## Health Survey among Adolescents

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Abstract: <u>Aim</u>: This study sought to identify, among adolescents, factors associated with characteristics such as sleep, stress, diet, problem with weight etc. <u>Background</u>: Adolescents is commonly regarded as a healthy period in life aged between 10-19. Inactivity, in particular TV viewing, has been associated with obesity in cross-sectional studies of children, adolescents, and adults. Lack of accurate information, absence of proper guidance, parent's ignorance, lack of skills and insufficient services from health care delivery system are the major barriers. <u>Reason</u>: This study is to identify the factors associated among adolescents. <u>Result</u>: To estimate the prevalence of stress, sleep, eating habits etc. among adolescents, a survey was conducted.

Keywords: Adolescents, stress, sleep, weight, diet, health

## 1. Introduction

In recent years, international organisations and researchers have paid increased attention to the health of adolescents, recognising that the current generation of young people is the world's largest ever. Although youth is commonly regarded as a healthy period in life, more than 1.4 million adolescents (aged 10-19) are estimated to die each year (97% of these deaths occur in low and middle-income countries), and an even greater number suffer from illnesses [1, 2]. Sleep is a state of unconsciousness from which one can be aroused. More than a periodic rest condition for the body and nervous system, it is a phase during which the body and nervous system can recuperate. Notably, protein synthesis is more active during sleep than during waking hours [3]. Studies have shown that the average amount of sleep per night for prepubescents, mid-adolescents and old adolescents was 10, 8 and 7 hours, respectively [4]. Most research has proposed that adolescents require at least 6-8 hours of sleep each night [5, 6]. Amount of sleep is an important indicator of health and well-being in children and adolescents. In adolescents, sleep influences physical and emotional well-being[7, 8]. Physical activity has been associated with a wide range of beneficial health outcomes in adults, including bone and cardiovascular health and reduction of selected cancers [9]. Physical activity during childhood and adolescence may have a positive impact on growth and development and psychological and emotional outcomes that may continue into adulthood [10, 11]. Inactivity, in particular TV viewing, has been associated with obesity in cross-sectional studies of children, adolescents, and adults [12]. Physical activity habits, and specifically inactivity, track significantly from adolescence to young adulthood [13].

## 2. Materials and Methods

This study was conducted among dental students of Saveetha dental college. A self administered questionnaire was developed to assess the health condition among adolescents. This questionnaire consists of 16 questions. Questionnaire includes questions based on their current problem with their weight, medications to control their weight, frequency of mood swings. This questionnaire also includes Duration of sleep, Exercise, Balanced diet, stress, sacrifice sleep using Electrical gadgets.

## **3. Survey Questions**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Never	35	38.9	38.9	38.9
	Once or twice.	47	52.2	52.2	91.1
	3 or more times	8	8.9	8.9	100.0

90





100.0

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Rarely or never	53	58.9	58.9	58.9
	Sometimes.	37	41.1	41.1	100.0
	Total	90	100.0	100.0	1 100 00004-10



100.0

Total

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Cumulative

Percent

Cumulative

Percent

47.8

78.9

100.0

70

52.5

35

17.5

60

50

0

YES

21.1

66.7

100.0

## How frequently do you get mood swings ?

		Frequency	Percent	Valid Percent	Cumulative Percent	4
Valid	Rarely	46	51.1	51.1	51.1	1
	Frequently.	28	31.1	31.1	82.2	30
	Very frequently	16	17.8	17.8	100.0	15
	Total	90	100.0	100.0		"



## Are you taking any medications to control your weight?

					Cumulative
		Frequency	Percent	Valid Percent	Percent
Valid	Yes	18	20.0	20.0	20.0
	No	61	67.8	67.8	87.8
	Was before	11	12.2	12.2	100.0
	Total	90	100.0	100.0	

Percent

21.1

45.6

33.3

100.0

Percent

47.8

31.1

21.1

100.0

Valid Percent

Valid Percent

21.1

45.6

33.3

100.0

47.8

31.1

21.1

100.0

How many hours do you sleep when your stressed?

How many hours do you exercise a day?

Frequency

Frequency

19

41

30

90

43

28

19

90

Valid

Valid

Less than normal

More than normal

More than 1 hour

Normal

Total

Never.

