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Original article

The impact of physical activity on a healthy lifestyle

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Abstract

Aim. In the research we undertook, we set out to know the students' opinion on certain values of lifestyle.

The research focused on verifying the hypothesis: if we form positive attitudes towards young people towards physical activity, we will create the premises for an adequate conduct to continue the constant exercise of physical exercises, with visible effects in the sphere of values focused on forming a healthy and active lifestyle.

Method. To investigate the variable defined by healthy lifestyle we used as a research tool the opinion questionnaire for students.

Results. The analysis of the recorded data highlighted the concern of young people for their health, this characteristic obtaining the highest number of points (2080) and the first rank in the hierarchy of elements that define a healthy lifestyle.

In its configuration were also considered important, in the order of rank obtained, the attitudes related to the rejection of drug use, the recognition of risky and healthy behaviors, the concern for physical exercise, the positive attitude for physical movement and constant participation in outdoor activities.

Conclusion. In conclusion, we appreciate that, for young students, physical movement, lifestyle and their effect on health are three concepts whose relationship and interrelationship are obvious. These results lead us to believe that young people are becoming increasingly aware of the indissoluble link between physical and mental health and active life.

Keywords: health, lifestyle, physical activity.

Introduction

Health, regarded as an ideal, but also as a fundamental requirement of life, is an issue that concerns every individual, but also society as a whole, is a vast field, with well-defined objectives, norms, specialists and means.

"A state of balance between body, mind and environment", "complete state of well-being, comfort and happiness, which implies, in addition to biological factors, and intervention or rather the satisfaction of emotional affective factors", as Hippocrates called it, "physical, moral and social well-being and not only the absence of disease or infirmity", are unanimously accepted definitions, which include multidimensional aspects of life, but also a positive approach to it.

Health, as a complex bio-psychosocial problem, cannot be the "exclusive work" of the medical system, which, according to some international statistics, has only 11-12% in its preservation (Organization World Health, 2005). The economic and social situation of the population, the

quality of the environment, food, lifestyle, education, physical activity, etc. are equally important determinants of health. "Health promotion is a multidimensional approach to improving health, which includes education activities, activities to promote behavioural and lifestyle changes" (Vințanu, 1998).

In the online sociology dictionary, lifestyle is defined as "the totality of the activities that make up a person's life, group, collectivity, but from a not descriptive-explanatory perspective, but inter-structural and normative; a life strategy, for which the individual chooses and which directs all his particular manifestations" (Dicționar de sociologie Online). The phrase "healthy lifestyle" is an important component of the concept of health, and addressing such a lifestyle involves reducing risk behaviours, participating in sports and recreational activities, healthy eating habits, etc. A healthy lifestyle is always associated with good health, with an active life.

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From this perspective, physical activity is a component of active life, an "important link of lifestyle, which involves making movement, according to your own options, several times a week, movement that enjoys consuming energy and producing satisfaction" (Grigore, 2007).

The practice of sports activities systematically and regularly contributes to eliminating or reducing shortcomings related to the somatic profile and functional level of the body, the control of emotions, the reduction of stress, the planning and organization of professional activities and leisure time, the efficiency of learning, the stimulation of creativity.

In their daily activities, young people are called into a variety of ways. As a result, they must adapt to the continuous changes that have occurred, to the dynamics of phenomena and social processes. The practice of sports activities contributes to the training and training of young people for professional activity, to ensuring a harmonious development of the body, to strengthening health, to the formation of a healthy lifestyle.

Tasks

In the research we undertook, we set out to know the students' opinion on certain values of lifestyle.

The research focused on verifying the hypothesis: if we form positive attitudes towards young people towards physical activity, we will create the premises for an adequate conduct to continue the constant exercise of physical

exercises, with visible effects in the sphere of values focused on forming a healthy and active lifestyle.

The sample, based on simple random sampling, consisted of 250 students, girls and boys, from years I and II, at the Romanian-American University of Bucharest.

Materials and methods

To investigate the variable defined by healthy lifestyle we used as a research tool the opinion questionnaire for students.

We set out to determine the interests and expectations of young people for the formation and manifestation of a healthy lifestyle, and for this we submitted to the analysis the students' responses to the following item in the questionnaire addressed: order in scale from 10 (very important) to 1 (insignificant, unimportant) the characteristics/components that you consider important for a healthy lifestyle in young people and adults.

We compiled a list of 10 framework values of a healthy lifestyle, and students assigned points from 10 to 1, depending on the importance they attach to each of them. After centralizing the data, we determined the total number of points accumulated as the sum of the resulting products by multiplying the number of options recorded by each component/feature on each scale level by the figure (from 10 to 1) corresponding to the level. I have ordered descending the results obtained by each feature and assigned each a rank from I to X (table 1).

