

The impact of "health promotion program" on health perception and healthy life style applied to a group of adolescent students

Yıldırım ÖÖ^{*1,A,B,C,D,E}, Altın A.^{1AB,E}, Şener S.^{2A}, Avci İA^{3A,C,D,E,F}

1. Ondokuz Mayıs University, Faculty of Health Sciences, Department of Public Health Nursing, Turkey
2. Ondokuz Mayıs University, Education Faculty, Samsun, Turkey
3. Ondokuz Mayıs University, Public Health Nursing Department, Samsun, Turkey

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ABSTRACT

Purpose: This study was carried out to evaluate the effect of health education on adolescents' healthy lifestyle and health perceptions given an adolescent group.

Materials and methods: The study's universe constitutes a total of 234 students attending the 9th grade of a high school. The study was constructed according to the single-group pre-test, quasi-experimental research model, in the 9th class in a high school. Data collection form, Adolescent lifestyle scale(ALS) and health perception scale were applied to the adolescents as a pre-test during the first phase of the study. The adolescents who were below the median score of ALS were accepted as the risk group and taken to the experimental group. Adolescents in the experimental group received a 6-week "Health Promotion Program" and a final test was given to the adolescents at the end of the training sessions.

Descriptive statistics, Paired-t-test, independent-, and correlation were used in the evaluation of the data.

Results: ALS total score was 94.52 ± 9.53 before adolescents' health promotion education and 104.05 ± 15.4 after education. The relationship between them was statistically significant ($p < 0.05$). It was determined that the health perception of adolescents included in the study decreased after post-training total scores compared to the pre-training scores and that this relationship was statistically significant ($p < 0.05$).

Conclusion: Public health nurses may be recommended to develop healthy lifestyle behaviours by raising healthy adolescents by providing more adolescent education through school health services.

Keywords: Adolescents, healthy lifestyle, health education.

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