133 - LIFESTYLE IN SCHOOL CHILDREN OF ANÁPOLIS-GO.

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INTRODUCTION

The world begins to worry about the lifestyle that society has adopted. Countries seek strategies to raise awareness of the need for eating well and physical activity, as well as showing that serious diseases and disorders are caused when these are not adequate, and for that government is increasing its investments on health due to diseases that could be avoided if there were a healthier lifestyle.

Changing your lifestyle to make it active and achieving better quality of life is the great challenge that people should do. Cano, et al (2005), states that this lifestyle ultimately affects children because their parents never have time to change their children's habits, because they never have time to prepare their food, being it mostly foods that are pre-cooked for easy preparation. Another challenge is the increasing violence, the children cannot leave the house becoming inactive, with sedentary activities as option like watching TV, playing video games among others.

Children who today lead an inappropriate lifestyle, are likely to keep it as adults, in other words, the child who does not do physical activity will not do when she grows up and the same happens regarding to food, the child who eats wrong will continue eating wrong when she becomes an adult (GUIDI et al., 2008).

Therefore, the objective of the study was to identify the lifestyle of students 10 to 12 years old from the city of Anapolis-GO.

2 METHODOLOGY

This research consisted in a descriptive, quantitative, cross-sectional study, involving children aged 10 to 12 years, of both sexes enrolled in public schools in the city of Anapolis-GO.

2.1 Population and Sample

The sample was drawn in a stratified form, in 02 public schools, with a sample of 247 male children and 254 female children, making it a total 501 students.

2.2 Instrument and Procedures

o check the students' lifestyle a questionnaire of Adapted Lifestyle was applied (Barros; NAHAS, 2003) which checks the level of physical activity, eating habits and spending free time when not in school. A questionnaire was applied, within the classroom, with all the children together, by the researcher.

To enforce the questionnaire was initially explained by the researcher the aim of the study and the anonymity of information. After clarification, the researcher explained the questionnaire, with a dynamic partial filling, where students could only answer the following question when everyone had already answered to the previous one.

It is worth mentioning that the project was examined by the CEP UniEVANGÉLICA; research subjects, after identification tests and activities, had their identity preserved, replaced by numbers, the survey data were used only for the scientific research purposes; after used, the data collected will be archived for 5 years by the researcher and subsequently incinerated. Making clear that, at any time, the child or guardian decided to leave the research group they could do it without any damage or cost.

2.3 Statistical Treatment

Data analysis was done from the descriptive statistics, using the average ($\bar{x}$), frequency and percentage (%).For independent samples, the "t" test was used. And nonparametric statistics (Kruskal-Wallis) was adopted to identify categorical differences between BMI classificatory levels and time spent out of school, and gender differences. Data was analyzed using a SPSS 19.0 program, with a level of significance ($p \leq 0.005$).

3 RESULTS

Table 1 shows the classification of eating habits of male and female students. With 81.8% male and 81.5% female having a considerable insufficient eating, according to standards set by reference of the pyramid and only 17.4% and 18.1% students have proper eating habits and 0.8% and 0.4% of students show having excessive eating.

TABLE 1: Classification of students according to their eating habits.

	MALE	FEMALE
Adequate	17,4%	18,1%
Insufficient	81,8%	81,5%
Excessive	0,8%	0,4%
Total	100,0%	100,0%

$p \leq 0,952$.

Table 2 shows the frequency of physical activity level of male and female students. It indicates 23.5% male students

and 26.4% female students as inactive, 23.1% and 27.2% as insufficient active, 25.5% and 24.4% as moderately active, whereas 27,9% and 22.0% as active.

TABLE 2: Physical activity levela among among male and female students

	MALE	FEMALE
Inactive	23,5%	26,4%
Insufficient active	23,1**%**	27,2 **%**
Moderately active	25,5%	24,4%
Active	27,9%*	22,0%*
Total	100,0 %	100,0 %

p≤0,115.

"Information on thetime spent when not in school" was one of the items of the lifestyle questionnaire, which most enriched the study. The school records showed that most students spend most of their time watching television. When comparing males and females, it was noted that 43.7% of female students of the public school system spend most of their time helping at home, then 43% watching television, 9.6% playing and 3.8 % practicing sport. While 39.9% of the male students from public spend most of their time watching television, 21.6% helping at home, 19.4% playing and 19.1% practicing sport. The spent free time when not in school had a significant difference between the sexes at p ≤ 0.000.

