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The contribution of sports practice to spreading health awareness to combat obesity among adolescents

مساهمة الممارسة الرياضية في نشر الوعي الصحي لمكافحة السمنة عند المراهقين

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مخبر العلوم المطبقة على حركة الإنسان

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Abstract:

The study aims to identify the contribution of sport in among adolescents settings and its role in developing health and spreading health awareness with the aim of combating obesity among students. As a tool for collecting data, a questionnaire was relied upon that includes three axes (nutrition, personal health, and practicing sports activity). The researcher also took into account the percentage table. To analyze the data.

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Keywords: Health awarenes obesity among adolescents
The main research axes that have to contain the following elements:(aim of the research

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Introduction:

Ensuring good health is not only a fundamental necessity but also a strategic objective pursued by countries, organizations, and individuals worldwide. Efforts are made to promote a healthy lifestyle universally as it directly contributes to personal development, family welfare, and community progress. This includes educating and nurturing children in holistic ways, integrating physical, spiritual, mental, social, and health dimensions to equip them with the skills, knowledge, and attitudes essential for navigating life's challenges. Health plays a pivotal role in individuals' lives, being a critical facet of existence, where vitality, growth, and advancement thrive, contrasting starkly with the bleakness that ensues when health falters. It is incumbent upon us to uphold this vital aspect of well-being(alkhlifa2013)

(Health consciousness is a type of awareness along with the mental and physical state which was researched by scientific study)

Humans themselves, however first of all the person can possess healthy behavioral habits that directed to boost along with workout her components and thus searching for himself out from many struggle as well momentary physical together gettysburg address schreibmente ailments.(kamach ,2009)

If a high level of health eliminates the risk of the occurrence of disorders and diseases, the same applies to high-awareness., Deadly modern diseases, and dangerous seen diseases. One may not logically attribute high levels and high reductions in medical expenses and also depend on the cultural level of the members of modern society..; it may also represent a way of life that has become a daily habit, that daily culture in which it is possible to control many more variables than the source of health control.(abo Layla 2009)

The point is that adolescents are a significant part of society, so the modern goals of education are achieved in the quest for health education. In this case, it implies the healthy condition vital for the students for them for strengthening their efforts and being mentally and physically active since the ability to work is affected by health.(salama 1985)

As Malik aptly demonstrated in 2006, health is deeply impacted by numerous social and financial facets, just as those realms are influenced in turn by wellbeing and circumstances like wages, standards of living, nourishment, and more. Consequently, an individual's health must not be considered apart from other influential dynamics woven into one's overall welfare process.

Adolescents constitute one of society's most informed groups, representing a broad cross-section with keen interest at the forefront. Nations aim to enhance cognitive growth, emotional maturity, and conduct holistically in this impressionable population, with a focus on wellness being paramount since health comprehension at this life stage largely impacts future habits and community conditions. Though awareness varies, formative years lay crucial groundwork shaping adult roles and relationships.

Therefore, the study's problem focuses on addressing the query:

Can engaging in sports help promote health awareness to address obesity among adolescents?

Specific inquiries:

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1- Does participation in sports help raise awareness about nutrition to fight obesity in adolescents?

2- Does involvement in sports at universities play a part in improving personal health to combat adolescent obesity?

3- Does physical activity play a role in the battle against adolescent obesity?

General hypothesis:

Engaging in physical activity plays a role in promoting health awareness to combat obesity among adolescents.

Specific hypotheses:

1- Sports play a role in promoting awareness of nutrition to combat obesity among adolescents.

2- Sports involvement in university settings contributes to personal health in combating obesity among adolescents.

3- Physical exercise plays a role in combatting obesity in adolescents.

Importance of Studying Health Awareness Among Adolescents:

The significance of this research lies in its focus on examining the level of health awareness among adolescents. The findings from this study can be invaluable to researchers in the field of sports colleges, shedding light on the health awareness levels of this demographic. Moreover, the insights gained from this study can inform decision-makers striving to enhance public health initiatives.

