



شبكة المعلومات الجامعية
التوثيق الإلكتروني والميكروفيلم

بسم الله الرحمن الرحيم



MONA MAGHRABY



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شبكة المعلومات الجامعية التوثيق الإلكتروني والميكروفيلم



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جامعة عين شمس

التوثيق الإلكتروني والميكروفيلم

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MONA MAGHRABY



Life Style of Primary School Children Regarding Their Well-being

Thesis

*Submitted for Partial Fulfillment of Master
Degree in (Community Health Nursing)*

By

Faten Abd AL-Raheem Mostafa Zewail

(B.Sc of Nursing, 2014)

**Faculty of Nursing
Ain Shams University
2021**



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Supervised by

Prof. Dr. Nawal Mahmoud Soliman

**Professor of Community Health Nursing
Faculty of Nursing- Ain Shams University**

Dr. Mona Abo Bakr Abd Ellatef

**Lecturer of Community Health Nursing
Faculty of Nursing - Ain Shams University**

**Faculty of Nursing
Ain Shams University
2021**



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List of Abbreviations

<i>Abb.</i>	<i>Full term</i>
AAP	American Academy of Pediatrics
AHA	American Heart Association
CAPMAS	Central Agency for Public Health Mobilization
CDC	Center for Disease Control and Prevention
GoE	Government of Egypt
HCP	Healthy Child Program
HPS	Health Promoting Schools
MDGs	Millennium Development Goals
NASN	National Associations of School Nurses
NGOs	Nongovernmental Organizations
PA	Physical Activity
SCPHNs	Specialist Community Public Health Nurses
SFPs	School Feeding Programs
SHS	School Health Services
SN	School Nurse
SBHC	School-Based Health Centers
SCPHNs	Specialist Community Public Health Nurses
SDGs	Sustainable Development Goals
UN	United Nations
WHO	World Health Organization

Life Style of Primary School Children Regarding Their Well-being

By

Faten Abd AL-Raheem Mostafa Zewail, Prof. Dr. Nawal

Mahmoud Soliman, Dr. Mona Abo Bakr Abd Ellatef

B.Sc of Nursing, Professor of Community Health Nursing

Lecturer of Community Health Nursing,

Faculty of Nursing - Ain Shams University

Abstract

Background: School-age is a prime time for children to learn about a healthy lifestyle and incorporating them into daily behaviors. **Aim of the study:** To assess lifestyle of primary school children regarding their well-being. **Design:** A descriptive design was utilized in this study. **Setting:** The study was carried out at 9 primary schools at El-Waily zone. **Subjects:** cluster random sample of 376 primary school student (180 female and 196 male) with predetermined inclusion criteria. **Tools:** Pre-designed questionnaire to assess lifestyle of primary school children regarding their well-being, it consisted of **part 1:** Demographic characteristics of primary school children, **part 2:** Lifestyle of primary school children, **part 3:** Well-being of primary school children, **part 4:** Health status of primary school children, and **part 5:** School environment. **Results:** It was found that more than half of primary school children were aged 11 years, near half of primary school children were the first sibling, more than half of children's fathers weren't a smoker, about near half of children had an average lifestyle, more than half of children had an average health status, near half of children were good well-being, two third of schools had good classrooms and well maintained, and near two third of it had good light for learning. **Conclusion:** There was a statistically significant relation between primary school children's lifestyle and their (health, and well-being). **Recommendation:** Health education program about healthy lifestyle as importance of getting enough sleeping hours, and exercising more than 60 minutes daily.

Keywords:

School-age, Lifestyle, Health, Well-being, School nurse

Introduction

Millennium Development Goals there have been significant achievements in reducing child mortality. Promoting child health and well-being is one of 17 global goals that make up the 2030 agenda for sustainable development, health and well-being are the centers of the SDGs, they are a pre-condition, outcome, and an indicator of progress, health is an end-point that reflects the success of multiple other goals (*Fortune et al., 2019*).

The primary school period is considered as one of the most important periods of childhood, this stage marks particularly strong changes in the personality of the children as well as in their families and social environment, exposing them to a wide variety of demands (cognitive, emotional, and social) to which it is called upon to respond according to dedicated standards. It is a dynamic and evolving process not only aimed at the academic success of children but also in their socio-emotional development (*Besi & Sakellariou, 2019*).

Maslow's hierarchy of needs indicated that children have basic, physical needs as (eat, sleep, rest, and move), safety needs as (having a sense of well-being and have a life without anxiety or fear), the need to belong and be loved by (friendship and family, feeling appreciated and respected by others), and the need for esteem as (to be accepted, respected, and valued). Maslow clarified that when children's basic needs are not met, it rough children to continue to grow, and develop to their potential (*Lundqvist et al., 2018*).

World Health Organization defined health as a state of complete physical, mental, and social well-being and not merely the absence of disease. Behaviors and habits that develop during middle childhood influence children's health during adulthood, such as health-promoting or health-risk behaviors, children's health, and well-being is also influenced by their school environment, the activities they engage in during and after school, and how they are supervised when their parents are working (*Bundy et al., 2017*).

Centre for disease control and prevention defined child well-being as encompassing an individual holistically meaning well-being in each domain of child's health, each of these domains categorized into the physical, social, emotional, cognitive, and spiritual domain. Understanding every domain of health is foundational to distinguish a child's well-being. School-age is a foundational stage for developing each domain which can be done by acquiring skills that create and support their well-being (*Bennett et al., 2016*).

Healthy lifestyles are important for health and social identity for school children, the lifestyle behaviors of children including diet, physical activity, and sleep are well-established contributors to health. Childhood is important for studying healthy lifestyles because of its foundation and effect on a child later life (*Rippe, 2019*).

School environment considers both human, and materials resources that the children interact with, it is an ideal setting to acquire knowledge, and skills about healthy choices, and to

increase physical activity levels. The promotion of healthy diets and physical activity in school is essential to fight childhood obesity (*Toosi et al., 2015*).

The American academy of pediatrics recognizes that school health nurse plays a vital role in promoting the optimal biopsychosocial health, and well-being of school children. The school nurse supports children's success by providing health care through assessment, intervention, and follow-up for all children within the school setting, also addresses child physical, mental, emotional, and social health needs and, supports their achievement in the learning process (*American Academy of Pediatrics, 2016*).