

## 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.

### INTRODUCTION

To have children without problems in nutrition, it is necessary for them to grow well, though such a thing is easy to say, but very difficult to implement. If we do not educates teens with fruits and vegetable consumption and to have them food which we considered vital in adolescence they can hardly ever use them when they grow up. This purpose can be accomplished gradually, primarily through selfdiscipline, we must educated teenager for himself to maintain an attitude towards the food they consume.<sup>1</sup> Adolescence is one of the most important ages with an interest in human life. This is the period when the jump basics of forming general intellectual, moral, by religion or religious educational, basic human traits. It is the age when personality, identity, character, interests, aptitudes, talents, ideals, beliefs get off the place with high intensity. Most psychologists are of the mind that menopause begins at the time of puberty. For males, puberty is reached approximately at the age of 13 years and for women 11 years. The concept of adolescence has different definitions given in the professional literature. Many psychologists disagree about when adolescence ends and where starts increased age, but this time is usually somewhere between 18 and 21 years old. According to some authors, adolescence r e presents the period of transition from childhood to maturity relative. Others understand adolescence as a time of puberty. In accordance with this view basic question of adolescence becomes the study of the biological effects of juvenile

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<sup>1</sup> Trapani, Gianfranco, Children on the table, Max, Tirana, pg.26.

behavior. Recent studies have shown that it is particularly important the influence of social factors on the orientation, identity formation and behavior of individuals in this age.<sup>2</sup>

### **The purpose and objectives of the study**

The object of this study is to analyze the role of family in adolescent health education given regular feeding, consumption of fruits and vegetables, consumption of tobacco, how often are ill adolescents during the school year, and finally which of the family members pays attention to nutrition in healthy etc..

### **Research question, hypothesis and methodology of the study**

This work is a description of the current situation of adolescents from 14 to 18 years in the district of Shkodra in Albania. The study was conducted from grade 7 to grade 12, by using a standardized questionnaire for health behaviors, the number of samples was 375, questions have several alternatives and adolescents have given their answer. Questions have been family-adolescent character, primely questions dealing with the comfort of teen domesticity, mostly questions about the closeness between family members, physical activities relation with food etc.

**Our working hypothesis is:** Does the family plays a role in the health education of adolescent?

### **The importance of this research**

Given the fact that earlier in Albania there hasn't been done a study on the role of the family in the health education of adolescents, thought to do one in this field. The data obtained from the field are processed under the program SPSS Advanced Statistics.

### **Family and the adolescent**

In today's conditions where the child establishes relationships with various institutions, from primary kindergarten, kindergarten, school, etc., demands for autonomy seem to show at a young age. But what becomes more pronounced especially during adolescence is the commitment or family care for him. Network parent-teenager-society has great educational value, if the relations between them are open, stable and of the emotional support. Indifferent or excessive care by parents, reports closed off teens and brings social mobile deformation in adolescent personality. Parent-teen relationships are not the same as a final. They have their own characteristics, which depend on the sex of the teen as well as parental figures, mother or father. It is known that the relationship that put adolescents distinguish between mother and father because of the particularities of each, the time they spend, but also by way of communication. Generally, compared with fathers, mothers are somewhat more open to addressing the problems, offering assistance in the evaluation of emotions.<sup>3</sup> The family dynamic is an open system in which any of its representatives is associated independently expressed with two-way reciprocal influences.

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<sup>2</sup> Terry F.Pettijohn, Psychology, Tirana, 1996, pg.95

<sup>3</sup> Kraja, Dr. Musa.Pedagogji e Zbatuar,Tiranë, 2008, fq.457

## Adolescent identity development

The greatest changes that occur while children are approaching puberty are physical ones. So, with a mind and body developing young teenagers must face the fundamental question of identity construction, which will provide them with a solid base in adulthood. The individual begins to form a concept for themselves in infancy, but, teenage marks the first time when one makes a conscious effort to answer the question that in this age becomes urgent: "Who am I?" So, the period of adolescence is time when they realized the formation of identity. For this a major contribution gives organizing various activities during leisure time, as educational institutions and organized by different bodies outside educational institutions. Such are: cultural activities (drama, poetry, journalism etc.), leisure activities (dancing, singing, etc.), Sports activities etc. During such activities, the teenager is known to others, befriends, informed and formed simultaneously. The task of society is to provide a healthy environment where it grows and develops teenager leisure assessment and its use in an optimal way. In no way should be underestimated leisure.

