

PATTERNS OF HEALTH-RELATED BEHAVIOURS AMONG HELLENIC STUDENTS

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Abstract: In recent years health promotion is a matter of great interest among researchers in the field of social sciences. The aim of the present study was to identify patterns of health related behaviours in relation to various demographic and psychosocial variables. Participants were 3307 Hellenic students aged 10 to 16 years. The behaviours that were examined were exercising, fruit consumption, smoking, and violence. Cluster analysis identified four distinct profiles. One profile included students, who exercise regularly and, also, consume fruit, avoid smoking, and violence. A second profile included students, who do not exercise, and, also, avoid smoking, violence, and fruit consumption. A third one included students, who take part in violent incidents, but exercise and, also, consume fruits and avoid smoking. Finally, a fourth profile included students, who smoke and participate in violent incidents and, also, avoid exercise and consuming fruits. Overall, gender and grade seemed to better explain the presence or absence of healthy behaviours (exercise and diet), whereas family structure, perceptions of family support and family and peer behaviour seemed to better explain the presence or absence of unhealthy behaviours (smoking and violent behaviour). The results of the present study indicate that health promotion programs should take into serious consideration both personal and social characteristics of the targeted population.

Key words: Health behaviours, Health profile, Students.

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Διαφορές καπνιστών και μη καπνιστών ως προς την άσκηση και το κάπνισμα

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Διαφορές καπνιστών και μη καπνιστών ως προς την άσκηση και το κάπνισμα

Περίληψη

Προηγούμενες έρευνες έδειξαν ότι η άσκηση φαίνεται να αποτρέπει τα άτομα από την συνήθεια του καπνίσματος, και να ενισχύει την προσπάθεια των καπνιστών να περιορίσουν ή να διακόψουν το κάπνισμα. Σκοπός της έρευνας αυτής ήταν να εξεταστούν οι στάσεις, οι συμπεριφορές και οι τυχόν διαφορές μεταξύ των νέων ταυτόχρονα στα θέματα της άσκησης και του καπνίσματος. Το δείγμα αποτέλεσαν 323 φοιτητές (114 άνδρες, 209 γυναίκες) οι οποίοι συμπλήρωσαν ερωτηματολόγιο που εξέταζε τις στάσεις τους ως προς την άσκηση και το κάπνισμα. Τα αποτελέσματα υποστήριξαν ότι τα άτομα που καπνίζουν έχουν αρνητικές στάσεις προς την άσκηση, αποφεύγουν την άσκηση και παραδέχονται ότι έχουν λιγότερες γνώσεις και ενημέρωση για την άσκηση και το κάπνισμα, ενώ παραδέχονται τις πολύ θετικές στάσεις τους προς το κάπνισμα, και την πρόθεσή τους να συνεχίσουν να είναι καπνιστές. Η έρευνα έδειξε ότι η ουσιαστική ενημέρωση και η επιμόρφωση των ατόμων και ειδικά των νεαρών, είναι αναγκαία, στην διαμόρφωση θετικών στάσεων σε υγιεινές συνήθειες. Τέλος οι μηχανισμοί στη διαμόρφωση υγιεινών και ανθυγιεινών στάσεων και συμπεριφορών ακολουθούν παρόμοιους δρόμους.

Abstract

The review of literature has shown a negative relationship between exercise and smoking. It seems that exercise can prevent people from the habit of smoking and even helps smokers to reduce or quit smoking. The aim of this study was to examine simultaneously the attitudes and behaviors of young people toward smoking and exercise and try to find any differences. The sample consisted of 323 university students (114 men, 209 women) and they completed the planned behavior questionnaire, which examined their attitudes and behaviors toward exercise and smoking. The results showed that people who smoke, hold a negative attitudes toward exercise, and agreed that they didn't have enough knowledge and information about exercise and smoking. This study shows that the knowledge and education of young people are appropriate for the formation of positive attitudes toward healthy habits. Moreover, the mechanisms for the formation of attitude and behavior relationships are in the same way for healthy and non-healthy habits.

