

# Investigation factors affecting academic tendency in bachelor students of nutrition sciences in Varastegan institute for medical sciences: 2022

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## ABSTRACT

**Introduction:** Universities are the origin of society's transformations in various fields and students as the main pillars of the university form the main body of various organizations and organs of the society. For this purpose, it is necessary to have information about the current situation and the attitude of students towards their field. This study was conducted with the aim of investigating the effective factors in the selection of nutrition science students of Varastegan Institute for Medical Sciences.

**Material and Methods:** This is an applied study that was carried out in a descriptive-cross-sectional way. The studied population was students studying nutrition sciences at Varastegan Institute for Medical Sciences. To collect data, a questionnaire was created by a researcher, whose validity was evaluated with the help of expert panels consisting of experts in the health information technology group of Varastegan Institute for Medical Sciences, and the reliability of the questionnaire was determined by determining Cronbach's alpha.

**Results:** According to the findings of the study, the majority of users were 68.7% female and 31.3% male. 43.3% of students had an average knowledge and awareness of their field and 44.8% had a positive view of their field. 8/38% of students chose this field based on the recommendation of others. The satisfaction with the field of study of the current study was 49.3%, which was close to the satisfaction of half of the students under study, and 61.2% of the students were very satisfied with the assignment of medical system code and having an office. 41.8% of nutrition science students were very satisfied with their career future and 41% believe in the existence of a suitable job market.

**Conclusion:** The most important factor in choosing a field is the assignment of the code of the medical system and having an office at the time of employment, and many students believe that this field is suitable for social values and the existence of a suitable job market, and they consider the relevant job interesting and purposeful to serve the society.

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## INTRODUCTION

Since maintaining and ensuring the health of the people of the society has a special role in the economic and social development of the societies and improving the quality of healthcare services is considered one of the important factors in the development of the countries, attention should be paid to how to train the human resources needed to

administer and provide services. Healthcare is important [1]. An efficient, interested and committed human force plays a fundamental role in improving the health level of the society. Also, considering the point that interest and satisfaction in the field of study is one of the most important factors in the education and success of students, paying attention to this issue should be at the top of the educational planning priorities of universities [2]. Until now,

universities have been the source of society's transformations in various fields, and students, as the main pillars of universities, form the basic structure of various organizations and organizations in society. Knowledgeable and experienced plays a very important role in this [3, 4].

Education is the most important element of productivity in development, undoubtedly one of the most basic decisions for every human being is choosing a job during his life. The field will follow a process for each person who prepares to enter the relevant profession during his studies by spending a lot of money and time. On the other hand, the intense competition to enter the university and higher education has caused people from different classes of society and with Different motivations and sometimes they enter different fields without sufficient knowledge, awareness and interest towards the chosen field. This causes these people to spend money and waste their time and does not produce the necessary results [5, 6].

In general, different fields of health and treatment play a significant role in improving the health level of the society. Specialist health workers in various fields are the frontline providers of health services and treatment at the community level, who should be able to be employed in organizational positions related to their field of study after graduation and by providing relevant services within their scope of duties, solves the problems of society and provides health and medical services [7].

The field of nutrition is one of the fields of medical sciences that takes steps to achieve sustainable development in order to improve the health of the individual and society, and this field deals with the principles of nutrition science, valuation of food, how to eat properly to maintain body health, and therapeutic diet. The solution to this problem is that before entering this field, people should get to know this field completely and get to know all its subjects as well as its job market so that they can succeed in this field [8].

In general, nutritional science tries to maintain people's health by changing lifestyles. After completing their education, people can work as nutrition science experts in medical centers, diet therapy clinics and hospitals, research centers, quality control department of food factories, laboratories, pharmaceutical companies, pharmaceutical marketing and nutritional supplements [9].

Job satisfaction in healthcare organizations is one of the necessary and valuable pillars of health promotion due to its role in the prevention, care and treatment of people and has a special place. Job dissatisfaction among personnel not only quantitatively disrupts the work of clients, but also

overshadows the quality of health care [10, 11]. Job satisfaction refers to the set of positive and negative attitudes of a person about his job. Job satisfaction has an effect on many positive organizational variables, such as increasing productivity, employees' compassion for the organization, their belonging and attachment in the work environment, increasing the quantity and quality of work, correct communication, improving morale, etc. Low job satisfaction causes anti-social behaviors such as defective products, poor services, absenteeism and leaving employees [12]. Job satisfaction is effective in achieving organizational goals, client satisfaction, increasing employee commitment to the organization, and increasing productivity [13].

Considering that the correct choice of the field of study has an undeniable role in the future of education, career and in general in people's lives and the national examination of universities and higher education centers is considered one of the most important educational events in our country, many volunteers annually They prepare themselves to participate in it. Over time, this exam has become more complex, which reveals the need to inform the candidates accurately and correctly at different stages [14, 15].

