

**93 - HEALTH RISK BEHAVIORS IN ADOLESCENTS AND SCHOOL ENVIRONMENT**JADSON DE OLIVEIRA LIMA<sup>1</sup>VANIA FONSECA<sup>1,2</sup>CLAUDIA MOURA DE MELO<sup>1,2</sup>

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**INTRODUCTION**

Childhood and adolescence represent critical periods in which various life habits are established, so that many of the choices made tend to be maintained in adulthood, becoming therefore more difficult to be changed (BRANEN & Fletcher, 1999).

The influences of everyday life, together with a critical period of transition that occur during adolescence contribute to the adoption of behaviors such as early initiation of sexual activity, unsafe sex, low levels of physical activity, alcohol consumption and other psychoactive drugs (ORGANIZACIÓN WORLD LA SALUD, 1999). Such attitudes shaped in the expression of known health risk behavior, defined as participation in activities that may compromise the health and consequently, the quality of life (FEIJÓ & OLIVEIRA, 2001).

Dietz (2004) and Sallis (2000) argue that there is a high prevalence of health risk behaviors in children and adolescents, including: insufficient levels of physical activity, poor dietary habits, overweight and obesity, consumption of licit and illicit unsafe sexual behavior. In Brazil, they perceive to be significant negative changes in various indicators of health risk factors involved, come to change the picture of morbidity and mortality of the population. It is believed that one of the causes of these negative changes is the fact that health depends on the attitudes of everyday life, exposed to risk factors, which may be incorporated and trigger health problems.

With that in mind, we can make some influence on relations between the environment and the habits and attitudes that may consolidate in health risk behaviors among adolescents. Sallis and Owen (1999) argue that the determinants or factors associated with adopting a physically active lifestyle characteristics are understood by intrapersonal, interpersonal and environmental. Accordingly, it is observed that the socio-economic-educational, gender and age seem to have a consistent relationship with the habits, attitudes and behaviors related to health. Thus, this work aimed at investigating the relationship between school environment and risk behavior in adolescents and in order to validate the research instrument.

**MATERIAL AND METHODS**

The sample included 48 high school students from State Schools belonging to the State College Presidente Castelo Branco, in the city of Aracaju (SE), conditioned only by signing the consent of the coordinating school. The instrument used for the survey information was drawn from the collection of instruments already validated and used in other studies involving schoolchildren, the following indicators of health: socioeconomic status, level of physical activity, dietary habits, consumption of licit and illicit, self-perceived health, stress, depression and school environment, relationships, violence and risky sexual behavior. The study was conducted in two applications by adopting the same procedures, the interval between the first application of the questionnaire (T1) and second (T2) was 7 days.

Statistical analysis and determination of reproducibility of the questionnaire we used SPSS for Windows (version 13) was employed as a statistical procedure for determining the reproducibility of the questionnaire measures, the Kappa index, suggested by Pereira (2003).

**RESULTS AND DISCUSSION**

On the set of all variables, the values found for the Kappa index, showed satisfactory consistency of the responses obtained by students in the two applications of the questionnaire. The reproducibility of the physical activity level had strong concordance rates, ranging between "perfect" and "great." Already Kappa values for the data obtained in T1 and T2 in relation to dietary habits showed a good degree of agreement and regular. For behaviors regarding the use of licit and illicit drugs, violence and sexual health risk values were between the degrees of reliability "perfect", "excellent" and "good." The survey for general health indicators and relationships (perceptions of health, stress and school environment), we observed a greater variability in the degree of agreement Kappa, possibly due to the subjectivity of understanding of its concepts. Still, the indicators for the Kappa index showed satisfactory consistency in its outcome.

The data collected show a prevalence of 75.0% of young people as normal, but 18.7% as malnourished and 6.3% as overweight. This picture of the body composition profile dietary habits, found that in general the students are presented with positive health habits, and 89.6% were classified as healthy eating habits and eating habits 10.4% of "health hazard". It was found that the percentage of students who presented themselves as healthy behavior, the habit of weekly (at least four times per week) was healthy foods: milk and cheese (18.7%), fruits (34.7%), and vegetables (22.8%) and little or no consumption of soft drinks (14.6%), candy (14.6%), fries, hamburger / hot dog / sausage (39.6%).

