

ABSTRACT

A cross-sectional descriptive study was carried out to explore leisure activities that were common among Final Part (I) medical students in Universities of Medicine in Yangon. A total of 198 medical students were interviewed utilizing semi-structured questionnaires.

Out of 203 medical students who were offered the chance to participate in the study, only three students from UM (1) and two students from UM (2) failed to report their leisure activities. The overall response rate was 97.5%. Among the study population, the majority (68.7%) were of the same age, i.e., around 20 years old. The mean age of the respondents was 20.23 years in UM (1) and 20.39 years in UM (2). Among 198 medical students, 46 % were male and 54% were female.

The majority of the respondents (76.3%) were Bamar, and other races comprised only about one third of the study population. Most of the respondents were Buddhists (91.41%) and other religions were only minorities. The medical students received a wide range of monthly allowances from 10,000 kyats to 300,000 kyats and the median allowance for both of the universities was 60,000 kyats. This study revealed that the students from UM (1) received more allowance (Mean=79650) than those from UM (2) (Mean=70804).

Of the twelve common types of leisure activities that are usually performed among Final Part (1) medical students, five commonest types of leisure activities were studied in detail. These were audio-visual entertainment, web surfing and online game, taking a nap, visiting places and reading for general knowledge in descending order of preference. Almost all of the students took pleasure in more than one type of leisure activities. Majority of the students did not engage in unhealthy activities such as alcohol drinking, smoking and betel chewing.

Amount of time spent for each type of leisure activities varied greatly between the medical students. Five commonest types of leisure activities according to their socio-demographic characteristics in two universities of medicine were studied for statistical significance. Types of leisure activities, visiting places and general reading,

differed statistically between the two medical universities. Audio-visual entertainment, web surfing & online games and taking a nap as leisure activities varied between male and female medical students. Web surfing & online games and visiting places were statistically associated with the amount of monthly allowance received. In UM (1), female medical students receiving monthly allowance 60,000

kyats enjoyed audio-visual entertainment activity more frequently than males of the same group. However, in UM (2), female medical students receiving monthly allowance 60,001kyats enjoyed this activity more frequently than male of the same group.

Some leisure activities were statistically different among the medical students according to the amount of monthly allowance received, gender of the respondents and the respective Medical Universities.