

LEVEL OF HEALTH AWARENESS (PHYSICAL ACTIVITY, DIETARY HABITS) AND ITS SOURCES AMONG TEACHERS OF SECONDARY EDUCATION

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Abstract. This study has an objective to know the level of health awareness and sources among teachers of secondary learning and to achieve that studies have been done on a selected sample spontaneously two hundred teachers of society of this research contains 861 teachers, according to the statistical study of management education in the wilaya of Mostaganem and Relizane, representing 23.22% of the original company a theory has been used and it is suitable for this type of study the tool of the research was applied and comprises 30 paragraph which represent three field: lament the personal health and physical activity and sport.

And (8) special sections for health information. After the distribution of the sample survey of research we have gathered and then poured the study statistically while using a scan tool. After the analysis of the survey results and the comparison with the assumptions, students researchers concluded that the level of general health awareness among the people sample is average and mediocre in the field of sport and physical activity, and sources that teachers take their health information are media means.

It is therefore necessary to make collective efforts at all levels, local, regional and global, to promote health awareness through educating the community, training officials, developing their sense of health awareness

As educational institutions have particularities, they occupy a distinct position in change and development in order to cope with developments. Secondary education teachers are the people who carry out secondary school practices, which are the transfer of knowledge and experience to their pupils, the mainstay of the educational process. The success of education in achieving its goal in our new world.

Keywords: health awareness- sources of health information — physical activity-dietary habits

Introduction. The level of health awareness of peoples is one of the measures of progress and progress

Developed countries provide different services to their people of different ages, where they are provided with health care and spend in that effort and money is fully aware of the importance of this matter and its impact on the members of society in the advancement of health level, and the importance of health, the United Nations established the United Nations Health Organization Was established in 1946 as a specialized agency for the purpose of reaching all the peoples to the highest possible standard of health on the basis that it is responsible for supervising the health programs applied worldwide and supporting those programs in developing countries, especially those related to disease prevention. Atherh in maintaining human health. It is now scientifically proven that the regular exercise of at least moderate physical activity and the high physical fitness of the individual carry in their fold many positive effects on the various functions of the body and bring many health benefits to the human being. Conversely, physical inactivity and restlessness lead to a range of negative effects on both individual and community health (Fletcher et al., 1996) (Blair, et al., 1996).

As an inevitable result of strong evidence and scientific indicators that point to the close relationship between physical activity on the one hand and human and psychological health on the other, many recommendations and guidance documents have been issued by many health organizations and scientific bodies concerned with human health, To adopt a more active lifestyle and movement by members of society, and calls on governments and NGOs to enact legislation to encourage the exercise of physical activity, and among the most important of these documents, for example, issued by the National Center for the fight against women And control of the American College of Sports Medicine (Pate, et al 1995)..

Which was the nucleus of the landmark report of the Chief Physician and Surgeon of the United States of America (1996), as well as the documents issued by the World Health Organization (WHO), which culminated in the 2004 issue of its International Strategy for Food and Physical Activity.

As health awareness is of paramount importance in the lives of individuals and communities as a tool for promoting health and an important factor in helping people to enjoy it and the cornerstone of positive change in the behavior of individuals and communities, especially those who are educated because of their strong attachment and attachment to the concepts of this aspect of consciousness, The real role played by health sources in the field of health awareness through scientific research on the arrangement of these means as sources and patterns of use and follow-up to the extent of benefit in the acquisition of healthy behavior. (Al-Mazroui, 1992, p. 103)

The sources of health education are personal communication, family, friends, civil society, health institutions and the audiovisual media. The latter is represented by television. The Internet is one of the most important sources of health knowledge and plays an important role in achieving health awareness. Technologies and possibilities of these means and their impact on the recipient according to the potential of all means, and in view of this technical development in the potential of these means, we expect them to play a vital role and concrete in the field of awareness. Spreading health awareness among members of the community achieves an ideal level of health through physical activity. A person can not maintain his health if he does not have the necessary health education and awareness. Physical inactivity is the fourth major risk factor for premature death worldwide, And insufficient physical activity is one of the four major risk factors responsible for the alarming increase in the volume of noncommunicable diseases such as heart disease, cancer and diabetes. These four factors account for more than 60% of the world's deaths. World Health Organization)

It is therefore necessary to make collective efforts at all levels at the local, regional and global levels to promote health awareness through educating the community, training officials, developing their sense of well-being, and their sense of health awareness (Salma Bahaeddin, 1984, p 232). In many countries, a significant proportion of health expenditure is due to costs resulting from lack of physical activity and obesity. Physical activity can be beneficial to society and the economy in

terms of reducing health care costs, increasing productivity, improving school performance, reducing absenteeism and increasing participation in sports and recreational activities. In the previous studies on health awareness and sources of health information, Jaafari (2007) and (Kaddoumi 2009) showed a decrease in nutrition and a decrease in the rate of physical and athletic activity. The most sources of health information are the media

As the educational institutions have particularities, they occupy a distinct position in the change and development to face the latest developments. The teachers of secondary education are the people who carry out the secondary practices which are the transfer of expert knowledge to their pupils, according to the teachers' (Anwar Mohammed Al-Sharqawi, 1999). They are the mainstay of the educational process and the main factor upon which the success of education depends on achieving its goal in the new world. Any shortage in its efficiency due to physical inactivity and the spread of diseases and health problems leads to frequent absences and holidays. The Satisfactory, which negatively affects the level of students and the fate of their future, and by virtue of our work as teachers of physical education and sports, which we felt the importance of studying the level of health awareness and sources at the teachers of secondary education.

