

Literature Review: Enhancing Awareness of A Healthy Lifestyle Culture Among College Students

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Article Info	Abstract
Article History Submitted, 2026-05-13 Accepted, 2026-06-24 Published, 2026-06-30	The development of modern lifestyles has led many college students to adopt unhealthy habits, resulting in suboptimal awareness of a healthy lifestyle culture. Many factors influence awareness of healthy living. This study aims to examine the factors influencing and strategies for improving awareness of a healthy lifestyle culture among university students. This study employed an analytical-critical literature review approach using sources from national and international journals published between 2023 and 2025, obtained through various scientific databases. The findings indicate that knowledge, attitudes, psychological factors such as self-compassion, the use of social media, as well as campus environmental support and health education programs play important roles in enhancing students' awareness and healthy lifestyle behaviours. However, variations in the consistency of implementation are still observed. Conclusion of this study was improving awareness of a healthy lifestyle culture requires a comprehensive and sustainable approach through the integration of education, environmental support, and psychological factors. Higher education institutions are expected to develop structured health promotion programs and utilize digital technology to enhance the effectiveness of health education.
Keywords: Healthy lifestyle, college students	

Introduction

Structured approach to nutrition education ensures that information is conveyed consistently and effectively. This approach is effective in fostering long-term awareness, promoting healthy eating habits, and ensuring optimal nutrition to support physical growth and academic focus such as children.

The development of modern lifestyles in the era of globalization has brought significant changes to people's way of living, including college students as a productive age group who are in a critical phase of forming long-term habits. Students are not only required to achieve academic success but also to maintain a balance between physical, mental, and social health. However, in reality, many students still adopt unhealthy lifestyles, such as lack of physical activity, unbalanced dietary patterns, and poor stress management. This condition indicates that awareness of the importance of a healthy lifestyle culture has not been optimally established among students, thus requiring structured and sustainable efforts to improve awareness (Rahman, 2023).

A healthy lifestyle culture among students is influenced not only by individual habits but also by the level of knowledge and attitudes they possess. Adequate health knowledge can shape positive attitudes, which in turn encourage healthy behaviours. Studies have shown a significant relationship between knowledge and attitudes with students' healthy lifestyle behaviours, where higher levels of knowledge are associated with better implementation of healthy living practices in daily life. This emphasizes that improving health literacy is one of the key strategies in building awareness of a healthy lifestyle culture among students (Safitri, R. T., Rohmawati, Z., 2025).

In addition to knowledge factors, health education approaches through structured programs have also proven effective in increasing student awareness. Educational programs combined with practical activities, such as recreational sports and other promotive efforts, can enhance student participation in physical activities and improve overall lifestyle patterns. This approach not only strengthens theoretical understanding but also fosters real habits that contribute to the establishment of a healthy lifestyle culture. Therefore, the integration of education and practice

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The 3th International Conference on Health, Faculty of Health, Vol 3 No 1 2026

Universitas Ngudi Waluyo

becomes essential in raising students' awareness of the importance of a healthy lifestyle (Irfan, I., Saleh, M. S., Latuheru, R. V., Hasanuddin, M. I., & Ramli, 2025).

In today's digital era, the use of social media has also become an important factor in shaping students' health awareness. Social media plays a strategic role as a platform for the rapid and widespread dissemination of health information and has the ability to influence students' mindsets and behaviours. Information delivered through digital platforms can increase students' awareness of the importance of maintaining health, especially when presented in an engaging and easily understandable manner. Therefore, the use of social media as a medium for health education can serve as an innovative approach in building a healthy lifestyle culture among students (Suryanti, R., Villia, A. S., 2025).

Furthermore, psychological factors also play a crucial role in shaping students' healthy behaviours. The concept of self-compassion, which reflects an individual's ability to understand and accept themselves positively, has been shown to be associated with the adoption of a healthy lifestyle. Students with higher levels of self-compassion tend to be better at maintaining their physical and mental health, as they have greater awareness of their personal needs. This suggests that psychological approaches should be integrated into efforts to enhance awareness of a healthy lifestyle culture (Nabila, S. R., 2023).

