Disease and personal hygiene measurement

Investigation of PSTU students were possessed various disease like dysentery, acidity, headache, asthma suffer in last 3month. 40% students suffer acidity and 35% students suffer headache and also asthma and dysentery suffer 20% whereas 5% students were not suffer from any disease in last three month. Otherwise the survey was investigated by this survey hygienic condition of student as a scavenged of room, washing clothes, hand washing, room decoration, bashing teeth after taking meal, regular bath, hair cut regularly. We find that scavenge of room regular 11% students, sometimes 87% and never 2% students scavenge their room. Hand washing maintain about 67% students well known, somewhat 22% students and never hand wash 11% students. Am. J. public health (2009) refers that only 33.6% of the sample reported always as a very often washing hand with soap and clean water before eating and after using toilet [7,8]. In their study revealed that it has been established that unwashed hands can transmit pathogens especially fecal pathogens, to food product after a food worker uses the toilets. Centre for disease control (1987) reported that when consumed in food, this pathogen can causes illness and disease [9]. Studied on the use of antimicrobial soaps and detergents for hand washing in food service establishments that the primary goal of hand washing by food makers is the removal of surface soil on hand and the removal of transient pathogenic microorganism. They found that a student who keep hygiene their body and room these diseases severity is less than other unhygienic students [10].

Relationship among health status, hygienic condition, personal habit, impact on mentality and intellectuality was determined by their progress, academic carrier development, healthy mind and their daily cultural activities. Most of the students were observed that the student who fits his health he did not take drugs. He always clean his surrounding environment and his academic carrier enlightened and his/ her mentality always fresh, he was not fallen frustration [11,12]. Otherwise the students who did not fit health they take drugs or other drug related substances. He never cleans his surrounding environment and his academic carrier got down demotion continuously. He was frustrated various issues. The survey determined that intellectuality increased highly 19% students moderately 72% and never increased 9% students respectively. Other than the satisfactory level of students of survey indicate that moderately increased of satisfactory level 80%, highly increased 12%, never satisfactory 8% students conditions mentality and intellectuality depended upon health status, students habit and surrounding environment.

Conclusion

The investigation of this survey we found that least student result was demotion. The reasons of demotion results of students were poor family structure, less meritorious, drug addicted and also frustrated. The reasons of frustration were the student academic ambition was high but did not get their satisfaction level, so they were frustrated. This survey revealed that majority of students were occupied normal BMI (18.5 to 24.99).Because they were taken less amount of fat, taken regular exercise and the majority of student's age were 18 to 25. Majority of the student were occupied good mentality and also increase their intellectuality. The student mentality and intellectuality were increased by the following reasons, regularly study their text, attend their class regularly, read newspaper regularly, pray regularly and also maintain physical exercise. A little amount of students were frustrated and depressed. The reasons of frustration were failure in love, family issue, worst academic carrier, and bad friend circle and drug addiction. Most of the students were depressed by drugs. The authority of university should take step to prevent the taking drugs. Otherwise the student mentality and intellectuality decrease day by day. University authority should be improved mentality and intellectuality of PSTU students.

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