

## HEALTH AND ITS DETERMINANTS

### CHAPTER III

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### *Lifestyle and health behavior of children aged 12-13 years from rural areas*

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#### **Styl życia i zachowania zdrowotne dzieci w wieku 12-13 lat z terenów wiejskich**

Key words: lifestyle, health behaviors, physical activity, healthy eating

Słowa kluczowe: styl życia, zachowania zdrowotne, aktywność fizyczna, zdrowe odżywianie

#### **INTRODUCTION**

In these times we live in an increasingly hurry. This is mainly thanks to the development of communication and transfer of information is still emerging electronic news, facilitated movement. Man is obliged to, to do everything better, faster, more efficiently, more effectively and more. Despite these realities, also points to a growing interest in healthy lifestyles. People are investing more in their health. They

care about proper nutrition, physical fitness, try to fight the vices and bad habits. This is necessary to nowadays keep long health. Today, in societies dominated by very active lifestyle, although in recent years the situation clearly improves, mainly among children and young people who are looking for movement, because it is a natural need of the body [10,12,19].

Physical activity is conditioned by all kinds of factors. A large role in its making plays physical, motor, mental and cultural. Often the priorities for physical activity with age change. Initially, it serves primarily the acquisition of new motor skills, getting to know your own body, stimulate the development, then shaping properties agility-body endurance, in turn, serve to change the style of life and maintaining good health [6,11,12,24].

The environment in which it operates man and physical activity interact with each other. Here we include the family environment, peer, school and professional. The dominant role of the environment will largely determine the age, education level of parents, the size of inhabited agglomeration as well as personality traits [1, 3, 4, 10].

Most of the behavior and decision-making by human in everyday life, has a direct or indirect effect on his health. Attitudes which she shares are shaped from early childhood. First of all, the personal patterns it receives at home, then in kindergarten and school, in an environment of friends and acquaintances. No small impact have the mass media, and culture inhabited the region [5,8,20, 23].

Many epidemiological studies indicate that environmental factors, health behaviors and lifestyles man have a decisive influence on the average length of human life, than medical progress [15,16, 25,26].

Physical activity and spending free time in conjunction with healthy eating is one of the basic elements of a healthy lifestyle. It stimulates the development of physical, motor, psychosocial children and adolescents [9,13,19,17,].

On the health behavior of children and adolescents consists of three elements: lifestyle, daily physical activity and eating habits [17,19].

### **AIM OF THE STUDY AND RESEARCH QUESTIONS**

The aim of the study was to assess lifestyle, health behaviors and physical activity in children aged 11-12 years from rural areas.

The study tried to answer the following research questions:

1. Does the social environment: school, family and physical environment, a positive effect on the quality of physical activity studied?
2. Is a decisive influence on the choice of your favorite physical activity has investigated sex?
3. Does the study subjects presented positive health behavior concerning nutrition and leisure time?

## MATERIAL AND METHODS

The study was conducted in the Team School-Preschool named Jozef Londzin in Istebna. This included a total of 80 students in grades fifth and sixth ages 12 and 13 years (including 34 girls and 46 boys).

The study used an indirect method of interview technique was the survey. As a research tool has been selected questionnaire by Duda et al. [6]. own design. Studies have been carried out during the lessons of computer science, survey respondents make up electronically. The function of the questionnaire was to analyze the individual selected aspects of lifestyle and health behaviors. The questionnaire consisted of four parts. The first part of the "family environment" included five questions about the coming of the test and one on family functioning in the material. The second part of "physical activity at school," and the third part of the "physical activity in leisure time" consists of six questions relating to a given subject, where the answer could comment on five levels 1- No, I do not think 2, 3 I do not know 4- Rather yes, 5- Yes. The fourth part of the "health behavior" has been divided into two parts, with the first constructed was like the second and third part of the survey, and included eight questions about health behaviors related to physical activity, while the second contained eighteen questions about diet and lifestyle. The entire survey contained 43 questions.

## PRESENTATION OF RESEARCH RESULTS

Among girls the most popular sporting activity were team games - 29%, followed by cycling and cross-country skiing / downhill declared 21% of people, and swimming - 18%. The least liked discipline proved to gymnastics. Among the boys while the greatest popularity gained swim - 22%, followed by cross country / downhill 20% and cycling -17%. Turned out, the boys at least like athletics (Table. 1).