## The relationship of the adolescent with educational institutions

One teenager is confronted with institutional world, among which the most important are educational institutions (schools), to achieve integration with adults, they are oriented towards all social structures. At school teens try simultaneously to multiple reports, different, asymmetrical about the power that is exercised over them. Adolescent are educated to evaluate the teacher not only by age, but by the role he plays in this institution. The task of the school is to prepare the young to form to cope, to equip them with scientific skills and habits necessary to establish social rights. In general, young people are aware of the importance of school, but an estimate show greater commitment especially by girls. Often, parents continuing pressure for progress in school, cause to the adolescent concern, anxiety, fear and tension. Those who did not do well in school and do not reliably find alternative ways for life, risk of falling into depression. Therefore relations with fellow students, especially, the teachers play an important role in shaping their psychology. Student Teacher constitutes a social model, so he must have relational skills to be in harmony with the others. The attention of teachers should not focus on only a few students whatever level they are, but to everyone, not into making any difference. Numerous researchers accepted that full development indicator of youth and preparing them for life it's not just the schools. The school is one of the extra-familial institutions where society has entrusted the most important task, preparing young people for social life. Given the living conditions in closed circles, in our tradition it was the duty only of family and little of the social circle. While today the overall development of society, with its opening, schools are required to perform this role well, because schools like environment where learning is performed simultaneously establishing equal relations such that through the acquisition of various social elements allow the young people to become the protagonists of the cultural environment in which they are born and grow. In most of the tests conducted with adolescents, the school is appreciated by those of its role in these directions. She is also one of the most difficult experiences to bear because of the factors related to family, community and the level of school.<sup>4</sup>

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<sup>4</sup> Kraja, Dr. Musa, Applied Pedagogy, Tirana, 2008, pg.461

## **Relations between parents and adolescents**

Adolescence is often seen as a period of the weakening of the influence of adults, a period when young people distance themselves from the values and behaviors of adults. In fact, when the young man feels appreciated by his community when given trust by the teacher and when they feels more connected with adults, they tend less to stray to abusing drugs or to quit school. Parents are very important for support and guidance, but also other adults can also strongly influence teen development. Supportive relationships with adults other than parents are considered key adolescent development, which provide positive results for them. These adults may be relatives of the teenager, teachers, religious leaders or even parents of their friends or classmates, and they can all influence to enrich the social network which supports the healthy development.<sup>5</sup>

## **How to teach teenagers to consume fruits, vegetables and greens?**

The task of teaching teens to consume fruits, vegetables and greens is not easy. On average, children in the European Union countries consume a day just two portions of fruit and vegetables, which is an amount that is still far below what is recommended. This means that many children do not consume some important nutrient. Besides the fact that fruits and vegetables are rich in vitamins A and C, which fight illnesses they increase immunity and strengthen the health of adolescents. Adolescents often get cold or become ill from the flu, but in reverse, if they would consume considerable amounts of fruit and vegetable they certainly will be stronger, healthier and more resistant to diseases. Therefore, the family should educate their children about the consumption of fruits and vegetables, for this purpose, initially family must pull the child to cultivate them, then to activate teenagers in the kitchen during food preparation, etc.<sup>6</sup> Normally the family cannot force unwilling teen consume fruits and vegetables, but must find appropriate ways, offering different types of fruit and vegetables whether fresh or frozen and constantly practice a converse mode of feeding healthy and greater consumption of fruits and vegetables.

## **Family problems with adolescents who consume drugs**

Many researchers talk about evidence that adolescent's age 14 to 22 are in the most dangerous period in terms of consumption of narcotic substances. Psychologists suggest that society is the main factor that leads teenagers to use them. If friends of teenagers use drugs then affects them in its use, with the thought that it is something as simple as cigarettes and not hurting. The family can play major role to channel the interests and desires of young people in different branches. Adolescents should be given the opportunity to express opinions in any environment, so that in the minds of adolescents to establish the thought that they are understood by their parents. In this way, teens will recognize the best things that harm and those who benefit them.<sup>7</sup> Adolescents often evaluate many thoughts of people over and try to take them as an example.

