Health concepts for adolescents (17-22) years old. A study on a sample of Jordanian society

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ABSTRACT:

This study aimed at identifying the level of healthy concepts among adolescents aged between (17-22 years), it was also relied on the descriptive approach. The study sample consisted of (1200) individual of adolescents aged between (17-22 Years) and it was conducted on a sample from the Jordanian Society. During this study, the healthy concepts questioner for adolescents was used to collect data, and the results showed that the healthy concepts for adolescents aged between (17-22 Years) were moderate degree, moreover, the most notably was for the Trophic (Food) Health that was high degree, came next the physical health, then the mental health, and finally the physical health were moderate degree. The results also showed statistically significant differences in the physical health and mental health due to the sex variable in favor of males, while the differences in Trophic (Food) Health were in favor of females. There were also statistically significant differences in physical health and the scale as a whole in favor of the age between (20-22 Years), and in accordance of the study results, a group of recommendations were presented.

Keywords:

Healthy Concepts, Adolescents aged between (17-22 Years), Physical Health, Mental Health, and Trophic (Food) Health.

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Introduction

Adolescence obtains a huge attention; where it represents an important phase that has a deep effect for the individual's upcoming years, it is also considered one of most important age-phase changing, whether it is physically or emotionally, in addition, it is a phase in which the adolescent health under targeting due to the incomplete understanding for the long-term risks on the health, also due to the fact that health and sickness determinants are not limited on the Biological determinants, indeed, it includes the mental, physical, and food aspects. Furthermore, an intervention mechanism must be developed in order to assist adolescents to practice right and healthy behaviors and prevent the wrong ones by focusing on the healthy concepts. (Almehasnh, 2020).

Healthy concepts are considered one of those which must bestowing to individuals, especially, during the adolescence, thus, the healthy concepts are the main core in building the healthy awareness that include multiple fields cover all the healthy mental, physical, cognitive, and behavioral status, and one of those fields are (Personal & Physical Health, Trophic (Food) Health, Mental Health), and all of the mentioned fields are associated with health concept. (Tan, Cheng, Soon, Ghazali & Mahyudin, 2013).

Attention regards the healthy concepts derived from the attention regard the adolescent's healthy education, society needs, its ambitions, Islamic values & morals aiming at educating youngsters in order to keep their health, develop their healthy behaviors, and instill responsibility in their manners for the sake of their personal health and their society health. (Alfqeer, Alrusaii, 2014).

Developing the healthy concepts assist in increasing healthy awareness for adolescents via providing them with some known scientific facts associated with health in order to affect in their knowledge, thoughts, and behaviors, besides bestowing them with better healthy habits, and this was assured by (Onyango, 2005) study, which clarified the possibility to amend and widen up the

healthy concepts via the guiding programs based on the modern methods in education.

Study Statement

Healthy problems that face adolescents have increased recently due to the wrong healthy behaviors and lifestyles, which start since childhood and continue until adolescence. Such wrong healthy problems and behaviors can be stopped and amended via the healthy concepts that contribute in bestowing the adolescent the right healthy behaviors.

Study Questions

This study seeks to answer the following questions:

1- What is the level of healthy concepts for adolescents aged between (17-22 Years) on a chosen sample from Jordan?

2- Do the healthy concepts for adolescents aged between (17-22 Years) differ according to the difference of (sex and age) variables?

Study Importance

Study importance revolves about the following:

Theoretical Importance: This study importance rises from the fact that it measures the healthy concepts for adolescents aged between (17-22 Years), indeed, the fact of discussing the healthy concepts creates the importance of revealing the level of mental, physical, and Trophic (Food) Health for adolescents. The study importance derived from the age importance which conducted the study on during the adolescence, as the adolescents need the healthy education and awareness and support in order to develop their healthy concepts.

Scientific Importance: This study contributes in lighting at the healthy concepts for adolescents aged between (17-22 Years), it also contributes in finding specialized studies in measuring mental, physical and Trophic (Food) Health for adolescents. Moreover, it is hoped that the study results and recommendations resulted from, contribute in assist those interested in knowing the healthy concepts in

amending behaviors and healthy styles for adolescents, and take advantage of that results and recommendations in conducting more comprehensive studies.