**Tab. 1 Favorite physical activity**

Sports discipline	Girls %	Boys %
Team games	29	15
Swimming	18	22
Cycling	21	17
Downhill skiing / cross country	21	20
Dance	3	11
Gymnastics	0	7
Hiking	3	9
Athletics	6	0

The lessons of physical education in Poland belong to the compulsory lessons where teachers are committed to the core curriculum. This does not mean that every

student participating in a lesson loves this lesson. Among the respondents 71% of girls and 67% of boys eager to participate in physical education classes. As a favorite object lesson in physical education was declared by 38% of girls and 43% boys. A small number of respondents indicated that exercise classes make them difficult. In the group of girls it was only 12% and in chłopców 11%. Least of respondents declared that during the course quickly gets tired. In additional sports activities after the lessons involved 41% of girls and 35% boys.

Girls and boys most often spend their free time actively in the fresh air with friends - 56% and 54%. Only 3% of girls and 7% of boys prefers to practice individually. Among the surveyed boys there were those who thought that physical activity is a waste of time - 2%.

Family traditions associated with physical activity or active sports activities have a major impact on the physical activity of children.

Higher family traditions associated with sporting activities have been reported in girls than in boys. In girls up to 53% of siblings practicing a sport for boys and only 41%. Parents of girls also have a large influence on physical activity daughters as much as 29% of fathers and 21% of mothers practicing sport (Tab.2).

**Tab.2. Family traditions associated with physical activity**

People from family who train or rehearsed some discipline	Among girls %	Among boys %
Father	29	15
Mother	21	15
Brother/sister	53	41
Uncle/aunt	26	30
No one	21	24

Analysis of the material showed that parents encourage children to take physical activity. Higher motivation was reported in girls -82% and boys was 67%. Only 18% of girls and 33% of boys said that parents do not motivate them to be physically active.

Respondents boys (57%) and girls (41%) felt that they are physically fit, and also know the positive effects of physical activity of girls (56%) and boys (46%). Penchant for exercise because of the fun zaznaczało 59% of girls and 54% boys. Motivated to exercise due to improved figure showed 18% of girls and 26% boys. Those who practice in order to be more efficient, state that physical activity is their hobby and consider themselves fully healthy individuals (74% of girls and 65% boys).

The question concerning the amount of leisure time at the computer / TV, most of the surveyed girls declared "every day approx. Hours." (32%), while this response (28%) boys, most of them zaznaczało "daily approx. 2 and no more" ( 46%), such a sentence authorities' response (24%) girls. Feedback "several times a week approx. 1 hr.," And "several times a week approx. 2-3 hours." Marked respectively 6 (18%) 8 (24%) girls and (7%) (17%) boys. Leisure never spend before the computer / TV only one girl and one boy. In moving to the school, the means of transport used

every day (29%) and girls (41%) boys. High proportion of the people who never do not use them. It is (35%) and girls (37%) boys. Sometimes, the "several times a month", "1 once a week", "2-3 times a week" using six of them (18%) 4 (12%), 2 (6%) and three girls (7 %) 1 (2%) 6 (13%) boys.