## **Communication in the family**

During adolescence both parents and children have to decide new forms of mutual relations. Parents should be able to recognize and promote the demands of adolescents to gain a greater

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<sup>5</sup> Gjolaj, Nosh, *Developmental Psychology*, Pristina, 2008. page 19

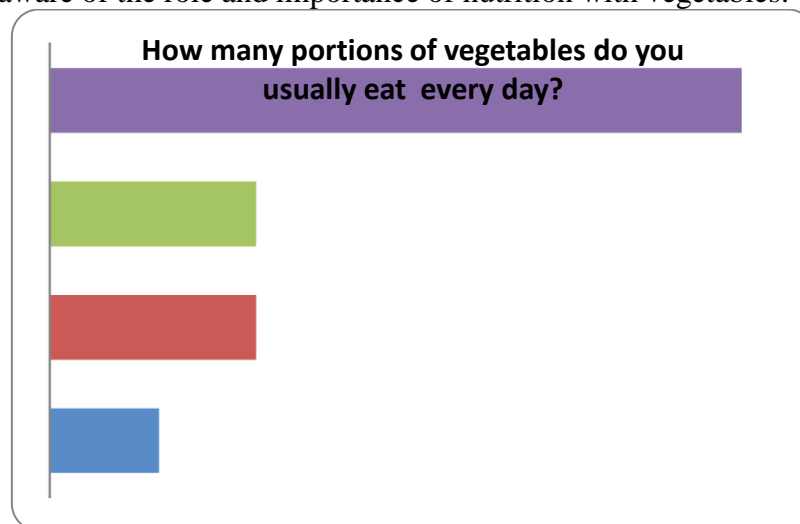
<sup>6</sup> Bean, Anita, *How to feed children in a healthy way*, Tirana, 2007, p. 37

<sup>7</sup> Gjolaj, Nosh, *Developmental Psychology*, Pristina, 2008, pg.59.

independence in accordance with their age. The youth need to have enough freedom to express themselves as individuals who have demands and feelings, who are able to make important decisions about life and take responsibility for their decisions and the consequences coming out of them. Research made on normal families show that where there is good communication between parents and children are observed and in good levels Family cohesion, adjustment and satisfaction. In fact a good communication develops an important role in helping family members find a fair balance between the demand to raise us as separate individuals and requirement to keep correlation. Also a good communication in the family favors the formation of identity in adolescence and establishing character. Contrary, searches made in families with problems, with separated parents etc., show that often among them is lacking the language of effective communication. Peers play a major role in psychological development and social and religious identity of most teenagers. The role of peers is particularly important in the period of puberty.<sup>8</sup>

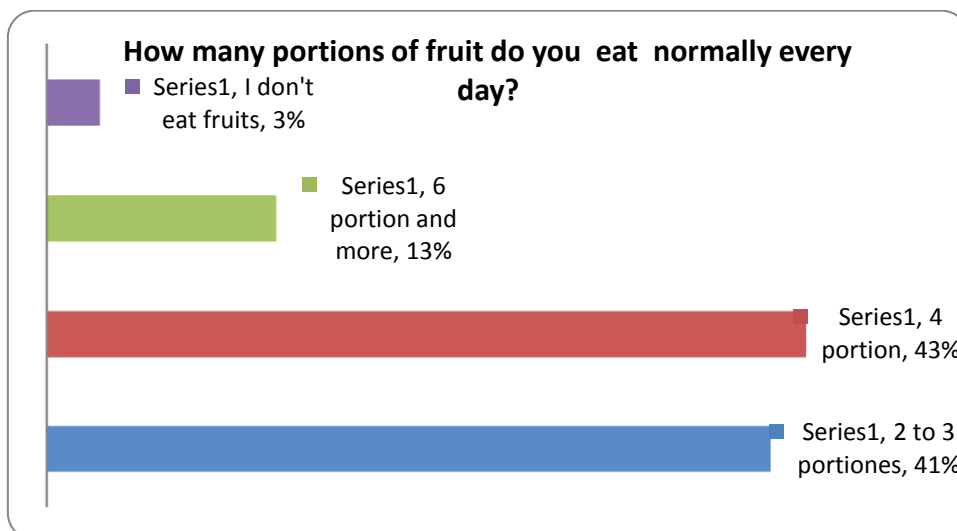
### Analysis, data interpretation

- a) According to the information we have received from adolescents shows that 17% of their feed 2 to 3 portions of vegetables a day, while 9% of adolescents eat only one portion a day, as 17% of teenagers have stated that they receive 6 or more portions a day, while according to data shows that 57% of teenagers do not eat all the vegetables. The data show that the family should strengthen the educational aspect improves adolescents that they are more aware of the role and importance of nutrition with vegetables.