Research Methodology:

Through the problem at our disposal, the descriptive approach in the survey method seems more appropriate.

1-2 — Research community: The research community is represented by some 861 secondary

school teachers in some secondary schools of Mostaganem and Gleizan.

1-3 — Research Sample: The research community was randomly selected from the professors (861) professors and professors, according to the statistics of the Education Directorate of Mostaganem and Glizan. The researchers selected a sample of (200) professors and professors from the research community. This sample represents about 23.22% of the study population.

Questionnaire:

Where the standard included (30) paragraph represent behavioral practices associated with health awareness, The response ladder of five responses is: Strongly agreeable (5), OK (4), Neutral (3), Fair (2), Strongly, It also included (08) paragraphs on the sources of health information, and the response ladder consists of three responses: (3) degrees, weak (2) degrees, have no role (1) Positive. It was presented to a group of experts and doctors to reach the final version and Annex No. (1) clarifies the tool, and Annex (2) clarifies the names of the arbitrators and their scientific rank and place of work.

Basic Study:

After the arbitration of the scale and corrected by the professors and doctors and access to the final version of the form. The field study was carried out within the educational institutions represented in some of the secondary schools of Mostaganem and Gleizan, to distribute the scale to the sample members with the help of teachers teachers who supervised themselves on the process, We collected the forms, emptied them and treated them statistically.

RESULTS

Number	Equivalent Rate- Percentages —	Level of Health Awareness
01	80% and above	is a very high Level of Health Awareness
02	70% 79.9% —	High Level of Health Awareness
03	60% — 69.9%	Average Level of Health Awareness
04	50-59.9%	Low Level of Health Awareness
05	Less than 50%	Level of Health Awareness is very low

Table (40): The arithmetical averages represent the standard deviations and the ratio of the areas of health awareness of teachers to secondary education (n = 200)

Number	Axes health awareness	The arithmetic	standard deviation	Percentages All sample	Health awareness level
			All sample		
01	Feeding axis	35.80	3.55	71.60%	high
02	Personal Health axis	36.87	4.82	73.74%	high
03	Axis of the physical activity and sport	29.79	4.39	59.58%	Low
Total degree of health awareness		4.25	34.15	68.30%	Average

Table (05): Represents the observed frequencies, percentages and k2 of the feeding axis of the form submitted to the teachers Secondary education:

Answer in degrees	Duplicates seen	percentage%	Expected frequency	Level of significance	degree freedom	Ca 2 calculated	Ca 2 primary
Strongly Agree	16		40	0,05	4	318,90	9.49
approve	134						
neutral	52						
opposed	00						
Strongly opposed	00						
Total of each axis	200						

Table (06): Represents the observed frequencies, percentages and Ka2 of the personal health axis of the form submitted to the teachers Secondary education:

Answer in degrees	Duplicates seen	percentage%	Expected frequency	Level of significance	degree freedom	Ca 2 calculated	Ca 2 primary
Strongly Agree	16		40	0,05	4	318,90	9.49
approve	134						
neutral	52						
opposed	00						
Strongly opposed	00						
Total of each axis	200						

Table (07): Represents the observed frequencies, percentages, and Ka2 of the physical activity exercise of the form submitted to the teachers Secondary education:

Answer in degrees	Duplicates seen	percentage%	Expected frequency	Level of significance	degree freedom	Ca 2 calculated	Ca 2 primary
Strongly Agree	16		40	0,05	4	318,90	9.49
approve	134						
neutral	52						
opposed	00						
Strongly opposed	00						
Total of each axis	200						

Table (08): The arithmetical averages represent the standard deviations and the percentage of sources of access to health information for teachers Secondary education (n = 200)

Answer in degrees	Duplicates seen	percentage%	Expected frequency	Level of significance	degree freedom	Ca 2 calculated	Ca 2 primary
Strongly Agree	16		40	0,05	4	318,90	9.49
approve	134						
neutral	52						
opposed	00						
Strongly opposed	00						
Total of each axis	200						

Discussion:

The level of health awareness in nutrition was high, because of the nature of the sample used and the scale of the food. The teachers may also be the most healthy culture by acquiring information and belief in the importance of good health habits in terms of nutrition, and their keenness to prevent obesity, diabetes and hardening of the arteries.

The result of the field of nutrition is in contrast with the study of (Nasser Al-Qadoumi 2009) aimed at identifying the level of nutritional awareness among students in the field of Physical Education at An-Najah National University and Sultan Qaboos University.

