

## SURVEY REGARDING THE IMPORTANCE OF EDUCATION FOR HEALTH THROUGH PHYSICAL ACTIVITIES

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### Abstract

*This research is based on a survey following a questionnaire which had two objectives: the importance of healthy eating in everyday life and the importance of physical education during sports classes in achieving a healthy physical and mental condition. The result of the study is that girls are more aware of healthy eating than boys. All students that have been questioned agree that unhealthy food, such as fast-foods, dried food, which they voluntarily eat, is not good for the human body.*

*On the other hand, boys practice sports much more often per week than girls, which is very beneficial. The conclusion of the survey is that students need special education regarding the importance of sports in maintaining their health. Physical education is a relaxing way to spend one's free time and an effective means to obtaining a good physical condition.*

**Key words:** well-being, education, sports, movement, free time.

### INTRODUCTION

The definition that OMS gives for health highlights not only the physical state, but also the idea that health is the perfect balance between physical, psychological and social wellness in a beneficial environment.

Health education represents an organized and systematic activity within which awareness of well-being, the teaching-learning process and the individual and social group interest are included (Bucur, 1999).

Netz et al. (2005) believes that well-being is a 4-dimension state:

- emotional well-being;
- self-perception;
- physical well-being;
- wellness insight /life quality.

Wellness is a complex concept, multifactorial and not very specific.

Something, the lack of a healthy diet, sport practicing and a sum of other different factors (emotional and so on) could lead to sickness. Health issues occur and they affect our general metabolism, our osteoarticular/locomotion system, the endocrine and the nervous systems, and the bloodstream.

### METHODS

#### *Participants*

The questionnaire has been applied to a number of 198 test subjects of which 122 were girls and 76 boys, students in the 6th grade at schools and colleges in Galati, between October 1, 2013, and October 15, 2013.

#### *Research methods*

The questionnaire represents a sum of logic, strict questions that allow fast and accurate student

answers on paper. It is considered the raw material for the surveys and interviews. This method is based on the subjects' self-reporting on their own perception of attitudes and behaviours.

Chelcea (2001) defines the questionnaire as "a logic and psychological sequence of questions or graphic images that play the role of stimulants, comparing to the research's assumption which determines a verbal or nonverbal behaviour that is about to be listed.

Our research has used this questionnaire which refers to information that could be analysed directly. Its purpose is to gather not only the viewpoint of those questioned, but also their motivations, attitudes, vocation and expectations.

The questions regard aspects that concern the subjects' personal opinions and their inner universe. This type of information can only be obtained by means of oral communication with the people in question. Some questions are accounted for significant information in such queries and also imply major difficulty in evaluating their accuracy and checking how much of the real opinion coincides with those stated in the answers.

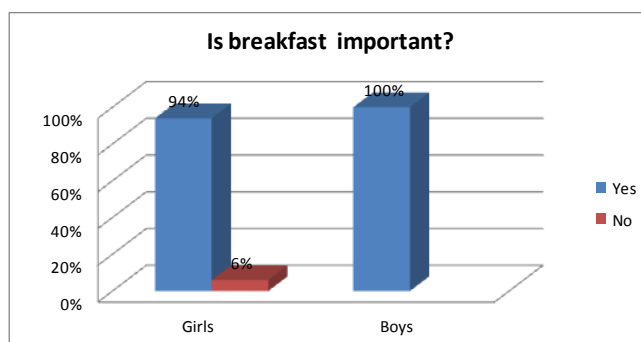
This type of questions do not have right or wrong answers, but only real, honest or not answers.

The 15 questions of the questionnaire are distributed as follows: the first 7 questions regard healthy eating; the next few questions refer to how relevant physical activities are in maintaining our health. The questionnaire contains both closed-ended questions (numbers 1, 2, 3, 4, 5, 6) and open-ended questions (numbers 7, 8), as well as multiple answer questions (numbers 2, 7, 8).

### REVIEWS AND RESULTS

Many people have a tendency to skip breakfast. It is important for us to eat our breakfast on a daily basis in order to provide our body not only with a state of wellness, but also with a longer, healthier life.  
 Advantages:

- it raises the haemoglobin level (this way, the chances of getting anemia decrease);
- weight loss occurs;
- diabetic people have their sugar level stabilized;
- the risk of having a miocardic heart-attack is reduced.

