

ORIGINAL PAPER

**AWARENESS AND BEHAVIORS OF STUDENTS AT A FOUNDATION
UNIVERSITY CONCERNING HEALTH-RELATED SUSTAINABLE
DEVELOPMENT GOALS: A CROSS-SECTIONAL DESCRIPTIVE STUDY**

Meral Maden Kıvanç^{1(A,B,C,D,E)}, **Ülkü Yılmaz**^{2(D,E,F)}, **Hariye Avcı**^{1(A,B,C,E,F)}

¹Department of Nursing, Faculty of Health Sciences, Istanbul Kültür University, Istanbul, Türkiye

²Department of Nursing, Faculty of Health Sciences, Istanbul Beykent University, Istanbul, Türkiye

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Address for correspondence: Ülkü Yılmaz, Department of Nursing, Faculty of Health Sciences, Istanbul Beykent University, Cumhuriyet Mahallesi, Beykent, Büyükçekmece / Istanbul, Türkiye, e-mail: ulkyilmz@gmail.com, phone: +90 444 1997 /6271

ORCID: Ülkü Yılmaz <https://orcid.org/0000-0002-2128-9398>

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Summary

Background. The current study aims at assessing the awareness and behaviors of university students at a foundation university's Faculty of Health Sciences regarding sustainable development goals.

Material and methods. The research is cross-sectional and was conducted in the nursing, physiotherapy, and nutrition departments of the Faculty of Health Sciences between November-December 2022. The study sample consisted of 275 students. Data was collected through face-to-face interviews using the Descriptive Data Form and the Sustainable Development Awareness Scale. SPSS Statistics 24.00 software was employed for data analysis.

Results. Most participating students are between the ages of 18-24. More than half of the participants are concerned about the effects of climate change. They state that they save water and paper and that they prefer to use energy-saving devices. Although students' awareness level is high, their participation in environmental protection projects could be improved. It has been observed that nursing and female students have a higher awareness of sustainable development goals than male students in other departments.

Conclusions. It's crucial to formulate action plans concerning sustainable development goals for university students and encourage their implementation.

Keywords: sustainable development goals, sustainable development, young people, awareness, behavior

Introduction

The disruption of ecological balance worldwide has given rise to global issues, leading to the emergence of the concept of sustainable development (SD). The World Commission on Environment and Development (WCED), in its 1987 Brundtland (Our Common Future) report, defined SD as “meeting the needs of the present without compromising the ability of future generations to meet their own needs” [1]. In 2015, the UN General Assembly, with the participation of 193 countries, established 17 universal sustainable development goals (SDGs) to be achieved by 2030 to address global challenges [2,3]. The defined goals primarily encompass social issues such as education, health, and poverty, as well as social inequalities, consumption, environmental concerns, and global cooperation [4,5]. The Sustainable Development 2021 report acknowledges, for the first time, a setback in achieving SDGs in 2020 due to the global COVID-19 pandemic [6].

The SD process gained attention through the Stockholm Conference on the Human Environment in 1972. In the 1980s, as economic and environmental issues escalated, attention was drawn to their interrelation. The SD process continued with the World Summit on Sustainable Development (WSSD), Rio+10, convened in Johannesburg in 2002. By 2005, the Kyoto Protocol came into effect to balance greenhouse gas concentrations and mitigate climate change. The Rio+20 World Summit on Sustainable Development occurred in Rio de Janeiro 2012 [7].

Sustainable development has three dimensions: environmental, economic, and social. The dimensions are interrelated and are assessed together [8]. Each dimension is examined both within itself and in relation to the other dimensions, and reaching SDGs becomes achievable when necessary awareness is raised. Changes are made in the required areas.

Environmental dimension: Ecosystems must be balanced for sustainable development. The world we live in has a rich biodiversity. The biodiversity needs to be protected for sustainability. It is valid for today's development, and due to the philosophy of sustainable development that also considers future generations, it is necessary to leave at least as much diversity to future generations as today [9].

Economic dimension: The dimension comprises production, consumption, and natural resource components. Production varies with population growth and demand, while consumption patterns depend on individuals' consciousness. Conscious consumption of resources becomes vital for economic development when natural resources are limited. Initiatives such as using renewable energy sources, waste management, monitoring consumption, providing employment, and eliminating income inequalities play a crucial role in achieving SD [10].

