

# I. ФІЗИЧНЕ ВИХОВАННЯ РІЗНИХ ГРУП НАСЕЛЕННЯ

## 10 TO 12 GRADE SCHOOLCHILDREN RELATION BETWEEN PREVALENCE OF HARMFUL HABITS AND PHYSICAL ACTIVITY

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### Аннотация

Цель исследования определить у учеников 10-12 классов распространенность вредных привычек и физической активности интерфейса. Исследование показало, что курение, употребление алкоголя и наркотиков чаще встречается среди мало физически активных учеников, по сравнению с физически активными ( $p < 0,05$ ).

### Annotation

This study was to determine 10 to 12 grade schoolchildren relation between prevalence of harmful habits and physical activity. The results of study showed that smoking, usage of alcohol and drug are more prevalent among insufficient physical active 10 to 12 grade schoolchildren comparing with physically active ( $p < 0,05$ ).

*Introduction.* Individual who is the prisoner of harmful habit, using certain substances and accordingly behaving brings harm to himself and everyone around (Hardiman, 1999). Most drinking minor teenagers do not understand what harmful is effect of alcohol. Quite often is forget that problem of alcohol usage can be solved using collective efforts of society and nation. When is trying to deal with addiction, quite often educational institutions feeling fighting alone. Although parents should feel concern and worry about the current situation, but they leave prevention work for school. However, it is proved that fighting against usage of alcohol among teenagers family is the most important thing. Adolescence – a difficult period of human life, because at this time young person is experiencing dramatic changes of his body, accompanied by mood changes and feelings of insecurity; he seeks to find out who he is, tries to adapt. Also for teens is characteristic certain deviation from the norms of psychological. At this age person often starts to smoke, consume alcohol, drugs, starts eating incorrectly (Martišauskienė, 2004). A large part of the teen wants to be adults quite quick, so they starts act as adults. One of such example is smoking, usage of drugs and alcohol. This topic is *relevant*, because schoolchildren increasing them age are physically more passive, less engaged in additional activities which shaped their proper attitudes and healthy life skills. Schoolchildren without

targeted life goals often become addicted to addiction. Therefore it was important to determine how harmful habits are widespread among physically active and physically passive schoolchildren.

*Aim:* To determine 10 to 12 grade schoolchildren relation between prevalence of harmful habits and physical activity.

*Methodology.* In this research were participating schoolchildren from 10 to 12 grade ( $n = 180$ ). In order to receive informative data of schoolchildren physical activity and the prevalence of harmful habits, questionnaire was presented (anonymously), which consisted of 22 questions related to physical activity, smoking habits, alcohol and other alcoholic beverage consumption and the prevalence of drugs. Physically active schoolchildren group consisted of those schoolchildren who play sports or do exercises 4-6 times per week and often, or 4 – 6 hours and more per week, and the less physically active schoolchildren group consisted of those schoolchildren who play sports or do exercises 2-3 times per week or less, or 2-3 hours per week and less.

The statistical analysis was performed using a database management system SPSS (*Statistical Package for Social Science*) for Windows program package. Qualitative evidence to evaluate interdependence was used chi square ( $\chi^2$ ) criteria. Considered statistically significant cases at  $p < 0,05$ .



*Results.* After investigation we find out that 40,7 % respondents 10 to 12 classes are physically active and 59,3 %- insufficiently physically active. The results shows that physically active group of schoolchildren assigned to a daily / occasionally smokes less than insufficiently physically active schoolchildren (respectively 24,2 % and 55,3 %,  $p < 0,05$ ). Do not smoke most physically active surveyed schoolchildren and almost half insufficiently physically active schoolchildren (respectively 75,8 % and 44,7 %,  $p < 0,05$ ). Also was important to investigate alcohol and other alcoholic beverage consumption among physically active and insufficiently physically active schoolchildren (Figure 1).

