

SOMATIC DEVELOPMENT IN RELATIONSHIP TO LIFE STYLE AT GIRLS IN ADOLESCENCE

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Abstracts: Adolescence is transition between puberty and timely adulthood, on age 15 to 20 years, when sexual development and maturation are finished. It belongs to important period of lifetime from view on bodily, functional, neuropsychical and social forming (Buchanec et al., 2001). Definition of life style by social dictionary as: „choose some way of satisfy need and way which human arranges own lifetime“.

Nowadays low physical activity is negative factor of adolescent. Most of all technical amenities we use – cars, television, computer and other remove motion effort and motion from everyday life (Koldeová et al., 2002). By Beleja (1996) negative influence in bodily and psychical development have influence to increase weight which is probably related with no rational nutrition and decrease of physical activity, principally at girls.

Research by Fenwick and Smith (1994) confirm people don't start smoking to 20 years they usually never start. As much as 85 % smokers acquire behavior in adolescence.

During the transition from childhood to adulthood, adolescents establish patterns of behavior and make lifestyle choices that affect current and future health. Adolescent could decrease their risk of developing chronic diseases in adulthood, for example behaviors such as eating nutritiously, not using tobacco and physical activity.

Key words: adolescence, life style, somatic parameters

Sample and Methods

We analyzed somatic development by these parameters: weight, high, perimeter abdomen and perimeter edge (Fetter, 1967). We designated BMI (Body Mass index) and index WHR (waist-that-hip ratio) by Beňa (2003). Appropriate psychical parameters and from they computed indexes showing nourishment at girls. A questionnaire consisted questions about psychical activity, leisure time and member of smoking girls.

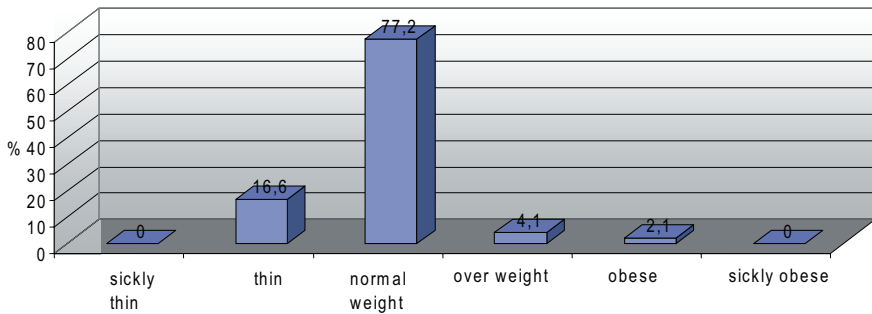
Results and discussion

For quantitative determination obese is today world-wide accepts measure BMI which is using to valuation nourishment of individual. Processing attributes BMI at our

sample 145 girls and their arrangement to individual rank on base partitions according to Beňa (2003) show graph 1.

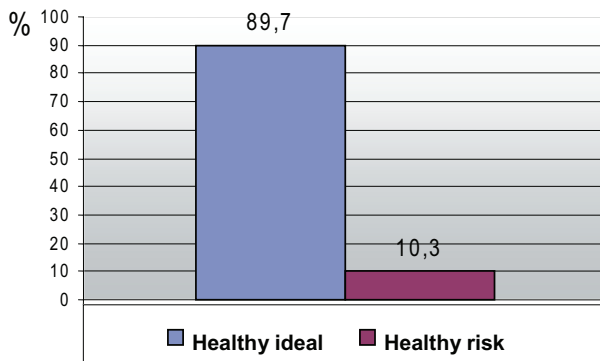
From results we can see that the biggest member (that is 77,2 %) is in rank normal weight, obese at 2,1 % girls. New examinations indicate, that decomposition fat in body could be mote important than its quantity. Abnormal fat in top or in abdomen part of body is for health more dangerous than fat in low part of body concentrated in hip and thigh. Relationship perimeter abdomen to perimeter hip, WHR index is good index of decomposition fat in body. By is this relationship higher (at woman more than 0, 85) it expects more risk cardio-vascular diseases (Kaplan, Sallis and Petterson, 1996). Hainer (1996) and Svačina (2000) introduce that health ideal value is to 0,85 and health risk introduce relationship greater than 0,85.