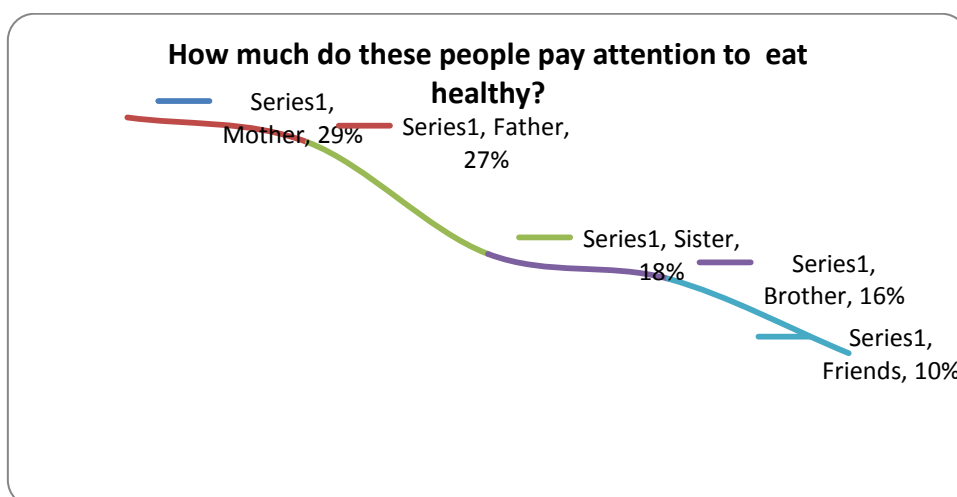


- b) On the question relating to the consumption of fruits have these responses, 43% of adolescents indicate that feed more than 4 daily portions of fruit, 41% receive 2 to 3 portions of fruit, while 13% of teenagers claim that receive more than 6 daily portions of fruit. Only 3% of adolescents indicate that consuming no fruit at all. By the use of fruits say that the family has positively influenced the impact of adolescents about the role and importance of fruits. It is clear from the use of good fruit, but may have also affected the development time of the study, which was autumn. The area is flourishing with fruit and we think that may have increased the number of portions of fruit consumed by adolescents.

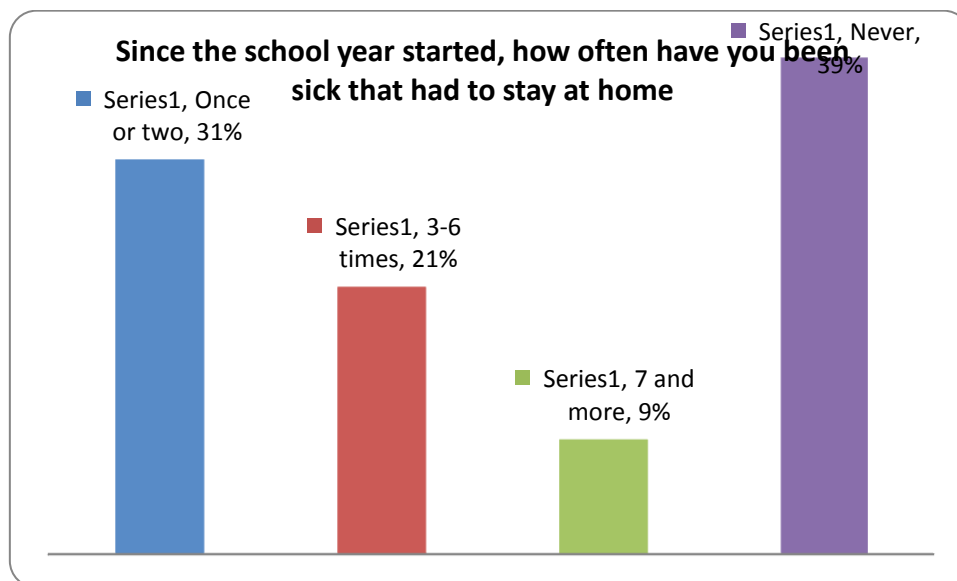
<sup>8</sup> Hoxha, dr. Midhat & Ledina Xhakollari, development psychology, Vllamasi, Tirana, 2010, pg.169.



