Evaluation of health promoting behaviors in sixth grade elementary school students in Ardabil based on behavior change theory

Abstract

Background: Adolescence is a period in which many healthy and unhealthy habits are formed and extend to later periods of life. Lifestyle affects a person's health and many health problems can be prevented by performing health-promoting behaviors in adolescence.

Aim: The aim of this study was to investigate a health-promoting lifestyle in sixth grade elementary school male students in Ardabil.

Materials and Methods: This cross-sectional descriptive and analytical study was conducted with the participation of 619 post-primary students in the sixth grade of elementary school in 1400. Data were collected using a standardized Hplp II questionnaire of health-promoting lifestyle and using SPSS software version 22 was analyzed using one-way analysis of variance.

Results: The results of the study of health promotion dimensions, the total average scores of health promotion dimensions and standard deviation(24/56±6/95)and the highest average score and standard deviation among health promotion dimensions are assigned to health responsibility (35/25± 11/35 ، p<0/001) and the lowest average score and standard deviation to stress management(14/26± 4/89 ، p<0/001). The results of the study of behavior change stages include planning for physical activity and nutrition, so that among 619 people in the field of planning for physical activity, the highest percentage is related to the precontemplation stage29/6, and the lowest percentage is related to the maintenance stage14/2, percentage and In the field of nutrition planning, the highest percentage is related to the precontemplation stage33/1(205), and the lowest percentage is related to the maintenance stage14/2(88).

Discussion and Conclusion: The results of the study of change stages including decision-making about exercise and nutrition showed that people who are in the upper stages of decision-making, ie in the maintenance stage, had a higher average score than lower levels, ie people in the maintenance stage, Significantly higher scores on all aspects of health promotion.

Keywords: Health, Lifestyle, Health Promoting Behaviors and Behavior Change Stages