Study Objectives

This study aimed at identifying the level of healthy concepts among adolescents aged between (17-22 years), it was conducted on a sample from the Jordanian Society, by revealing the level of physical health, mental health, sport activities, and Trophic (Food) Health for adolescents.

Procedural Concepts

Healthy Concepts: "A group of concepts associated with the healthy awareness, which can be bestowing to the adolescents to try implementing and transferring them to continues practical practices in a way that may lead to a change in behaviors in order to improve health". (Alnobi, 2015).

Mental Health: A positive condition exists for adolescents, and it appears in the level of performing their mental functions in a well, coordinated, and integrated manner in the personality unit. (Ghurab, 2014).

Physical Health: It is taking care of health, cleanliness, nutrition, practicing sports activities, sleeping, taking rests, taking care of skin and all of the body parts, and others of good habits.

Trophic (Food) Health It is giving a good attention of adolescent's food so it includes all kinds of food with its different ingredients and main nutrients elements, which are **c**arbohydrates, proteins, fats, vitamins and minerals, in an appropriate amount according to age, sex and weight. (Mzahreh, 2019),

Study Determinants

Time Determinants: Represent in implementing the study of the study year (2021).

Place & Human Determinants: Represent in implementing the study on adolescents aged between (17-22 Years).

Objectivity Determinants: Represent in identifying the healthy concepts for adolescents aged between (17-22 Years).

Literature Review

Adolescence is considering a transferring phase from childhood to adulating; hence, it is a critical and sensitive phase and includes changes in the physical maturity and changes in mental state that contributes to disorders occurring in an adolescent's life. (Alarabi, Amrosh, Abu-shokan, and Laban, 2020). The previous mentioned increase the need to educate the adolescents with the healthy concepts which contributes to spread awareness, healthy education, and group and institutional work regard solving the healthy problems. The public health identified the healthy concepts as they are science and art of achieving the protection of diseases, long living, promoting health and sufficiency.

Healthy Concepts and their Importance

A group of information, knowledge, and experiences that affect the individual's knowledge, tendencies, and behavior, also raising his health awareness in relation to his own health and the society health which he lives in. (Hollander, 2002). They are also known as a group of information and facts that related to health and sickness, and presented to the individual in order to guide by reaching the status in which everyone is willing to respond to healthy instructions. (Mursi, 2004).

The importance developing the healthy concepts rises from the fact that it is dealing with the individual health, which everyone seeks to maintain as it affects the individual and society live, and it is consider one of the essential means so the individual can peruse the life activities without any obstacles or sickness. (Hajr and Alamen, 2002).

Mental Health for Adolescents

The adolescents face mental issues and cause them the psychological loneliness which affect their environment and adapt with live (Shahri and Hashemi, 2018). Metal health is identified as the mental status in which the individual actualizes the personal and society adequate and an emotional balance clear of tension and disorder, thus full of excitement, besides being positive, creative, and feeling happy and satisfied. (Csikszentmihalyi, & Rathunde, 2014).

Mental health also considers the adolescents ability to deal successfully with daily life changes and social interact with life, hence, it is a process affected by multiple factors ranged between internal pressures, physical symptoms, or functional disorders. (Alhisiany, 2016). It is a relatively continuous combined emotional mental condition of feeling happiness with oneself and with others, also feeling satisfied, calmness, secure, peace of mind, willing to live, and feeling active, strength, and health. (Lobazed, 2020).

Mental health mental health enables adolescents to feel adequate with oneself and with society, therefore, it leads to living a life free from mental issues, and make them more satisfied with themselves and with others. When the adolescent's mental health is in good condition, then he knows himself better, their needs, and their goals, and his life free from continuous tension, disorders, and conflicts, hence, makes the person feels happy with himself. (Qabani, 2017). Additionally, it makes the person strong against facing crises and makes his personality integrated that performs its functions in a coordinated manner, and increases the ability to control his emotions. (Rahmani, 2015).

In addition to the above mentioned, mental health have many indicators part of which is mental sufficiency, controlling thoughts and feeling complete with, integration between emotions and controlling conflict and frustration, sound attitudes, appropriate self-awareness, and the appropriate relationship with reality. (Aldahiry, 2010).

