

## **INVESTIGATION OF STUDENTS LIFESTYLE AND THE KNOWLEDGE ON IMPLIES TO HAVE A BALANCED LIFESTYLE**

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**Keywords:** lifestyle, pathogenic factors, sanogenic factors, physical exercise, investigation, students, physical education and sports

### **Summary**

This study had an aim to investigate the students' lifestyle and their knowledge of what a healthy lifestyle means. The research was made by 135 students from the "Ștefan cel Mare" University of Suceava, from economics faculties, 114 women and 21 men aged 18 to 32. The evaluation was based on an investigation, and as a research tool we used the questionnaire, which contained 20 questions. In this article, we will be concerned only with some components of lifestyle, namely eating and practicing the physical exercise of students.

Research results have been awaited, especially with regard to the role of physical exercise in young people's lives. It has been discovered that most of the respondents do not practice physical exercise but only weekly or monthly, less than 10 minutes, the main activity being walking, few of them opting for sports games, working on fitness machines or walking bicycle. Physical inactivity, unorganized and high fat diet, makes this issue a national and global interest of the 21st century.

### **Introduction**

Lifestyle refers to all voluntary decisions and actions that affect our health. Healthy lifestyle plays an essential role in promoting and maintaining health and preventing illness. The negative lifestyle is made up of risk behaviors for health. Risk behaviors have negative consequences, in the short and long term, on physical and mental health and consequently reduce the quality of life and the well-being of the person. Lifestyle is related to everyday life: interests, opinions, behaviors, common and consistent behavioral orientations. When we talk about the life styles of individuals, we mean by them a means of expressing one's own identity, namely, a method of distinction. When we

talk about the group's lifestyles, we mean by them a means of strengthening membership or obtaining this status.

The life style of man expresses his general way of living, the relationship between his living conditions and his working conditions, as well as the individual patterns of behavior determined to some extent by socio-cultural factors, personal and educational characteristics. Lifestyle is a concept most commonly associated with behaviors that have a direct impact on health.

Thus, lifestyle is often defined as a set of high risk behaviors for health such as smoking, alcohol use, drug use, prostitution, etc., or as a set of behaviors that have a positive impact on health such as practicing a sports, watching a diet, etc. Behaviors of lifestyle beneficial to health, according to some specialists and found in our literature are the following:

- sleep between 7 and 9 hours;
- take regular breakfast;
- not eating food between meals;
- keeping the weight within normal limits;
- not smoking (active and passive);
- to drink alcohol only occasionally;
- to exercise regularly.

Protective health behaviors include physical exercise, balanced nutrition, balance between rest and recreation, protection against prolonged sun exposure, regular medical checks, use of safety belts (in the case of a car), use of helmets (in the case of bicycles and motorcycles ), positive thinking about oneself, the world and the future, harmonious interpersonal relationship, the support of social support (family, friends, confident), stress control, adherence to treatment in the case of illnesses.

School health education is one of the main ways to promote good knowledge of different health issues and also to train attitudes and skills that are indispensable for responsible and healthy behavior. In many countries, health education is compulsory in schools.

The sanogenic lifestyle is cultivated from early childhood in the family, later in kindergartens, schools, society. Pathogenic elements of lifestyle include: smoking, alcoholism, drug addiction, addiction, hooliganism, excessive or defective nutrition, risky sexual practices, and most sedentary.

## Material and method

**The research hypothesis:** Young people's lifestyle has chaotic accents, characterized by indolence, food abuses, physical inactivity, alcohol consumption, coffee and tobacco and the inability to spend free time in a most useful and beneficial way.

**Purpose of the research:** Assessing the degree of adopting a healthy lifestyle, exploring the sanogenic or pathogenic factors responsible for the quality of life of young people and investigating their level of knowledge of what it takes to have a life as balanced and as healthy as possible.

