

Az egészségtudatos magatartás nem-specifikus befolyásoltsága serdülőkorban

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Abstract

Health-related behaviors in adolescence and the protective factors that influence them represent a primordial preoccupation for specialists involved in prevention. Among health-enhancing behaviors, physical activity and nutrition control are the most frequent. The present research focuses on these health-enhancing behaviors and their relation to the protective factors in a sample of 1977 9th to 12th grade students from two cities of Transylvania, Romania. Our method implied data collecting through questionnaires measuring the specific variables. The questionnaires were applied to students in the spring of 2006, using specially trained collaborators. Results show semnificative gender differences concerning the prevalence and frequency of health-enhancing behaviours. These findings were reconfirmed by regressive models of health-enhanceing behaviours. Our conclusion was that regarding the health-related behaviors and protective components, gender differences are influenced by socio-cultural factors.

Keywords

adolescence, health-enhancing behaviors, protective factors, gender differences.