One of the most essential features of adolescent's mental health is self-satisfaction or what is called psychological adaptation, and it appears through the adolescent ability to adapt with reality, facing crises, and bearing failure, accepting criticism and

evaluation, self-confidence, self-respect and self-esteem, all of the previous mentioned means avoiding the feeling of imperfection or arrogance. The other feature is feeling of comfort with others, which means social adaptation, and appears through avoiding loneliness and the ability to build successful social relationships characterized by cooperation, tolerance, altruism, ability to live and accept the values and standers of others. As for the third feature, it is the ability to face life demands, solving problems, the initiative to find appropriate solutions at the time of any problem or emergency situation occur. Finally, mental safety and diseases clearance, as this aspect focus on the fact the individual is free from mental disease symptoms, and others of mental disorders that affect negatively on his efficiency and prevent him from performing his role in life and accomplishing goals to be proud of. (Alshawashre and Jeet, 2016).

Physical Health for Adolescents

Physical health is consider one of the essential factors of changing on society and creating a quantum leap due to the scientific and technological progress, which consider a main cause for making quantum leap in the adolescents life, and it is consider one of their general fitness features and includes the body clearance of various organic and functional diseases, and the body's organs perform their functions in the best manner, with the ability to do business for a longer period without feeling tired and exhausted. (Joudallah, Slameh, Ismaeil, and Khader, 2019).

Physical health plays an effective role in the adolescent's life, as it helps him to develop sports efficiency, useful physical skills in daily life which enables him to overcome some difficulties and risks that may obstruct. (Alarabi, Amrosh, Abu-shokan, and Laban, 2020). Nevertheless, physical health (Sports activities) has a role in developing mental abilities. (Kissow, 2015).

Physical activity perform an important role in growing the mental side, whereas one of the most

important factors in building a mature and normal personality, moreover, it heals many of mental misbehaviors for adolescents, and guide them to the straight path where balance and mental adequate can be accomplished. (Botastah, Bodreaat, and Hamdosh, 2016). In additions to that, mental and sports health considering a helpful, stimulating, and adapting material for the personality and psyche of the adolescent's to provide a chance of gaining experiences and kinetic skills that increase his willingness and interaction in life, thus, make him obtain the values that cannot be provided by any other way. (Cicchetti, 2016).

Physical an d sports health belong to the mental and cognitive side, through putting the adolescents in problems allows them to cope up with the situation via moving in the specific space, trying to play with colleagues, and revealing other kinetic skills by the spirit of creativity. (Camplani, 2020).

Food Health for Adolescents

There are mutual essential factors that affect the eating habits of adolescents resulted from lack of awareness about the healthy food importance, part of which is the life's fast beat along with many commitments, which leads to cross pass breakfast and other meals and consuming fast food. The environment also affect the food habits for adolescents, and as prove to that is the society attention for thinness that pushes adolescents at this age to reach thinness, which leads the body to lose many important vitamins and minerals to the body. (Mohammed, 2018).

Probably, one of the important food needs for adolescents to keep a sound growth, and avoiding healthy problems that are related to the random eating behavior are some food elements which considered more important than others in this phase such as calcium and vitamin D that essential for bone health and sound growth, with the necessity of exposure to sunlight daily for half an hour in the morning, as well as iron, with the necessity to consume a source of vitamin C such as orange and

lemon to increase the absorption of iron. (Adamo & Brett, 2014).

Many of healthy problems in adolescence related with nutrition, and resulted frequently from the unhealthy food behavior and random eating pattern. One of the important healthy problems is obesity, which became very common among adolescents as a result of unhealthy food orientations, in addition to the lack of awareness with nutrition importance in this phase and it huge effect on health. Furthermore, one of the common healthy problems is malnutrition, as the adolescent grow with lack in many of vitamins and minerals units in the body, which affect it hugely, thus, the need for healthy concepts appeared to enable adolescents to obtain concepts and knowledge that make them in good health. (Farhangi, Dehghan & Jahangiry, 2018).