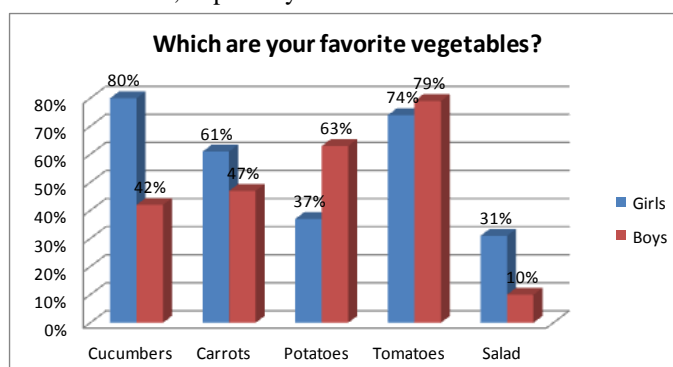


**Chart 1.** Graphic representation of answers to the question “Is breakfast important?”

Breakfast is the most important meal of the day, providing the human body with all the energy needed in order to carry out its normal daily activities. It is also beneficial for processes such as learning or concentration. The reading of the results of the quest showed that all boys have breakfast, while only 94% of the girls do the same thing (as shown in Chart 1).

Vegetables are an essential factor in a healthy diet because of their great nutritive content, especially

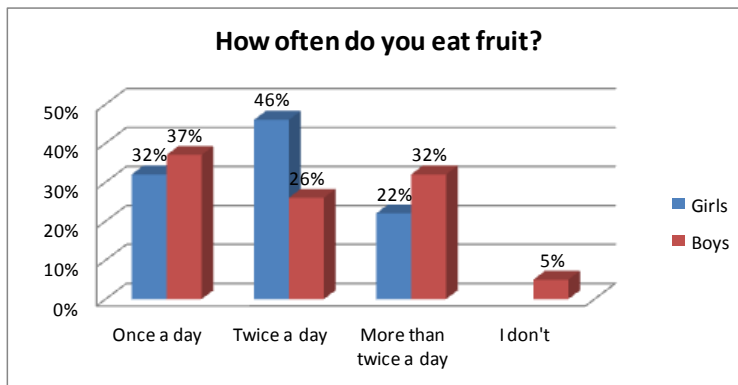
vitamins. Their absence or insufficiency could lead to serious damage of the human metabolism. Among the girls’ favourite vegetables are cucumbers 80%, tomatoes 74%, carrots 74%, potatoes 37% and salad 31%. The boys’ point of view shows that tomatoes are the most often eaten vegetable 79%, followed by potatoes 63%, carrots 61%, cucumbers 42% and salad 10%. (Chart 2)



**Chart 2.** Graphic representations of answers to the question “Which are your favourite vegetables?”

Due to their large quantity of water, fruit are some of the healthiest foods for the human body. They have a very low level of fat and calories, so they could also be eaten in larger quantities. Because of their large content of antioxidants, 5 servings are recommended every day, which guarantees against chronic diseases, cancer, and improves the immunity system. Natural juices are great sources of vitamin C, but they lack in fibbers. Dried fruit have a great number of vitamin A, B and minerals: potassium, phosphor, shackles, but also fibber.

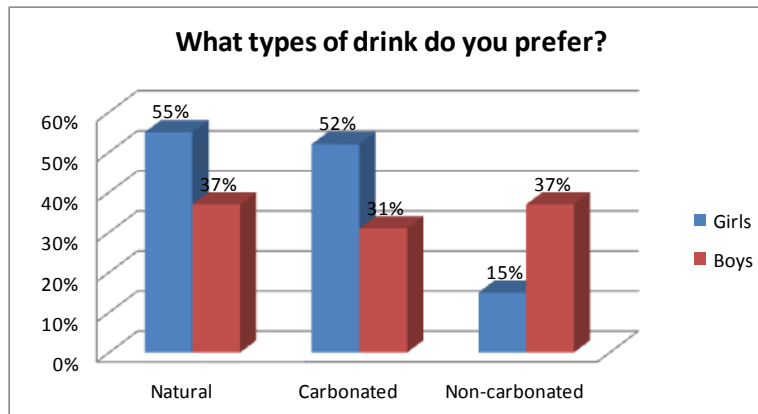
Students are aware of the importance of including fruit in their meals, as they represent the main source of vitamins. This fact could also be seen in their answers marked in Chart 3. Therefore, we could notice that 46% of the boys eat twice a day, while only 37% of the girls do the same thing. Only 22% girls and 32% boys eat fruit more than once a day. Among the questioned students, only 5% boys do not eat any fruit.



