

# PHYSICAL ACTIVITIES, KNOWLEDGE, ATTITUDE, AND PERCEPTION TOWARDS CANCER AMONG UNIVERSITY STUDENTS.

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**Background:** Cancer is a class of diseases characterized by out- of control cell growth. There are an increasing number of deaths from cancer among both young and persons internationally and regionally. Cancer is not a respecter of persons. There is a need for information on the disease. The increase in cancer cases allows for research on the physical activities, knowledge, attitude, and perception towards cancer among university students.

**Objectives:** To investigate physical activities, knowledge, attitudes, and perception towards cancer among university students. Additionally to look at how knowledge of the disease affects health and behaviour as well as risk factors for acquiring the disease.

**Design:** The study design was a cross-sectional study. The data collection method was quantitative methodology. The research instrument used was a questionnaire. Data was collected from the UWI (St. Augustine) student population. Convenient sampling was done on approximately 100 participants who were currently attending UWI.

**Results:** Results showed that Thirty-two point three per cent (32.3%) of the participants were at perceived cancer risk. Perceived risk was linked to the knowledge of dietary factors that influence the development of cancers .The risk factors that had the highest level of awareness, were smoking (93.4%) not being physically active. Seventy-seven point two per cent (77.2%) of the participants were aware of the links between family history and cancer risk .Awareness of smoking was significantly associated with an increased cancer risk.

**Conclusion:** Perception of the risk factors of cancer was associated with dietary behaviours among students. The perception of the risk of developing cancer was also associated with the risk factors for cancer.