Previous Studies

This part includes some of the previous studies that were obtained from the previous literature, reviewing the Arabic and English data rules, and the studies were presented in accordance with their chronological timeline from newest to oldest.

The study of **(Alrusaii, Ali, and Alhilat, 2016)**, which aimed at revealing the level of food and health concepts involvements in vocational education for the first three grades in Jordan, where the food and health concepts list was developed and included (37) concepts distributed on various fields. The study results revealed the following: The involved food concepts in the targeted textbooks reached (11) concepts, while the healthy concepts reached (16) concepts out of (23) concepts.

The study of **(Alfqeer, Alrusaii, 2014)**, which aimed at revealing the involved healthy concepts in Geographic textbooks for the higher basic stage in Jordan, where an analytical instrument was used, and it included (45) healthy concepts distributed on five healthy fields. The study concluded the following results: The total of healthy education concepts frequencies involved in Geographic textbooks for the higher basic stage reached (193),

and the Trophic (Food) Health came in last with (15) frequencies.

The study of **(Altuwaisi and Alshawish, 2013)**, which aimed at revealing the involved healthy concepts in Science textbooks for sixth and seventh grade in Jordan, where a list of healthy concepts suggested to be added in the targeted textbooks distributed on the healthy fields. It included (44) healthy concepts. The study revealed the presence of differences between involved healthy concepts frequencies in Science textbooks according the field variable and in favor of environmental health field.

The study of **(Alsaadoni, 2011),** which aimed at identifying the extent of the involvement of healthy education concepts in Islamic education textbooks of the higher basic stage under the light of Islamic perception, where a list was prepared that includes the healthy education concepts that should be available in the Islamic education textbooks of the higher basic stage, and the list includes the following: (Personal Hygiene, Food and Nutrition, and Contagious diseases). The study concluded to a group of results included: The total of healthy concepts in the Islamic education textbooks of the higher basic stage starting from fifth grade until tenth grade reached (1357) concepts.

The study of **(Cetin, Özarslan, Işık & Eser, 2013),** which aimed at determining the students opinions of the ninth grade about the healthy concept through paining and writing technique, the study consisted of (156) students in the ninth grade in the schools of (Vocational Technical and Industrial schools for girls) in Kocaeli city-Turkey in the academic years 2010-2011. According to the study results, it was observed that students describe the health as a physical and mental luxury habit; it also clarified the importance of nutrition and practicing sports in the field of protecting health in general, thus, the unbalanced food system, microbes, and harmful habits consider factors that affect negatively on health.

The study of **(Kosonen, et. Al, 2009),** which aimed at identifying the status of healthy education in the Finnish textbooks for the primary and secondary levels, content analysis approach was used for all the textbooks via specialized card with healthy education concepts that must be provided for each stage, and they are eight primary fields. The study concluded that the textbooks cover a large group of healthy subjects and meet their main contents of healthy requirements required for students in of students at both the primary and secondary levels in the same manner.

Commenting on the Previous Studies

The previous studies aimed at determining the students' opinions of the ninth grade about the healthy concepts in the same manner of (Cetin, et, al, 2013) study, and revealing the involved healthy concepts in Science, Geographic, Islamic Education, and Vocational Education textbooks,

also in the same manner of the following studies: (Altuwaisi and Alshawish, 2013), (Alsaadoni, 2011), (Kosonen, et. Al, 2009), (Alfqeer, Alrusaii, 2014), and (Alrusaii, Ali, Alhilat, 2016).

Methodologies and Procedures

Study Methodology: This study was based on the descriptive approach for due its suitability to achieve the objectives of this study.

Study Population: The study population consisted of adolescents in Jordan aged between (17-22 Years).

Study Sample: The study sample consisted of (1200) male and female adolescent aged between (17-22 Years), they were chosen from the study population randomly, as a sample from Northern Region in Jordan, and the following table clarifies the distribution of the study sample according to the sex and age variables.

Table (1): Distributions of study sample according to the sex and age variables.