Objectives of the Study:

1. To educate individuals about health topics relevant to their community, including prevalent health issues, infectious diseases, preventative measures, and treatment methods, sourced from authoritative sources.
2. To equip individuals with adequate information to safeguard community health by adhering to guidelines set forth by health authorities.
3. To encourage community engagement in addressing medical challenges and fostering a culture of shared responsibility for healthcare issues.

Kindly note that the tone of the output result is Standard, and the language used is English. HIX.AI has not provided additional information in the output result.

Previous studies :

In a study by Al-Khalfi (2013 AD), the research aimed to assess the impact of health monitoring on the health status of university students at a center. The study included 252 male and female students across different disciplines, selected intentionally. A descriptive approach was employed.

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Key findings include: University center students demonstrate a high level of health awareness. There are significant gender differences in health awareness, with females showing higher levels. However, there are no significant differences between males and females in terms of health control scores. Moreover, there are significant differences among individuals aged 25 and above.

Al-Khalfi. (2013). The Impact of Health Monitoring on University Students' Health Levels. Studies in Educational Sciences, 46(1), 607.

In a study conducted by Abdul Haq Wash, An-Najah National University and Al-Quds University, to achieve this, in addition to identifying differences in the level of health knowledge based on variables such as school level, height, gender, university and student GPA, the purpose of the study is Nadja State A study was conducted on the health awareness levels of (800) male and female students from Al-Quds University and (300) male and female students from Al-Quds University. The research results show that all the health knowledge of the individuals in the sample is at an average level. Additionally, there are significant differences in students' health awareness in favor of the University as a different school. Get-. While the Faculty of Jerusalem is in favor of the Faculty of Science, the gender difference is in favor of female students.

Terminology of study:

Research summary

941 (Health literacy: “Good behavior that has a positive impact on health and can be defined by Abdul Haq and colleagues) 2012

Provide a coherent basis for applying this knowledge to daily life type A Guiding people in making decisions about family responsibilities and therefore the better preparation of the policy that protects their health and is important for their abilities (the treatments given in hospitals, as well as the many instructions that young people follow).

Obesity:
The World Health Organization defines obesity as excess body fat that poses a health risk. Me thodology:
Methodology:
Researchers used a descriptive approach to examine the role of health literacy in preventing o besity
Research:
During this time we collected data and reviewed previous Research and Other Notes
A good and successful We studied the subject and contacted the expertise of the work in order to provide sufficient information and knowledge of everything related to the subject
so that we can form ideas and thus prepare the theoretical process.
For this subject we conducted a research process regarding the community structure before dis tributing the questions regarding the Study.

All aspects of the topic allow us to form and complete a good idea, so prepare the theoretical process
For this topic, we did research on the structure in the community before publishing the questio ns for the study

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Researchers:< br>The sample of the study consisted of young people. and creating health awa reness questions and correcting inappropriate sentences, followed by three axes.

Research Area:
Time Area:
Data were collected in the period (03/2024 – 04/2024).
Reliability and integrity are considered the most important conditions for the validity of meas urement instruments, and they are interconnected. Regarding this, he said, "Justice is the sym bol of security."

Cronbach's alpha coefficient	Number of expressions	Interviewer
0.932	7	The first axis :
0.959	5	The second axis:
0.934	5	The third axis:
0.941	12	the total