Children attending the Team School-Preschool named Jozef Londzin in Istebna at the age of 12- 13 years free time, usually spend actively, in the fresh air with friends. Its quantity by the results of the survey remained at the secondary level. This affects significantly on the health condition of the respondents, as well as determines the aspect of lifestyle. Istebna village is an extremely valuable tourist values, landscape, natural. The air is very little pollution. Istebna taken many initiatives and projects aimed at environmental protection and air. Realizes that the shares of garbage collection, disposal of harmful substances, eg. Asbestos. No highly developed infrastructure of the village gives space nature, which creates opportunities for interesting leisure activities and develop children's imagination manifests itself in a number of unconventional and interesting games. Statement saying that the physical environment has a positive effect on the physical activity of children is very accurate. It occupies an important place in the lives of subjects and their daily activities. Households, mountainous terrain, bike paths, hiking areas nearby, afforestation and urbanization of land has its meaning. Diversified in terms of height above sea level terrain, is conducive to intense physical exertion. It also gives the opportunity to learn to drive or cross-country skiing. The school offers comprehensive winter, as well as organizing the Winter Olympics, is given permission to use the ski lift "Zagron" and gain free use of it for children. It enables a lesson for those who come from poorer families. Physical environment plays an important role in shaping the kind of sports activities of children and their physical fitness. Most declared their high efficiency and knowledge of the positive effects of physical activity. According to physical education teachers knowledge on healthy lifestyle and beneficial properties of physical activity, we have examined is adequate to the level of their maturity. A large number of children are registered and actively practicing in sports associations, shows a high attendance in classes at the swimming pool and family outings. They take care of personal hygiene. Leisure willing to spend outdoors, participating in various forms of physical activity. This is not the result of demands that are placed before them, but to strengthen your body by improving efficiency and strengthening the forces, it is also a source of fun. Certainly such behavior contributed proper promotion of physical activity and health. It is listed as one of 10 key national indicators of population health. In life there is little physical effort, very tiring, and at the same time pleasant. It can be concluded that the pleasure and engagement in active spending time children are so interesting exercise, attractive amusements, use of unconventional supplies and at the same time interesting opportunities to spend time with friends and family.

People who are interested in further, improving the appearance of their figure is proportionately less than those that do not show such interest, such tendencies manifest more boys than girls.

Using the means of transport in children is varied. From daily access to school by car or bus uses approx. 1/3 of the respondents. A similar number of respondents do not use any means of transport in this area. The main argument in favor of obtaining such data, the distance residence and the school the child attends. There is, however, a great impact on the interest in physical activity. The source also is not a health condition that respondents declared. A small percentage of respondents provided information about his poor health.

Leisure heavily used by children watching television or using the computer. It is quite disturbing phenomenon. It is possible that now it will affect the quality of leisure time activities and posture. This requires special attention. Not always, children, and even parents are aware of this type of danger. It was desirable to take measures to take greater control over this area, which would create the possibility of modifying health behavior. Electronic market is a dynamic and fast-growing area that provides many opportunities and benefits. It creates new educational opportunities, facilitates learning, access to information and become an integral part of human life. It is hard to imagine myself at the present time with such advanced technology dispense with modern equipment such as. Laptop, projector, interactive whiteboard, telephone. Preventive measures should therefore be directed primarily to the fruitful leisure time, which can be used for physical activity, and now it is not usable marvels of technology.

Health behaviors also include a method of eating. This aspect should not be overlooked in the analysis of the style of life of the individual, as it significantly affects the health and quality of functioning. The dominant number of subjects consume "4-5" meals a day, is 71% of girls and 57% boys. Number girls that select "2-3" meals to 12%, and "6 or more" 18% and 28% of boys and 15%. None of the respondents do not eat only one meal a day.

Respondents indicated that they happen to skip a meal, and as the most common cause of respondents marked the "not feeling hunger" (41% girls, 43% boys). Other causes include: weight loss and fatigue. Lunch is a meal that respondents most often eat at school (56% of girls and 50% boys. Lunch and breakfast them in school, 29% of girls and 35% boys. It is interesting that the diet taking only boys (15%).

They were subjected to the most frequently snacking products by the respondents. Respondents mainly podjadają fruit (38% girls, 26% boys) and sweets (18% of girls and 26% boys). It is worth noting that the interviewees found their place milk and milk products (15% of girls and 13% boys). Other snacks such as "bread", "sausage", "vegetable", "salty snacks" marked 6% of girls and 7% of boys. Insignificant number of respondents do not come around 12% of girls and 15% boys.

An important issue is also hydration. The amount of fluid consumed daily mainly girls 2 liters (47%), and 0.5 liter in boys (33%).

Not only it is important to know about the amount of fluid consumed, but also their type. The subjects drank the most sugary drinks: 29% of girls and 43% boys. Girls (24%) and boys (22%) also drink water, tea and fruit juices.

Knowledge of healthy eating was declared by 56% of girls and 65% boys, only 6% of girls and 7% of boys do not have such knowledge.

Both boys and girls declared the most amount of meals in the number of 4-5 day. A much smaller part of the transmitted information, the number of dishes that provide the body is in the range of 2-3, the answer often declared the boys, and 6 or more meals - girls.

