

عنوان مقاله:

Evaluating Health-promoting Life Style and Its Related Factors among Adolescent Girls of Kerman in ۲۰۱۵

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خلاصه مقاله:

Background: Adolescence is a period in which many healthy and unhealthy habits are formed and will be extended to the later stages of life. Lifestyle effects health and many health problems can be solved by forming health-promoting habits in adolescence; therefore, the aim of this study was to evaluate the health-promoting lifestyle among adolescent girls of Kerman in ۲۰۱۵. Methods: This descriptive analytical cross-sectional study was performed on ۴۷۶ female high school students in Kerman in ۲۰۱۵. The participants were selected using multistage sampling. Data were collected using the standard Health Promoting Lifestyle II (HPLP-II) questionnaire including ۵۲ items. Data were analyzed using Pearson's correlation coefficient and one-way ANOVA via SPSS ۲۰. Results: The average score of health-promoting lifestyle was ۳.۱۰ ± ۰.۵۶ . The participants obtained the highest average score in interpersonal relationships and the lowest score in physical activities. The results showed significant relationships between the average score of health-promoting lifestyle and different education levels ($P < ۰.۰۰۱$), father's job ($P = ۰.۰۰۳$), father's education level ($P = ۰.۰۴$), and physical activity ($P = ۰.۰۰۱$), but no significant relationship was reported between health-promoting lifestyle and different ages, mother's education level and job, and fast food consumption. Conclusion: The results showed that the health-promoting lifestyle score of female adolescent students was mediocre but the students did not have good physical activity. Therefore, health-promoting behaviors can be improved through designing and implementing programs to increase physical activity.

کلمات کلیدی:

Lifestyle, Health Promoting, Adolescent girls, Students, Kerman

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