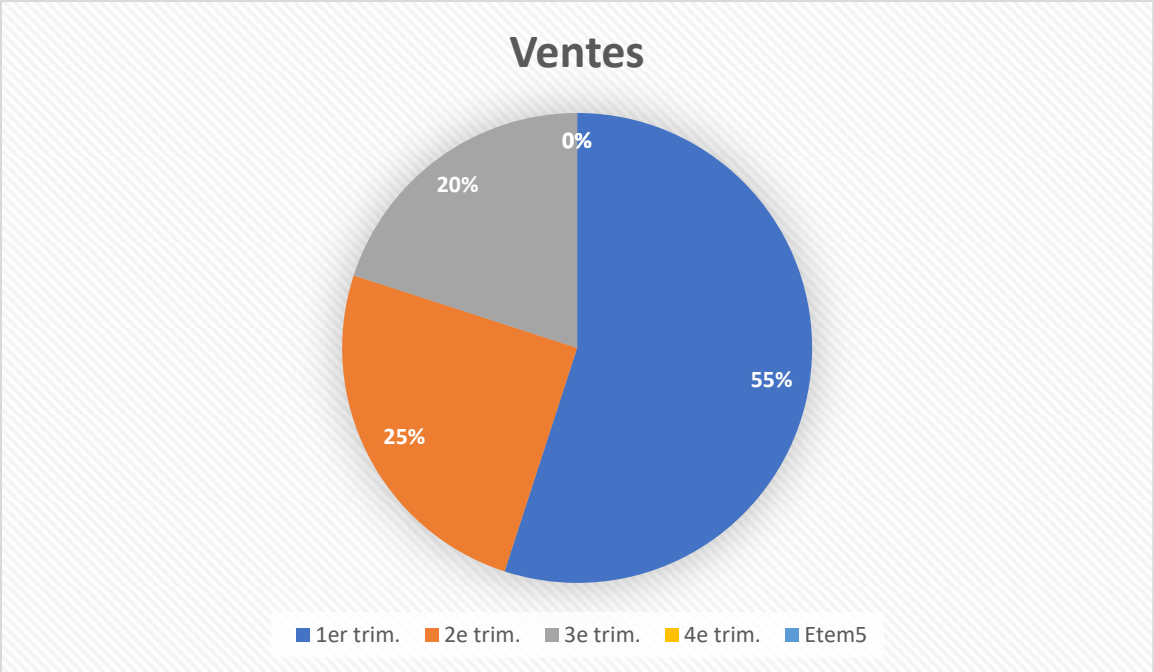
Honesty:
Taylor also said that honesty should be demonstrated in the exam

Degree of self-honesty	Number of expressions	Interviewer
0.965	7	The first axis :
0.979	5	The second axis:
0,966	5	The third axis:
0.968	12	the total

Axis One: Nutrition
- Lesson One: Make your daily diet complete and **complete**
- Lesson Purpose: Know the quality and nature of the food **you eat**

Percentage	frequency	Options
55%	11	Strongly Agree
25%	5	OK
20%	4	sometimes
0	0	not agree
0	0	Strongly Disagree

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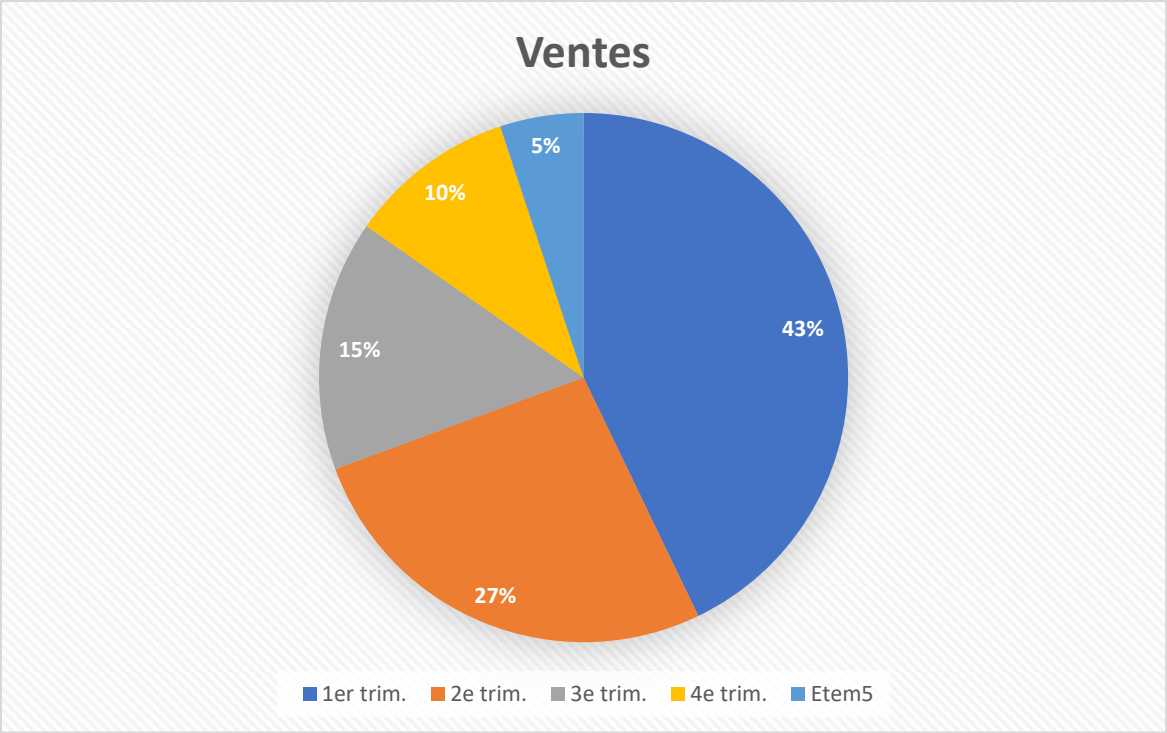