**DIFFERENCES IN SMOKING ATTITUDES ADOLESCENTS AND YOUNG
ADULTS¹**

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Summary. This study employed the theory of planned behavior to examine the differences between adolescents ($n=182$) and young adults ($n=209$) in their intention to smoke and examined possible differences. Analysis showed that young adults had more positive attitudes toward smoking than adolescents, had higher intentions to smoke, lower self-reported perceived behavioral control over smoking and perceived they were more informed about smoking. The theory of planned behavior provided good prediction of intention for both young adults ($R^2 = .70$, attitudes, information and past behavior significant predictors) and adolescents ($R^2 = .68$, attitudes, past behavior significant predictors). For both populations attitude was the strongest predictor of intention to smoke. Implications for understanding smoking behavior between adolescents and young adults are discussed.

Theodorakis, Y., Papaioannou, A. & Karastogianidou, C (2004). Relationship between family structure and students' health-related attitudes and behaviors. *Psychological Reports*, 95, 851-858.

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Summary: -This study examined the relations between family structure and students' health related behaviors. Participants were 6,130 Greek students, age 11 to 16 years. They responded to questionnaires based on the Planned Behavior model assess attitudes, perceived behavioral control, intentions and behavior regarding healthy and unhealthy habits. Students who reported growing up with one or no parent adopted more unhealthy lifestyle attitudes and behaviors (smoking, drug use, violence, exercise, nutrition) than students growing up with both parents. The findings suggest that family structure is related to students' healthy or unhealthy lifestyle indicating that in health education programs all members of the close environment within which children grows should be involved, especially for children who do not live with both parents. The absence of parents reduces the possibility of students participating in health-related activities and protecting their health.



ORIGINAL ARTICLE

I do not smoke – I exercise: A pilot study of a new educational resource for secondary education students

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Abstract

Aims: The aim of this study was to examine the applicability of a smoking prevention educational resource for secondary education students named 'I do not smoke, I exercise'. The main focus of this program was the promotion of exercise as an alternative behaviour to smoking. **Methods:** The applicability of the intervention was assessed through questionnaires regarding: (a) attitudes towards smoking, (b) interest in information about smoking, and (c) knowledge about health consequences of smoking. Moreover, interviews were taken from the educators and the school principals. The questionnaires were completed from 210 students (101 boys and 109 girls) before the beginning, at the end of the program, and 12 months after the completion of the programme. One-way repeated measure ANOVA was performed to examine the differences between the pre-, post-, and the follow-up measures. **Results:** Results showed that the program succeeded in changing the students' attitudes, but the follow-up measures, 12 months later, showed that attitudes towards smoking and interest in information were relapsed to the pre-intervention levels. The only effect that was sustained was that for knowledge. The interviews also revealed positive comments about the program implementation and pointed some shortcomings. **Conclusions:** **The program needs some modifications in order to overcome its weaknesses, have more lasting effects and to improve its applicability.**

Key Words: *Smoking, health promotion, prevention, intervention programme*

GREEK STUDENTS' ATTITUDES TOWARD PHYSICAL ACTIVITY AND HEALTH-RELATED BEHAVIOR¹

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Summary.—A three-wave study over one year with 882 adolescents, aged 10 to 16 years at the initial testing, examined psychosocial variables regarding four health-related behaviors: exercise, eating fruit, smoking, and drug use. Analysis showed that during the stages of the study, high school students' exercise behavior decreased and their smoking behavior increased as well as their willingness to use drugs. It seems that study of physical education and health education during adolescence must take into account the possible differences in psychosocial variables associated with health-related behaviors as well as the different stages of adolescence.

Both healthy diet and physical activity are critical to adolescents' health, affecting both short- and long-term health. Healthy eating and physical activity patterns during adolescence promote optimal growth and development, can help in preventing immediate health problems, and may prevent long-term chronic diseases (Story & Neumark-Sztainer, 1999). Total nutrient needs are higher during adolescence than any other time in the life cycle (National Academy of Sciences, 1989). Regular physical activity among adolescents is also related to improved endurance and muscular strength, weight control, and optimal bone density (U.S. Department of Health and Human Services, 1996). Adolescents' physical activity is also consistently related to higher self-esteem and self-concept and lower anxiety and stress (Centers for Disease Control, 1992).