On the other hand, health promotion within the university environment also plays a strategic role in fostering a healthy lifestyle culture. A supportive campus environment, such as the availability of sports facilities, health programs, and policies that encourage healthy behaviour, can improve students' overall fitness and well-being. Continuous health promotion programs will help establish a sustainable healthy lifestyle culture that becomes an integral part of students' daily lives (Firdaus, 2024).

Efforts to increase awareness can also be carried out through community service activities focused on health education. Such programs have been proven to improve students' knowledge about disease risk factors and the importance of adopting healthy lifestyle practices. Through this approach, students are not only passive recipients but also active participants in the health learning process. This strengthens the internalization of health values and promotes a deeper formation of a healthy lifestyle culture (Rokhanawati, D., Handayani, S. A., 2024).

However, although some students have demonstrated a relatively good level of awareness regarding healthy lifestyles, there are still variations in their implementation. Some students consistently practice healthy behaviours, while others remain inconsistent. These differences are influenced by various factors, including motivation, environment, and individual habits. Therefore, a more comprehensive approach is needed to ensure that awareness can be consistently translated into daily practice (Sari, P., Nugraha, U., Diana, F., 2024).

Moreover, health psychology factors such as stress, emotions, and mindset also influence students' healthy behaviours. Unstable mental conditions can become barriers to adopting a healthy lifestyle, highlighting the need for a holistic approach. This approach should encompass physical, mental, and social aspects to enhance awareness and ensure the sustainability of healthy behaviours in the long term (Kaban, 2024).

At the international level, studies have shown that structured health promotion training programs can significantly improve students' health perceptions and healthy behaviours while reducing risky behaviours. This finding reinforces that systematically designed education-based interventions have a tangible impact on shaping awareness and fostering a healthy lifestyle culture among students (Çol, B. K., Başaran, A. G., & Köse, 2024).

In addition, environmental factors and social support also have a strong influence on students' healthy behaviours. A conducive campus environment, along with support from peers and educators, can increase students' motivation to adopt healthy lifestyles. This environment-based approach is important as it helps create an ecosystem that supports the sustainable development of a healthy lifestyle culture (Ekman, A., Pennbrant, S., 2024).

Health awareness is also known to have a direct influence on students' healthy behaviours, supported by psychological factors such as self-esteem and social support that reinforce behavioural change. This indicates that increasing awareness cannot stand alone but must be supported by various internal and external factors to achieve optimal outcomes (Zhang, Z., Abdullah, H., Ghazali, 2024).

In the context of health education, educational interventions have also been proven to enhance students' awareness of the importance of a healthy lifestyle and its connection to global health issues. This suggests that students need to understand not only the importance of health for themselves but also for the broader community, enabling them to contribute to global health development (Dolu, İ., 2023).

Based on this background, this study aims to examine the factors influencing and strategies for improving awareness of a healthy lifestyle culture among university students.

Methods

This study employs literature review approach to examine the enhancement of healthy lifestyle culture awareness among college students based on various recent research findings.

This approach is selected to obtain a comprehensive understanding of the factors influencing students’ awareness of healthy lifestyles, including aspects of knowledge, attitudes, behaviours, as well as effective interventions in shaping a healthy lifestyle culture within higher education environments. The analysis focuses on identifying key determinants, intervention strategies, and practical implications that can be applied to sustainably improve students’ awareness of the importance of a healthy lifestyle (Safitri, R. T., Rohmawati, Z., 2025).

The literature sources were obtained through searches in various reputable scientific databases such as Google Scholar, PubMe, ScienceDirect, Portal Garuda, as well as other national and international journals. The search strategy utilized a combination of keywords in both Indonesian and English with Boolean operators are “Kesadaran gaya hidup sehat AND mahasiswa,” “Awareness of healthy lifestyle AND university students,” The publication period ranged from 2023 to 2025 to ensure relevance to the latest developments in student healthy lifestyle behaviours. The initial search yielded a number of articles, which were then screened based on predetermined inclusion and exclusion criteria.

The inclusion criteria in this study consisted of articles discussing healthy lifestyles among college students, covering aspects such as awareness, behaviour, health education, as well as psychological and environmental factors influencing them. Additionally, the articles had to be available in full-text format and demonstrate clarity in research methods and findings. Meanwhile, the exclusion criteria included articles that were not relevant to the student population, lacked clear empirical data, or were merely opinion-based without research evidence. From the initial selection, several articles were obtained and further screened based on titles and abstracts to determine their relevance.