From the figure above, we see that the results of the removed questions are the following points: Most of the study samples, approximately 55%, focus on the first option (endorsed), showing their firm belief that healthy foods should be included. . . Health knowledge responses when sampled by others during the study varied between (25% agree) and (sometimes 20%).

- **Second sentence:** Drink more cold or hot **water with meals**

Percentage	frequency	Options
%26.31	5	Strongly Agree
%15.78	3	OK
%42.10	8	sometimes
%10.52	2	not agree
%5.26	1	Strongly Disagree

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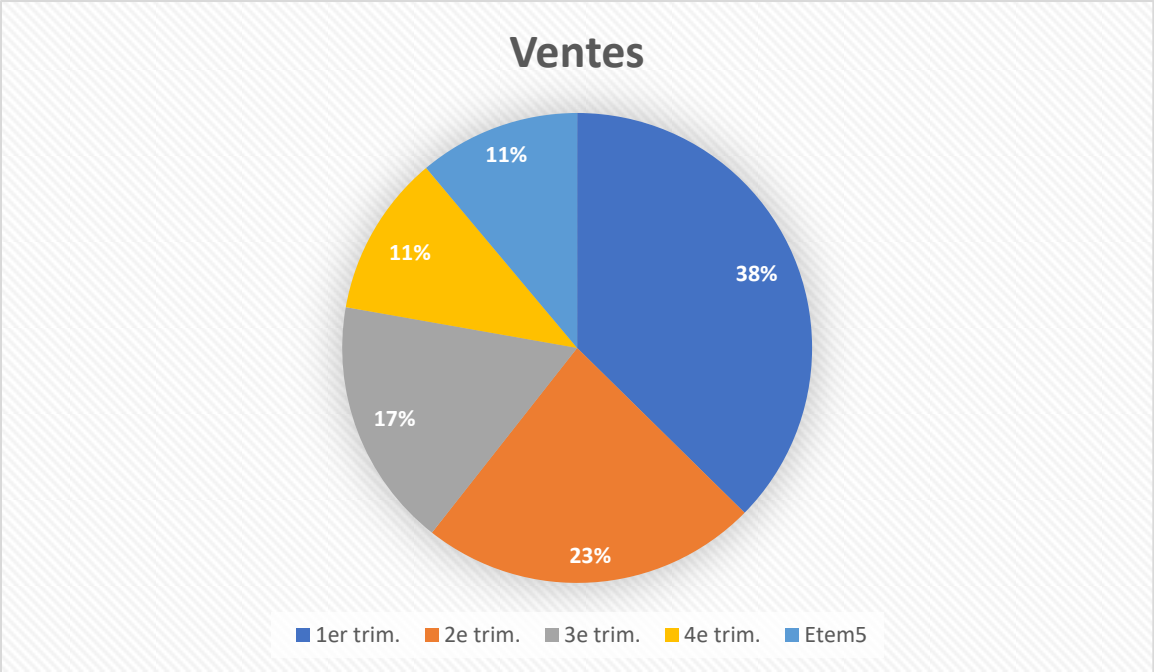


