

Attitudes of Secondary School Students toward Health Promotion Behaviors in Al- Hila City

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Abstract

Objectives To identify the school students sociodemographic characteristics . To assess the attitude of participants toward health promotion .

Methodology: A cross-sectional descriptive study consisting of (177)students ,to Attitudes of Secondary School Students toward Health Promotion Behaviors of secondary school student in Al- Hilla City

Result: :Analysis of data reveals that there is a (67.8%) of adolescent have a normal body mass index, and (15.8) have underweight, (12.4%) overweight, while(4%) only have obesity.

Conclusion: Most of the students maintained normal weight status according to their BMI. Most of students aged at middle adolescence period, males more than females, majority of students were un married, at fourth grade, most of them were urban residence and ordered as 2nd member in the family, majority of them were not smoking and live with their parents.

Keywords:. *Attitudes of Secondary School Students toward Health Promotion.*

Introduction

A huge proportion of the world's population more than 1.75 billion young, aged between 10 and 24 years. Adolescents (aged 10 to 19 years) have specific health and development needs, and many face challenges that hinder their wellbeing, including poverty, a lack of access to health information and services, and unsafe environments. Interventions that address their needs can save lives and foster a new generation of productive adults who can help their communities" progress. Many boys and girls in developing countries enter adolescence undernourished, making them more vulnerable to disease and early death ¹¹. Adolescents are neither children nor adults; their needs can be easily overlooked in policies. Health interventions for adolescents cannot be effectively implemented without the appropriate policy and legal environment and its effective application ¹⁰.

Literature Review

Adolescence denotes the maturational period that commences with the onset of puberty and ends with the establishment of an independent, adult role in society.

Often defined by its age range (which is thought to extend from age nine or ten through the early twenties), adolescence represents a sensitive developmental period for learning about and adopting a wide range of health behaviors ⁸.

A good health-promoting behavior depends on the living habits adopted during early years. Adolescents are at a dynamic transition period bridging childhood to adulthood, characterized by rapid, interrelated changes in body, mind and social relationships ¹⁵. Most discussions concerning adolescents health promotion include the topic of improved bio-psychosocial wellbeing for example enhancing regular exercise, nutrition, stress management, spiritual life and interpersonal relationship behaviors (Hsiao, et al., 2013). People tend to change their attitudes and life style due to the physical, mental, and social problems as well as the mechanical life, one example of this sport as a social factor in controlling and curing a lot of social difficulties and injuries. According to scientists healthy and routine physical activities not only prevent and cure diseases, they are cheap and useful instruments in controlling stress, depression and

aggression of present life ¹⁷

Methodology

Study Design: A cross-sectional descriptive study Attitudes of Secondary School Students toward Health Promotion Behaviors in Al- Hilla City. Randomly sample of (177) students from secondary schools were selected. All of these adolescent measured by their weight,height, body mass index.The content credibility of the instrument was estimated through a panel of (14) experts, the stability of the items was based on the internal consistency of the questionnaire was evaluated by calculating Alpha Cronbach' which as= 0.79. **Data analysis:** Through the used descriptive statistical (SPSS) version 24 analysis approach that includes, frequencies, percentages, mean of scores, standard deviation.

Result of the Study

Table (1). Distribution of Adolescents by their Body Mass Index

BMI	Frequency	Percent
Under weight	28	15.8
Normal weight	120	67.8
Overweight	22	12.4
Obese	7	4
Total	177	100

This table describe the weight status according the body mass index categories. (67.8%) of adolescents have normal weight status, (15.8) of them have underweight, (12.4%) of them have overweight and only (4%) of them were obese. The adolescents have a positive attitude when response to the items of the nutritional domains and the total mean was (2.34) at positive attitude of assessment. According to the social support domain, they have a positive attitude and the total mean was (2.37). According to the health responsibility domain, they have a positive attitude and the total mean was (2.36). According to the Life appreciation domain, they have a positive attitude and the total mean was (2.68). According to the exercise domain, they have a neutral attitude and the total mean was (2.22). According to the Stress management domain, they have a positive attitude and the total mean was (2.44). Finally the grand mean of

all the domains was (2.4) and that indicate the adolescents had a positive attitude toward health promotion behaviors according to the level of assessment.