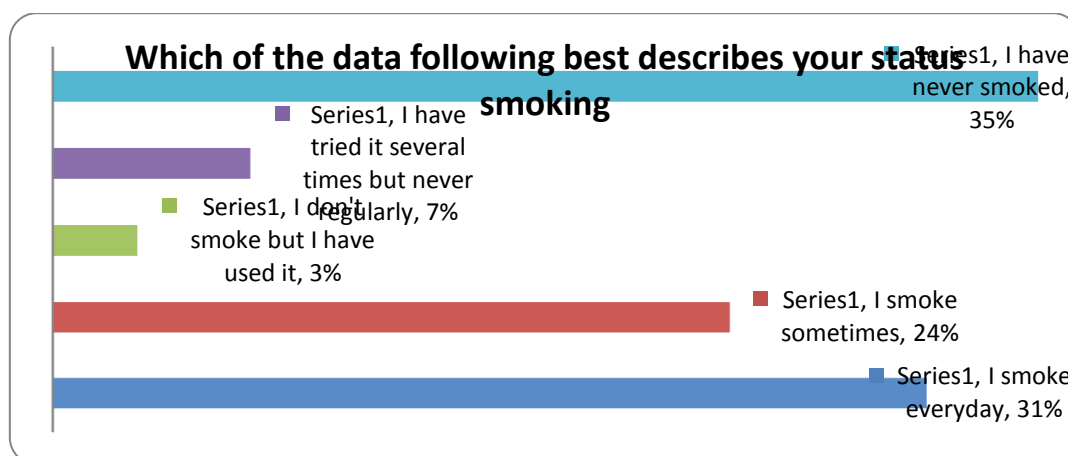
c) Another question, how much attention pays your family to eating healthy, we have the following information: Mother's what family shows more attention to food with 29% followed by the father with 27% and 18% sister, brother attaches importance to 16% and less importance attaches friend teenager with 10%..



d) Responses to the question when the school year started, how often have you been sick and had to stay at home? are: 39% of respondents state that teenagers have not missed school day ever since the beginning of the school year, 31% said they had not followed the medium only once, while 3 to 6 times did not go to school 21 % of respondents, and 9% of adolescents have not attended many times the reason that they were sick. We believe that the results can be affected that data from adolescents are taken in the second semester of the school, the winter has been cold and the heating system of the school was not up to the mark, especially in suburban schools..



e) When asked about the consumption of tobacco teens answer: the daily consumption of tobacco and accept 31% of adolescents, while those who drink occasionally or sometimes words are 24%, while those who use and do not use me 3% and at that have used several times is not never smoked regularly is 7% and the number of adolescents who consumed no smoking is 35%. This figure leaves to be desired. Since this number in the future could be even greater, given the family factor, which is a key factor in the education of their children, the fight against tobacco should be more efficient.



### CONCLUSIONS / RECOMMENDATIONS

The family is the key which has the main role in the education of adolescents. By browsing the basic literature and the data obtained by the survey, which was conducted in the field with correspondents and data analysis with SPSS, if we will analyze the responses carefully, we can say that the family is what it takes to play leading force in children's education on the role and importance of nutrition in particular pemve and vegetable consumption. Over 50% of teenagers today do not use vegetables, while there is satisfaction in the situation with the consumption of fruits, but leaves to be desired considering the benefits that fruits bring to the human body, the family, which is the model for children, should be the main carrier of a healthy nutrition adolescent, mainly using fruits and vegetables, care for non consuming cigarettes, alcohol, balancing setting etc. Teenage education on children is a difficult period

between puberty and adulthood, family is what it takes to have regular structure, is what should be the main burden for family education. If parents do not consume fruits and vegetables, do not educate their children with their use, in the future will be difficult for children to accept the consumption of vegetables. The family should try to get home always with fruits of various kinds, to be more present in the table. The development of the human being is complex and developing her role affects family who is unreplaceable in the lifetime of the individual, but of great value is the period of adolescence. The family has the main role in educating adolescent's in fruit consumption, vegetables, not smoking etc.

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