*Figure 1*

From figure 1 you can see that almost every weekend, a couple of times per month ( $p < 0,05$ ), alcohol or other strong drinks consume more insufficiently physically active schoolchildren comparing with physically active. Meanwhile, only during the holidays more physically active schoolchildren are using alcohol than not sufficiently physically active schoolchildren ( $p < 0,05$ ). Do not consume alcohol at all quarter of insufficiently physically active schoolchildren and one-third of physically active schoolchildren ( $p < 0,05$ ).

Drugs tried to use more insufficiently physically active than physically active schoolchildren (respectively 48,2 % and 36,2 %,  $p < 0,05$ ). One-third (31,5 %) of physically active schoolchildren said that never tried drugs and never will try and insufficient physical active schoolchildren were less (22,2 %) ( $p < 0,05$ ). Meantime, never tried drugs, but if would be a possibilities would try similar number of both physical activity groups of schoolchildren (physically active 32,3 % and insufficient physical active 29,69 %).

*Discussion.* Lithuanian children's surveys show that teenagers' physical activity declined in recent years.

The deteriorating health of schoolchildren, decreasing the number of sports, rising smoking and alcohol consumption are concerned about and interested in promoting regular physical activity of schoolchildren, the approach to a healthy lifestyle change (Grinienė, 2003). The lack of physical activity prevalence among many countries children and young people is quite regular, most of them have health risk factor because of physical inactivity (Westerstahl et al., 2004; WHO, 2003).

Other authors (Kardelis, Misevičienė, Šaferis, 2001; Harisonas, Narayan, 2003) studies also confirmed that smoking is more prevalent among the less physically active schoolchildren comparing them with the physically active. Moreover, many of above mentioned authors observed a similar trend in case of drug usage. According ESPAD investigation results (Tamošiūnas et al., 2008), one fifth (20 %) of surveyed 15-16 year old Lithuanian schoolchildren at least 1-2 times in their lives without alcohol and tobacco have tried any other drugs (26 % boys and 14 % girls). Usage of many drugs prevalence during the last four years increased: from 2003 at least 1-2 times tried drugs number of schoolchildren has increased from 16 % up to 20 %. The same also seen in other countries studies (McRae et. al., 2003; Johansen, et. al. 2005). However, there

are many reasons to encourage teenagers to drink alcoholic beverages. According to our data, moreover, as reported by other authors (Ganeri, 1999, Weitzman 2004), teenagers are tasting alcoholic beverages mostly to relax, out of curiosity and not having anything to do.

*Conclusion.* Smoking, usage of alcohol and drug are more prevalent among insufficient physical active 10 to 12 grade schoolchildren comparing with physically active ( $p < 0,05$ ). Meanwhile, never tried drug, but if would be a possibility would try both physically active and insufficient physical active schoolchildren.

#### Literature

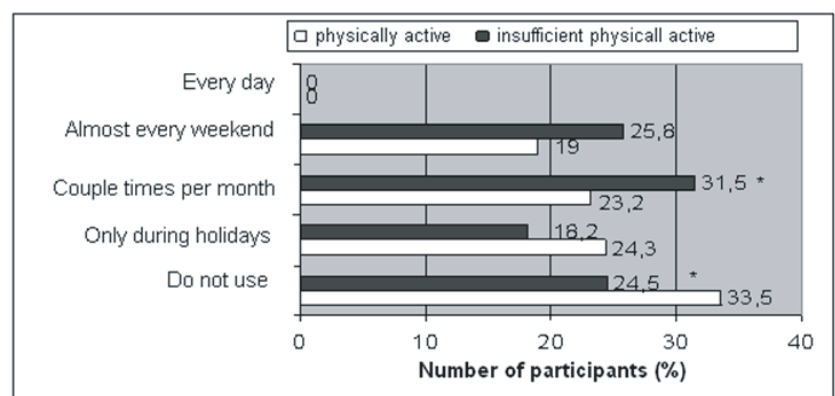
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**Fig. 1 Physically active and insufficient physical active schoolchildren consumption of alcohol frequency comparison**

\* $p < 0,05$  – comparing with physically active schoolchildren answers



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