The results of the study (Jaafari Ali Abdullah 2007) aimed to identify the sources of access to health information and the level of health awareness among high school students. The results found that a low level of nutrition in the students.

Through these studies we find that most students and students follow unhealthy habits in nutrition because of their housing in the student dormitories, and return to fast food and unhealthy, in addition to smoking, which reduces the appetite leading to malnutrition.

As for the teachers will live with their families, which reflects positively on the attention to the level of health more, and the ability to apply these health behaviors in daily life, continuously earned by the form of habit that directs the ability of the individual in the determination of his household duties integrated and maintain the health and vitality within the limits of potential, What distinguishes between students and professors.

We conclude that food awareness is the goal that we must strive for and do not just keep information as a culture (Salameh, 2002). A person

needs a large number of nutrients so that his body can perform his functions to the fullest.

By looking at the scales, the highest level of health awareness was found to be high in personal health. This is due to the nature of public life. Most teachers have an interest in their personal health. Hygiene is necessary in terms of health. It is one of the important means for the prevention of infectious diseases and is one of the most important means of maintaining health, so that Islam considers it half of the faith, as the Prophet peace be upon him, "Tahrh cut faith" (Narrated by Muslim from Abu Malik Ashari)

The teacher is the main factor in the success of health education and achievement of its goals, and a model of his behavior to his disciples imitate and imitate him during their interaction with their environment. The teacher's knowledge of health education in all its aspects enables him to communicate it to his students in a simple and interesting way, so that the teachers team works in harmony and integration to increase the awareness of the learners about health education issues.

And the lowest level of health awareness in the field of physical and athletic activity, and the reason for this is due to the lack of interest in physical activity and sports for teachers, where the man in most parts of the world now lives a passive life of movement, he is riding instead of walking, To stand and watch instead of being exercised, because of the emergence of technical development and the resulting reduction of human movement and the different lifestyle of an active worker who plows his land or takes care of his cattle or walks in the convoys of his trade, to a lazy individual seeking maximum comfort. (1433, مبييضين, السكران User Name Remember Me?

The results of the studies were reported by Khatib Abdullah Mohammed, Rawashdeh Ibrahim Faisal, 2003, on the level of health awareness among female students in Jordanian colleges. The results showed a decrease in the physical activity rate among university students and the prevalence of smoking and physical inactivity.

The physical exertion that was done by the human and even the physical efforts are limited and frequent and this makes them lose the human flexibility and sensitivity and ability to resist diseases such as obesity and complain of diseases was not complained of by such diseases such as blood circulation, nervous system, Psychiatry, medicine has been able to control most of the muscle, but it stood in front of many of them and the return of the movement of man from the life of activity and movement to the life of laziness and inactivity, which led to more physical analysis and thus inability to fulfill its basic duties Because it requires in He has a great deal of fitness to do these duties.

In 2011, the Heads of State and Government of the United Nations renewed calls for Member States to take concrete steps to reduce physical inactivity within the framework of the Political Declaration of the High-level Meeting of the United Nations General Assembly on the Prevention and Control of Noncommunicable Diseases. In 2013, the World Health Assembly adopted a voluntary global goal of reducing physical inactivity by 10% by 2025.

(World Health Organization, World Health Organization, 2014).

We conclude from the above that the reason for the low level of health awareness is the lack of interest in physical activity as it plays a role in the level of public health,

That there is a wide interest of the professors in these sources, and this is what is shown in the results of Table (08), which shows the value of the averages and standard deviations and percentages.

The results were also derived from the tables representing respectively the observed frequencies, percentages and χ^2 . Which shows that the most sources that draw teachers from their health information are the media represented in television and radio, which came in the first place, followed directly by friends and peers and the world of the

Internet, and occupies reading, parents and home and health institutions and civil society and the subjects of the University last mattresses, Sources on which teachers are not dependent on health education.

The media has become an influential tool in the development and change of behaviors and practices. Its content has become a class of ideas describing life-changing standards. These tools have become a powerful force by controlling the sources of information on which the members of society, its elites, groups and organizations rely on opinions, decisions and goals. (Hassan Imad Makkawi, Laila Hassi, 1998, p. 320).

The results of the hypothesis contradict Reagan and Collins' 1987 findings in a study entitled "Sources of Health Care Information in the United States of America." The study found that the media, such as radio and television, did not rely on them as sources of information on health care methods. (1%) of the total sample. Therefore, they were excluded from the analysis. Personal contact sources are among the main sources for obtaining specific information regarding their health status. This result is in line with the current study for friends and peers, Environment Educational institutions are among the most affected environments in which teachers influence each other. However, it is possible to say that this source of information may have two different sides. It is possible that teachers have a range of incorrect or correct health information. Addressed to them.

Conclusions:

1 — The results of the current study showed that the level of public health awareness among teachers of the secondary stage was average.

2 — The results of the present study showed that the highest level of health awareness among professors was low in the field of physical activity and sports.

3. The results of the present study showed that the media (audio and visual) contribute to the introduction of health education materials very high, which are both television and radio.

4 — The results of the current study showed that the most sources of health information are peers and friends who came in second place followed by the Internet.

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