**Chart 3.** Graphic representation of answers to the question “How often do you eat fruit?”

Drinking fresh juice every day is the best way to refill with nutrients. Your energy level rises and you can cope with lots of severe diseases. Girls are more aware of the importance of natural juices because 55% of them opt for such beverages while

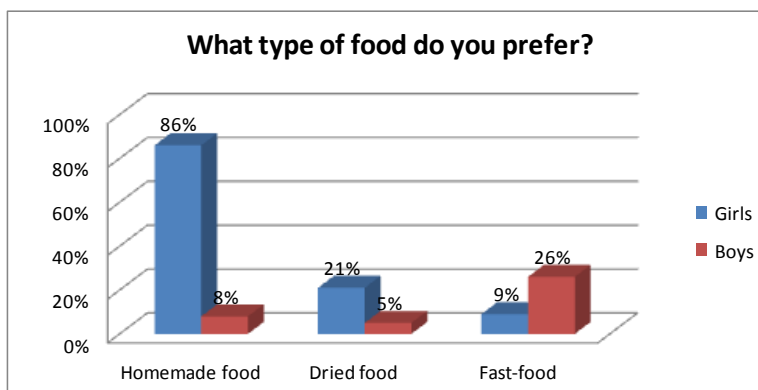
only 37 of the boys do the same thing. Girls have a taste for fizzy drinks as well. 52% of the girls and 31% of the boys like them. Boys equally prefer natural and non-carbonated drinks (37%). (Chart 4)



**Chart 4.** Graphic representation of answers to the question “What types of drinks do you prefer?”

After analyzing their answers, we could say that 86% of the girls and only 6% of the boys opt for homemade food, in contrast to 26% of the boys who choose fast-food. For 21% of the girls and 5% of the boys dried food is also an option. Fast-food products are of little nutritional value and often

high in fat, sugar, salt, additives, chemical colorants and calories. After eating such food, dopamine is released and one of its effects on our body is to create de pleasure sensation. This is the reason why 26% of the boys prefer this type of food.



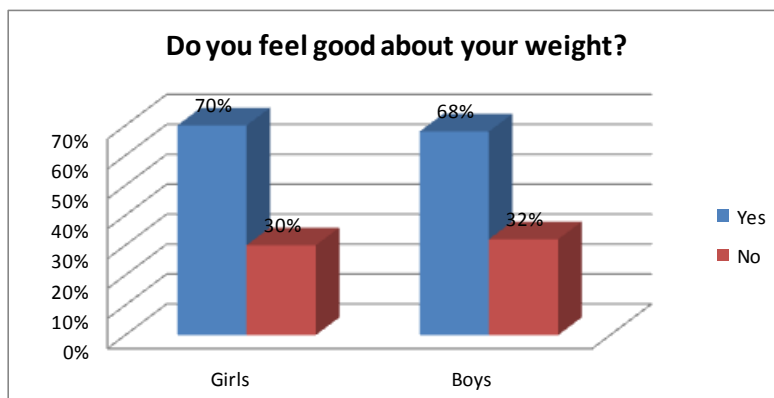
**Chart 5.** Graphic representations of answers to the question “What type of food do you prefer?”