Table 1. Characteristics/components of a healthy lifestyle in the opinion of students

No.	Features/components	Scale										Total election points	Rank
		10	9	8	7	6	5	4	3	2	1		
1	Concern for maintaining/improving health	105	50	35	11	20	12	5	4	3	5	2080	I
2	Zero tolerance for drug use	14	28	42	46	34	24	18	15	14	15	1534	II
3	Recognition of risk and healthy behaviours	37	25	27	29	18	37	20	14	16	27	1488	III
4	Concern for physical movement, for continuous and systematic practice of physical exercise	18	34	25	26	35	34	24	26	12	16	1462	IV
5	Positive attitude towards physical activity	10	36	33	41	31	22	15	27	14	21	1461	V
6	Constant participation in outdoor activities	15	14	16	27	29	29	37	39	27	17	1248	VI
7	Knowledge of the immediate and long-term benefits of exercise	6	16	20	18	37	36	41	23	29	24	1207	VII
8	The need to know nutrition rules (rational nutrition)	25	21	18	18	15	14	26	29	39	45	1183	VIII

9	Reduction of risk behaviours (consumption and abuse of alcohol, tobacco, aggression, violence, prostitution, etc.)	10	18	18	10	20	26	34	38	45	31	1097	IX
10	Concern for knowledge of the human body	10	8	16	24	11	16	30	35	51	49	990	X

Results

Analysis of the data recorded in table 1 highlights young people's concern for their health, this feature achieving the highest number of points (2080) and rank I in the hierarchy of the elements that define healthy lifestyle.

In its configuration were also considered important, in order of rank obtained, attitudes related to the rejection of drug use, the recognition

of risk and healthy behaviors, the concern for the practice of physical exercise, the positive attitude for physical movement and constant participation in activities organized outdoors.

We want to graphically highlight the significant milestones in creating and showing a healthy lifestyle in the young people investigated (figure 1).

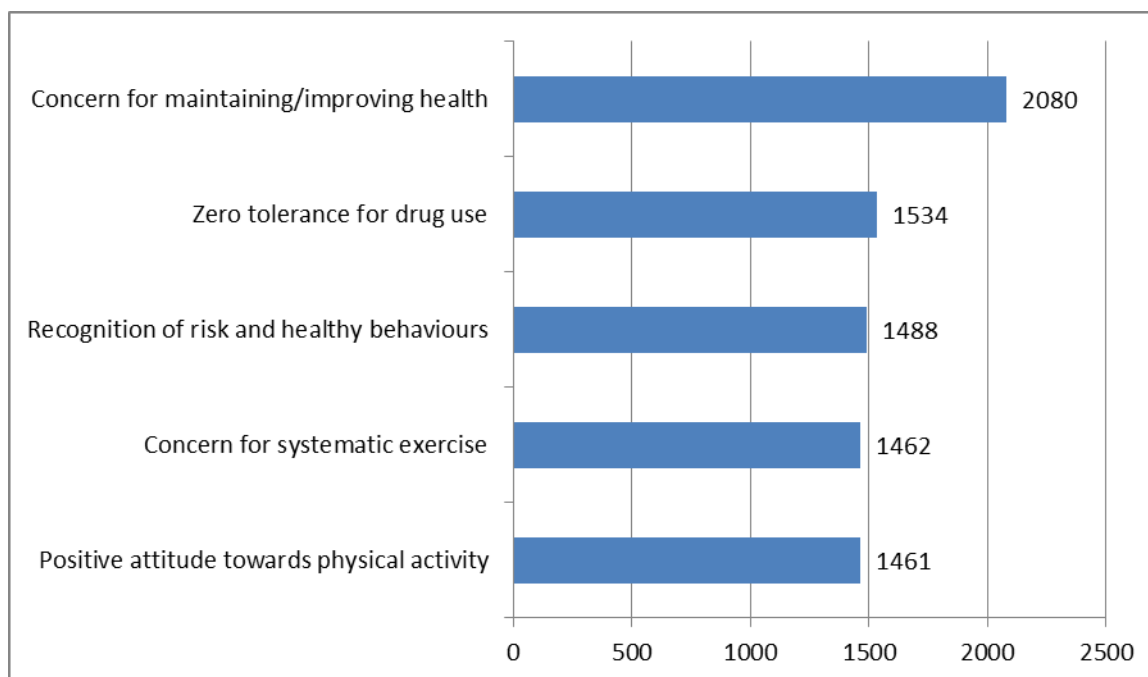


Figure 1. Graphic presentation of components/features of healthy lifestyle manifestation

We identify as benchmarks of the formation of a healthy lifestyle components such as "concern for maintaining/improving health", "tolerance 0 towards drug use", "recognition of risk and healthy behaviours", "concern for physical movement, for the continuous and systematic practice of physical exercise" and "positive attitude towards physical activity". All these values have obtained ranks from I to V.

Conclusion

We appreciate that, for young students, physical movement, lifestyle and their effect on health are

three concepts whose relationship and interrelationship are obvious. These results make us believe that young people are becoming more aware of the inextricable link between physical, mental and active life.

Students' perspective on the concept of healthy lifestyle signifies, in the context of the proposed values, elements related to maintaining/improving health, the concern for physical movement, the attitudes of rejecting risk behaviors.

In summary, we can say that young people, adults, the whole population must be motivated to



practice different forms of physical activity in their spare time, in accordance with their needs or motivation. The purpose of these systematic activities is to increase mainly the biological potential, which is decisive for ensuring optimal health.

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