

# Result of healthy life style questionnaire.

Our project aims to inform young people and then propose a healthy lifestyle that includes sports. We wanted to understand what are the real habits of the guys .To do this we created a questionnaire and asked students to fill it out anonymously.

The questions were divided into:

## A) closed questions (personal experience, bad habits)

1. How old are you?  
10-15 15-25 25...
2. Which is your gender?  
Female/MALE
3. Are you a student?  
Yes  
NO
4. Do you smoke?  
Yes  
No
5. Have you ever tried alcohol  
Yes  
No
6. Have you ever tasted any kind of drugs?  
Yes  
No
7. Does anyone have a bad habit in your family?  
Yes  
No

## B) Mixed questions (personal experience)

8. Do you practice at sport?  
No  
Yes  
If yes which one and how often?
9. Are you occuppied by healthy lifestyle?  
Yes  
No  
If yes- what kind of occupation do you have
10. Are you discussing with you parents about your healthy problems?  
Yes  
No-explain why not?

## C) open questions (personal opinion)

11. What is healthy lifestyle in your opinion?
12. Why would you lead healthy lifestyle?
13. For what can healthy lifestyle be productive
14. How can you motivate people to stop smoking and drinking?
15. What are you doing to live healthy?

We took a sample of 49 school children Stefan Odobeja. Analyzing the answers we found that out of 49 students (61.40% females, 38.60% males) included for 87.76% between 15-25 years, only a small percentage smokes or has tried some type of drug. As for the consumption of alcohol instead the percentage increases in fact on 49 students the 28 of them has admitted to use it.

Another question we asked was if their families had bad habits in the house and 27 answered yes. We wanted to insert this question because we believe that the family, parents or often older brothers and sisters are the examples to which the children are inspired. Our survey showed that students wich have bad habits not always live in families, where anyone have bad habits. This suggest that in most cases bad habits is effects of social environment, TV, Internet.

From the second part of the questionnaire it was found that 63% of students practice at least one sport regularly, and that somehow they are interested in following the correct habits also with regard to food. Another very important fact is that almost 88% of them said they were talking to their family about various food problems.

The first two parts concerned their direct experiences and their habits, but in the last part we wanted to insert some questions to understand their point of view on the subject and how important it is for them.

The first question was "What is healthy lifestyle in your opinion?" And for most boys the answer was a) a life without bad habits b) regular physical activity and healthy eating d) healthy sleep.

The children know the meaning of healthy life and what can lead to have proper habits and recognize all the aspects that derive from it. In fact, 84% of them, that is 41 out of 49 of the students, declared that they are striving to have a correct lifestyle through nutrition, sporting activities, physical activity

## CONCLUSIONS

From this test we can say that half of the students have good habits and are informed about the risks due to bad habits, thanks to family discussions. Almost all of the guys are striving to have a healthy lifestyle through proper nutrition and regular sports practices, in order to have a better and longer life and also improve relationships with others. Students think about things like quality of life and longevity, even though some of them has bad habits (1\4 of respondents).

Replies to question № 14 showed that almost half of students don't know how can motivate people to stop smoking and drinking. That means we need a lot of work into it, notably to teach them needed methods.

The following are the graphs with the percentages for each answer.

General information:

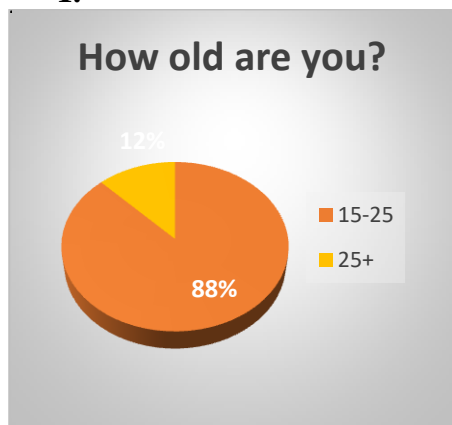
Number of people who participated in the survey - **49**

