

A STUDY TO COMPARE THE ATTITUDE AND PRACTICE TOWARDS HEALTHY LIFESTYLE AMONG ADOLESCENT BOYS AND GIRLS IN SELECTED PU COLLEGE AT MYSORE

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Abstract:

A comparative study was conducted among 80 adolescents to assess and compare attitudes and practices towards a healthy lifestyle among boys and girls. Participants were selected using a non-probability convenience sampling technique, and data were collected through a demographic proforma, a self-structured attitude scale, and a practice checklist. Significant differences were observed between boys and girls in both attitude ($t = 3.99$) and practice ($t = 3.81$) scores ($p < 0.05$). However, no significant correlation was found between attitude and practice among boys ($r = 0.16$) or girls ($r = 0.04$). The findings indicate gender-based differences in healthy lifestyle attitudes and practices, highlighting the importance of promoting healthy behaviors during adolescence to support long-term well-being.

IndexTerms: Healthy Lifestyle, Adolescent Boys and Girls, PU College,

INTRODUCTION

Adolescence is a critical developmental stage marked by significant physical, psychological, emotional, and social changes as individual's transition from childhood to adulthood. During this period, adolescents gain greater independence, develop their personal identity, and begin making their own decisions. They are often influenced by peers, family, and social environments, which can shape their lifestyle choices. A healthy lifestyle, which includes balanced nutrition, regular physical activity, adequate sleep, personal hygiene, stress management, and avoidance of harmful substances such as tobacco and alcohol, is essential for promoting overall health and supporting healthy growth and development.

Although adolescence is a period of opportunity and self-discovery, it is also associated with challenges such as academic pressure, peer influence, social expectations, and increased digital technology use, which may contribute to unhealthy behaviors. Adopting healthy lifestyle practices during this stage can improve physical fitness, mental well-being, academic performance, and self-esteem while reducing the risk of chronic diseases later in life. Therefore, parents, teachers, healthcare professionals, and communities play an important role in guiding and supporting adolescents to make informed health choices and establish lifelong healthy habits.

NEED OF THE STUDY

Adolescence is a critical stage of life during which lifelong health behaviors and habits are formed. Although generally considered a healthy period, many adolescents are exposed to lifestyle-related risk factors such as poor diet, physical inactivity, inadequate sleep, stress, and substance use. These unhealthy behaviors can increase the risk of obesity, chronic diseases, mental health problems, and poor academic performance. Conversely, adopting healthy lifestyle practices, including balanced nutrition, regular exercise, adequate rest, and avoidance of harmful substances, promotes physical, mental, and social well-being. Family, school, and community support play an important role in shaping adolescents' health behaviors. Therefore, understanding adolescents' attitude and practice toward a healthy lifestyle is essential for planning effective health promotion programs and encouraging lifelong healthy habits

OBJECTIVE OF THE STUDY

1. To assess the attitude and practice towards healthy lifestyle.
2. To assess the practice towards healthy lifestyle
3. To compare the attitude towards healthy lifestyle among adolescents boys and girls.
4. To compare the practice towards healthy lifestyle among adolescents boys and girls.
5. To find correlation between attitude and practice towards healthy lifestyle among adolescent boys.
6. To find correlation between attitude and practice towards healthy lifestyle among adolescent girls.
7. To find out the association between attitude and practice towards healthy lifestyle among adolescents boys and girls with their demographic variables.

HYPOTHESIS

H1: There will be significant difference in attitude towards healthy lifestyle among adolescent boys and girls.

H2: There will be significant difference in practice towards healthy lifestyle among adolescent boys and girls.

H3: There will be correlation between mean attitude and practice towards healthy lifestyle among adolescent boys.

H4: There will be correlation between mean attitude and practice towards healthy lifestyle among adolescent girls.

H5: There will be an association between attitude towards healthy lifestyle among adolescent boys and girls with their selected demographic variables.

H6: There will be an association between practice towards healthy lifestyle among adolescent boys and girls with their selected demographic variables.

METHODOLOGY

Research approach

Descriptive research approach

Research design

A Comparative descriptive design

Variables

Research variable: attitude and practice regarding healthy life style.

Demographic variable: age, religion, place of residence, residential area, number of siblings, mother's education, father's education, parent's occupation, monthly income of the family, educational curriculum, type of diet, frequency of eating out, duration of watching TV, habit of watching TV while eating, previous knowledge on healthy life style.

Setting of the study

PU College at Mysore.

Population

Adolescent boys and girls.

Sample and Sample Size

40 adolescent boys and 40 adolescent girls.

Sampling Technique

Non-probability convenient sampling technique.

Sampling Criteria

Inclusion Criteria

- Adolescent boys and girls who are willing to participate in the study.
- Adolescent boys and girls with the ability to read write and speak English.
- Adolescent boys and girls who are present during the course of the research study.

Exclusion criteria

- Adolescent boys and girls failing to fulfil inclusion criteria.
- Adolescent boys and girls unavailable during the course of the research study.
- Adolescent boys and girls unwilling to participate in the research study.

