Health Survey among Adolescents

Shalini Sathiymaamorothy¹, V. Vishnupriya², R. Gayathri³

¹BDS, Saveetha Dental College and Hospitals, No: 162, PH road, Chennai-600077.
²Associate Professor, Department of Biochemistry, Saveetha Dental College and Hospitals, No-162, PH Road, Chennai-600077
³Assistant Professor, Department of Biochemistry, Saveetha Dental College and Hospitals, No-162, PH Road, Chennai-600077

Abstract: **Aim:** This study sought to identify, among adolescents, factors associated with characteristics such as sleep, stress, diet, problem with weight etc. **Background:** 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. **Reason:** This study is to identify the factors associated among adolescents. **Result:** 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 pubescent, 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

![Image showing survey questions](image_url)
4. Result and Discussion

A total of 90 students participated in the study. The students were asked where they had a problem with their 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. 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.

References