TABLE 3: Time spent by male and female students when not in school .

	MALE	FEMALE
Helping at home	21,6 %	43,7%*
Watching TV	**39,9 %**	**43,0 %***
Playing	19,4%*	9,6 %
Practicing Sports	19,1%*	3,8%
Total	100,0 %	100,0 %

p≤0,000.

4 DISCUSSION

The free time occupation of the students (in relation to time spent watching television) and time spent on sedentary activities was even greater when it was found that this time was spent on playing video games, staying in front of the computer and doing reading / study outside of school. Again observed in the study by Pereira and Barros (2004), these results confirm those of the present study.

The promotion of physical activity programs should be emphasized in order to increase their regular workout, since the practice of physical activity on weekdays is much smaller than on weekends. A study by Teixeira et al. (2005) made comparisons of physical activity during school time with the vacation period, and noticed a moderate intensity on vacation. Analyzing the usual level of activity during the school vacation, it was found that children spend most of their time practicing low intensity activities, not causing them healthy physiological changes, demonstrating a sedentary behavior in the two periods analyzed. Contradicting our results.

Espírito Santo e Mercês (2005), aiming to make a review of overweight and obesity related to the lifestyle (physical activity and eating habits), warn about the importance of physical activity at all ages, in especially for younger people, who could adopt more active lifestyles as soon as possible, which would influence their adult life. The present study reinforces this concern, since the students are with a not advisable lifestyle to health, with an eating considered insufficient for good health.

The sedentary lifestyle and the adoption of inadequate diets are seen as key factor for overweight and obesity, requiring thus a greater diversity of interventions and government support, with the implementation of clear actions. The study by Pereira and Barros (2004) showed the need to intervene in the children feeding, since, in this study, the children in their day-to-day, held 3-5 meals daily, considered trivial (breakfast, lunch and dinner). This reinforces the data found in the present study, in which children have insufficient eating, below the recommended by the food pyramid.

CONCLUSION

The results showed that in the students, considering the level of physical activity, the male students are more active than females, and that both spend much of their free time watching television.

Given the findings regarding eating habits, it can be concluded that both the male and female students adopt irregular eating habits in relation to what is suggested by the new food pyramid.

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LIFESTYLE IN SCHOOL CHILDREN OF ANÁPOLIS-GO.

ABSTRACT

The aim of the study was to identify the lifestyle of students 10 to 12 years old from the city of Anapolis-GO. The sample was drawn in a stratified form, in 02 public schools, with a sample of 247 male children and 254 female children, making it a total 501 students. A modified lifestyle questionnaire was applied (Barros, NAHAS, 2003) to evaluate the style and life (free time spent by children when they were not in school, as well as the level of physical activity and eating habits). The results for the eating habits 81.8% male and 81.5% female are with considerable insufficient eating. For the physical activity level 23.5% male students and 26.4% of males as inactive, 23.1% and 27.2% are insufficiently active, 25.5% and 24.4% are moderately active; whereas 27.9% and 22.0% are active. The records showed that most students spend most of their free time watching television. The study concluded that the school children, regarding the level of physical activity, the male students are more active than females, and they both spend much of their free time watching television. Given the findings regarding eating habits, it can be concluded that both the male and female students adopt irregular eating habits in relation to what is suggested by the new food pyramid.

KEYWORDS: lifestyle, eating habits, physical activity

MODE DE VIE DES L'ÉCOLESD'ANÁPOLIS-GO

RÉSUMÉ

L'objectif de ce travail était d'identifier le mode de vie des étudiants de 10 à 12 ans, la ville d'Anápolis-GO.L'échantillon a été obtenu à partir d'un stratifié dans 02 écoles publiques, avec une population de 247 enfants de sexe masculin et 254 enfants de sexe féminin, soit un échantillon total de 501 élèves. Un questionnaire modifié a été utilisé (Barros, NAHAS, 2003) pour évaluer les habitudes de vie (temps de loisirs consacré par les enfants quand ils ne sont pas à l'école, ainsi que le niveau d'activité physique et les habitudes alimentaires).Les résultats de l'alimentaire sont les suivants: 81,8% les mâles et 81,5% les femelles sont insuffisantes pour une puissance considérable.Pour le niveau d'activité physique 23,5% des garçons et 26,4% des femmes sont inactives, 23,1% et 27,2% les actifs sont insuffisants, 25,5% et 24,4% sont modérément active; déjà 27,9% et 22,0% sont actives. Les enregistrements ont montré que la plupart des étudiants passent le plus clair de leur temps libre à regarder la television.L'étude a conclu que le degré d'activité physique, les élèves de sexe masculin sont plus actifs que les femmes, et tous deux passent beaucoup de leur temps libre à regarder la télévision.L'étude a conclu que le degré d'activité physique, les élèves de sexe masculin sont plus actifs que les femmes, et tous deux passent beaucoup de leur temps libre à regarder la télévision.En ce qui concerne les habitudes alimentaires, nous pouvons conclure que les deux élèves de sexe masculin comme féminin adoptent habitudes alimentaires irrégulières en relation avec ce qui est suggéré par la pyramide alimentaire nouvelle.

