

S45. Assessing the quality of life and risky behaviors of 20-24 years old males working in industrial estates

Tahsin Gökhan Telatar¹, Hilal Özcebe²

¹Sinop University, Health College, Department of Occupational Health and Safety, Sinop, Turkey

²Hacettepe University, Faculty of Medicine, Department of Public Health, Ankara, Turkey

Aim: The aim of this cross-sectional study is determining some of the socio-demographic characteristics, risk behaviors and quality of life and effecting factors of 20-24 years old male workers.

Methods: Universe of the study was composed of 20-24 years old male workers in Siteler and OSTİM industry districts in Ankara. Sample size was calculated as 368 for both districts and totally 800 male workers were included. Quality of life was assessed by World Health Organization's Turkish version of WHOQOL-BREF.

Results: Mean age of the respondents in Siteler and OSTİM Districts were 21.8±1.4 years and 21.7±1.4 years respectively. Of the participants, 42.8% in Siteler and 42.0% in OSTİM were graduated from primary school. Having positive health status perception, regular physical activity, going to workplace by walking (bad for Social Field), long daily sleep duration (bad for Social Field), high monthly income, not discriminating gender during friendships, not smoking, having body mass index in normal levels, having good relations with male friends and friends from the workplace, not gambling, not using water pipe (bad for Social Field) and not having exposed to violence in last year were found to be positive for different fields of quality of life. Some risky behaviors that can affect health negatively were also found to increase the perceived quality of life among young people like; not using seatbelt as a passenger, having sexual relations against payment, perpetrating violence in last year and carrying a kind of weapon in last month.

Conclusion: Changing the "gender role" in society is essential for preventing young males from negative health effects of such risk behaviors. It's recommended to assess appropriate risk behaviors of individuals according to their age groups in Quality of Life researches in order to make healthy considerations.

Keywords: Working Youth, Quality of Life, Risky Behaviors, WHOQOL-BREF