

Mental health and self-regulation of learning in health science undergraduate students: relationship with gender, age and degree

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Abstract

INTRODUCCIÓN: It is particularly relevant to consider the mental health of university students because there is evidence that approximately 75% of mental health problems appear in the second decade of life. In addition to the impact on quality of life, mental health problems can affect students' learning processes and academic performance.

OBJETIVOS: The aim was to analyse mental health and self-regulation of learning in Health Sciences undergraduate students and its relationship with gender, age and degree.

METODOLOGÍA: DESIGN AND PARTICIPANTS A descriptive cross-sectional study was carried out in a sample of students of the Nursing, Physiotherapy and Podiatry degrees of the Ponferrada Campus of the University of León (Spain). INSTRUMENTS An ad hoc questionnaire was used to collect socio-demographic variables. The Global Health Questionnaire-12 was used to determine the state of mental health and self-regulation of learning was determined by means of the Learning Self-Regulation Questionnaire, both instruments validated in Spanish. PROCEDURE The questionnaires were self-completed in person in May and June 2023. Statistical analysis was performed with Stata.

RESULTADOS: The sample consisted of 247 participants, with a mean age of 21.7±4.5 Years, of whom 168 (68%) were women. In terms of degree, there were more students with a degree in Physiotherapy (56.3%). The total score on the Global Health Questionnaire-12 was 12.9±6.4 Points, with significant differences between both sexes, with the mental health of women being worse ($p<0.001$). The total score on the Learning Self-Regulation Questionnaire was 55±10.2 Points, with no statistically significant differences by age, gender or degree. Correlation analysis revealed no association between mental health and self-regulation of learning.

CONCLUSIÓN: Undergraduate students of Health Sciences have a state of mental health compatible with suffering from a psycho-emotional disorder, with women's mental health being worse. They have a moderate capacity for self-regulation of learning. There are no differences linked to age or degree.

Citation

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