

Healthy Lifestyle and Risky Behaviors amongst Students of Physical Education High Schools

Authors : Amin Amani, Masomeh Reihany Shirvan, Mahla Nabizadeh Mashizi, Mohadese Khoshtinat, Mohammad Elyas Ansarina

Abstract : The purpose of this study is the relationship between a healthy lifestyle and risky behavior in physical education students of Bojnourd schools. The study sample consisted of teenagers studying in second and third grade of Bojnourd's high schools. According to level sampling, 604 students studying in the second grade, and 600 students studying in third grade were tested from physical education schools in Bojnourd. For sample selection, populations were divided into 4 area including north, East, West and South. Then according to the number of students of each area, sample size of each level was determined. Two questionnaires were used to collect data in this study which were consisted of three parts: The demographic data, Iranian teenagers' risk taking (IARS) and prevention methods with emphasize on the importance of family role were examined. The Central and dispersion indices, such as standard deviation, multiple variance analysis, and multivariate regression analysis were used. Results showed that the observed F is significant ($P \leq 0.01$) and 21% of variance related to risky behavior is explained by the lack of awareness. Given the significance of the regression, the coefficients of risky behavior in teenagers in prediction equation showed that each of teenagers' risky behavior can have an impact on healthy lifestyle.

Keywords : healthy lifestyle, high-risk behavior, students, physical education

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