The diagnosis resulting from the presented results is very positive. It indicates a generally correct standard diet in terms of the number of eating meals. The risk of malnutrition is low. Children are still increasing, so the body needs more supply of nutrients. Children of both sexes, according to the above response indicated similar tastes for snacks. In the first place these are fruits and sweets. With an outcome is also milk and milk products. Much of the children stated that happen to fry. As is well known snacking habit is not healthy nutrition, especially if they are sweets. Often Foods reaches instinctively. The consequences of such habits may be dysregulation, where the best thing to do is to eat meals at specific times each day. Reaching extra food is impossible. This behavior persisted in childhood very easily transferred to adult life, it may affect already in importance more on the health condition. The choice of bread or vegetables as a snack for children was chosen least often. Such a result should not be surprising, these are products that mostly appear in the main meals of the day. The frequency of snacking presents very differently. A large number of girls come around about 1-2 times a week, while the boys every day, although this is not a high score in relation to other answers. The situation on the type of beverages consumed also varies. Many people usually drink tea and sweet drinks, and water. The girls also clearly eager to drink fruit juice, which is not in boys. The coffee is not popular, only one boy remarked that this is a drink that drink the most. Most girls drink the approx. 2 liters of liquids per day, and the other part is limited to 1-1.5 liters. In boys, there are greater disparities. They represent the response rate to 2.5 liters and more przewarżającej number, and 1-1.5 liters a day.

In practice, palatable in the range 1-1.5 liters is insufficient, especially in summer. Most often eaten a meal in school is lunch during the week is present in the diet of each child. A very common response was also second breakfast, very popular among people who eat lunch at home. As for the breakfast, the lunch and the like, is not excluded during the entire week.

The healthy eating, it is also important what you eat. Therefore, the question arose whether the children reach for sweets, vegetables or fruit. If so, what is the frequency of eating them. Two boys declared not eating sweets, all the girls incorporate them into your menu. Most often it is 3-5 times a week, just like the boys. The reason for this result is definitely a high availability of sweets in all kinds of stores and available price. Eating sweets, it is very pleasing to every man. The most important role in the control of this phenomenon are the parents / guardians of the respondents. Eating fruits and vegetables have relatively better results, because it is mostly implemented in everyday life, they are present in the menu of every child. Knowledge about healthy eating is very important, you can control your own habits, correcting those that are incorrect. Awareness of the benefits and negative consequences of nutrition, raises a lot of motivation in terms of caring for their daily menu.

Respondents declared in the vast majority of the possession of such knowledge, a large group, however, specified that he does not know whether the resource information on the subject is appropriate. Total shoulder knowledge declared only a few people. Comparable results obtained for both boys and girls. When it comes to the use of dieting, it is only a few boys positively responded to reply. Age of the respondents clearly indicates that this is not the time at which children should be on a diet associated with a reduction in body fat, except in cases where it found it necessary. Such treatments should be applied only with the consent and under the supervision of a physician. Age of growth is not the best time to limit the nutrients supplied body. This may have serious health consequences.

The social environment has a positive effect on the physical activity of children aged 12-13 years, from the area of the village Istebna. Many families are associated with sports, he likes physical activity. This gives you a good base to strengthen the lifestyle associated with the sport. Parents in most encourage such activity, the school creates a lot of opportunities to engage in various types of physical activity. The physical environment also has a positive effect. It is very rich in natural resources of nature. This fact creates a lot of favorable opportunities to spend an interesting and active leisure time outdoors.

Gender is not a factor in determining the choice of physical activity. Most of the subjects presented positive health behaviors on how feeding and leisure, but there are also certain behaviors that adversely affect the health and lifestyles of respondents. Number of meals is sufficient as a favorite snack choose fruit. Knowledge of healthy eating has a large group of respondents. They eat but also a significant amount of sweets and drink the sweet drinks, which is not a positive impact on human health. Respondents spend very keen leisure time actively in the open air, with friends, but also a large amount of time they spend in front of computer and TV.