Among the higher education centers in the world and Iran, it is possible to mention the University of Medical Sciences and medical schools, which are responsible for the important and serious task of training medical students, who, in addition to having individual skills, should be able to meet the needs of society and understand the people and be able to solve those needs [16]. The higher education system is one of the largest and most extensive systems in the society, which determines the fate of the society in the long term. In other words, the collection of researches and experiences of scientists and countries of the world show that the development of societies has a great relationship with their higher education system successful [17, 18]. This study was conducted with the aim of investigating the effective factors in the selection of nutrition science students of Varastegan Institute for Medical Sciences in 2022.

## MATERIAL AND METHODS

This is an applied study that was conducted in a descriptive way and at a specific point in time. A researcher-made questionnaire including 28 questions with a 5-point Likert scale was used to collect data. The validity of the questionnaire was evaluated with the help of expert panels consisting of experts in the Department of Health Information Technology of Varestegan Medical Sciences in several sessions and their expert opinions were applied. The population of this research was the students studying nutrition sciences at Varestegan Medical Sciences Center. The study sample consisted of 67 available

students.

The reliability of the questionnaire was determined by Cronbach's alpha. In this way, 20 questionnaires were completed by users and SPSS version 21 software was used to obtain Cronbach's alpha value. Then with the help of Press Line software and sending its link to 67 people under study, data collection was done.

After completing 67 questionnaires by the students, the collected data was again entered into SPSS version 21 software for analysis. Descriptive statistics such as mean, percentage were used to analyze statistical data, and bar and pie charts were used to display descriptive data.

## RESULTS

In this practical study, the reliability of questionnaire questions was determined by determining Cronbach's alpha. In this way, 20 questionnaires were completed by users and SPSS version 21 software was used to obtain Cronbach's alpha value. According to the obtained Cronbach's alpha coefficient (0.795), it is an acceptable coefficient and indicates the reliability of the questionnaire questions. The results of this questionnaire are categorized in Table 1 to 4.

The tables show that the majority of users were 68.7% female and 31.3% male. 43.3% of the students had an average knowledge and awareness of their field and 44.8% had a positive view of their field.

38.8% of the students They chose this field based on the advice of others.

The satisfaction with the field of study of the current study was 49.3%, which was close to the satisfaction of half of the students under study, and 61.2% of the students were very satisfied with the assignment of medical system code and having an office. 41.8% of nutrition science students were very satisfied with their career future and 41% believe in the existence of a suitable job market.

## DISCUSSION

One of the important components of the training of specialized human resources in order to hand over the responsibilities of the society is that people have chosen their desired field consciously and also with interest and motivation, and it is necessary to create this motivation by having the right attitude towards the field and its career future. be Nutrition science students will be responsible for providing, maintaining and improving the health level of the society as a member of the healthcare sector in the future. Their positive attitude towards their field of study and future career not only causes job satisfaction and success, but also can cause progress in the field of nutrition and health. In general, this research showed that the level of students' knowledge about choosing the field of nutrition sciences is high, and satisfaction with the field of study and satisfaction with the future career are high.

**Table 1: Questions in the field of students' knowledge of the field of study**

Questions	Strongly disagree (%)	Disagree (%)	Neither agree nor disagree (%)	Agree (%)	Strongly agree (%)
I chose this field because others (family/ counsellor/ friends) recommended it to me	3	17.9	31.3	38.8	9
The level of family knowledge has been effective in choosing my major	11.9	13.4	37.3	31.3	6
By continuing to study in this field, I became more interested in my field	4.5	7.5	25.4	40.3	22.4
In my opinion, students of other fields have a good opinion about my field	1.5	11.9	29.9	47.8	9
I think our society has a positive view of this field	1.5	13.4	44.8	32.8	7.5
The possibility of continuing my studies until the doctorate made me choose my major	13.4	10.4	34.3	25.4	16.4
Environmental factors and social conditions have forced me to choose a major	17.9	25.4	23.9	23.9	9
Only qualification has made me choose this field	46.3	31.3	19.4	3	0
Failing to pass in a better field made me choose this field	9	9	31.3	29.9	20.9
I chose this field only because of its service to the society	7.5	32.8	37.3	19.4	3
In general, I chose this field with sufficient awareness and knowledge	6	3	43.3	26.9	20.9

**Table 2: Questions about students' satisfaction with the field of study**

Questions	Strongly disagree (%)	Disagree (%)	Neither agree nor disagree (%)	Agree (%)	Strongly agree (%)
Thinking about withdrawing from the field of study	53.7	23.9	10.4	7.5	4.5
If I have the opportunity to participate in the entrance exam, I will choose the same field again	7.5	16.4	34.3	20.9	20.9
With the passing of the academic stages, my level of satisfaction with the field has increased	4.5	6	26.9	46.3	16.4
Your level of satisfaction with the career prospects of the field	7.5	7.5	29.9	38.8	16.4
Suitability of academic field with social values	3	3	37.3	43.3	13.4
Interest in the field before choosing your field of study	7.5	16.4	38.8	26.9	10.4
The degree of satisfaction with the assignment of the medical system code and having an office in the field	0	1.5	6	31.3	61.2
In general, how satisfied are you with this course?	1.5	4.5	22.4	49.3	22.4