DATA COLLECTION TECHNIQUE AND INSTRUMENTS

The data from the sample was collected using:

- Demographic Performa to collect the demographic data.
- Attitude scale to assess healthy lifestyle in adolescent boys and girls.
- Practice checklist to assess healthy lifestyle in adolescent boys and girls.

PLAN OF DATA ANALYSIS

Descriptive statistics:

- Frequency and percentage will be computed to describe the personal variables.
- Mean, median, standard deviation and range to analyse the academic stress and adjustment of adolescents.

Inferential statistics:

- Co-efficient correlation 'r' is used to determine the relationship between academic stress and adjustment of adolescents.
- Unpaired 't' test to compare the attitude and practice mean values of adolescent boys and girls.
- Chi square test to find the association of attitude and practice of adolescents with their selected personal variables.

RESULTS

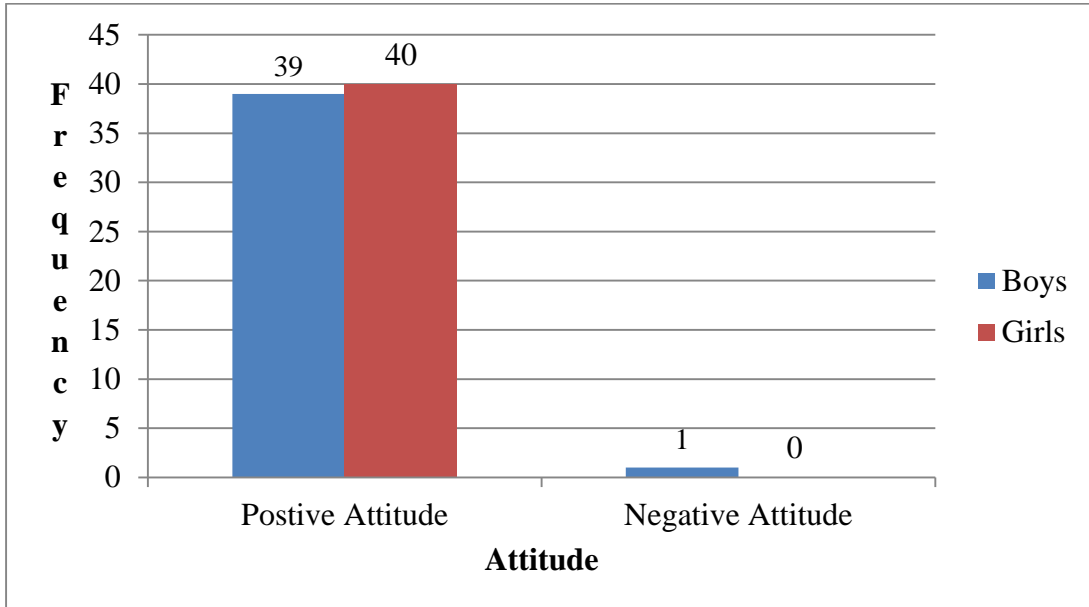
SECTION: I

Findings related to Frequency and percentage distribution of adolescents according to their selected personal variables

Data shows that majority of boys are under the age group of 15-16 years (62.5%) and majority of girls are under the age group of 17-18 years (90.0%). Majority of samples belong to Hindu religion. Most of boys are residing in home (82.5%) and girls are residing in hostel (45.0%). Majority of boys are residing in rural area (45.0%) and girls residing in urban area (52.5%). Larger part of boys (65.0%) and girls (42.5%) are having 1 sibling. Majority of boy's mothers have PUC and above level education (45.0%) and girl's mothers have high school level of education (55.0%). Main part of boy (37.5%) and girls (47.5%) father educated PUC and above. majority of boys (52.5%) and girls (42.5%) are non-vegetarians. Majority of boys watching TV 4-6 hours (30.0%) and majority of girls are watching TV 2-4 hours (32.5%). Most of boys (62.5%) and girls (72.5%) watch TV while eating. Majority of boys (70.0%) and girls (80.0%) have previous knowledge on healthy life style.

SECTION II

ATTITUDE TOWARDS HEALTHY LIFESTYLE AMONG ADOLESCENT BOYS AND GIRLS



Frequency and percentage distribution of adolescents according to their attitude

Comparison of mean, standard deviation and mean difference on attitude towards healthy lifestyle among boys and girls. N=40+40

