

HEALTHY BEHAVIOR IN ADOLESCENT AGE 14-18 YEARS OLD IN CITY OF SHKODRA, ALBANIA

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ABSTRACT

The family is the place where adolescent grows, develops educated and trained to be educated. Parents are the ones who make up the core of the family, are the ones who build, educate, their children. Health education in today's session represents a family challenges. Today rapid technical developments pose problems big technological education of adolescent health. Environ- today where educate adolescent presents, A major challenge not only for the family but also for the entire social circle. There are several risk factors that hinder a good development for the adolescent. Consumption of alcoholic beverages or narcotic substances, not regular sleep and malnutrition are social problems which today's family difficulties facing this challenge. Undoubtedly period of adolescence is a very difficult period where the face with a qualitative big difference adolescent personality whether female or male they have a huge development and is a stage where the family requires a great care and special. Nutrition today is a very important factor and what food use, as physical activity, consumption of alcoholic beverages etc. Society today is found before the big challenges they are education and quality education as a teenager. One of the important factors for adolescent education of the family, her or her role is very important, if by mother father sister brother or any other family member, today the consent of each family is to educate in the best members of his family and especially his children who are in the stage of adolescence.

Keywords: Healthy behavior, family, education, adolescent, food.