Discussion of the Study Results

Distribution of the Students by their Body Mass Index

In respect to the Body Mass Index results indicated that mostly participants have normal weight status, and only few of them reported as obese. The body built and weight abnormalities either low or high is considered nowadays the subject of concern because of its seriousness and this documented by so many agencies especially when it affect this age group due to the future effects and outcomes. This result disagreed with the findings of ¹ they found that the prevalence of obesity was 21.3% and 22.3% respectively among adolescents' students.

Part-3-Adolescent's Attitudes toward Health Promotion Behaviors:

Concerning the nutritional behaviors of the students, a positive nutritional attitudes were found. Most of students agree about eating three meals daily and snacks, choosing foods without too much oil, include dietary fiber (e.g. Fruits or vegetables), Drink at least 1500 cc of water daily (or 6-8 cups), Each meal includes five food groups (bread, meat ,milk ,fruit and vegetable) and eat breakfast daily. Kollatage et al., (2011) supported our findings, they found 83.2% of the respondents eating regular breakfast, and 62.6% have regular light lunch.

In regard to the social support behavior domain of the students, they believe in the social support behavior positively according to the mean (2.37). Most of students agree about speaking up and sharing feelings with others, caring about other people, talking about concerns with others, make an effort to smile or laugh every day, enjoy keeping in touch with relatives, make an effort to have good friendships and disagree with talking about troubles to others. ³ clarified that students reported a high scores when response to social support scale.

According to the present study, the health responsibility behavior of the students, and according to their answers shows positive healthy responsibility behavior at the mean (2.36). Most of students agree

about read food labels when shopping, watching weight, discuss health concerns with a doctor or nurse, observe body at least monthly, brushing teeth and using dental floss after meals, wash hands before meals, read health information and make an effort to choose foods without preservatives. Those vital results are supported by ⁴ who identified that high percentage of students gained high scores at healthy responsibility behaviors.

The same table demonstrated the attitude regarding the life appreciation behavior of the students, results show a positive attitude mean (2.68). Most of students agree about make an effort to like myself, make an effort to feel happy and content, usually think positively, make an effort to understand strengths weaknesses and accept them, make an attempt to correct the defects, make an effort to know what's important for the human, make an effort to feel interesting and challenged every day and make an effort to believe that life has purpose. The present results supported by ⁶ when they revealed that students had high total scores when response to life appreciation scale. Concerning the exercise behavior of the students, they have neutral attitude toward exercise behavior. Most of students partially agree about perform stretching exercise daily, also they are agree about exercising rigorously 30 minutes at least 3 times per week, participating in physical fitness class at school weekly, warm up before rigorous exercise and make an effort to stand or sit up straight. Keskin et al., (2017) supported the findings of the present study, they found that a large number of the students (63.9%) had a habit of doing sports regularly and the number of students who practice sports in a sports club is considerably high (43.8%).

The stress management behavior of the students is another crucial domain, the present study findings revealed that mean of scores of attitudes show positive result. This may be due to social and cultural relationships, students agree about most of the items. Such as make an effort to spend time daily for relaxation, make an effort to determine the source of stress, make an effort to watch mood changes, sleep for 6–8 hours each night, make schedules and set priorities and try not to lose control when things happen that are unfair. The results came along with ⁴ who agreed that students had good stress management behavior.

Conclusion

1. Most of students aged at middle adolescence period, males more than females, majority of students were un married, at fourth grade, most of them were urban residence and ordered as 2nd member in the family, majority of them were not smoking and live with their parents.
2. Mostly their family's income was insufficient, high percentage of student's fathers education was bachelor degree and mothers had secondary school graduated, most of fathers were employer occupation and mothers were housewives.
3. Most of the students maintained normal weight status according to their BMI.
4. The students scored positive and neutral attitudes in most of the domains and sub- domains of the health promotion scale.

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Conflict of Interest: None to declare.

Ethical Clearance: All experimental protocols were approved under the Faculty of Nursing, Iraq and all experiments were carried out in accordance with approved guidelines.

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