Gender	Age	Frequencies	Percentage
Male	17-19 Years	346	52.7%
	20-22 Years	310	47.3%
	Total	**656**	**100%**
Female	17-19 Years	325	59.7%
	20-22 Years	219	40.3%
	Total	**544**	**100%**
	Total All	**1200**	**100%**

Study Instrument: The researcher created a questioner to collect data from the study sample, by the utilization of previous studies (Redwan and Qazaq, 2019, Alhudibi, 2019, Alqas, 2016, Aljauisi, 2015), and the questioner consisted of two parts as follow:

- Personal Variables: Sex and Age.
- Healthy Concepts: Physical health which included (12) paragraphs, Mental health which included (22) paragraphs, Physical health (Sports Activities) which included (17) paragraphs, Trophic (Food) Health health which included (21) paragraphs.

Validity of Study Instruments: In order to verify the virtual validity of the study instrument, it was presented to a group of arbitrators numbering (8) of experienced and qualified ones in the health field, for the purpose of judging the integrity degree of the phrasing in paragraphs and their clarity, the extent of its suitability for the targeted purpose, and the extent of each paragraph belonging to its field. In addition to conducting any required omitting, amending, or adding on the questioner paragraphs or any suitable suggestions. Arbitrators' observations and suggestions were taken into consideration, and the questioner paragraphs were

amended according to the unanimity of arbitrators' majority to present the questioner with its final form.

Study Instrument Reliability: In order to verify the reliability of study instrument, it was applied on a pilot sample consisted of (40) individual from outside the study sample and from the study population, and (Cronbach's alpha) was applied for all the study fields. Table (2) clarifies the above mentioned.

Table (2): Results of (Cronbach's alpha) to reveal the internal consistency coefficients for the scale fields

Fields	Paragraphs No.	Cronbach's alpha
Physical Health	12	0.87
Mental Health	22	0.85
Physical Health	17	0.93
Food Health	21	0.97
Total scale	**72**	**0.92**

Table (2) clarifies that consistency coefficients for (Physical Health) reached (0.87), while the consistency coefficients for (Mental Health) reached (0.87), as the consistency coefficients for (Physical Health/ Sports Activities) reached (0.93), Finally, the consistency coefficients for (Food Health) reached (0.97), all of the consistency coefficients are high and acceptable to implement this study.

Correctness of Study Instruments: The questioner with its final form consisted of (72) paragraph, where (Likert Scale) was used to measure the study sample opinions, and the results came as follow: Very high (5), High (4), Moderate (3), Low (2), and Very Low (1), by ticking (√) nest to the answer that represents their agreement degree. An addition, next classification was also relied upon to judge the Means as follow: (Highest Value- Lowest Value)/5 and equals: (1-5)/ 3 = 1.33 the category length. (1.33 – 2.33 Low, 2.34 – 3.66 Moderate, and 3.67 – 5 Hight)

Study Variables

Independent Variables:

- **gender: has two categories:** (Male, Female).

- **Age: has two categories:** (From 17-22 Years) with four fields: (Physical Health, Mental Health, Physical Health (Sports Activities), and Trophic (Food) Health).

Dependent Variables: Healthy Concepts for adolescents aged between (17-22 Years) with four fields: (Physical Health, Mental Health, Physical Health (Sports Activities), and Trophic (Food) Health).

Statistical Treatments: To answer the study questions, the following statistical treatments were used via Statistical Package for the Social Sciences (SPSS) program:

- Extract frequencies and percentages to distribute the study sample according the study variables.

- Extract Means and Standard Deviations for the fields and scale as a whole and each scale paragraph separately.

- Applying (Independent sample t-test) to reveal differences in fields and scale as a whole according to the (Sex and Age) variables.

The Results

This part includes a presentation of results that the study concluded, which aimed at revealing the level

of healthy concepts for adolescents aged between (17-22 Years) in Jordan.

Presenting first question results: What is the level of healthy concepts for adolescents aged between (17-22 Years) conducted on chosen sample from the Jordanian Society? To answer the study questions, Means and Standard Deviations were extracted **for the level of healthy concepts for adolescents aged between (17-22 Years),** as shown in the following tables.