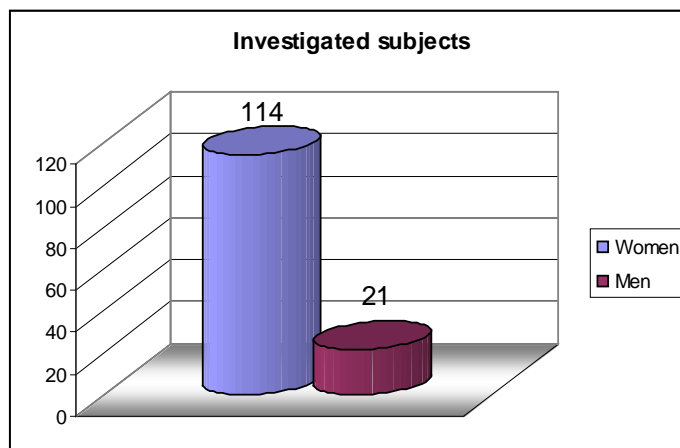
**The main tasks of sociological research consisted of:**

- Measuring the extent to which young people adopt a healthy lifestyle.
- Measuring the extent to which young people adopt a lifestyle that is at risk for health.
- Evaluating young people's level of information on healthy behaviors.

**Research methods used:** study of specialized literature, survey method, interview, observation method, methods of data interpretation - statistical method and mathematical method, table method, graphic method.

**Subjects:** The subjects who participated in this questionnaire survey were students from the first, second and third year students from some economics faculties within the University of Suceava. They are aged between 18 and 32, and 69 of them come from rural areas and 66 from urban areas (Figure 2). Within these faculties, there are more female patients, so the research was done on 114 women and only 21 men (Figure 1).

**The research tool:** In order to be able to accomplish the purpose of the research and verify the potential hypothesis described above, we applied a questionnaire that included 20 questions, which concerned more lifestyle components. Some of these components have been published, and in this article we will be concerned about stricter nutrition and exercise practice.



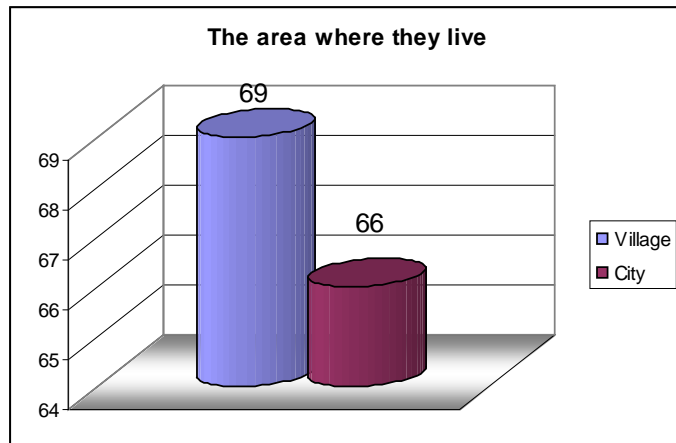


Figure 2

### Results

As a result of the questionnaire surveys, the results of the students evaluated on some of the questions were as follows:

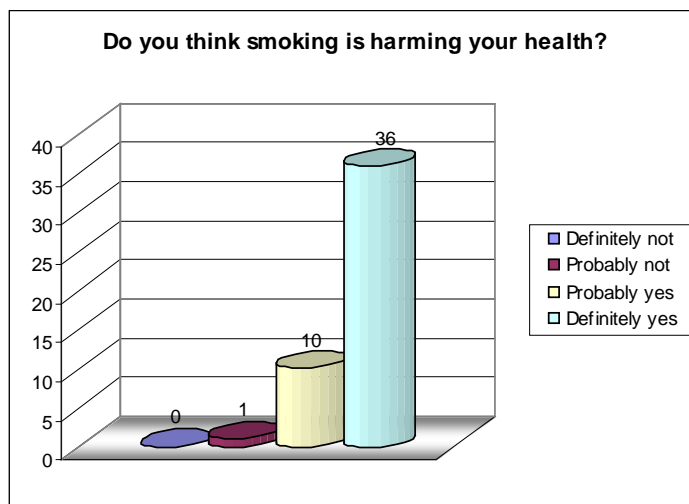
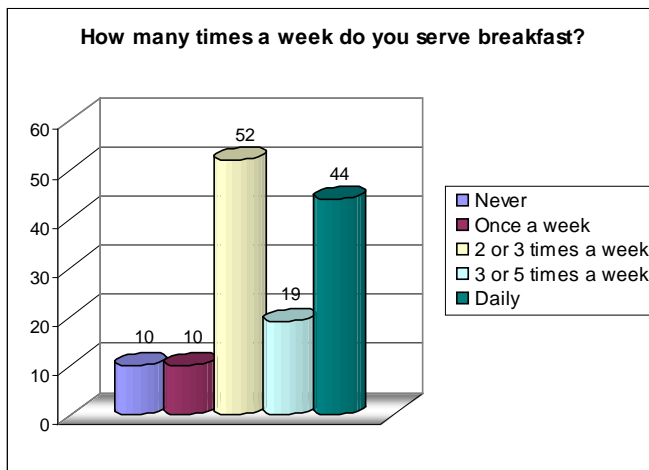


Figure 3



*Figure 4*

In a study published on the same students, out of 135 interviewees, 47 are smokers and 88 are dysfunctional. The 47 smokers, more girls, consume an average of 5-10 cigarettes / day.

