



RESEARCH ARTICLE

EFFECT OF HEALTHY BEHAVIOR ON WEIGHT CONTROL FOR PUPILS IN THE 2ND OF BASIC EDUCATION

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ABSTRACT

Background: Health and nutritional guidelines are important in improving healthy behavior, especially in the early age stages, when applied inside the school, where the student spends most of his time, and this helps students acquire healthy habits that greatly help in controlling weight and not suffering from overweight and obesity. **Aim:** Design nutritional health guidelines and know their impact on healthy behavior and weight control. **Methods:** A three-month pilot study of 100 students measuring healthy behavior and body weight. **Results:** The low level of healthy behavior among pupils led to a lack of control over weight control, which helped in obesity. The use of health guidelines improves the healthy behavior that helps in controlling weight control and not obesity. **Conclusion:** The low level of healthy behavior is linked to the inability to control weight, so attention must be paid to using health and nutritional guidelines to improve healthy behavior and not to develop overweight and obesity.

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INTRODUCTION

Children spend nearly half of their waking hours in school, and this creates a natural environment for awareness of healthy food options, especially as childhood obesity rates are increasing steadily with a decrease in awareness of healthy behavior (Foster, G, et al, 2008). Chronic malnutrition is prevalent among school children in many low-income developing countries and that nutrition and health reflects the state of school children, where eating unhealthy nutrients slows children's growth and mental development with an increased susceptibility to being overweight (Sherman & Muehlhoff, 2007). Obesity is the most nutrition-related condition that affects children and adolescents. Being overweight during childhood exposes a person to obesity in adulthood and thus developing a healthy lifestyle early in life appears to be a promising way to combat obesity in adults (Kafatos, Manios & Moschandreas, J, 2005).

MATERIALS AND METHODS

SUBJECTS: The health guidelines were applied to 100 students over a period of three months, after identifying their healthy behavior and its effect on weight control.

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SAMPLE SELECTION CONDITION: The school administration cooperated with the researcher in implementing the program, All members of the research sample came from one converging social environment, the pupils' regularity in coming to the school.

INSTRUMENTATION: Health Behavior Measurement Questionnaire, Ristameter device to measure height and weight.

PROCEDURE: Each student answers the questionnaire questions to determine healthy behavior and then uses health tips to improve healthy behavior as a way to control weight.

STATISTICS

Independent variable: Health guidelines to improve healthy behavior.

Dependent Variable: Control the weight of pupils.

Statistical method used: Mean, Median, Standard deviation, Skewness, Chi-Square test, percentage, Use of SPSS for statistical processors version (22).

RESULTS

The low level of healthy behavior among pupils led to a lack of control over weight control, which helped in obesity.

Table 1. Description of the research sample

N=100	Age (yrs)	Height (cm)	Weight (kg)
Mean	12.15	152.8	59.69
Median	12.07	154.1	60.00
SD	2.11±	3.03±	1.75±
Skewness	0.55	1.26	0.289

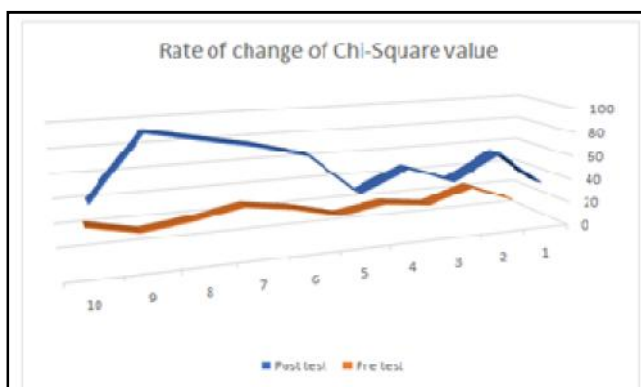
Table 2. The difference between the pre and post measurement in the level of health behavior

N=100 Phrases of healthy behavior	Pre test		Post test	
	(%)	Chi-Square	(%)	Chi-Square
I drink enough water daily	41	10.24	55	36
I have my breakfast before going to school	50	25	65	64
I eat sweets, pastries and fats in abundance	43	12.96	58	43.56
I drink soda and stimulants a lot	46	17.64	63	57.76
I eat junk food when I'm out	42	11.56	57	40.96

Chi-Square tabular value at significance level 0.05 = 33.71

Table 3. The difference between the pre and post measurement in the body weight variable

N=100	Pre test Weight (kg)	Post test Weight (kg)	t	df	Sig.(2-tailed)
Mean	59.69	51.10	45.274	99	0.000
Median	60.00	51.00			
SD	1.75±	1.45			
Skewness	0.289	0.038			

**Figure 1. Rate of change of Chi-Square value**

The use of health guidelines improves the healthy behavior that helps in controlling weight control and not obesity. It is evident from Table 3 that there are statistically significant differences between the pre and post measurement in the variable of body weight, as the calculated t value (45.274) is greater than the tabular t value (1.971) at a significant level of 0.05. Table 2 and Figure 1 show that there are significant differences between the pre and post measurement in the level of health behavior, the results showed that the increase in improving the health behavior of students came after applying the health guidelines over a period of three months.

DISCUSSION

We developed a questionnaire consisting of ten phrases that helps us in evaluating the health behavior of pupils and then present it in the form of health guidelines to find out the extent of its effect on controlling weight and avoiding obesity.

The results of one of the studies showed that the use of dietary guidelines helped in creating positive behavioral change in the participants, which helps in maintaining weight (Badirwang, 2012). The importance of using health and nutritional guidelines within the school has a great role in improving the healthy behavior and controlling the weight of students, because most of the students' time is spent inside the school and young pupils are more likely to gain weight during the study period (Katz, 2009). Overweight and obesity is the fifth major global risk factor for death, as figures indicate that developing countries have four times more children who are overweight compared to developed countries, and children who are overweight are more likely to develop obesity in adulthood. It is necessary to develop public policies. It aims to prevent obesity in children.

The use of nutritional health guidelines in schools is the preferred tool for implementing these policies because children spend most of their time inside the school (Silveira et al 2011). Improving health knowledge and health-related behaviors, including consumption of a low-fat diet, more consumption of vegetables and fruits, less sitting time, and more physical activity limits the prevalence of obesity (Jiang et al 2007). Promoting healthy nutritional behaviors early in life is important for improving the healthy behavior of pupils because these behaviors are reflected in adulthood (Morgan, E. et al (2020).

Conclusion

The low level of healthy behavior is linked to the inability to control weight, so attention must be paid to using health and nutritional guidelines to improve healthy behavior and not to develop overweight and obesity.

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