Table (3): Means and Standard Deviations for the level of healthy concepts for adolescents aged between (17-22 Years), (N=1200)

N	Field	Means	SD	Degree	Rank
1	Physical Health	3.22	0.93	Medium	2
2	Mental Health	2.92	0.67	Medium	3
3	Physical Health (Sports Activities)	2.61	1.12	Medium	4
4	Food Health	3.79	1.25	High	1
	Total scale	3.15	0.59	Medium	

Table (3) shows the Means and Standard Deviations of fields as a whole, where field number (4) that stated: (Food Health) came with the highest Mean (3.79) and Standard Deviation reached (1.25) and the degree was high, next field number (1) that stated: (Physical Health) with (3.22) Means and Standard Deviation reached (0.93), and the degree was moderate. Then field number (2) that stated: (Mental Health) with (2.92) Means and Standard Deviation reached (0.67) and the degree was moderate. Finally, field number (3) that stated: (Physical Health/ Sports Activities) came with the lowest Means (2.61) and Standard Deviation reached (1.12) and the degree was moderate. The fields as a whole came with (3.15) Means and Standard Deviation reached (0.59) and the degree was moderate.

This indicates that adolescents have interests with the healthy nutritional concepts, so that their growth can be based on balanced healthy food, as they give attention to the physical health due to their observations of body accelerate changes in adolescence. Furthermore, they have interest in mental and physical health concepts but in moderate level according to the adolescent's concentrations on the physical changes and what food they need to be able to obtain a perfect body.

First: Physical Health

Table (4): Means and Standard Deviations for paragraphs of Physical Health Fields (N=1200)

N	Paragraph	Means	SD	Degree	Rank
1	Make sure to avoid smokers' gatherings	3.27	1.36	Medium	3
2	Interested in watching healthy TV programs	3.19	1.33	Medium	7
3	Always do an annual medical check-up on my body functions	3.37	1.24	Medium	1

	for the dangers of age diseases (Diabetes, Blood Pressure, and Obesity)				
4	Make sure to have a first aid kit available at home	3.33	1.29	Medium	2
5	Taking the initiative to take preventive vaccinations, such as seasonal flu, also going directly to the doctor at any health symptoms	3.23	1.39	Medium	5
6	Stay away from taking drugs without consulting a doctor	3.04	1.39	Medium	9
7	Drugs, Alcohol and smoking pose risks to human health	3.20	1.31	Medium	6
8	Make sure to treat my diseases by visiting the doctor	3.37	1.40	Medium	1
9	Make sure to take the full prescribed dose of medicine when feeling sick	2.98	1.50	Medium	10
10	Early detection for any diseases	3.14	1.37	Medium	8
11	Keep medicines in an appropriate way to ensure validity	3.23	1.36	Medium	5
12	Take care of personal hygiene	3.24	1.44	Medium	4
	Physical Health as a Whole	3.22	0.93	Medium	

Table (4) shows Means and Standard Deviations for paragraphs of Physical Health Fields, where paragraphs number (3, 8) that stated: (Always do an annual medical check-up on my body functions for the dangers of age diseases (Diabetes, Blood Pressure, and Obesity) and (Make sure to treat my diseases by visiting the doctor) with the highest Mean (3.37) and degree was moderate. Paragraph number (9) that stated: (Make sure to take the full prescribed dose of medicine when feeling sick) came with the lowest Means (2.98) and Standard Deviations (1.50) and degree was moderate, finally, physical health as a whole came with (3.22) Means and Standard Deviations (0.94) and degree was moderate.

The above mentioned can be explained that the adolescents and at noticing any physical changes and exposing any diseases, they make sure to consult doctors and take medicines at schedules to have sound physical health, they also follow a healthy system such as making sure eating healthy balanced food, and practicing sports to reach sound physical growth.

Second: Mental Health

Table (5): Means and Standard Deviations for paragraphs of Mental Health Fields (N=1200)

N	Paragraph	Means	SD	Degree	Rank
1	Feeling insecure and a heavy duty for others	3.08	1.35	Moderate	3