When asked how they feel about their weight, 70% of the girls and 68% of the boys answered that they were satisfied with it. Only 30% of the girls and

32% of the boys say that they are not happy about their bodies. This proves that going through the growing process and not being physiologically

mature makes fat excess not a problem. (Chart 6)  
 We cannot affirm that at the age of 12, the obesity

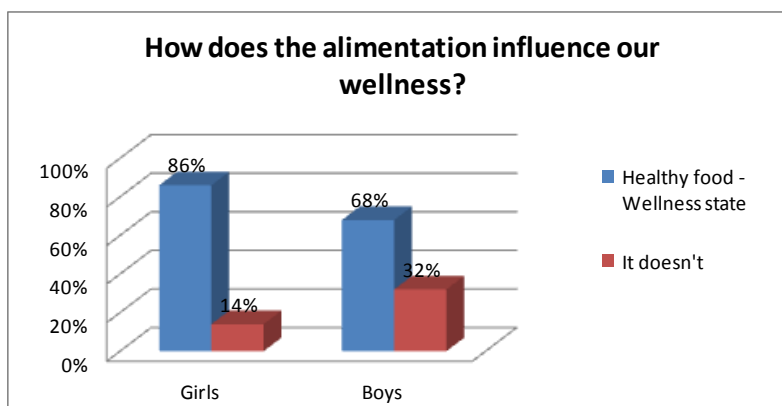
level is high.



**Chart 6.** Graphic representations of answers to the question “Do you feel good about your weight?”

Students who were asked this question answered that food can lead to a healthy life-style in the ratio of 86% girls and 68% boys. They are aware of the fact that right eating habits have positive effects not only on the development and growth of their bodies, but also on the health improvement and

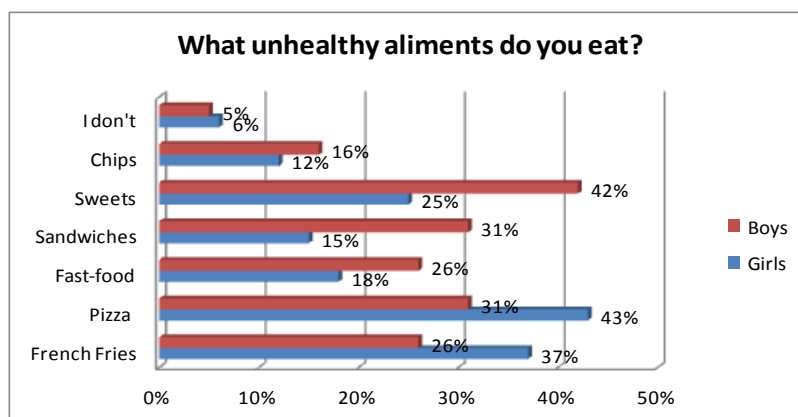
normal function of the human body. The high percentage shows that boys are more aware of the importance of food in keeping healthy because 32% of girls consider that nutrition has no effect on the organism.



**Chart 7.** Graphical representations of answers to the question “How does diet influence our wellness?”

Healthy eating, in the teenagers’ case, help them improve their performances regarding studying, but also their physical activities. Although the harmful effects of unhealthy food are known, they still are the first choices of the pupils. Analysing the answers to this question, not only boys, but also girls had different answers: 43% of the girls prefer

pizza, 42% of the boys prefer candies, 37% of the boys, 26% of the girls prefer fried potatoes, 26% of the boys, 18% of the girls prefer fast-food. On the other hand, only 5% of the boys, and 6% of the girls do not eat junk food. This percentages are shown in Chart 8.



**Chart 8.** Graphical representations of answers to the question “What unhealthy aliments do you eat?”

## CONCLUSIONS

Considering the questions and the answers we got from the pupils, we could conclude that:

- Home made aliments are preferred by the girls, but they also eat junk food, especially pizza, in comparison to the boys who prefer fast food and candies.
- The majority of the pupils are aware of the role healthy eating has in maintaining their wellness but they prefer consuming junk food.
- Fruits and vegetables are in every boy and girl’s daily menu, but they only consume very few vegetables and no fruits.
- The pupils we questioned are happy with their weight, but there are girls and boys unhappy with it, this has to do with consuming too much junk food and sodas.

- Girls are more aware of the role of healthy food.

This is why we believe that the education for wellness through physical activity should be realised in school, during the “Education for health” class because it develops the future adults.

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