Out of the 47 smoker students, 36 of them claim that smoking is certainly harmful to health (Figure 3), but still continues to do so. Even if they have a lot of information about the harmful effects of smoking, they do not give up on this vice, each for personal reasons, and health is not a priority right now.

An important role in establishing healthy lifestyles also has food habits. It is known that breakfast is the most important meal of the day, and students have known this, however, less than a quarter take breakfast daily. 20 of the surveyed students do not take breakfast, or just once a week (Figure 4).

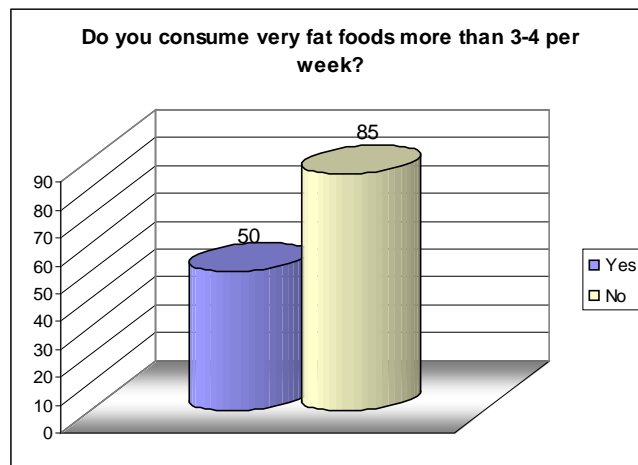
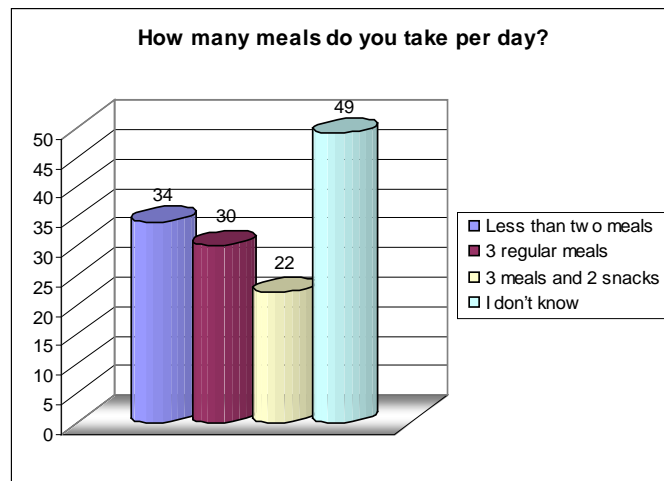


Figure 6

We observe above (Figure 5) that 49 of the students do not even account for the number of meals taken per day, indicating that they have a chaotic diet, eat when they grasp and what they have at hand. Of the 135 students, only 30 of them take three regular meals a day, and 22 of them take 3 meals and 2 snacks between.

Fat rich foods are not recommended for a healthy lifestyle, yet less than half of those evaluated are consuming them. Of 135, 85 of them do not eat high-fat foods (Figure 6), and this is glad because they do not practice regular physical activities.