The percentage of students who showed the unhealthy habit, but that is acceptable to eat up to three times per week high-fat foods was 72.9%, 70.1% and 54.2%. The behavior as a risk health, characterized by the unhealthy habit of rarely or never eat foods that provide health benefits (milk and cheese, fruits, and vegetables), was presented by 31.2%, 12.5%, 23%. The behavior of health risk characterized by the habit of weekly (at least four times per week) food, if eaten in excess, can cause an excess of body fat was soft drinks (12.5%), candy (14.6%), fried, hamburger / hot dog / sausage (6.3%). Compared with other studies using similar methodology (measurement instrument and strategy to classify the adolescents in terms of eating habits), it was found that the students of the School of State College Presidente Castelo Branco municipality of Aracaju / SE are shown with similar eating habits to students from public and private schools of this county, where the proportion of subjects reported that the daily frequency of consumption of vegetables, fruit and dairy products was 27, 9%, 26.3% and 22.3% (Silva Junior, 2005), these results also were similar to those reported in similar studies (JR FARIAS, 2002). On the level of physical activity data show that 95.8% of students are classified as "sedentary" and only 4.2% were "moderately active". It is noteworthy that the level of physical activity for boys is lower than the girls, a result not found in the literature. The level of physical activity in both genders was very low, so that 93.8% of students were classified as sedentary. Interestingly, the activity level of girls was higher than that of boys, all of them were classified as sedentary, while girls reported 81.2% 9.4% sedentary and moderately active. These results contradict

the available evidence in the literature; it was shown that the activity level of boys is higher than that of girls. The literature shows there are reduced levels of physical activity across the ages between 12 and 16 years of age, followed by a stabilization of 17 to 21 years and then fell after 21 years of age.

In attempting to explain these results, there were several associations by  $\chi^2 = 69.3$ , pchi-squared association checking  $<0.05$  between gender and level of physical activity. It was also found that the amount of hours watching television, playing video games and activities that involve little physical effort, like the time spent in internet houses, an average of three hours for girls and the boys for five hours. Another problem that can be found associated with the high number of hours in little physical activity, is the lack of practical lessons in physical education at school, block due to be banned as unsafe in their physical structure. In relation to consumer licit and illicit drugs, the students were encouraged to respond on their consumption throughout life, as well as its use on a regular basis. It was found that 20.8% of students said they consumed alcohol and 6.3% use illicit drugs. Regarding the perception of health, it was found that 56.3% of students consider themselves healthy; 87.4 % answered that they are stressed and just 85.4% believe that sleep well and hardly feel depressed. Regarding the indicators of the condition of the school environment and relationships with colleagues, students were encouraged to answer about his relationship with colleagues, teachers, school performance and how they consider the school environment. It was observed that 91.6% of students are satisfied with their classmates, 68.7% said they were satisfied with the teachers, 54.2% consider the school as regular income and 64.5% answered that the school environment is regular. With regard to relationships with family members, neighbors and coworkers, we obtained 85.4% of students said they were satisfied with family relationships, 75.0% were satisfied with the neighbors. The level of satisfaction with co-workers showed little significant results, possibly because it's reduced the number of students who responded that they work.

### FINAL OBSERVATIONS

Smoking and alcohol are among the most consumed licit drugs by adolescents in different countries, regardless of gender, age and socioeconomic status (MMWR, 1999) and regions of Brazil (Galduróz et al., 1997). In Brazil Every year, smoking accounts for about one hundred thousand deaths, while 30% are from cancer (90% of lung cancer and 97% for laryngeal cancer) and 25% for heart disease (MINISTRY OF HEALTH 1988), since alcoholic beverages are responsible for more than 90% of admissions for drug dependence, and appear in nearly 70% of cases of violent deaths and traffic accidents (Jackson and SAMPAIO, 1994). In addition to the deleterious effects health, often in the habit of smoking and alcohol consumption has been associated with illicit drug use.