Social dimension: Social sustainability focuses on fundamental needs such as housing, nutrition, and clothing, as well as significant concepts like education, equal opportunities, and employment [11]. In the context, the elimination of issues that undermine human dignity, such as all forms of discrimination, racism, gender inequality, and violations of labour rights, emphasises the need for societal changes that enhance the quality of life and elevate human dignity [10]. SD aims at improving living conditions through its social dimension. Ensuring equality in areas such as education, law, gender, and access to healthcare services, where individuals share equal rights and responsibilities, is fundamental for sustainable societies [12]. Preserving cultural heritage for future generations is as essential as conserving natural resources [10]. The preservation of cultural heritage is also encompassed within the social dimension of sustainability, and individuals taking responsibility and being educated about the matter are integral to achieving sustainability.

Sustainable development involves developing strategies to end poverty and eliminate health, social, and economic inequalities, supporting economic growth. It aims at improving education and environmental health [13]. In the context, raising individuals' awareness, particularly in moderating consumption behaviors towards a level of consciousness, plays a crucial role in achieving sustainability goals [14]. To provide the information, individuals should be educated and encouraged about environment and sustainability at every stage of education, including university education [15]. Universities, particularly, have a pivotal role to play in this regard. They can support sustainability and educate individuals, fostering awareness and thus influencing individuals to take action in SD [16].

Aim of the work

The aim of the study was to assess the awareness and behaviors of university students at a foundation university's Faculty of Health Sciences regarding SDGs.

Material and methods

The study is a cross-sectional research conducted to evaluate students' awareness and behaviors regarding SDGs. The research was conducted between November and December 2022 in three departments of a foundation university's Faculty of Health Sciences: Nursing, Nutrition and Dietetics, and Physiotherapy and Rehabilitation.

Sample and population of the research

The research population comprises 349 students in three foundation universities' Faculty of Health Sciences departments. No sample calculation was made for the research, and the aim was to reach the entire population. Our population number is known in our research, but since our sample consists of students who agreed to participate in the study, no sample calculation was made. 275 students participated in the research voluntarily, and their written consent was obtained. The inclusion criteria for participants were:

- willingness to participate in the research,
- being over 18 years of age,
- enrolled in a department of the university's Faculty of Health Sciences,
- no psychiatric disorders.

Variables of the research

Dependent variables of the research: Participants' levels of awareness regarding SDGs and their implemented practices.

Independent variables of the research: Descriptive data form questions (socio-demographic characteristics, etc.), Sustainable Development Awareness Scale.

Data collection tools

Research data was collected using the face-to-face survey method. Prior to data collection, the purpose of the research was explained to the participants. Informed consent was obtained from voluntary student participants who agreed to participate in the study. The

research employed a Descriptive Data Form, comprising 16 questions prepared in accordance with the literature, and the Sustainable Development Awareness Scale.

The Sustainable Development Awareness Scale was developed by Atmaca [17]. The scale consists of 36 items and comprises three sub-dimensions: economic, social, and environmental sustainability. The scale's lowest possible score is 36, while the highest is 180. The sub-dimensions are as follows: economic sustainability dimension (items 1-13), social sustainability dimension (items 14-22), and environmental sustainability dimension (items 24-36). The scale uses a 5-point Likert-type rating, with 1=strongly disagree, 2=disagree, 3=neutral, 4=agree, and 5=strongly agree. Items 1, 8, 10, 24, 30, and 34 are reverse-scored. When examining the Cronbach's alpha values obtained in the study, the sustainability awareness scale yielded a value of 0.96, the economic sustainability sub-dimension had a value of 0.86, the social sustainability sub-dimension had a value of 0.96, and the environmental sustainability sub-dimension had a value of 0.87.

Data analysis

SPSS Statistics 24.00 software was employed for data analysis. When determining the analysis techniques, skewness and kurtosis values of variables were examined to ascertain normal distribution. Values within ± 1.5 were assumed to exhibit normal distribution [18]. For the evaluation of the Sustainable Development Awareness Scale and its sub-dimensions based on variables such as gender, age, marital status, consideration of participation in a project for achieving SDGs, and ways of acquiring knowledge about sustainable development objectives, the Mann-Whitney U Test was utilized.

The Kruskal-Wallis H Test was employed for the evaluation of the Sustainable Development Awareness Scale and its sub-dimensions based on variables such as the section

of the study, class level, knowledge about SDGs, concern about the effects of climate change, practising water conservation at home, preferring the use of energy-efficient devices, printing double-sided documents to save paper, preferring glass materials over plastic, and segregating waste according to domestic waste, glass, paper, plastic, and metal types. The Mann-Whitney U Test was applied as a post hoc test.