Location of the survey - **Stefan Odobleja High School**

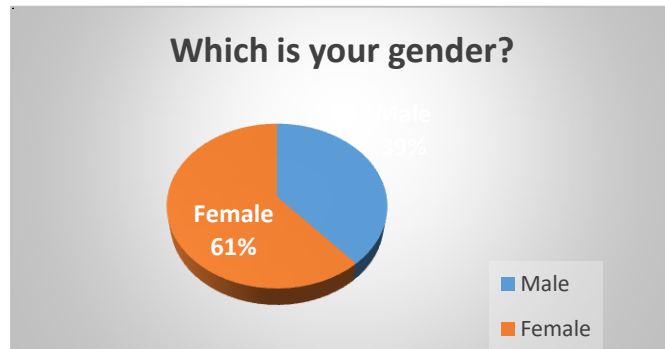
Survey targets - **Identify the attitude of young people to a healthy lifestyle.**

**A) closed questions (personal experience, bad habits)**

**1.**

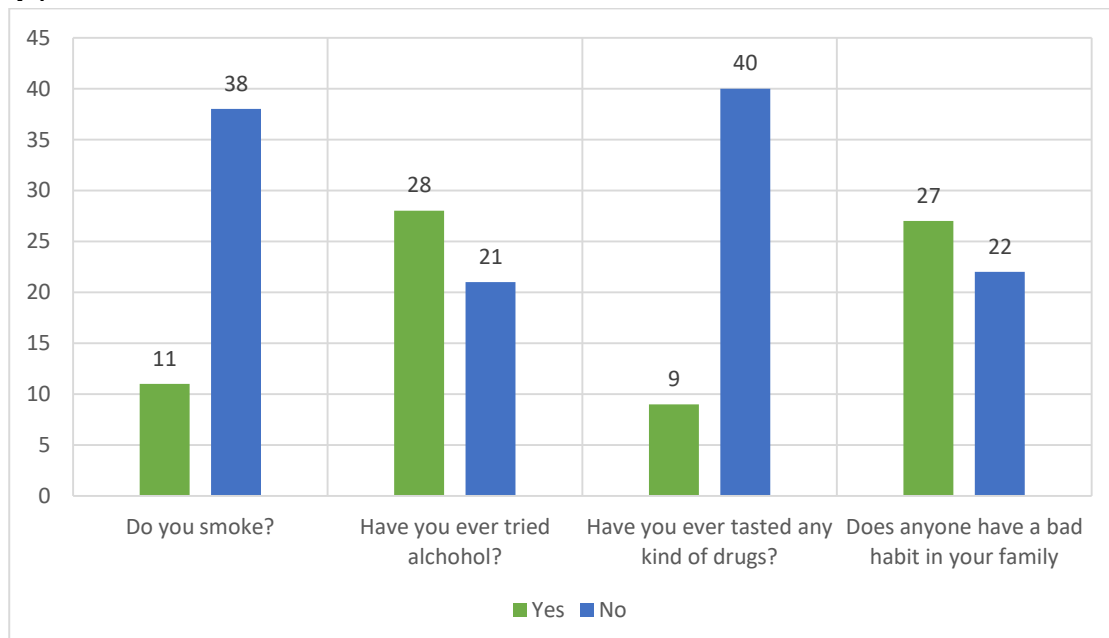


**2.**



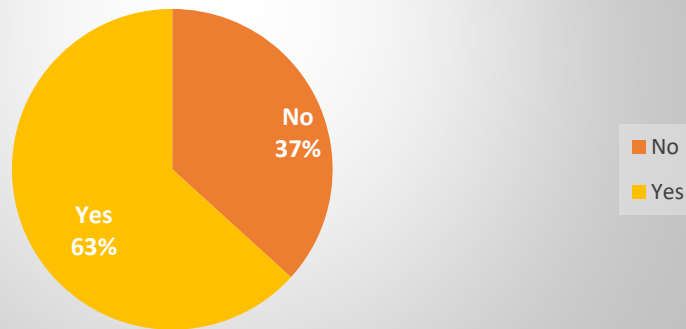
**3.**

**4-7**

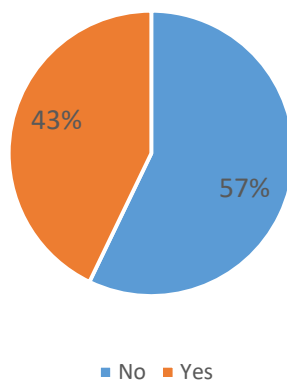


**B) Mixed questions (personal experience)**

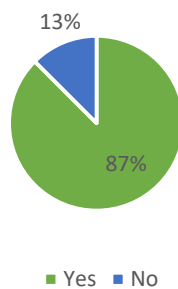
Do you practice at sport? If "yes" which one and how often?



