

**KNOWLEDGE, PERCEPTION AND PRACTICES ON
HEALTHY LIVING LIFESTYLE
AMONG HIGH SCHOOL STUDENTS
IN TAUNGOO TOWNSHIP**

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University of Public Health, Yangon**

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ABSTRACT

Healthy living life style is characterized by good health including eating practice, personal hygiene, physical activity, sedentary behavior, drug abuse. The cross-sectional descriptive study was performed among 260 Grade (10) high school students in Taungoo Township, Bago Region to assess their health knowledge, perception and practices regarding healthy living life style and to determine associated factors by using guided self-administered, pretested structured questionnaires.

Majority of the students (74.2%) had good knowledge level while most students (93.5% and 95.4% respectively) had positive perception on healthy living life style and good practice level on nutrition, sleep pattern, communicable disease, hygiene, substance abuse. A few students (24.2%) had good practice level on physical activity.

Knowledge level of the students was significantly associated with gender ($p=0.005$), presence of healthcare provider as family member ($p=0.006$) and experience in school health activities ($p=0.005$).

Perception level of the students was significantly associated with experience in school health activities on school-based vaccine program ($p=0.02$).

There was significant association between practice level on nutrition, sleep pattern, communicable disease, hygiene, substance abuse and residence at home (0.047). There was significant association between practice on physical activity and gender ($p<0.001$) and there was significant association between health practice of the student on physical activity and presence of health care providers as family members ($p=0.009$).

Almost all students had poor practice level on physical activities despite good knowledge and perception level of students on healthy life style. Physical Education (PE) should be implemented properly at schools to actually do physical activity during PE period and programs for enhancing physical activities need to be promoted among school children to get a healthy living life style.