From the figure above we see that the results of the definite questions are summarized as follows: Most of the research sample (about 42.10%) concentrated on the third option (some 42.10%), which shows that they believe that drinking water and liquids are drinking water. available. responsibility to protect the health of students plays an important role, while other parts of the study model are scattered. Their answers are between (26.31% agree) and (15.78% agree).

Third **word:**
I can't have breakfast **because I don't have time.**

Percentage	frequency	Options
%23.52	4	Strongly Agree
%17.64	3	OK
%35.29	6	sometimes
%11.76	2	not agree
%11.76	2	Strongly Disagree

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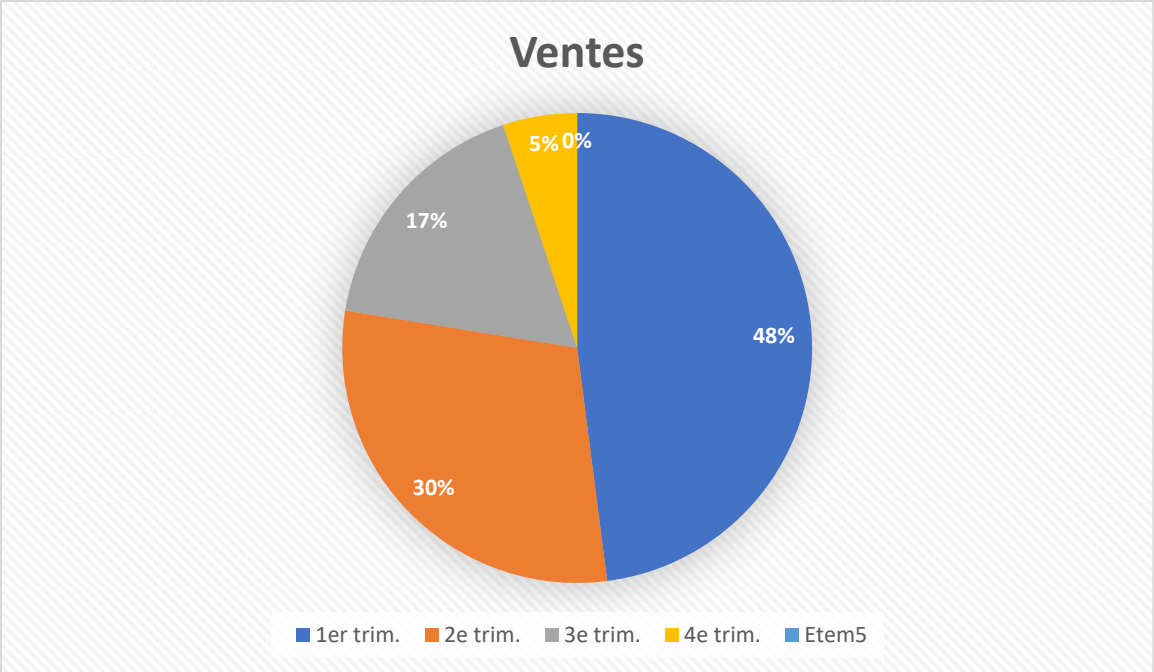


From the figure above, we see that the results of writing questions are focused as follows: The majority of the research samples, about 35.29%, focused on the third (sometimes) option, which indicates that the meal time is strict, so breakfast Lunch and lunch are also available at the same time as studying at school, this For this reason, students only consume desserts and main courses voluntarily. Fast food and soft drinks. The rest of the responses ranged from agree (23.52%) to agree (17.64%).