Graph 1 Categories BMI



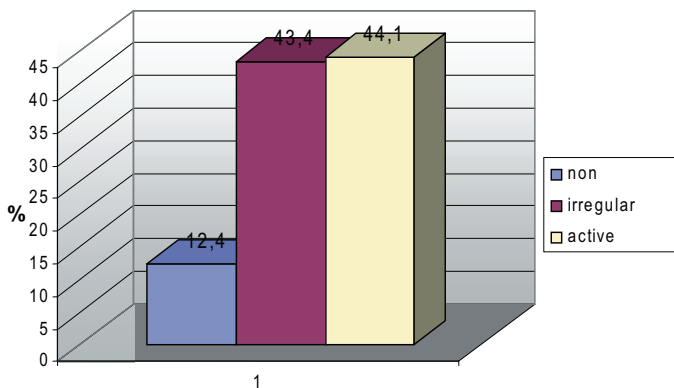
On base of these criterions we make distribution at our sample. We found that 130 girls (89,7 %) from total number have by index WHR healthy ideal distribution of fat and only 15 girls that is 10,3 % are device by index WHR to group with healthy (graph 2).

Graph 2 Categories WHR

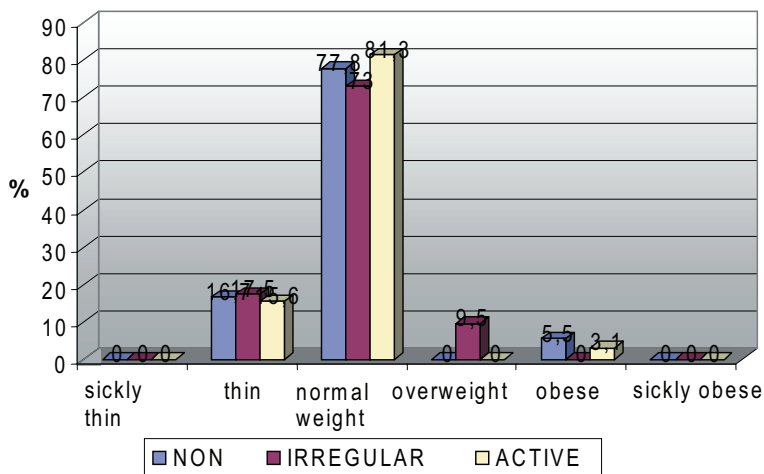


By physical activity and indexes BMI and WHR it weren't higher at students whose don't have any physical activity or irregular. Next we found that only 44,1 % girls active sport and 12,4 % don't have any physical activity and 43,4 % girls sport irregular (graph 3,4,5).