2	Daydreaming so that I don't feel what is going on around me	2.88	1.29	Moderate	11
3	Feeling afraid to take any responsibility	3.04	1.23	Moderate	4
4	Making sure to participate in social activities	2.82	1.31	Moderate	13
5	Solving my problems without relying too much on others	2.72	1.34	Moderate	15
6	Bing patient when facing problems	2.78	1.31	Moderate	14
7	Feeling trustworthy by others	3.04	1.35	Moderate	4
8	Feeling comfortable when helping others	2.99	1.43	Moderate	5
9	Having difficulty in building friendships and social bonds	3.13	1.26	Moderate	2
10	Feeling afraid when talking to strangers	3.22	1.32	Moderate	1
11	Feeling ashamed from others	2.94	1.32	Moderate	9
12	Finding willingness to talk about myself and my accomplishments in front of others	3.00	1.22	Moderate	4
13	Cannot forget offends from others	2.97	1.25	Moderate	7
14	Having the ability to build successful relationships	2.99	1.18	Moderate	5
15	Enjoying to interact with people	3.04	1.29	Moderate	4
16	Feeling afraid in closed places (Claustrophobic)	2.93	1.35	Moderate	10
17	Feeling lonely even if I am surrounded by others	2.87	1.33	Moderate	12
18	Afraid of being alone in the dark	2.98	1.28	Moderate	6
19	Having bad dreams	2.95	1.36	Moderate	8
20	Having difficulty in falling asleep	2.99	1.40	Moderate	5
21	Controlled by some disturbing thoughts	2.52	1.63	Moderate	16
22	Suffering from mood swings without any known reason	2.44	1.56	Moderate	17
	Mental Health as a whole	2.92	0.67	Moderate	

Table (5) shows Means and Standard Deviations of paragraphs of mental health fields, as paragraph number (10) that stated: (Feeling afraid when talking to strangers) with highest Means (3.22) and Standard Deviation of (1.32) and degree was moderate, paragraph number (22) that stated: (Suffering from mood swings without any known reason) with lowest Means (2.44) and Standard Deviation of (1.56) and degree was moderate, and

mental health as a whole came with (2.92) and Standard Deviation of (0.67) and degree was moderate.

The mentioned above is due to the physiological changes that affect the adolescents, where at this phase the glands growth and their secretions increase and changes in the internal organs so that it affects the adolescents psyche and increases the emotions, such as affective emotions, physiological

and chemical changes, in addition to the outside world, and the surrounding environment of adolescents during this emotions which makes them more moody. This result agreed with the result of

(Cetin, Özarslan, Işık & Eser, 2013), which showed that students that students usually describe health as a psychological well-being.

Third: Physical Health (Sports Activities)

Table (6): Means and Standard Deviations for paragraphs of Physical Health (Sports Activities) Fields (N=1200)

N	Paragraph	Means	SD	Degree	Rank
1	Walking for long distances stimulate blood circulation	2.30	1.46	Medium	12
2	Avoiding sports activity if the person is ill	2.27	1.46	Medium	13
3	Medical examination is necessary before registering at any sports club	2.38	1.58	Medium	8
4	Sports activities make me more happier	2.33	1.59	Medium	10
5	Body warming ups movements are important before any sporting activity	2.36	1.53	Medium	9
6	Sport contributes in academic achievement	2.45	1.68	Medium	7
7	Sports contribute to losing heavy weight	2.63	1.69	Medium	5
8	Sports has a positive effect on immoderate body	2.42	1.64	Medium	8
9	Practicing sports contribute in body performing its functions	2.47	1.62	Medium	6
10	Making time to do sports exercises	2.66	1.68	Medium	4
11	A first aid kit is necessary near the place of practicing sports	2.26	1.56	Low	14
12	Group games help to interact with colleagues	2.32	1.57	Low	11
13	Physical load must match with the capabilities of the individual	2.27	1.63	Low	13
14	Sports contribute in correcting an individual's behavior	2.22	1.55	Low	15
15	Taking healthy positions in sitting, standing, and walking are essential for a healthy spine	3.37	1.66	Medium	3
16	Sports exercises help to develop focus	3.77	1.46	High	2
17	I think it is the supreme importance to practice sports activities that have huge benefits for health	3.89	1.43	High	1

| **Physical Health- Sports Activities** | 2.61 | 1.12 | Medium | |

Table (6) shows Means and Standard Deviations for paragraphs of physical health (Sports Activities) field. Paragraph number (17) that stated: (I think it is the supreme importance to practice sports activities that have huge benefits for health) came with the highest Means (3.89) and Standard Deviation reached (1.34) and degree was high. Paragraph number (14) that stated: (Sports contribute in correcting an individual's behavior) came with the lowest Means (2.22) and Standard Deviation reached (1.55) and degree was low. The Physical Health (Sports Activities) as a whole came with (2.61) Means and Standard Deviation of (1.12) and degree was moderate.