1 hour

Total

70 52.5 35 17.5 0 YES NO WAS BEFORE



LESS THAN NORMAL NORMAL MORE THAN NORMAL





		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	18	20.0	20.0	20.0
I	No	61	67.8	67.8	87.8
	Was before	11	12.2	12.2	100.0
	Total	90	100.0	100.0	

How frequently do you get mood swings ?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Rarely	46	51.1	51.1	51.1
	Frequently.	28	31.1	31.1	82.2
	Very frequently	16	17.8	17.8	100.0
	Total	90	100.0	100.0	

### How many hours do you sleep when your stressed?

		Frequency	Percent	Valid Percent	Cumulative Percent	37.5
Valid	Less than normal	19	21.1	21.1	21.1	25
	Normal	41	45.6	45.6	66.7	
	More than normal	30	33.3	33.3	100.0	12.5
	Total	90	100.0	100.0		



NO

WAS BEFORE



LESS THAN NORMAL NORMAL MORE THAN NORMAL

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50

37.5

25

12.5

53

#### Do you follow a balanced diet? Cumulative Frequency Percent Valid Percent Percent Valid Always. 13 14.4 14.4 14.4 Sometimes. 45 50.0 50.0 64.4 Never 32 35.6 35.6 100.0 Total 90 100.0 100.0

## How many hours do you sleep in a day

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Less than 3	5	5.6	5.6	5.6
	3 to 6.	44	48.9	48.9	54.4
	More than 6	41	45.6	45.6	100.0
	Total	90	100.0	100.0	

lave you ever felt sad or down for more than two weeks or felt as though you had nothing to look forward to?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Never	29	32.2	32.2	32.2
	Once or twice.	51	56.7	56.7	88.9
	3 or more times	10	11.1	11.1	100.0
	Total	90	100.0	100.0	1000000

# 0 ALWAYS SOMETIMES NEVER 0 45 10 NEVER ONCE OR TWICE 3 OR MORE TIMES





					Cumulative	37.5
		Frequency	Percent	Valid Percent	Percent	
Valid	More	25	27.8	27.8	27.8	2
	Moderate	45	50.0	50.0	77.8	12.0
	Less	20	22.2	22.2	100.0	12.3
	Total	90	100.0	100.0		



## How often do you usually have breakfast in a week?

		Frequency	Percent	Valid Percent	Cumulative Percent	ľ
Valid	Daily.	47	52.2	52.2	52.2	1
	Not at all	43	47.8	47.8	100.0	Ŀ
	Total	90	100.0	100.0		

lave you ever had someone at home, school or anywhere else, who made you fee afraid, threatened you , or hurt you?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Always.	20	22.2	22.2	22.2
	Sometimes.	41	45.6	45.6	67.8
	Never	29	32.2	32.2	100.0
	Total	90	100.0	100.0	

## How often do you usually drink pure or 100% fruit juice?

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 1-3 times per week	9	10.0	10.0	10.0
Rarely	56	62.2	62.2	72.2
Never	25	27.8	27.8	100.0
Total	90	100.0	100.0	



DAILY

NOT AT ALL



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		Frequency	Percent	Valid Percent	Cumulative Percent
Valid Always Somet Never Total	Always.	12	13.3	13.3	13.3
	Sometimes.	49	54.4	54.4	67.8
	Never	29	32.2	32.2	100.0
	Total	90	100.0	100.0	0.000000000

## 4. Result and Discussion

A total of 90 students participated in the study. The students were asked where they had a problem with there weight.58.9% of students replied that they have rarely or never problem with their weight.sometimes 41.1% of students faced the problem with their weight;20% of students are taking medications to control their weight, 67.8% are not taking any medications, 12.2% of students were taking medications before;51.1% of students rarely get mood swings, 31.1% of students frequently get mood swings, 17.8% of students very frequently get mood swings;47.8% of students do not exercise;31.1% of students exercise 1 hour per day, 21.1% of students exercise more than 1 hour per day; 5.6% of students sleep less than 3 hours, 48.9% of students sleep 3 to 6 hours, 45.6% of students sleep more than 6 hours;21.1% of students sleep less than normal when they are stressed, 45.6% of students sleep normally when they are stressed, 33.3% of students sleep more than normal when they are stressed.14.4% of students follow balanced diet, sometimes 50% of students follow balanced diet, 35.6% of students do not follow balanced diet.52.2% of students have breakfast in a week daily, 47.8% of students do not have their breakfast in a week.27.8% of students consume more number of vegetables per day, 50% of students consume moderately, 22.2% of students consume less number of vegetables per day.

## 5. Conclusion

Thus, from this study we find that preventable factors that are associated with unhealthy behaviours and outcomes. Factors related to unhealthy diets and insufficient physical activity, resulting in poor nutritional status and high body mass index, which are, in turn, associated with diabetes.

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