After the screening process, the selected articles were analysed in depth to identify key themes related to improving awareness of a healthy lifestyle culture among college students. The collected data included types of interventions implemented, factors influencing healthy lifestyle behaviours, as well as research results and conclusions. The analysis process was conducted using a narrative-thematic approach, in which research findings were grouped into several main themes, such as the role of health education, the influence of social media, psychological factors, and campus environmental support in shaping healthy behaviours (Ekman, A., Pennbrant, S., 2024).

The analysis stages were carried out systematically through three main steps: identifying factors influencing students’ awareness of healthy lifestyles, evaluating the effectiveness of various interventions, and integrating findings from both national and international studies to obtain a broader perspective. This approach enables researchers to understand the relationship between individual and environmental factors in shaping students’ healthy behaviours. In addition, the analysis also considers the role of educational and health promotion approaches in sustainably increasing students’ awareness (Çol, B. K., Başaran, A. G., & Köse, 2024).

The main outcome of this literature review is a finding of factors influencing awareness of a healthy lifestyle culture among college students, including the roles of knowledge, attitudes, self-compassion, social support, and the campus environment. Furthermore, this study identifies various effective intervention strategies, such as health education, the use of social media, and health promotion programs in higher education institutions. These findings are expected to serve as a foundation for developing more effective health policies and programs to sustainably enhance students’ awareness and healthy lifestyle behaviours (Irfan, I., Saleh, M. S., Latuheru, R. V., Hasanuddin, M. I., & Ramli, 2025).

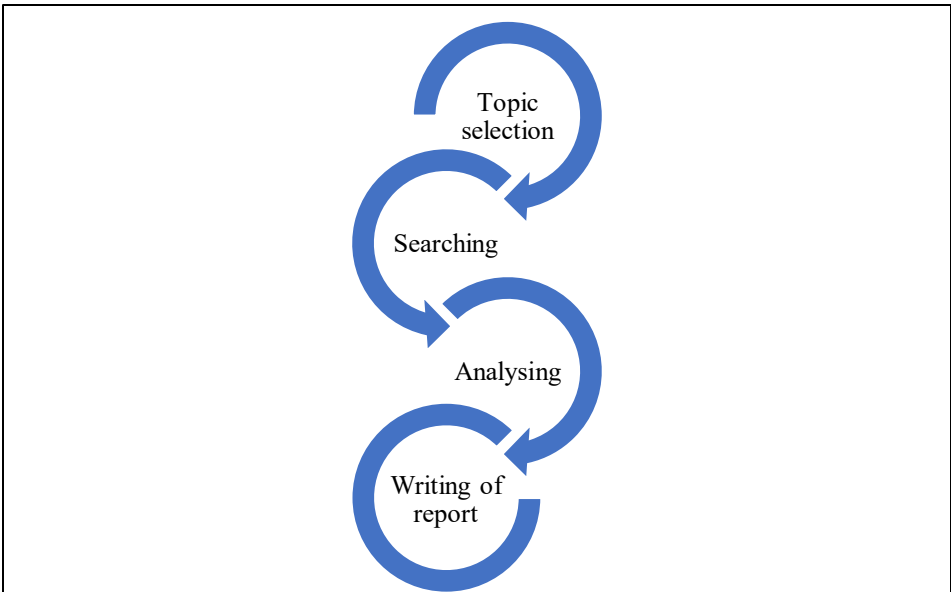


Figure 1: The steps of a literature review

Results and Discussion

Table 1. Research Findings on Enhancing Awareness of Healthy Lifestyle Culture among University Students

