

SUMMARY

Students of physiotherapy, i.e. future physiotherapists, belong to the group of health promoters, which is why it is so important what importance they attach to health and what lifestyle they lead. The aim of the study was to compare and evaluate selected health behaviors, as well as the level of knowledge of students of physiotherapy in the light of their health evaluation. The relationship between sex and year of study was also assessed on health behavior, personal values, health criteria and the level of knowledge in the field of health issues. The research was carried out in 2021-2022 in a randomly selected group of 461 students of physiotherapy, including 262 of the first year (197 women, 65 men) and the fifth year (151 women, 48 men) from the universities in malopolska and swietokrzyskie province. The basic research method was a diagnostic survey based on a self-authored questionnaire. In order to discern the level of knowledge on the topic of a healthy lifestyle and health promotion, the knowledge test was also used by the author.

Standardized measurement tools in health promotion and psychology in the form of tests, developed by the Psychological Test Laboratory in Warsaw, were also used. Statistical analyzes were performed using the PQStat statistical package, the Kruskal-Wallis test and the post-hoc Dunn test with Bonferroni correction were also used. The Mann-Whitney and Tau-Kendall U tests were also used for the analyzes. More than half of physiotherapy students of both sexes, both in the 1st and 5th year of studies, rank their own health as definitely very important in the hierarchy of values. Students of both the first and fifth year of physiotherapy assigned the greatest importance to health understood as a result, while the group of respondents, of both sexes in the first year of studies, rated health the highest as a condition. Research has shown many abnormalities in health behaviors manifested by students in the field of physiotherapy. While the level of knowledge of physiotherapy students was at the level of 60-61%, the demonstrated commitment to the health behaviors manifested is at a lower level, which requires further refinement by them so that they can be a model for imitating health behaviors in the living and working environment. Therefore, there is a need to popularize knowledge of a healthy lifestyle among students of physiotherapy.