Results

Demographic data

Of the 275 students participating in the research, 78.2% were female, and 21.8% were male. Among them, 93.5% were aged 18-24, 5.8% were aged 25-34, and 0.7% were aged 35-44. In terms of marital status, 4.0% were married, and 96.0% were single. Furthermore, 20.7% were enrolled in physiotherapy and rehabilitation, 40.0% in nutrition and dietetics, and 39.3% in nursing. As for their academic year, 37.1% were in the 1st year, 23.3% in the 2nd year, 25.8% in the 3rd year, and 13.8% were 4th year students (Table1).

Table 1. Demographic information (N=275)

Reference categories		n	%
Gender	Female	215	78.2
	Male	60	21.8
Age	18-24 years	257	93.5
	25-34 years	16	5.8
	35-44 years	2	0.7
Marital status	Married	11	4.0
	Single	264	96.0
Field of study	Physiotherapy and Rehabilitation	57	20.7
	Nutrition and Dietetics	110	40.0
	Nursing	108	39.3
Grade	1 st year	102	37.1

	2 nd year	64	23.3
	3 rd year	71	25.8
	4 th year	38	13.8

Students' awareness of SDG

Among the students, 49.8% contemplate participating in a project to achieve SDGs. Furthermore, 12.0% have an awareness of SDGs, with 62.2% lacking such awareness and 25.8% having partial knowledge. Among the 104 students who possess knowledge or partial knowledge of SDGs, 12.5% acquire information from family, 10.6% from friends, 71.2% from social media/press, 26.0% through school channels, and 9.6% from other sources (Table 2).

Table 2. Students' awareness of SDGs (N=275)

Questions		n	%
Considering participation in a project to achieve SDGs	Yes	137	49.8
	No	138	50.2
Awareness of SDGs	Yes	33	12.0
	No	171	62.2
	Partial	71	25.8
Obtaining information from family	Yes	13	12.5
	No	91	87.5
Obtaining information from friends	Yes	11	10.6
	No	93	89.4
Obtaining information from social media/press	Yes	74	71.2
	No	30	28.8
Obtaining information from the school	Yes	27	26.0
	No	77	74.0
Obtaining information from other sources	Yes	10	9.6
	No	94	90.4

Students' awareness of sustainable development

A total of 72.0% of students are concerned about the effects of climate change, with 4.7% not being concerned and 23.3% being occasionally concerned. Regarding water conservation, 61.8% of students practice it at home, 7.3% do not, and 30.9% do so occasionally. In terms of preferring the use of energy-efficient devices, 57.5% opt for them, 12.4% do not, and 30.2% do so occasionally. Additionally, 71.3% of students print double-sided documents to save paper, 7.6% do not, and 21.1% do so occasionally. Regarding material preferences, 45.1% usually choose glass over plastic, 17.1% do not, and 37.8% do so occasionally. Waste separation practices reveal that 32.7% separate waste into household waste, glass, paper, plastic, and metal categories, while 30.9% do not, and 36.4% do so occasionally. Moreover, 19.6% of students participate in projects related to environmental conservation, 42.9% do not, and 37.5% do so occasionally (Table 3).

Table 3. Students' awareness of sustainable development (N=275)

Questions	Yes		No		Occasionally	
	N	%	n	%	n	%
Concern about the effects of climate change	198	72.0	13	4.7	64	23.3
Water conservation at home	170	61.8	20	7.3	85	30.9
Preference for using energy-efficient devices	158	57.5	34	12.4	83	30.2
Double-sided printing for paper conservation	196	71.3	21	7.6	58	21.1
Preference for using materials made from glass instead of plastic	124	45.1	47	17.1	104	37.8
Separation of waste into domestic waste, glass, paper, plastic, and metal	90	32.7	85	30.9	100	36.4
Participation in projects related to environmental conservation	54	19.6	118	42.9	103	37.5

There is a significant difference in sustainable development awareness, economic sustainability, social sustainability, and environmental sustainability scores between females and males ($p<0.05$). It was observed that females have higher levels of sustainable development awareness in economic, social, and environmental dimensions, as compared to males.

There is no significant difference in economic sustainability scores based on the students' field of study ($p>0.05$). However, there is a significant difference in sustainable development awareness, social sustainability, and environmental sustainability scores ($p<0.05$). When looking at the pairwise comparisons of the differences among different fields of study:

- students studying in the Nursing Department have higher levels of sustainable development awareness and environmental sustainability, as compared to those studying in the Physiotherapy and Rehabilitation Department;
- students studying in the Nursing Department have higher levels of social sustainability, as compared to those studying in the Nutrition and Dietetics Department;
- students with partial knowledge about sustainable development goals have higher levels of sustainable development awareness, economic sustainability, social sustainability, and environmental sustainability, as compared to those with no knowledge (Table 4).