No.	Title	Author(s)	Research Method	Research Findings
1	Improving Students' Awareness of Healthy Lifestyles through Educational Programs and Recreational Sports Practices	(Irfan, I., Saleh, M. S., Latuheru, R. V., Hasanuddin, M. I., & Ramli, 2025)	Quasi-experimental	Educational programs combined with recreational sports increased physical activity participation, improved dietary patterns, and supported stress management; effective in enhancing awareness and healthy behaviour.
2	Determinants of Healthy Lifestyle Behaviour among University Students	(Safitri, R. T., Rohmawati, Z., 2025)	Quantitative (cross-sectional)	There is a significant relationship between knowledge and attitudes with healthy lifestyle behaviour; higher knowledge and positive attitudes lead to better health behaviours.
3	The Effectiveness of social media on Students' Awareness of Healthy Lifestyles	(Suryanti, R., Villia, A. S., 2025)	Descriptive-analytic	Social media plays a major role in increasing awareness and shaping healthy behaviours through rapid and engaging dissemination of health information.
4	The Relationship between Knowledge and Attitudes with Healthy Lifestyle Behaviour among Students	(Istiningtyas, 2022)	Quantitative (analytic)	Knowledge and attitudes are significantly related to healthy behaviour; both are key factors in forming healthy habits.
5	Analysis of Healthy and Active Lifestyle Promotion in Higher Education	(Firdaus, 2024)	Descriptive	Campus health promotion improves students' fitness and well-being and contributes to building a sustainable healthy lifestyle culture.
6	The Relationship between Self-Compassion and Healthy Lifestyle among Students	(Nabila, S. R., 2023)	Quantitative (correlation)	Self-compassion is significantly associated with healthy lifestyles; students with higher self-compassion tend to have healthier behaviours.
7	Healthy Lifestyle Education for Students through Community Service Programs	(Rokhanawati, D., Handayani, S. A., 2024)	Intervention (community service)	Health education increases students' knowledge about disease risks and the importance of healthy lifestyles, encouraging behavioural change.
8	Healthy Lifestyle Behavior among Sports and Health Education Students at Universitas Jambi	(Sari, P., Nugraha, U., Diana, F., 2024)	Quantitative descriptive	Most students exhibit high levels of healthy behaviour, but variations in consistency still exist.
9	Analysis of Healthy Lifestyle among Sports Students	(Rahman, 2023)	Descriptive	Healthy behaviour varies and is influenced by physical activity, diet, and daily habits; awareness improvement interventions are needed.
10	Health Psychology in Building Mental and Physical Healthy Lifestyles	(Kaban, 2024)	Literature review	Psychological factors such as stress, emotions, and mindset strongly influence healthy behaviour; a holistic approach is necessary.
11	The Impact of Health Promotion Training on University Students' Health Perceptions, Healthy Lifestyle Behaviours, and Risky Behaviours	(Çol, B. K., Başaran, A. G., & Köse, 2024)	Experimental	Health promotion training significantly improves health perceptions and healthy behaviours while reducing risky behaviours.
12	Health Promoting Resources and Lifestyle Factors among Higher Education Students	(Ekman, A., Pennbrant, S., 2024)	Longitudinal study	Campus environment and social support significantly influence students' healthy lifestyle behaviours.

13	The Influence of Health Awareness on University Students' Healthy Lifestyles	(Zhang, Z., Abdullah, H., Ghazali, 2024)	Quantitative	Health awareness directly affects healthy lifestyles, with self-esteem and social support acting as mediators.
14	Nursing Students' Awareness of Health-Promoting Lifestyle Profile and Sustainable Development Goals	(Dolu, İ., 2023)	Quasi-experimental	Health education increases students' awareness of healthy lifestyles and their connection to global health.
15	Examining the Health-Promoting Lifestyle of College Students: A Quantitative Analysis	(Dacay, N. J. B., Rañon, J. G., & Culajara, 2024)	Quantitative	Healthy behaviours are influenced by physical activity, nutrition, and stress management; continuous interventions are needed to improve consistency.

The research findings indicate that the implementation of health education programs integrated with physical activities, such as recreational sports, can significantly improve students' awareness and healthy lifestyle behaviours. This approach is effective because it not only provides theoretical understanding but also fosters real-life habits in daily routines. Therefore, strategies that combine education with direct practice are essential in building a sustainable healthy lifestyle culture among university students (Irfan, I., Saleh, M. S., Latuheru, R. V., Hasanuddin, M. I., & Ramli, 2025). This finding in line with study by Johannes et al (2024).

In addition, knowledge and attitudes have been shown to play a crucial role in influencing students' healthy lifestyle behaviours. Students who possess a high level of health knowledge and maintain positive attitudes toward health are more likely to consistently adopt healthy lifestyle practices. This highlights that improving health literacy is a fundamental step in enhancing awareness and shaping a healthy lifestyle culture within higher education settings (Safitri, R. T., Rohmawati, Z., 2025).