**Table 3: Questions in the field of perspective on the future career from the students' point of view**

Questions	Strongly disagree (%)	Disagree (%)	Neither agree nor disagree (%)	Agree (%)	Strongly agree (%)
Knowledge of the future career	1.5	7.5	31.3	47.8	11.9
The degree of hope for the future of employment	7.5	14.9	34.3	31.3	11.9
Interesting and purposeful job	3	3	26.9	43.3	23.9
The existence of a suitable labor market for the job	6	10.4	41.8	34.3	7.5
The field of nutrition is a good job to serve the society.	1.5	3	19.4	49.3	26.9
In general, how satisfied are you with the future career in the field of nutrition?	3	9	35.8	41.8	10.4

**Table 4: The average evaluation of students' opinions in the field of awareness, satisfaction, career future**

Area	Very dissatisfied (%)	Dissatisfied (%)	Neither satisfied nor dissatisfied (%)	Satisfied (%)	Very satisfied (%)
Consciousness	11.13	16	32.56	29.04	11.28
Satisfaction	10.65	9.9	25.75	33.03	20.7
Career future	3.75	7.9	31.58	41.3	15.41

In the field of awareness, students had a moderate positive attitude towards their field of study. Examining how to choose a major showed that family, friends and advisors had a great influence on the choice of the major of these people, the possibility of continuing their studies until the doctorate level and not being accepted in a better major, and the type of service they provide to the society had a moderate impact on the choice of the students' major. . In general, the level of knowledge and awareness of the students under the study was average.

In other disciplines, the level of awareness of choosing a field of study among health students of Jundishapur University of Medical Sciences in Ahvaz and Shiraz was less than 57%.

In the field of satisfaction, the level of students' satisfaction with assigning medical system code and

having an office was very high. Surveys showed that the probability of withdrawing from this field is very low. A moderate percentage of them will choose the same field again if they have the opportunity to participate in the entrance exam, and they were also interested in this field before entering the university. In general, there was a lot of satisfaction with this field of study, which was able to attract the satisfaction of half of the students under study.

In the comparison of studies in other fields, the level of satisfaction of students with their field of study in the undergraduate course of health care management in the universities of medical sciences in Tehran and the students of the health faculty of Isfahan University of Medical Sciences has been more than 90%.

The satisfaction of environmental health students in Hamedan University of Medical Sciences was more

than 70%, and the nursing students of Shiraz University of Medical Sciences had average satisfaction with their field of study, which is different from the current study. It can be said that choosing a major based on the advice of others, without real investigations and attention to reality, can lead to dissatisfaction.

In the field of career future, the level of students' awareness of the future career is high and nearly half of the students in the field of nutrition consider it a suitable job to serve the society. A moderate percentage of students believe in the existence of a suitable labor market and hope for a future career. In general, students are very satisfied with their future careers.

Knowledge of career future, personal interest, purposefulness of job, knowledge of job duties description, social position of job and society's belief in the importance of the field are effective on students' attitude towards career future.

In general, the factors that have had the greatest impact on the selection of nutrition science students of Varastegan Institute for Medical Sciences are as follows, in order of priority:

- 1) Allocating the code of the medical system and having an office
- 2) Suitability of the discipline with social values
- 3) Existence of suitable labor market
- 4) interesting and purposeful and suitable job to serve the society
- 5) Interested in the field of nutrition science before choosing the field
- 6) Recommendation of family, advisor and friends
- 7) Choosing this field because of the type of services it provides to society.
- 8) The possibility of continuing education until the doctorate level
- 9) Failure to pass in a better field
- 10) The impact of environmental factors and social conditions

## CONCLUSION

It is suggested that before choosing a major, appropriate advice should be provided by professors, parents, media and society. Also, more training about

this field before participating in the national exam can help to improve their attitude by increasing their awareness of the field of study and the nature of their job.

Planning for face-to-face, virtual visits or video tours of the university and work environments in coordination with the Ministry of Health, Medical Education and Education can play an effective role in the informed choice of students; therefore, students will be able to choose a field according to their abilities, interests and personality.

Also, students who are likely to be less satisfied with their field of study should be identified and the necessary interventions to improve their satisfaction and interest in the field should be investigated. On the other hand, a detailed and periodic examination of students' problems and opinions regarding their field of study and future career with the presence of professors and educational officials of the fields, qualitative and practical examinations with open questions can better reflect the students' points of view.

One of the limitations of the current research is the lack of applied research in the field of academic satisfaction and career future of nutrition science students in Iran. Therefore, it is recommended to conduct a research with more participants in educational centers in different parts of the country and compare them with each other. Also, due to not considering the effect of variables such as the economic status of the student, the level of satisfaction with the dormitory, cultural programs, welfare and recreational facilities of the university on the level of satisfaction with the students' field of study, it is recommended that other researchers conduct studies on the mentioned variables.

## AUTHOR'S CONTRIBUTION

All authors contributed to the literature review, design, data collection and analysis, drafting the manuscript, read and approved the final manuscript.

## CONFLICTS OF INTEREST

The authors declare no conflicts of interest regarding the publication of this study.

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No financial interests related to the material of this manuscript have been declared.

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