Table 4. Comparison of sustainable development awareness scale and sub-dimension scores by gender and field of study (n=275)

Gender and field of study		Sustainable development awareness					Economic sustainability					Social sustainability					Environmental sustainability				
		Mean	SD	Rank Mean	Result	p	Mean	SD	Rank Mean	Result	p	Mean	SD	Rank Mean	Result	p	Mean	SD	Rank Mean	Result	p
Gender	Female	148.29	22.51	145.49	Z:- 2.958	0.00*	51.99	8.28	144.87	Z:- 2.714	0.01*	39.27	6.99	144.72	Z:- 2.679	0.01*	57.03	9.11	146.20	Z: - 3.242	0.00*
	Male	138.00	27.27	111.15			49.12	8.82	113.39			36.43	8.92	113.93			52.45	10.70	108.60		
Field of study	Physiotherapy and Rehabilitation ^a	57	140.05	29.08	χ^2 : 7.905	0.02*	57	49.74	10.40	χ^2 : 3.222	0.20	57	37.09	8.90	χ^2 : 7.597	0.02*	53.23	10.86	115.38	χ^2 : 9.861	0.01*
	Nutrition and Dietetics ^b	110	145.40	21.14			110	51.18	7.75			110	38.40	7.10			55.82	8.28	133.21		
	Nursing ^c	108	149.86	23.20			108	52.40	7.96			108	39.74	7.06			57.72	9.99	154.81		
	Difference	-	-	-	a<c		-	-	-	-		-	-	-	b < c		-	-	-	a<c	

Notes: Z – Mann-Whitney U Test, χ^2 – Kruskal-Wallis H Test, * $p < 0.05$, significantly at the 0.05 level.

There is a significant difference between students who intend to participate in a project for achieving SDGs and those who do not, regarding their concern about the effects of climate change, double-sided printing for paper conservation, preference for materials made from glass instead of plastic, and participation in projects related to environmental conservation ($p < 0.05$). Among students who intend to participate in a project for achieving SDGs, 81.0% are concerned about the effects of climate change, whereas among those who do not intend to participate, 63.0% express concern. Similarly, 78.1% of students intend to participate, and 64.5% do not intend to participate in double-sided printing for paper conservation. Furthermore, 40.1% of students considering participation and 50.0% of those not considering participation prefer items made from glass over plastic. Concerning participation in projects related to environmental conservation, 41.6% of students intending to participate occasionally take part, while 57.2% of those not intending to participate do not engage in such projects (Table 5).

Table 5. Comparison of awareness of sustainable development based on an intention to participate in a project for achieving SDGs

Questions		Intention to participate in a project for achieving SDGs				Total		<i>p</i>
		Yes		No				
		n	%	n	%	n	%	
Concern about the effects of climate change	Yes	111	81.0	87	63.0	198	72.0	0.00*
	No	2	1.5	11	8.0	13	4.7	
	Occasionally	24	17.5	40	29.0	64	23.3	
Water conservation at home	Yes	91	66.4	79	57.2	170	61.8	0.051
	No	5	3.6	15	10.9	20	7.3	
	Occasionally	41	29.9	44	31.9	85	30.9	
Preference for using energy-efficient devices	Yes	78	56.9	80	58.0	158	57.5	0.93
	No	18	13.1	16	11.6	34	12.4	
	Occasionally	41	29.9	42	30.4	83	30.2	
Double-sided printing for paper conservation	Yes	107	78.1	89	64.5	196	71.3	0.00*
	No	2	1.5	19	13.8	21	7.6	
	Occasionally	28	20.4	30	21.7	58	21.1	
	Yes	55	40.1	69	50.0	124	45.1	0.02*

Preference for using materials made from glass instead of plastic	No	32	23.4	15	10.9	47	17.1	
	Occasionally	50	36.5	54	39.1	104	37.8	
Separation of waste into domestic waste, glass, paper, plastic, and metal	Yes	43	31.4	47	34.1	90	32.7	0.78
	No	45	32.8	40	29.0	85	30.9	
	Occasionally	49	35.8	51	37.0	100	36.4	
Participation in projects related to environmental conservation	Yes	41	29.9	13	9.4	54	19.6	0.00*
	No	39	28.5	79	57.2	118	42.9	
	Occasionally	57	41.6	46	33.3	103	37.5	
Total			137	49.8	138	50.2	275	100.0

Notes: p – Chi-Square Independence Test, $*p < 0.05$ statistically significant.