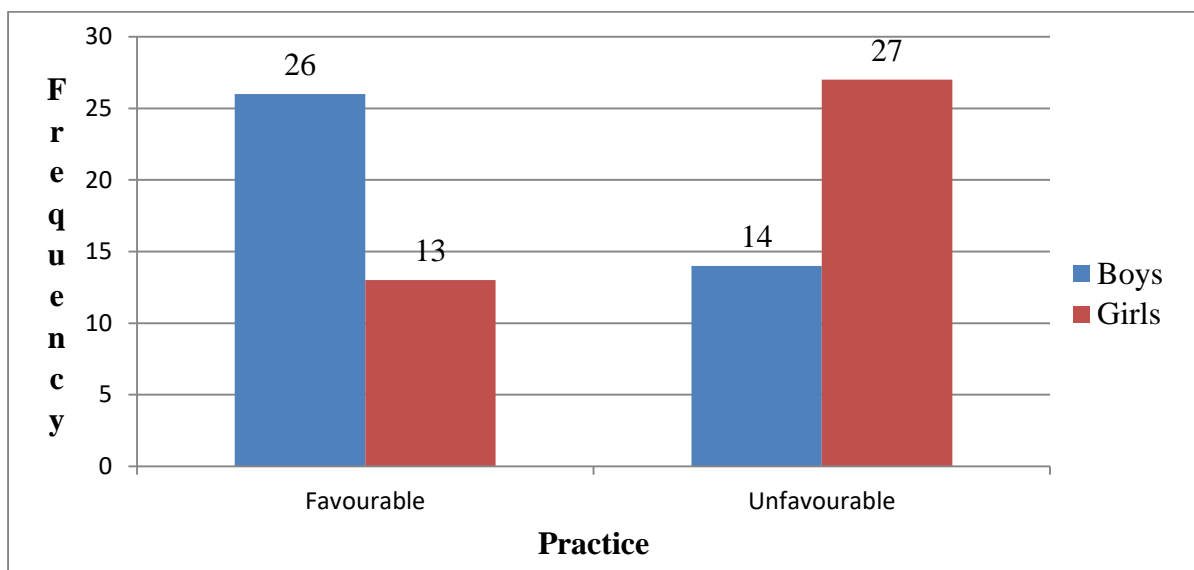
Group	Mean	Mean percentage	SD	Mean difference	Unpaired 't' value
Boys	82.7	75.1	10.95		
Girls	92.2	80.1	10.04	0.91	3.99*

df=78, t(t)=1.98, P<0.05

Calculated t value (3.99) was found to be higher than t-table value of 1.98 at 0.05 level of significance. Hence the research hypothesis H1 accepted and it is inferred that there is a significant difference between attitude towards healthy life style among boys and girls.

SECTION III

PRACTICE TOWARDS HEALTHY LIFESTYLE AMONG ADOLESCENT BOYS AND GIRLS



Frequency and percentage distribution of adolescents according to their practice

Comparison of mean, standard deviation and mean difference on practice towards healthy lifestyle among boys and girls

N=40+40					
Group	Mean	Mean percentage	SD	Mean difference	Unpaired 't' value
Boys	13.6	68	2.69		
Girls	11.5	71.8	2.07	2.1	3.81*

t(t)=1.98, P<0.05

It was found to be higher than t-table value of 1.98 at 0.05 level of significance. Hence the research hypothesis H2 accepted and it is inferred that there is a significant difference between practice towards healthy life style among boys and girls.

SECTION IV

FINDINGS RELATED TO RELATIONSHIP BETWEEN ATTITUDE AND PRACTICE TOWARDS HEALTHY LIFESTYLE AMONG ADOLESCENTS

Correlation Co-efficient of attitude and practice regarding healthy life style among adolescents

N=40			
Group	Variable	Correlation coefficient	Table value
Boys	Attitude Practice	0.16	0.31
Girls	Attitude Practice	0.04	0.31

Calculated r value for boys and girls is lesser than r table value of 0.27 at 0.05 level of significance. Hence research hypothesis H3 and H4 rejected and it is inferred that there is no correlation between attitude and practice of adolescents regarding healthy life style.

SECTION V

FINDINGS RELATED TO ASSOCIATION OF ATTITUDE AND PRACTICE TOWARDS HEALTHY LIFE STYLE AMONG ADOLESCENTS WITH THEIR SELECTED PERSONAL VARIABLES

The computed chi-square values showed a significant association (p < 0.05) between attitude towards a healthy lifestyle and selected personal variables among boys, including mother's education, father's education, parents' occupation, family monthly income, type of diet, frequency of eating out, duration of watching television, and the habit of watching television while eating. Among girls, significant associations were observed with family monthly income, type of diet, and frequency of eating out (p < 0.05).

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DISCUSSION

The study assessed the attitude and practice towards a healthy lifestyle among adolescent boys and girls in selected PU colleges at Mysuru. Most participants had a positive attitude, with girls scoring significantly higher than boys. Boys demonstrated better healthy lifestyle practices than girls. No significant correlation was found between attitude and practice in either group. Attitude was significantly associated with selected personal variables, while practice was significantly associated with various demographic factors. These findings highlight the influence of personal and demographic characteristics on healthy lifestyle behaviours among adolescents.

CONCLUSION

Young people often perceive a healthy lifestyle as the adoption of positive habits, such as consuming a balanced diet, engaging in regular physical activity, and minimizing the intake of harmful substances. Adopting healthy habits during adolescence contributes to a better quality of life and improved mental well-being in later years. Parents and educators play a crucial role in supporting adolescents to maintain a healthy lifestyle by setting positive examples, providing opportunities for physical activity, and encouraging nutritious dietary choices.

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