

A study to assess the knowledge and practice of adolescent towards the healthy life style practices

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Background: Adolescent is a period of rapid development, when young people acquire new capacities and are faced with new challenges, therefor it is considered as a time of opportunity but also of vulnerability to risk behavior which can have lifelong consequences, especially for health.

Objective: To assess the knowledge of adolescents regarding healthy life style practices. To assess the expressed practices of adolescent towards healthy life style practices.

Design/setting/participants: Non experimental survey research design. A total 100 subjects were chosen for the study. The instrument used to generate necessary data was structured questionnaire for knowledge assessment and checklist for practice assessment.

Result: The majority of the adolescent 57(57%) are having fair knowledge, 41(41%) having good knowledge and 2(2%) having poor knowledge. And majority of the adolescent 96(96%) are having good practice, 4(4%) are having fair practice regarding healthy life style practices.

Conclusion: finding indicate that most of the adolescents had a good knowledge and practice regarding healthy life style practices.

Introduction:

Living a healthier life can not only extent your life; it can also improve the quality. Feeling physically better having control over your own life can greatly increase your mental health as well.

It is defined by the WHO as a person between 10 and 19 years of age. The onset of it marked by puberty, which is primarily a physical, maturation, hormonal and growth process.

One in every 5 people in the world is an adolescent, and out of 1.2 billion adolescent worldwide about 85 % lived in developing countries and the remainder in the industrialized world. The importance of adolescent life period is becoming increasingly evident in all cultures.

Statement of the problem:

A study to assess the knowledge and practice of adolescent towards the healthy life style practices

Objectives:

- To assess the knowledge of adolescents regarding healthy life style practices.
- To assess the expressed practices of adolescent towards healthy life style practices.

Material and methods

Research Approach: descriptive survey research

Research design: non experimental survey research design

Setting: selected higher secondary schools of the Ahmedabad

Population: adolescents of selected higher secondary schools of Ahmedabad.

Sampling technique: Convenience sampling technique

Sample size: 100

Data collection tools and technique:

[Table: 1. Schematic representation of tools and technique]

Sr. no	Tools	Technique
1	Knowledge questionnaire	Questioning
2	Practice questionnaire	Checklist

Description of the structured questionnaire:

Section-1: Socio demographic variables

Section-2: Knowledge questionnaire regarding healthy life style practices. So in that total 15 structured question was prepared

Section-3: Practice questionnaire regarding healthy life style practices. And in that total 20 Practice questionnaire was prepared.

Result:

There were total 100 participant. All the participant were aware about the healthy life style practices.

[Table: 2. Percentage wise distribution of demographic variable]

Sr. no	Stream	Boys	Girls
1	Science	25 (25%)	25(25%)
2	Commerce	25(25%)	25(25%)

[Table: 3. Percentage wise distribution of knowledge score regarding healthy life style Practices.]

Sr. no	Score	Interpretation	No. of students	Percentage
1	0-5	Poor	2	2
2	6-10	Fair	57	57

3	11-15	Good	41	41
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[Table: 4. Percentage wise distribution of practice score regarding healthy life style practices.]

Sr. no	Score	Interpretation	No. of students	Percentage
1	1-7	Poor	0	0
2	8-14	Fair	4	4
3	15-20	Good	96	96

Conclusion:

The conclusion of the study can be drawn that the adolescent had a good knowledge regarding healthy life style practices. And most of the all the adolescents were follow the practices for healthy life style.

Recommendations:

A similar study may be replicated on a large sample.

An experimental study can be done by planned teaching programme.

References:

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