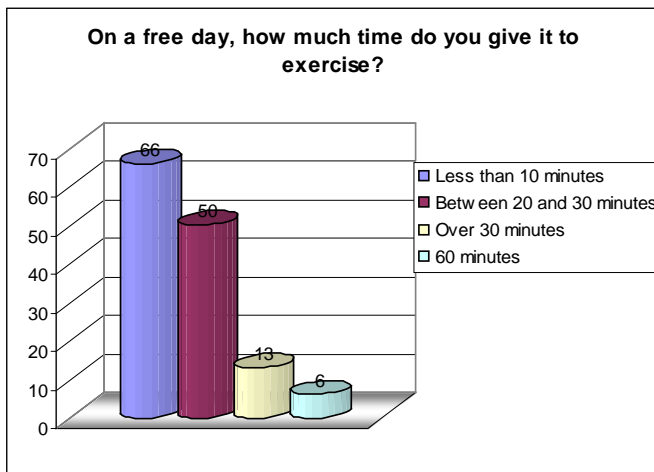


Figure 7

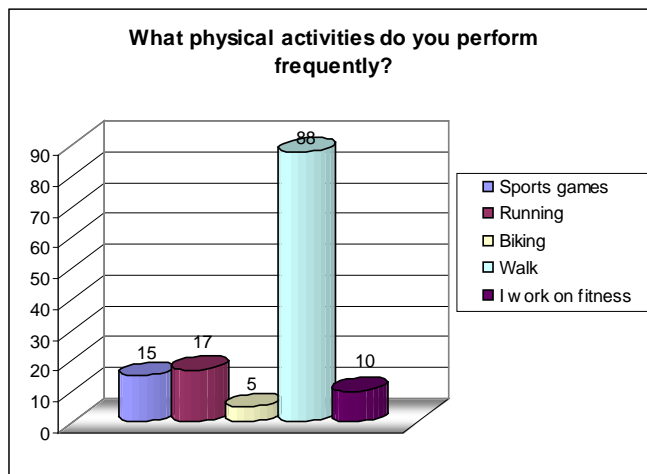


Figure 8

In terms of physical exercise, in leisure, one day is given less than 10 minutes by most of the surveyed students, namely 66 out of 135 (Figure 7). Of the students, 50 of them move between 20 and 30 minutes when they have a free but not constant day.

However, it is not enough when we want to have a good physical and mental state. At least 30 minutes each day should be given to physical exercise. Those who give less than 10 minutes of movement prefer to walk. 88 of the students have the main activity as walking, and few of them, namely 5, go cycling (Figure 8).

### Conclusions

As a result of the questionnaire survey of the students' lifestyle, it is concluded that although they have a lot of knowledge about an optimal lifestyle, food, smoking and alcohol are not excluded. In addition, we see a low level of interest in physical activity.

Many of them do not even spare their leisure time for their health, considering that walking is a sufficient activity for their health. Some famous researchers claim that the most troublesome problem of our century is physical inactivity, seen as a pathogen for all affections.

Awareness of the population about the importance of the movement is of global and national interest. Information campaigns about physical activities can be seen in short TV advertisements, in various health magazines and TV shows, as well as in the work of physical education teachers, physicians and other specialists who recommend exercise as a remedy for most physical disorders, social and mental health.

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## **INVESTIGAREA STILULUI DE VIAȚĂ AL STUDENȚILOR ȘI A CUNOȘTINȚELOR CU PRIVIRE LA CE PRESUPUNE A AVEA UN MOD DE VIAȚĂ ECHILIBRAT**

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**Cuvinte cheie:** stil de viață, factori patogeni, factori sanogeni, exerciții fizice, ancheta, studenți, educație fizică și sport

### **Rezumat**

Acest studiu a avut drept scop principal investigarea stilului de viață al studenților precum și a cunoștințele lor cu privire la ce presupune un mod de viață sănătos. Cercetarea s-a realizat pe un număr de 135 de studenți din cadrul Universității „Ștefan cel mare” din Suceava, de la facultățile cu profil economic, 114 femei și 21 de bărbați cu vârste de la 18 la 32 de ani. Evaluarea s-a făcut pe bază de anchetă, iar ca instrument de cercetare am folosit chestionarul, care a cuprins 20 de întrebări. În acest articol, ne vom preocupa doar de unele componente ale stilului de viață și anume alimentația și nivelul de practicare al exercițiilor fizice al studenților.

Rezultatele cercetării au fost de așteptat, mai ales în privința rolului pe care îl au exercițiile fizice în viața tinerilor. S-a descoperit că majoritatea din cei chestionați, nu practică frecvent exerciții fizice ci doar săptămânal sau lunar, mai puțin de 10 minute, activitatea principală fiind cea de mers pe jos, puțini dintre aceștia optând pentru jocurile sportive, lucrul la aparatele de fitness sau mersul pe bicicletă. Inactivitatea fizică, alimentația neorganizată și bogată în grăsimi, face ca această problemă să fie una de interes național și mondial a secolului XXI.