Axis 2: Personal Health
Thank you for getting enough sleep and **rest**
Understanding sleep and its **impact on student behavior**

Percentage	frequency	Options
%47.05	8	Strongly Agree
%17.64	3	OK
%29 .41	5	sometimes
%5.88	1	not agree
0	0	Strongly Disagree

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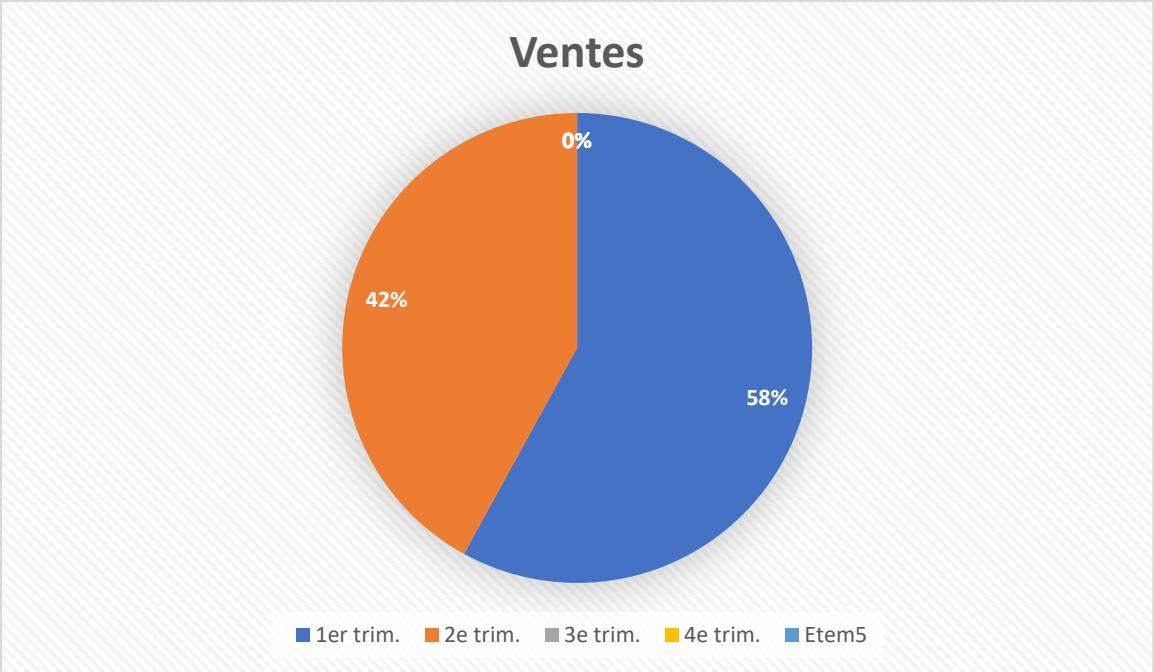
From the figure above, we can see that the results of writing the main questions are as follows: Most of the research samples (about 47.05%) focused on the first option (acceptable), sometimes focused on the second option. (29.41%), which shows that it is healthy for students to go to bed early and therefore helps maintain health and mood.

Second paragraph: 11 **Take a good shower,** especially after **exercise**
Purpose of the **paragraph: To understand the taste of** life and good **memories**

Percentage	frequency	Options
%58.82	01	Strongly Agree
%41.17	7	OK
0	0	sometimes
0	0	not agree
0	00	Strongly Disagree