Discussion

The examination of students' awareness of SDGs and their related behaviors constitutes the unique value of the study. The research was conducted among three departments' students (Table 1). The existing studies in the literature have mainly focused on prospective teachers and have been limited to measuring only awareness levels [19-22]. Achieving SDGs is possible through raising awareness in conjunction with education within society [23], and the younger population plays a significant role in the context [24]. In order for individuals to effect changes in their respective fields, they need to have knowledge about SDGs in the first place [25]. A considerable portion of the participating students was found to possess knowledge about SDGs (Table 2). Schools are recognized as one of the most important sources of information. In the context, universities, which are expected to be educational and pioneering for individuals, are anticipated to engage in adopting and implementing SDGs actively. Uyanık [26] revealed that students who do not receive environmental education at school exhibit lower environmental attitudes and that as their environmental knowledge increases, their environmental attitudes also improve.

The results of another study conducted by Çobanoğlu and Türer [27] indicated that pre-service teachers studying in the Science Teaching Department have high levels of general and dimension-specific awareness about SDGs.. Similarly, a study by Ateş and Demirbaş [28,29] assessed the SDGs awareness of teacher candidates from different branches of the education faculty and indicated a generally high level of awareness in all departments. The findings support the current study (Table 3).

In accordance with the findings obtained from the research, when comparing awareness and behaviors regarding SDGs according to gender, it was determined that women have higher levels of awareness about SDGs, economic sustainability, social sustainability, and environmental sustainability, as compared to men (Table 4). Literature indicates that in economically developing countries, females are more concerned about the effects of climate change than males due to various reasons [30]. Studies in the literature that are in line with our results have been encountered. A study by Aleixo et al. [24] with university students showed statistically significant differences between genders in sustainable habits and behaviors. Another study involving 823 students from three different faculties found that university students' perceptions of SDGs vary significantly according to gender [31]. The situation could be explained by the nature of females being more emotional and empathetic in evaluating events and having more concerns about the future. The fact that females are inherently more sensitive and empathetic is believed to positively influence their awareness of environmental issues [27].

Like other studies in the literature, the present study also found a significant difference between the field of study and awareness of SDGs. There is a significant difference in SDGs awareness, social sustainability, and environmental sustainability scores according to the field of study ($p<0.05$). When looking at the pairwise comparisons made to determine which departments the differences are between, it is discovered that students studying in the Nursing Department have higher levels of SDGs awareness and environmental sustainability, as

compared to students studying in the Physiotherapy and Rehabilitation Department. Students in the Nursing Department also have higher levels of social sustainability than those in the Nutrition and Dietetics Department (Table 4). The reason for it is attributed to the education of nurses on humanistic values during their training. Student nurses are aimed at starting their profession with a high level of awareness by learning concepts such as human beings, environment, health, and disease. Throughout history, nurses have contributed to economic, social, and environmental sustainability through their initiatives. Being deeply intertwined with the community, nurses can develop practical solutions and implement them to bring about societal change. Particularly, they can play an essential role in environmental sustainability and the sustainability of life through various approaches to waste management and health improvement [32].

In line with the findings obtained from the research, it has been concluded that students develop largely positive behaviors along with their SDGs awareness [33]. Despite the acquisition of the positive attitudes, it was noted that individuals are somewhat hesitant to participate in environmental protection projects, and even though their awareness levels are high, participation in such projects is low (Table 5). The reason for individuals not participating in the projects is associated with their awareness not yet reaching the desired level and the knowledge they acquire remaining largely theoretical. The fact that students are not members of any environmental organization is also considered a major factor contributing to the situation. It may be recommended to add content related to sustainable development to university curricula to increase student participation.

Conclusions

Achieving SDGs is a global responsibility. For the resolution of issues and the benefit of future generations, each individual should take responsibility for attaining SDGs. In order to achieve it, a comprehensive understanding of sustainable development should be embraced, and the pursuit of SDGs should become a fundamental principle and objective. In the context, inter-agency collaboration should be established, and action plans that promote awareness among university students should be devised and encouraged. Utilizing the Internet, social media, and television channels effectively should be prioritized in promoting and informing about SDGs. Initiatives aimed at promoting the efficient use of energy and resources in all aspects of daily life should be undertaken to encourage students.

Based on the study's findings, students studying health sciences can be educated about sustainable development goals and increase their awareness. Health professionals with high awareness can support achieving strategic goals such as ensuring a healthy life, reducing mortality rates, and preventing malnutrition in children.

Limitations of the study

The study is limited to students enrolled in a foundation university's Faculty of Health Sciences and the measurement tools used in the research. Within the scope of the study, considering the possibility of incomplete and erroneous survey responses and anticipating a decrease in the number of participants, 349 Faculty of Health Sciences students were intended to be reached. However, during the study, contact was established with 275 students.

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Artificial intelligence (AI) was not used in the creation of the manuscript.

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