The use of social media as a medium for health education has also demonstrated significant results in increasing students' awareness. Health information delivered through digital platforms can reach students quickly and broadly, while also influencing their mindset and behavior. Therefore, utilizing digital media as a health promotion strategy is highly relevant in the modern era (Suryanti, R., Villia, A. S., 2025).

From a psychological perspective, the concept of self-compassion plays an important role in shaping students' healthy behaviours. Individuals who are able to understand and accept themselves positively tend to show greater concern for their physical and mental well-being. This suggests that psychological approaches should be integrated into efforts to enhance awareness of healthy lifestyles to ensure sustainable behavioural changes (Nabila, S. R., 2023).

The campus environment also contributes significantly to the development of a healthy lifestyle culture among students. Health promotion programs organized by universities have been proven to improve students' fitness and overall well-being. Moreover, the availability of facilities and supportive policies can create a conducive environment that encourages students to adopt healthy behaviours in their daily lives (Firdaus, 2024).

Educational activities conducted through community service programs are another effective strategy for increasing students' awareness of the importance of healthy lifestyles. Through direct involvement in educational initiatives, students not only gain knowledge but also develop attitudes and a sense of responsibility toward their own health. This approach strengthens the internalization of health values more deeply (Rokhanawati, D., Handayani, S. A., 2024).

However, studies indicate that the level of healthy lifestyle implementation among students still varies. While some students demonstrate good awareness and behaviour, others remain inconsistent in applying healthy lifestyle practices. This variation suggests that awareness alone is insufficient without strong environmental support and internal motivation (Sari, P., Nugraha, U., Diana, F., 2024).

Furthermore, students' healthy lifestyles are influenced by various factors such as physical activity, dietary habits, and daily routines. Imbalances in these aspects indicate the need for more targeted interventions to help students develop consistent healthy habits (Rahman, 2023).

Health psychology factors, including stress, emotions, and mindset, also have a significant impact on healthy lifestyle behaviours. Poor mental conditions can hinder the adoption of healthy lifestyles, emphasizing the need for a holistic approach that integrates both physical and mental aspects to achieve optimal outcomes (Kaban, 2024).

At the international level, research shows that structured health promotion training programs can improve health perceptions and reduce risky behaviours among students. This reinforces that systematically designed interventions can have a significant impact on enhancing awareness and promoting healthy lifestyle behaviours (Çol, B. K., Başaran, A. G., & Köse, 2024).

Additionally, environmental factors and social support within higher education institutions have a strong influence on students' healthy behaviours. Support from peers, educators, and institutional policies can create a supportive ecosystem that fosters the sustainable development of a healthy lifestyle culture (Ekman, A., Pennbrant, S., 2024).

Health awareness also has a direct effect on students' healthy lifestyle behaviours, supported by psychological factors such as self-esteem and social support that strengthen behavioural change. This indicates that increasing awareness must be accompanied by both internal and external support to achieve optimal outcomes (Zhang, Z., Abdullah, H., Ghazali, 2024). Educational interventions in the field of health have also been proven to enhance students' awareness of the importance of healthy lifestyles and their connection to global health issues. This suggests that students need to be equipped with comprehensive understanding so that they can contribute to improving public health at a broader level (Dolu, I., 2023).

Conclusion and Suggestion

The enhancement of awareness regarding a healthy lifestyle culture among university students is influenced by multiple factors, including knowledge, attitudes, psychological aspects, as well as environmental support and health education programs. Various studies indicate that integrated interventions—such as health education, the use of social media, and health promotion initiatives within campus environments—are effective in improving both awareness and healthy lifestyle behaviors among students. However, variations in the consistency of implementation still exist, highlighting the need for more comprehensive and sustainable approaches to establish a strong and enduring healthy lifestyle culture among university students. Higher education institutions are expected to develop structured and sustainable health promotion programs while maximizing the use of digital technology as an effective medium for health education. In addition, integrating psychological approaches, such as strengthening self-compassion and stress management, is essential to support more consistent behavioral changes. Students are also encouraged to take a more active role in adopting healthy lifestyles in their daily lives, ensuring that their awareness is translated into consistent and sustainable healthy behaviors.

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