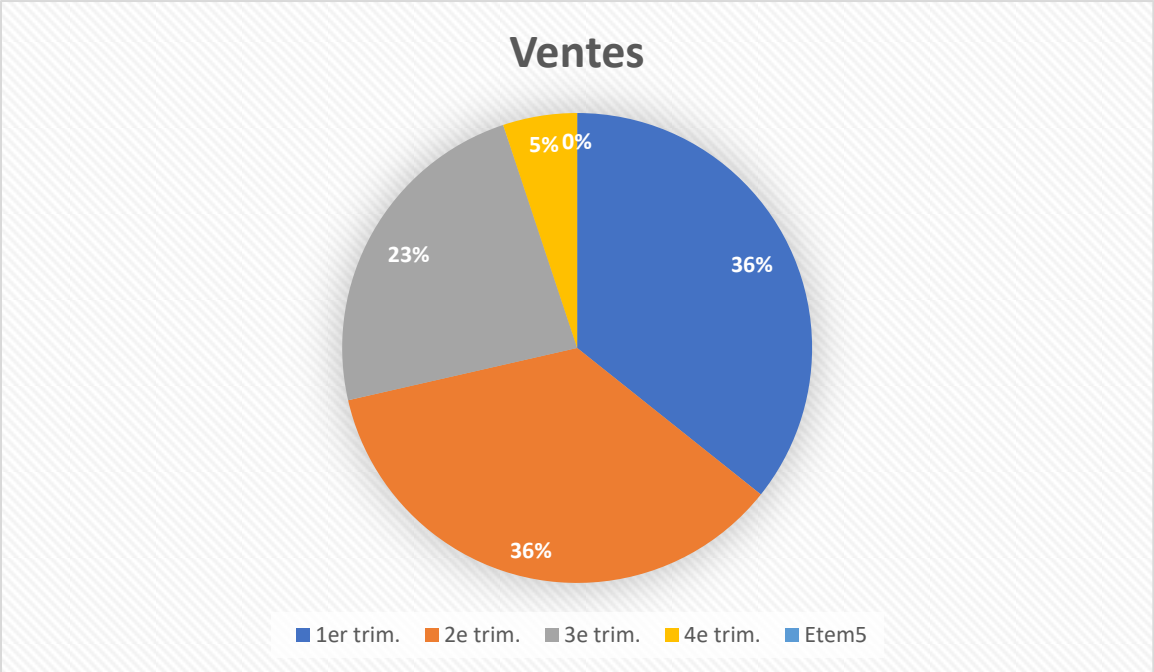
From the above figure, we see that the results of the removed questions are focused as follows: The majority of the research samples, about 58.82%, focused on the first option (agree) and the second answer is the same (41.17%) Showing a clean body, bathing is essential for the body and health.

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Third axis: sports **and physical activity**
First paragraph: Long-distance walking promotes blood circulation
Purpose **points: Promote** walking to **control** health

Percentage	frequency	Options
%23.52	4	Strongly Agree
%35.29	6	OK
%35.29	6	sometimes
%5.88	1	not agree
0	0	Strongly Disagree

