



Journal Homepage: -www.journalijar.com
**INTERNATIONAL JOURNAL OF
 ADVANCED RESEARCH (IJAR)**

Article DOI:10.21474/IJAR01/7463
 DOI URL: <http://dx.doi.org/10.21474/IJAR01/7463>



RESEARCH ARTICLE

HEALTH RELATED BEHAVIOR OF SENIOR HIGH SCHOOL STUDENTS AT LA CONSOLACION UNIVERSITY PHILIPPINES AND THEIR EFFECTS ON ACADEMIC PERFORMANCE.

Joseph Erol T. Cuevas.

Master of Arts in Nursing Major in Nursing Service Administration.

Manuscript Info

Manuscript History

Received: 22 May 2018
 Final Accepted: 24 June 2018
 Published: July 2018

Keywords:-

health related behavior, senior high school, academic performance.

Abstract

The major concern of the study is to assess the behavior of Senior High School Students at La Consolacion University Philippines and their Effects on Academic Performance. This study made use of descriptive correlation method of research that utilized standardized questionnaires as primary data gathering tool. The respondents of the. The results were processed using the Statistical Packages for Social Sciences (SPSS) and interpreted using statistical tests such as regression analysis in determining the Effects on Academic Performance. The findings of the study suggest that Good health behavior of senior high school students is a good picture that may be an indicator of less cognitive and health problems. The SHS students of LCUP learned very well as evidenced by their above 83 percent performance in English, Math, and Science subjects. Though relationship between health behavior and academic performance was recorded, but it may not be considered significant. Hence, the null hypothesis that health behavior of SHS students does not significantly affect their academic performance was accepted. A number of implications may be considered by the LCUP management in further improving the implementation.

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Introduction:-

Senior high school is an academically and socially challenging transition; the high school years are often considered the most demanding learning period in many people's lives. About a third of students entering university-level education leave without a degree. Concerning study duration, on average students take a good semester longer to graduate than recommended. The consequences of unwanted health behaviors can prolong study duration include increased education costs and unfulfilled dreams—for example, not having the qualifications to work in one's chosen profession or earning a lower salary. Therefore, identifying behaviors that can help young adults to achieve their academic goals is of considerable importance.

Corresponding Author:-Joseph Erol T. Cuevas.

Address:-Master of Arts in Nursing Major in Nursing Service Administration.

Health related behaviors such as sleep and physical activity have been associated with increased cognitive performance and better grades. A meta-analytic review has demonstrated that better overall sleep quality and longer sleep duration in children and adolescents are related to better grades. Additionally, a review by Curcio, Ferrara, and De Gennaro (2011) has shown that poor overall sleep quality in students from school to university is associated with impairment of cognitive performance, reduced learning behavior, and weaker academic performance. Likewise, Ahrberg, Dresler, Niedermaier, Steiger, and Genzel (2015) found that higher sleep quality prior to examinations (but not during the semester or after the examination period) was linked to better academic performance in a sample of university students.

Concerning the role of physical activity, it has consistently been shown that acute aerobic activity is related to improvements in cognitive performance. Importantly, high levels of regular physical activity have been associated with better grades and higher self-perceived overall academic performance in children and adolescents. Importantly, the existing literature has focused on the association of sleep and physical activity with academic performance on the between-person level.

It is therefore the objective of the study to assess other health related behaviors of senior high school students in terms of their smoking, poor dietary habits, sedentary activity, and substance abuse at La Consolacion University Philippines and their effect on academic performances.

Statement of the Problem:-

The main concern of the study is to assess the health related behavior of senior high school students as a basis in developing a life-course health policy. Specifically, this study sought answers to the following questions:

1. How may the health-related behavior of senior high school students at La Consolacion University Philippines be described in terms of:
 - a. smoking;
 - b. poor dietary habits;
 - c. sedentary activities; and
 - d. substance abuse?
2. How may the academic performance of SHS students be described in terms of:
 - a. English;
 - b. Mathematics; and
 - c. Science?
3. Does the health related behavior of SHS students significantly affect academic performance?
4. What nursing implications may be drawn from the findings of the study?

Methodology:-

This study utilized the descriptive correlation type of research because according to Beredo et al (Punongbayan, 2014), this method is also known as statistical research that describes data and characteristics about what practices, level of effectiveness, and recovery and processing. It answers the question who, what, where, and how. This kind of research also deals with the present and existing condition. Hence, this study focused on the assessment of health related behaviors of SHS students and its effect on their academic performance at La Consolacion University Philippines.

Standardized questionnaire on health related behavior was used as primary data gathering tool. Documentary analysis was also utilized in analyzing the academic performance of SHS students in terms of English, Science, and Mathematics.

Summary of Findings

Problem 1: Health behaviors of senior high school students at La Consolacion University Philippines

The SHS students are in agreement that they are observing good health behaviors as shown by their agreement to avoid smoking, poor dietary habits, sedentary activity, and substance abuse.

Problem 2: Academic performance of senior high school students

The academic performance of SHS students was assessed in terms of their achievement in English, Mathematics, and Science subjects. The data in Table 7 revealed that the students' highest performance was in English as shown

by the average grade of 87.98 with a standard deviation of 6.475. Meanwhile, mathematics and sciences performances were recorded at 83.97 and 82.67 with standard deviation values of 4.067 and 5.705, respectively.

Problem 3: Effect of students' health behavior on their academic performance

Results of the regression analysis revealed that the four dimensions of health behaviors namely smoking, poor dietary habits, sedentary activities, and substance abuse influence students' academic performance in varying extent. This was shown by the obtained non-zero B coefficients, smoking (.339), poor dietary habits (.248), sedentary activities (.327), and substance abuse (.289). It may be gleaned from the results that smoking behaviors of the SHS students registered the highest relationship with academic performance in Math, English, and Science (B=.339).

Further analysis of variance test revealed an F – value equals to .725 with an associated probability of .576. Since this value is greater than the alpha set at .05, it can be said that although relationship exists between the health behavior and academic performance of students, the combined effects of the four dimensions of health behaviors namely smoking, poor dietary habits, sedentary activities, and substance abuse produced non-significant influence on the academic performance of Senior High School students at La Consolacion University Philippines.

Problem 4: Implications drawn from the findings of the study

A number of useful implications were drawn based on the findings of the study such as:

1. It has long been recognized that health and educational achievement are intertwined, so that poor health is identified as a cause of underachievement and physical fitness is associated with higher math and reading scores.
2. Health-valuing attitudes may serve as a posited protective factor against health-compromising behaviors, e.g., smoking or drinking and may help develop health-enhancing behaviors.
3. Findings suggest that beyond health values, a more general value orientation may influence health concepts and health-related behaviors as a part of lifestyle and a general life approach

Conclusions:-

Based on the findings of the study, the following conclusions were drawn:

1. The good health behavior of senior high school students is a good picture that may be an indicator of less cognitive and health problems.
2. The SHS students of LCUP learned very well as evidenced by their above 83 percent performance in English, Math, and Science subjects.
3. Though relationship between health behavior and academic performance was recorded, but it may not be considered significant. Hence, the null hypothesis that health behavior of SHS students does not significantly affect their academic performance was accepted.
4. A number of implications may be considered by the LCUP management in further improving the implementation.

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