On the other hand, several personal behaviors in adolescence can contribute to morbidity and mortality such as smoking, heavy drinking, using illegal drugs, precocious and unprotected sexual activity, no regular participation in sports and exercise, traffic accidents, and violent, aggressive, and delinquent activities. These "indicate that the image of 'healthy adolescence' is inaccurate" (Hurrelman & Lösel, 1990, p. 2).

Adolescence is a time of transitions. In approaching most of life's transitions, people seek information about what is about to happen and strive to

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Κάπνισμα και άσκηση, Μέρος 1^ο: Σχέσεις και αλληλεπιδράσεις

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Περίληψη

Στην εργασία αυτή παρουσιάζονται δεδομένα που αφορούν τη σχέση μεταξύ άσκησης και καπνίσματος, όπως επίσης έρευνες και προγράμματα παρέμβασης, που ασχολούνται με τον περιορισμό ή τη διακοπή του καπνίσματος. Καθώς φαίνεται η ένταξη προγραμμάτων άσκησης μέσα σε προγράμματα διακοπής του καπνίσματος είναι πιθανό να ενισχύσουν την προσπάθεια των καπνιστών να περιορίσουν ή να διακόψουν το κάπνισμα.

Λέξεις κλειδιά: *διακοπή καπνίσματος, φυσική δραστηριότητα, παρέμβαση*

Smoking and exercise, Part I: Relationships and Interactions

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Abstract

In this review, information concerning the relationship between exercise and smoking is presented, as well as researches and intervention programs on smoking reduction and cessation. The use of exercise programs as part of the interventions for quitting smoking is possible to prevent people from the smoking habit or it may reinforce their efforts to reduce or quit smoking.

Key words: *smoking cessation, physical activity, intervention*



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Κάπνισμα και Άσκηση, Μέρος 2^ο: Διαφορές μεταξύ Ασκουμένων και μη Ασκουμένων

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Περίληψη

Σκοπός της παρούσας μελέτης ήταν να διερευνήσει τις διαφορές μεταξύ ασκουμένων και μη ασκουμένων ατόμων ως προς το κάπνισμα. Στη μελέτη συμμετείχαν 291 άτομα (152 άνδρες και 139 γυναίκες) τα οποία απάντησαν σε ερωτήσεις που αφορούσαν το κάπνισμα και την άσκηση. Συνοπτικά, από τα αποτελέσματα φάνηκε ότι (α) τα άτομα όσο περισσότερο ασκούνται τόσο λιγότερο καπνίζουν, (β) τα μεγαλύτερα σε ηλικία άτομα ασκούνται λιγότερο και καπνίζουν περισσότερο από τα άτομα μικρότερης ηλικίας, (γ) τα μη ασκούμενα άτομα καπνίζουν περισσότερο από τα ασκούμενα και (δ) τα άτομα που ήταν στο παρελθόν αθλητές καπνίζουν λιγότερο σε σύγκριση με άτομα που δεν έχουν ποτέ ασχοληθεί με την άσκηση. Τα δεδομένα της έρευνας αυτής συνηγορούν στην άποψη ότι η ενασχόληση των ατόμων με την άσκηση σχετίζεται με το κάπνισμα.

Λέξεις κλειδιά: *άσκηση, κάπνισμα*

Smoking and Exercise, Part II: Differences between Exercisers and Non-Exercisers

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Abstract

The purpose of the present study was to explore smoking habits in relation to exercise and sport participation. Participants were 291 individuals (152 men and 139 women) who completed a questionnaire about smoking and physical activity habits. In summary, the results revealed that (a) the more people exercise the less they smoke (b) older individuals exercise less and smoke more than younger individuals, (c) non-athletes smoke more than athletes and (d) former athletes smoke less than people who had never exercised. The results of the present study contribute to the prospect that the exercise is related to the habit of smoking.