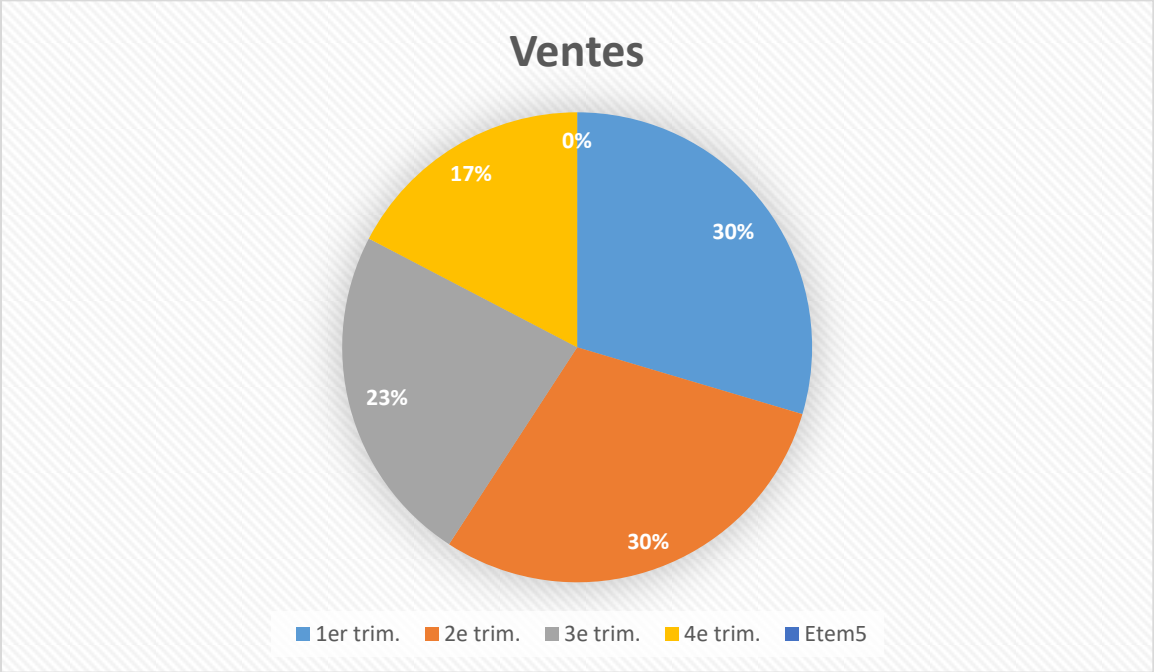


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From the figure above, we see that the results of removing the questions are focused as follows: The majority of the research sample, approximately 35.29%, focus on the third option, with the majority focusing on the third option, followed by the statement "agree." At the third level (23.52% agree), it states that healthy walking is good for promoting blood around. For the health of young people

Statement two: I like **participating** in sports and recreational **activities**
Understand the activities that **young people enjoy in their** free time

Percentage	frequency	Options
%29.41	5	Strongly Agree
%29.41	5	OK
%23.52	4	sometimes
0	0	not agree
%17.64	3	Strongly Disagree



From the figure above, we see that the results of the removed questions are focused as follows: The majority of the research samples, approximately 29.41%, focus on the first and second options (agree and agree) indicating that young people should. They have fun playing games in their spare time, which is good for their mental and physical health.

Discuss the first hypothesis based on the result: - Sport plays a role in disseminating information about food to prevent obesity in young people:

Which aimed to identify the level of school health care and methods (Jeanine and Didier, and in the study of Jeanine Didier (2010).

Modern methods used in evaluating school health programs through surveying the reality of knowledge and awareness of students, teachers, and principals about the concepts

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School health. The study sample consisted of (20) principals, (100) teachers, and (200) students. The questionnaire was used as a means of collecting data. The study showed that there is ignorance on the part of students, teachers, and principals about the concepts of school health, and that health programs

The schools implemented are ineffective in their role, and the health programs used in these schools are old and ineffective.

Discuss the second hypothesis: This hypothesis states that participation in sports plays an important role in personal health and the prevention of youth obesity:

Developing recommendations to improve health and reduce risk, (Nicholas and Wilson, resear ch by Nicholas and Wilson (1996))
Diseases among students in Missouri schools. The sample of the study includes (249) school principals and (250) teachers. The results of the study confirmed that the recommendations ar e important. The top points from school administrators and teachers are as follows: (Focus on health content in the curriculum, especially for preschool children. Focus on promoting studen t participation in health) activities.
Train teachers to deliver health lessons to students.

Based on the results, the third hypothesis is discussed: Exercise plays a role in combatin g adolescent obesity:

It aims to understand the health and health knowledge of university women (Konczos et al. and the study by Konczos and colleagues in 2012, women who could participate in this study at the University of Western Hungary). However, in food processing, results showed that both groups had negative levels of health knowledge.

Instructions:
1. For young people to apply for this section, there should be a separate website where section s on health services will be published.
If at some point they need medical information or advice, they will need it. Do lots of research and research
. Conduct several studies comparing active and inactive youth and identify the most significan t challenges they face while exercising
4. Promote a healthy culture through educational trainings and lectures for young people at all levels of education, highlighting the importance of this topic. Introduce youth to physical edu cation programs that help improve physical fitness

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