## **DISCUSSION**

Based on the results, you can determine with precision the level of involvement of respondents in physical activity, while putting conclusions on the impact of gender on this activity. The question on your favorite physical activity most often chosen response among girls were team games. Much less in favor of a cross-country skiing / downhill skiing, cycling and swimming. Among boys the most frequently declared activity was swimming, then cross country / downhill skiing, cycling and team games. You will notice a pattern in the choice of answers. Both the girls 'and boys' high scores achieved the same activity. This means, above all, high availability and the possibility of practicing various sports in the study of the village.

In the village Istebna is a swimming pool and aqua park, as well as several successful ski slopes. Once over this many years, there is a Ski Sports Club (NKS - Trójwieś Beskidzka), which derives many riders cross-country skiing of the highest class. Istebna region is well adapted to carry ski training. First of all, by the mountainous terrain and harsh winters. There is also a cross-country ski Istebna-Kubalonka. It is not surprising also a selection of cycling as a favorite physical activity of children. This is because many hiking and cycling routes which can benefit the resi-



dents. Among the respondents, the smallest popularity gained gymnastics, dance, athletics and hiking.

The first answer to the causes of this situation, which arises, is the lack of interest in these sports for children. This lack may, however, have various causes.

You can take into account the insufficient resources in the frame of teachers trained in the direction of such specialization and infrastructure, which does not allow to conduct professional training in this field of activities. These two disciplines have achieved the lowest results among girls. The binder combines gymnastics and dance, it is a big individuality. An overwhelming number of respondents decided she did not like to exercise alone. None of the boys pointed athletics as a favorite sport. It is not without significance in the result of the activities of NKS - Trójwieś Beskidzka. Children appointed to this club is mainly people with high abilities endurance, strength, coordination, which are of great importance, also in athletics. So we can say that those involved in cross-country skiing replaces athletics. Analyzing part questionnaire on physical activity at school, it can be stated that the subjects, both boys and girls are pleased to participate in physical education classes. Most of them underlined that this is their most popular subject or one of the favorites and they loved taking part in the classes. Children have a high physical fitness, a much greater part of them, they do not get tired in class and that the exercises in class do not make them difficult. Attractiveness and creativity classes, as well as the attitude of the teacher, full openness to the charges, influenced largely positively feelings about physical education, as can be seen in the results of the survey. When it comes to participation in additional sports activities after the lessons, there is a considerable extreme, because the commitment is very large or non-existent. Physical education teachers in the school who conduct classes with the test unanimously state that children willingly participate in physical education classes. Their mobility describe as very good with the exception of individuals presenting a very high level of efficiency. Children clearly engage in activities, offer their own forms of teaching as such. Aerobics, keep yourself warm in individual classes can correctly use the utensils and appliances. Especially eager to engage in activities related to the competition. On the basis of this study it can be concluded that children represent a very good attitude towards physical activity, their efficiency is high.

The dominant influence of the exercise is motivation, children practice because I like it, it is their hobby. Although the resource of free time in the test, is a little limited, but typically spent actively in the fresh air with friends. Only one person stated that physical activity is a waste of time.

The attitude that represent children, relating it to a healthy lifestyle, it is very desirable. Positive experiences with physical activity and a corresponding level in childhood also gives you a good chance to engage in this activity at a later time. Because many schemes acquired early in life takes human to adult life. Leisure time actively promotes the proper development of the organism, increasing resistance, adaptability, reduce the tension associated with stress. He learns to overcome difficulties, emotional control, social interaction. It can be said that in terms of physical

activity at school and during free time children represent a desired pattern of behavior that promotes good health and physical health. The involvement of teachers in encouraging activity also is important. According to the students' responses, the attitude of teachers on this sphere is at an average level, that could be improved. A significant part of this aspect presents a school creates a lot of initiatives to promote sport in which children engage in. The main ones include extra teachers hours who conduct training, corrective and compensatory classes, organizing various sports competitions and Olympiads school winter and summer.

Today significantly increased conviction of the need for physical activity, mainly due to preventive role regarding human health, as well as its strengthening or even restoration. Taking exercise is becoming more and more conscious choice and schools more and more involved in its promotion. It is also related to a growing tendency to sedentary people, in which everyday life has already established itself permanently electronics, greatly facilitates life, and supporting performance of activities that have the man himself on his own he had to make.