A study conducted by Lopes (1999) with educated youth, aged between 12 and 17 years, noted that the proportion of young drinkers was higher in those who had used cigarettes. Entada In the statistical analysis of the study show that all students responded who do not smoke, compared with the population-based study with high school students from public and private schools in 12 Brazilian capitals, also found a low prevalence of smokers, 14.6% of youths reported smoking (Vigescola, 2004). misuse of licit and illicit, has currently been treated as a matter of global order. Its negative effects such as medical treatment and hospital admissions, increased urban violence, traffic accidents, premature deaths, among others, increasingly involving the early independent individuals, gender, educational level, social class or professional values have affected social, political, economic and cultural Worldwide (Galduróz et al., 2002).

With statistical analysis on the consumption of alcohol, approximately 80% of students reported not drinking alcohol, while the rest responded that regularly drinks. These results were similar to studies by Farias Júnior (2002) and Silva Júnior (2005). In relation to alcohol consumption between the genders, 21.9% of girls reported drinking regularly compared with 18.8% of men. But the use of illegal drugs was found only in males 18.7%. The general indicators of health and relationships found in the study were positive, it was found that perceptions about health, stress and depression were higher than healthy levels of risk 56.3%, 87.4% and 85.4% respectively. Perceived health is associated with  $\chi^2 = 4.59$ , pthe school environment  $<0.05$  and perception of stress and  $\chi^2 = 6.71$ , pschool environment  $<0.05$ . Simultaneity of positive behaviors in relationships with school friends, teachers, relatives and neighbors were mostly higher, 91.6%, 68.7%, 85.4% and 75% respectively. These results were similar to those reported in similar studies (Loch, 2006). With regard to violent behavior, found that 25% of students reported they were involved in fights in the past 12 months, and was higher for females and 28.1% 18.8% for boys.

With the statistical analysis of sexual behavior among young people participating in the study, it was found that 31.2% responded that they had intercourse, less than half of these (14.6%) reported always using condoms during sexual intercourse, 10, 4% said they sometimes use and 25% reported not using condoms during sexual intercourse. These results on not using condoms during adolescents may be associated with the data from the Department of Information (SUS DATASUS, 2007) which show that the percentage of mothers aged 10-19 years, in 2005 the country is 21.8%, from 25.2 in the Northeast and 22.5% in the state of Sergipe. The indicators on school performance and environmental  $\chi^2 = 7.79$ , peducation exhibit is associated  $<0.05$  demonstrating that the environment can influence the achievement scores.

Considering the objectives and with the results found in this study, we conclude that in general the students have healthy behaviors, except for physical activity level and an association between the school environment and some behaviors. This may indicate that the school environment can influence behavior in youth.

The questionnaire was shown with good reproducibility, and its proper application to adolescents. On the time required for application of the instrument, the research project found that 30 minutes would be needed for proper application.

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## HEALTH RISK BEHAVIORS IN ADOLESCENTS AND SCHOOL ENVIRONMENT

### ABSTRACT

The study aimed investigating the relationship between school environment and risk behavior in adolescents to validate the research instrument. 48 students participated in the research of both sexes, 32 girls and 16 boys aged 17.97 + 18.19 + 1.66 and 1.47, respectively. The data collected show a prevalence of 74% of young people as normal, 18.7% as malnourished and 6.3% as overweight. Prevalence of 95.8% of the school as "sedentary" and only 4.2% were "moderately active". Observe that 89.6% of students are presented with healthy behaviors, and 10.4% with health risk behaviors. The reproducibility of the physical activity level had strong concordance rates that ranged from "perfect" and "great." Already Kappa values for the data obtained in T1 and T2 in relation to dietary habits showed a good and regular degree of agreement. The questionnaire was shown with good reproducibility, and its proper application to adolescents.

