

# Assess the Level of Health Risk Behaviors among Adolescent Boys in Government Higher Secondary School, Thandalam

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**Abstract:** *A descriptive study was done to assess the level of health risk behaviors among adolescent boys. Simple random sampling technique (lottery method) was used and 100 adolescent boys were selected at Government Higher Secondary School - Thandalam. Demographic variables were collected by using interview technique and Wisconsin youth risk behavior survey scale was used to assess the health risk behaviors. Descriptive and inferential statistics was used for the analysis of data. The findings of the study are, 11% had poor level of health risk behaviors, 4% of them had a moderately good behaviors, followed by 82% of them had good behaviors and 3% of them had very good behaviors. The  $\chi^2$  test shows that the Age, birth order, father's occupation and smoking habit of father has no statistical significance at  $p < 0.05$ .*

**Keywords:** Health risk behaviors (unhealthy dietary pattern, inadequate exercise, drug abuse, use of alcohol, smoking, physical related violence and sexual behavior), adolescent boys.

## 1. Introduction

Adolescence is a period of transition between childhood and adulthood, a time of profound biological, intellectual and physical changes. During this period an individual reaches physical and sexual maturity, develops more sophisticated reasoning attitudes and makes educational and occupational decisions that will shape his adult career.

## 2. Statement of the Problem

“Assess the level of health risk behaviors among adolescent boys in Government Higher Secondary School, Thandalam”.

## 3. Objectives of the Study

- 1) Assess the level of health risk behaviors among adolescent boys.
- 2) Associate the level of health risk behaviors of adolescent boys attending school with selected demographic variables.

## 4. Methodology

Non- experimental descriptive research design was adopted. Simple random sampling technique was used and 100 adolescent boys were selected at Government Higher Secondary School - Thandalam. The data was collected, organized and analyzed in terms of both descriptive and inferential statistics.

## 5. Major Findings of the Study:

The Analysis of the study shows

1. To assess the level of health risk behaviors among adolescent boys, out of 100 samples, 11% had poor level of health risk behaviors, 4% of them had a moderately good behaviors, followed by 82% of them had good behaviors and 3% of them had very good behaviors.
2. There was no significant association in level of health risk behaviors with age, birth order, father's occupation and smoking habit of the father.

## 6. Conclusion

From the findings of the study it is found that majority of the adolescent boys had good behaviors towards health aspects. More effective school health programs, other policy and programmatic interventions are needed to reduce risk and improve health outcomes among adolescents.

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