According to the opinion pedagogical, most perpetuate habits inculcated by the parental home. From the conception of the child, the family is responsible for the proper and healthy development. That there are models worthy of imitation [1,15,16]. It is therefore important to take into account the family environment and people coming in discussing health behavior and lifestyle of the individual. For questions about the family environment at the forefront of the motivation that draw children from their parents in making physical activity. The majority of respondents answered positively to the question concerning the involvement of parents in encouraging participation in physical activity. Physical education teachers as well believe that it is the main source of mobilization and support physical activity and health of the child. They state that if the parents offer the child a healthy lifestyle and activity, and with it so spend their free time, and that the child takes such habits. The study shows that a significant number of families surveyed are people who were trained or are training sport.

This is very important information, because physical activity affects the parents' level of physical fitness of their children, they can draw inspiration and motivation from their supervisor [1, 13]. The role of educational and socialization of the family is so important that the institutions of education are not able to realize their goals in an efficient manner, without its involvement. The main space, which gives you the ability to nurture children's activity is the leisure family. It creates a sense of identity and belonging to a family group [1, 14]. A large number of families have households, which also show the results of the survey. Only 3% of respondents did not help in the work on the farm. Shown another aspect of the lifestyle of respondents familiarizes with the space of their daily functioning. It is natural that the work on the farm is associated with physical exertion, often forcefulness and quite demanding.

We can conclude that these subjects have a more active lifestyle, you will spend your free time also physical work. It also gives you the possibility of eating healthy, natural products of own production.

Health behaviors related to physical activity should be primarily focused on the health of herds or activities should based on the intentional act of man.

### **CONCLUSIONS**

1. Boys and girls are a pleasure and like to participate in physical education classes.
2. The subjects are characterized by high physical fitness and exercise do not make them more difficult.
3. Involvement of the respondents, with additional sports activities is high: in girls is 41%, and 35% in boys.
4. Respondents most often spend their free time actively, in the fresh air with friends.
5. In the majority of subjects have declared a very good knowledge of the positive effects of physical activity: 56% of girls and 40% boys.
6. Passive spending free time in front of TV or computer each day declared 32% of girls and 46% boys.
7. Both boys and girls declared the most common eating 4-5 meals a day.
8. Gender has little effect on the type of physical activity undertaken.
9. Tastes for snacks (fruit, sweets) preferred the 38% of girls and 18% boys.
10. Girls (47%) most often they drink approx. 2 liters of fluid a day, while the boys (43%) - 2.5 liters and more.
11. They know about healthy eating showed a 56% girls and 65% boys. Lack of knowledge showed 38% of girls and 28% boys.

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#### **ABSTRACT**

The study was conducted in the Team School-Preschool named Jozef Londzin in Istebna. This included a total of 80 students in grades fifth and sixth ages 12 and 13 years (including 34 girls and 46 boys). The study used an indirect method of interview technique was the survey. The entire survey contained 43 questions. Analysis of the material showed that the respondents find pleasure and like to attend physical education classes and extracurricular activities. They have big family traditions associated with the sport, are characterized by a high level of fitness and exercise do not make them more difficult. They like to spend time actively outdoors with friends, but a large part of the free time they spend in front of TV or computer. The respondents showed knowledge of knowledge about healthy eating.

#### **STRESZCZENIE**

Badania zostały przeprowadzone w Zespole Szkolno-Przedszkolnym im. Józefa Londzina w Istebnej. Obejmowały łącznie 80 uczniów klas piątych i szóstych w wieku 12 i 13 lat (w tym 34 dziewcząt oraz 46 chłopców). W badaniach wykorzystano metodę wywiadu pośredniego, techniką była ankieta. Całość ankiety zawierała 43 pytania. Analiza materiału wykazała, że badani znajdują przyjemność i lubią uczestniczyć na zajęciach wychowania fizycznego i zajęciach pozalekcyjnych. Posiadają duże tradycje rodzinne związane z uprawianiem sportu, odznaczają się wysoką sprawnością fizyczną a ćwiczenia fizyczne nie sprawiają im większej trudności. Lubią spędzać czas aktywnie na świeżym powietrzu z przyjaciółmi, jednak znaczną część czasu wolnego spędzają przed telewizorem lub komputerem. Badani wykazali się znajomością wiedzy na temat zdrowego odżywiania się.

*Artykuł zawiera 37346 znaków ze spacjami*