MOTS CLÉS: mode de vie, habitudes alimentaires, activité physique.

ESTILO DE VIDA DE NIÑOS EN EDAD ESCOLAR DE ANÁPOLIS-GO

RESUMEN

El Objetivo del estudio fue identificar el estilo de vida de los estudiantes de 10 a 12 años del municipio de Anápolis, en el estado de Goiás. La muestra se obtuvo de forma estratificada, en 02 escuelas públicas, con una muestra de 247 niños (sexo masculino) y 254 niñas (sexo femenino), contabilizando un total de 501 estudiantes. Fue aplicado un cuestionario modificado de estilo de vida (BARROS, NAHAS, 2003) para evaluar el estilo de vida (tiempo libre que los niños invierten cuando no están en la escuela, nivel de actividad física y hábitos alimenticios). Los resultados obtenidos en la cuestión sobre los hábitos alimenticios evidenciaron que el 81,8% de los niños y el 81,5% de las niñas se encuentran con una alimentación considerada como insuficiente. En lo tocante al nivel de actividad física, el 23,5% de los escolares de sexo masculino y el 26,4% del sexo femenino fueron considerados inactivos; el 25,5% y el 24,4%, respectivamente, moderadamente activos; el 27,9% y el 22,0%, respectivamente, activos. Los registros de los escolares mostraron que la mayoría pasa la mayor parte del tiempo libre viendo la televisión. El estudio concluyó que, en lo tocante al nivel de actividad física, los escolares del sexo masculino son más activos que los del sexo femenino, y que ambos pasan buena parte de su tiempo libre viendo la televisión. Ante los resultados obtenidos en lo referente a los hábitosalimenticios podemos concluir que tanto los escolares del sexo masculino como los del sexto femenino adoptan hábitos alimenticios irregulares en relación a lo que propone la nueva pirámide alimentar.

PALABRAS CLAVE: estilo de vida, hábitos alimenticios, actividad física.

ESTILO DE VIDA EM CRIANÇAS ESCOLARES DE ANÁPOLIS-GO.

RESUMO

Objetivo do estudo foi de identificar o estilo de vida de escolares de 10 a 12 anos do município de Anápolis-GO. A amostra foi obtida de forma estratificada, em 02 escolas públicas, com uma amostra de 247 crianças do sexo masculino e 254 crianças do sexo feminino, perfazendo uma amostra total de 501 escolares. Foi aplicado um questionário modificado de estilo de vida (BARROS, NAHAS, 2003) para avaliar o estilo e vida (tempo livre gasto pelas crianças quando não estavam na escola, bem como o nível de atividade física e os hábitos alimentares). Como resultados para os hábitos alimentares 81,8% masculino e 81,5% feminino encontram-se com uma alimentação considerável insuficiente. Para nível de atividade física 23,5% escolares do sexo masculino e 26,4%do sexo masculino como inativos; 23,1% e 27,2 % são insuficiente ativos; 25,5% e 24,4% são moderadamente ativos; já 27,9% e 22,0% são ativos. Os registros dos escolares mostraram que a maioria passa a maior parte do seu tempo livre assistindo à televisão. O estudo concluiu que os escolares, quanto ao nível de atividade física, os escolares masculinos são mais ativos que o sexo feminino, e que ambos passam boa parte de seu tempo livre assistindo à televisão. Diante dos resultados encontrados quanto aos hábitos alimentares, podemos concluir que os tanto os escolares do sexo masculino quanto do feminino adotam hábitos alimentares irregulares em relação ao que é sugerido pela nova pirâmide alimentar.

PALAVRAS CHAVES: estilo de vida, hábitos alimentares, atividade física.