Key words: *exercise, smoking*

Θεοδωράκης, Γ., Παπαϊωάννου Α. (2002). Το προφίλ μαθητών με βάση υγιεινές και ανθυγιεινές συμπεριφορές: Σχέσεις με τον αθλητισμό. Ψυχολογία, 9, 547-562.

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Κεφαλίδα: Υγιεινές και ανθυγιεινές συμπεριφορές

Σημείωση: Η εργασία αυτή αποτελεί μέρος ερευνητικού προγράμματος που χρηματοδοτήθηκε από το Υπουργείο Παιδείας (ΕΠΕΑΕΚ, Έρευνα).

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Περίληψη

Σκοπός αυτής της εργασίας ήταν να εξετάσει το προφίλ των μαθητών και μαθητριών γυμνασίων και λυκείων της χώρας μας, ως προς τις στάσεις τους και τις συνήθειές τους για υγιεινούς και ανθυγιεινούς τρόπους ζωής. Δείγμα 4318 μαθητών και μαθητριών γυμνασίων και λυκείων της χώρας, συμπλήρωσαν μια σειρά ερωτηματολογίων στα οποία κατέγραψαν τις στάσεις τους, τις προθέσεις τους, τον αντιληπτό έλεγχο και τις πραγματικές τους συνήθειες για 6 διαφορετικές συμπεριφορές: αγωνιστικό αθλητισμό, άσκηση, διατροφή, κάπνισμα, ναρκωτικά, και συμμετοχή σε βίαια επεισόδια. Η ανάλυση συστάδων, ανέδειξε δύο χαρακτηριστικά προφίλ μαθητών/τριών. Η πρώτη και πολυπληθέστερη ομάδα από αυτούς υιοθετούν θετικές στάσεις και συμπεριφορές για έναν υγιεινό και αθλητικό τρόπο ζωής, και αρνητικές στάσεις και τρόπο ζωής για μη υγιεινές συμπεριφορές. Η δεύτερη και μικρότερη σε μέγεθος ομάδα υιοθετεί αρνητικές στάσεις και συνήθειες για την άσκηση και την υγιεινή διατροφή, ενώ επιλέγει θετικές στάσεις και συμπεριφορές, για τις μη υγιεινές συμπεριφορές (κάπνισμα, ναρκωτικά, βίαιη συμπεριφορά). Τα αποτελέσματα δείχνουν ότι υπάρχουν δυο βασικές κατηγορίες μαθητών/τριών των οποίων οι στάσεις διαχωρίζονται σαφώς σε υγιεινές ή ανθυγιεινές επιλογές, και ότι επιλέγουν το σύνολο των συμπεριφορών της μιας ή της άλλης κατηγορίας στην οποία εντάσσονται. Επίσης, ο αθλητικός τρόπος ζωής, οδηγεί και σε υγιεινό τρόπο ζωής.

Λέξεις κλειδιά: στάσεις, φυσική δραστηριότητα, κάπνισμα, διατροφή, ναρκωτικά, βίαιη συμπεριφορά.

Student's profile toward healthy and unhealthy lifestyle, and its relationship to sports.

Abstract

The purpose of this study was to examine students' profile regarding healthy-related behaviors. 4318 students (3-16 years of age) responded to scales measuring attitudes, intentions, perceived control and habits for six behaviors: competitive sport participation, exercise participation, nutrition, smoking, drug use and violence. Cluster analysis revealed two profiles. The first one, which was the largest, consisted of students that adopted positive attitudes and behaviors towards a healthy and active life style and negative attitudes toward unhealthy behaviors. Students in the second group had negative attitudes and habits for exercise and healthy nutrition, and positive attitudes to unhealthy behaviors (smoking, drug use and violence). The results showed that health related behaviors form a coherent pattern in students.

Key words: attitudes, physical activity, smoking, nutrition, drugs, violence.