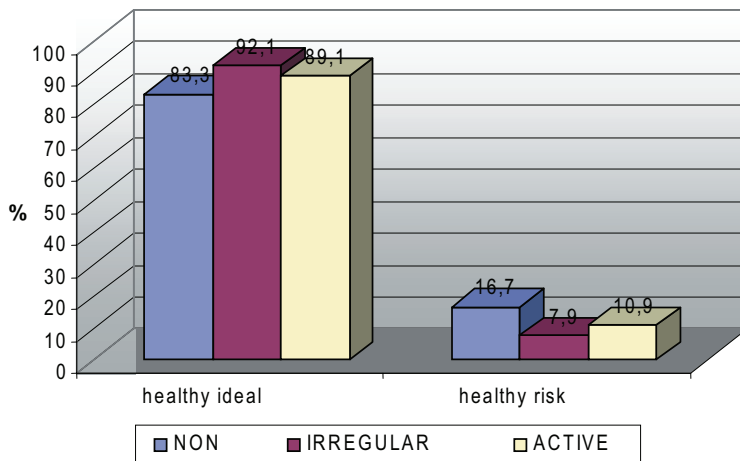
Graph 3 Physical activity



Graph 4 Categories BMI in group by physical activity

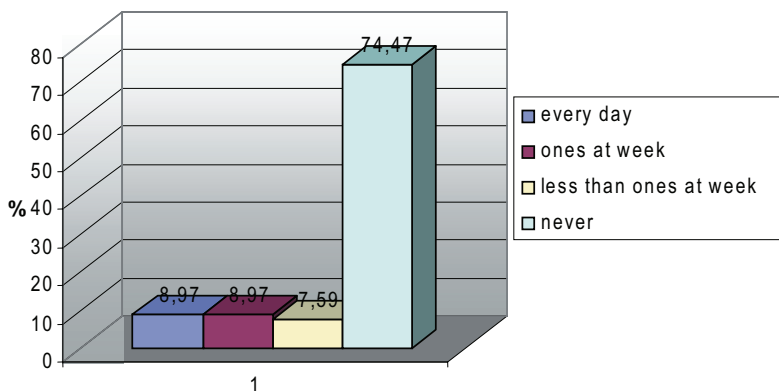


Graph 5 Categories WHR in group by psychical activity



We have observed that from total number of girls never smoke every day 74,47 % girls, we suggest it is very positive (graph 6).

Graph 6 Frequency of smoking



Conclusion

Measurement bodily parameters use to us especially on valuation development children and adolescent, on identification nourishment. Stage of growth and nourishment are from born to ending growth very sensitive index salute and prosperity of everybody individual. Important period adolescence must have attention from their life style – psychical activity, leisure time and consummation of addicting substances.

We found:

- Average high following sample adolescent girls is 167,8cm, average perimeter abdomen is 75,43cm and average perimeter hip is 96,96 cm.
- The biggest abundance is in rank normal weight (77,2 %), thin are 16,6 % girls and sickly thin is nobody.
- Overweight are 4,1 %, thin are 2,1 % and sickly thin is nobody.
- 89,7 % girls have by index WHR healthy ideal distribution fat and 10,3 % girls have healthy risk.
- 44,1 % girls do active sport and 12,4 % girls have no psychical activity.
- Students with no psychical activity have not higher BMI.
- In group with healthy ideal are 92,1 % girls with irregular psychical activity, with psychical activity 89,1 % girls and 83,3 % girls with no psychical activity.
- In group with healthy risk is by 7,9 % girls with irregular psychical activity, with psychical activity 10,9 % girls and 16,7 % girls with no psychical activity.
- Spending leisure time by watching television, videos and computer do girls rarely, most of them listen to music and at the weekend go to disco.
- 74,47 % of all girls don't smoke, only 13 girls that is 8,97 % smoke every day.

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SOMATICKÝ VÝVIN VO VZŤAHU K ŽIVOTNÉMU ŠTÝLU DIEVČAT V OBDOBÍ ADOLESCENCIE

Súhrn: Adolescencia je vývinové obdobie medzi pubertou a ranou dospelosťou, spravidla 15 až 20 rokov veku, v ktorom sa končí pohlavný vývin a dozrievanie organizmu. Patrí medzi rozhodujúce obdobia z hľadiska formovania jedinca zo stránky telesnej, funkčnej, neuropsychickej i sociálnej (Buchanec a kol., 2001).

Definíciu životného štýlu uvádza slovník spoločenských vied ako: „výber určitého spôsobu uspokojovania potrieb človeka a spôsob, akým si človek usporiadal svoj každodenný život.“

Negatívnym faktorom dnešnej doby je nízka pohybová aktivita adolescentov. Väčšina technických vymožeností, ktoré používame – autá, televízia, počítač, diaľkové ovládanie prístrojov a mnoho ďalších odstraňuje telesnú námahu a pohyb z každodenného života (Koldeová a kol., 2002). Podľa Beleja (1996) negatívne vplyvy v telesnom a pohybovom rozvoji dávame do súvislosti s narastajúcou hmotnosťou, ktorá pravdepodobne súvisí s neracionálnou výživou a postupným úbytkom pohybovej aktivity, najmä u dievčat.

Ľudia, ktorí nezačnú fajčiť do 20. roku svojho života obvykle už nezačnú vôbec. Až 85 % fajčiarov získa návyk už v adolescencii (Fenwicková, Smith, 1994).

Počas prechodu z detstva do dospelosti si adolescent upevňuje vzory správania a tvorí si životný štýl, ktorý ovplyvňuje súčasné i budúce zdravie. Adolescent môže znížiť riziko rozvoja chronických chorôb v dospelosti napríklad zdravou stravou, nefajčením a pohybovou aktivitou.

Kľúčové slová: adolescencia, životný štýl, somatické parametre