Are you occupied by healthy lifestyle? If "yes" - what kind of occupation do you have?

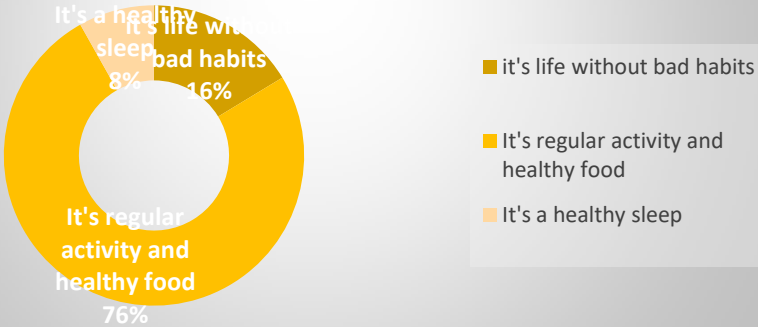


Are you discussing with you parents about your healthy problems?

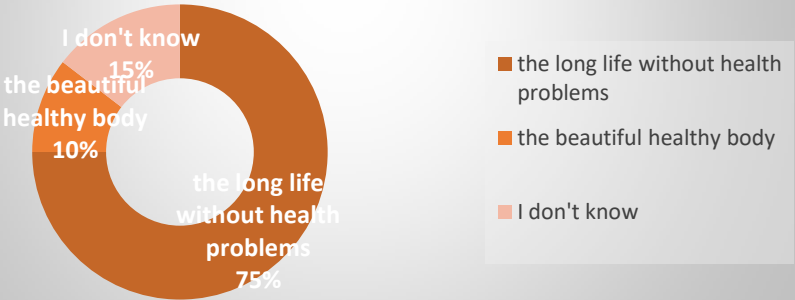


**C) open questions (personal opinion)**

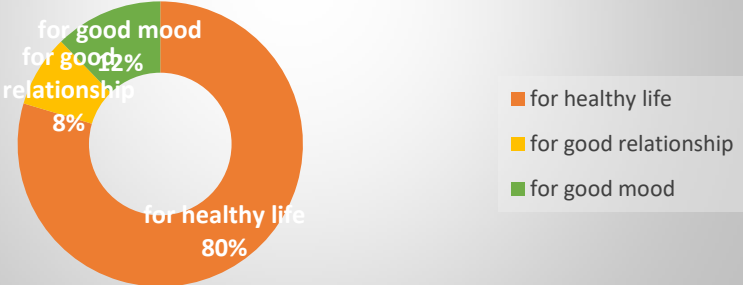
# What is healthy lifestyle in your opinion?



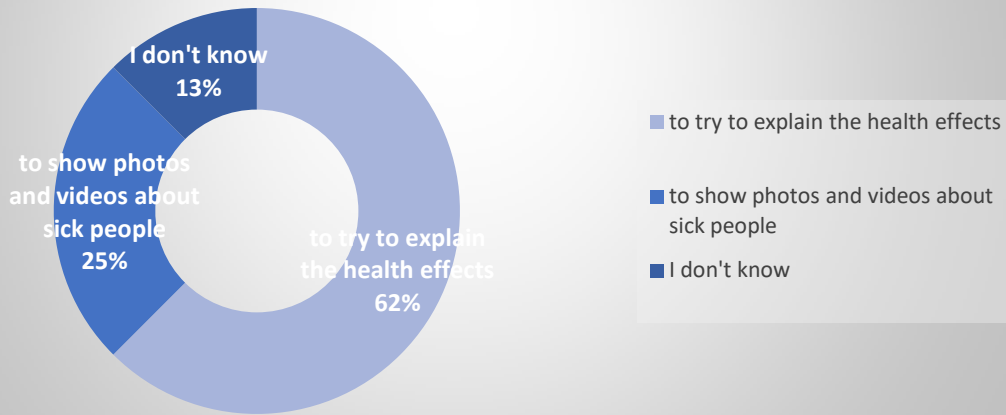
# Why would you lead healthy lifestyle?



# For what can healthy lifestyle be productive?



## How can you motivate people to stop smoking and drinking?



## What are you doing to live healthy?