**KEYWORDS:** Risk behavior Adolescent Health

## COMPORTEMENTS À RISQUE CHEZ LES ADOLESCENTS ET MILIEU SCOLAIRE

### RÉSUMÉ

L'étude visait à étudier la relation entre l'environnement scolaire et les comportements à risque chez les adolescents pour valider l'instrument de recherche. 48 étudiants des deux sexes ont participé à la recherche, 32 filles et 16 garçons âgés de 17,97 + 18,19 + 1,66 et 1,47, respectivement. Les données montrent une prévalence de 74% des jeunes comme d'habitude, mais 18,7% souffrent de malnutrition et de 6,3% en surpoids. Prévalence de 95,8% de l'école comme «sédentaire» et seulement 4,2% étaient «modérément actifs». Observez que 89,6% des étudiants sont présentés avec des comportements sains, et de 10,4% avec les comportements à risque la santé. La reproductibilité du niveau d'activité physique avaient un taux de concordance forte allant de «parfait» et «grands». Déjà valeurs Kappa pour les données obtenues en T1 et T2 par rapport aux habitudes alimentaires a montré un bon degré d'accord et régulière. Le questionnaire a été montré avec une bonne reproductibilité, et son application correcte des adolescents.

**MOTS-CLÉS:** Comportements à risque la santé des adolescents

## SALUD CONDUCTAS DE RIESGO EN ADOLESCENTES Y EL MEDIO AMBIENTE ESCOLAR

### RESUMEN

El objetivo del estudio fue investigar la relación entre el medio ambiente escolar y los comportamientos de riesgo en adolescentes y con el fin de validar el instrumento de investigación. 48 estudiantes participaron en la investigación de ambos sexos, 32 niñas y 16 niños de 17,97 + 18,19 + 1,66 y 1,47, respectivamente. Los datos recogidos muestran una prevalencia de 74% de los jóvenes como de eutróficos, el 18,7% de desnutridos y el 6,3% con sobrepeso. La prevalencia del 95,8% de la escuela como "sedentarios" y sólo el 4,2% fueron "moderadamente activos". Observe que el 89,6% de los estudiantes tienen conductas saludables y el 10,4% presentan comportamientos de riesgo para la salud. La reproducibilidad del nivel de actividad física tenía una fuerte tasa de concordancia que van desde la "perfecta" a la "grande". Ya los valores de Kappa de los datos obtenidos en T1 y T2 en relación con los hábitos alimenticios mostraron grado bueno o regular. El cuestionario se muestra con buena reproducibilidad, y su correcta aplicación a los adolescentes.

**PALABRAS CLAVE:** Comportamiento de riesgo de salud en la adolescencia

## COMPORTEMENTS DE RISCO À SAÚDE E AMBIENTE ESCOLAR EM ADOLESCENTES

### RESUMO

O estudo teve por objetivo verificar a associação existente entre ambiente escolar e comportamento de risco em adolescentes e com a finalidade de validar o instrumento de pesquisa. Participaram da pesquisa 48 alunos de ambos os sexos, sendo 32 moças e 16 rapazes com idades entre 17,97 + 1,66 e 18,19 + 1,47, respectivamente. Os dados levantados apresentam uma prevalência de 74% dos jovens como eutróficos, 18,7% como desnutridos e 6,3% como sobrepesos. Prevalência de 95,8% dos escolares como "sedentários" e apenas 4,2% "moderadamente ativo". Observaou-se que 89,6% dos escolares apresentam comportamentos saudáveis e 10,4% com comportamentos de risco à saúde. A reprodutibilidade do nível de atividade física obteve índices de concordância fortes que variou entre "perfeita" e "ótima". Já os valores de Kappa para os dados obtidos nos T1 e T2 com relação aos hábitos alimentares indicaram um grau de concordância boa e regular. O questionário se mostrou com boa reprodutibilidade, sendo sua aplicação adequada a adolescentes.

**PALAVRAS CHAVE:** Comportamentos de risco, Adolescentes, Saúde