Tabla 1 – Perfil demográfico del estudiante de pre-grado en enfermería. Lima, 2014.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Variables** | **Media (=DE)** | **Variación** | **n** | **%** |
| **Sexo** |  |  |  |  |
| Masculino |  |  | 38 | 20.8 |
| Femenino |  |  | 145 | 79.2 |
| **Grupo etario** | 25.57 (4.490) | [18 – 40] |  |  |
| 18 – 23 |  |  | 61 | 33.3 |
| 24 – 29 |  |  | 88 | 48.1 |
| 30 – 34 |  |  | 25 | 13.7 |
| 35 – 39 |  |  | 8 | 4.4 |
| Mayor de 40 |  |  | 1 | 0.5 |
| **Estado civil** |  |  |  |  |
| Soltero |  |  | 154 | 84.2 |
| Casado |  |  | 19 | 10.4 |
| Conviviente |  |  | 10 | 5.5 |
| **Trabaja el estudiante** |  |  |  |  |
| Si |  |  | 128 | 69.9 |
| No |  |  | 55 | 30.1 |
| **Horario de clases** |  |  |  |  |
| Mañana |  |  | 92 | 50.3 |
| Noche |  |  | 91 | 49.7 |

Tabla 2 – Caracterización de autoestima y estilos de vida de los estudiante de pre-grado en enfermería. Lima, 2014.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Variables** | **Media (=DE)** | **Variación** | **n** | **%** |
| **Autoestima** | 13.03 (5.51) | [3 – 25] |  |  |
| Alto |  |  | 20 | 10.9 |
| Medio alto |  |  | 76 | 41.5 |
| Medio bajo |  |  | 58 | 31.7 |
| Bajo |  |  | 29 | 15.8 |
| **Estilo de vida** | 101.58 (9.74) | [78 – 130] |  |  |
| Saludable |  |  | 98 | 53.6 |
| Medianamente saludable |  |  | 41 | 22.4 |
| No saludable |  |  | 44 | 24.0 |

Tabla 3 – Asociación entre autoestima y variables sociodemográficas y estilo de vida en estudiantes de pre-grado en enfermería. Lima, 2014.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Estilo de vida** | | |  |
|  | **Saludable** | **Medianamente Saludable** | **No Saludable** |  |
| **Variables** | **n (%)** | **n (%)** | **n (%)** | **p-valor** |
| **Sexo** |  |  |  |  |
| Masculino | 24 (63.2) | 6 (15.8) | 8 (21.1) | 0.379 |
| Femenino | 74 (51.0) | 34 (24.1) | 36 (24.8) |  |
| **Estado civil** |  |  |  |  |
| Con compañero | 17 (58.6) | 4 (13.8) | 8 (27.6) | 0.476 |
| Sin compañero | 81 (52.6) | 37 (24.0) | 36 (23.4) |  |
| **Trabajo** |  |  |  |  |
| Si | 65 (50.8) | 27 (21.1) | 36 (28.1) | 0.143 |
| No | 33 (60.0) | 14 (25.5) | 8 (14.5) |  |
| **Turno de clases** |  |  |  |  |
| Mañana | 52 (56.5) | 22 (23.9) | 18 (19.6) | 0.361 |
| Noche | 46 (50.5) | 19 (20.9) | 26 (28.6) |  |
| **Autoestima** |  |  |  |  |
| Alto | 18 (90.0) | 2 (10.0) | - | 0.000\* |
| Medio alto | 49 (64.5) | 17 (22.4) | 10 (13.2) |  |
| Medio bajo | 19 (32.8) | 17 (29.3) | 22 (37.9) |  |
| Bajo | 12 (41.4) | 5 (17.2) | 12 (41.4) |  |

Prueba Chi cuadrado p>0.05\*