The above mentioned indicates the adolescent's attention with sports activities, and that they have healthy concepts related to the sports importance, due to their huge benefit for their health and behaviors. In addition, this result agreed with the result of (Cetin, Özarslan, Işık & Eser, 2013) study, which clarified that students usually describe health as physical well-being.

Four: Trophic (Food) Health

Table (7): Means and Standard Deviations for paragraphs of Trophic (Food) Health Fields (N=1200).

N	Paragraph	Means	SD	Degree	Rank
1	Eating breakfast is important for health and activity	4.01	1.43	High	1
2	Buying food from street vendors may expose the person to various diseases	3.98	1.43	High	2
3	Fruit is essential for the body growth	3.80	1.54	High	10
4	Artificial colors in food cause harm	3.81	1.49	High	9
5	Eating sweets between main meals leads to obesity	3.84	1.48	High	7
6	Proteins and grains are essential for the body	3.84	1.47	High	7
7	Drinking mush water maintains the balance of the body	3.85	1.39	High	6
8	Eating too much at dinner causes laziness and illness	3.81	1.44	High	9
9	Drinking soft drinks is harmful for the body	3.77	1.53	High	12
10	Malnutrition causes weight loss	3.88	1.49	High	5
11	Malnutrition causes obesity	3.90	1.48	High	3
12	Dairy products provide the body with calcium	3.89	1.47	High	4
13	Fiber helps the disposal of constipation	3.83	1.46	High	8
14	I believe that food is related to one's health	3.78	1.48	High	11
15	Vegetables and fruits should be	3.64	1.54	Moderate	15

	washed before eating					
16	The validity period of preserved foods should be noted	3.72	1.48	High	13	
17	Canned items are dangerous to health	3.61	1.65	Moderate	16	
18	Eating breakfast is important for health and activity	3.71	1.64	Moderate	14	
19	Avoiding eat high-calorie foods	3.77	1.62	High	12	
20	Avoiding eat fried food	3.71	1.66	High	14	
21	Makin sure to eat the healthy food required for the individual growth	3.44	1.71	Moderate	17	
	Trophic (Food) Health	**3.79**	**1.25**	**High**		

Table (7) shows Means and Standard Deviations for paragraphs of Trophic (Food) Health field. Paragraph number (1) that stated: (Eating breakfast is important for health and activity) came with the highest Means (4.01) and Standard Deviation reached (1.43) and degree was high. Paragraph number (21) that stated: (Makin sure to eat the healthy food required for the individual growth) came with the lowest Means (3.44) and Standard Deviation reached (1.71) and degree was moderate. The Trophic (Food) Health as a whole came with (3.79) Means and Standard Deviation of (1.25) and degree was high.

The above mentioned is due to the fact that adolescents pay attention to their food, and make sure to eat breakfast by considering it as a main meal, thus, they do eat and drink things that might affect their growth such as soft drinks and fast food. In addition, this result agreed with the result of (Cetin, Özarslan, Işık & Eser, 2013) study, which clarified the importance of food and practice sports in the health field as a whole, hence, the unbalanced food system, microbes, and harmful habits consider factors that affect negatively on health.

Presenting results of second question: Does the level of healthy concepts for adolescents aged between (17-22 Years) differs according to the differences of (Sex and Age) variables? To answer this question, (Independent sample t-test) was used to reveal the differences in the fields and healthy concepts scale for adolescents aged between (17-22 Years) according to the two variables (Sex and Age) as shown in the following tables.

Table (8): Results of (Independent sample t-test) to reveal the differences in the fields and scale as a whole according to sex variable (N=1200)

Field	Gender	N	Means	S.D	t. Value	D.F	Sig.
Physical Health	Male	656	3.28	0.91	2.612	1198	0.009
	Female	544	3.14	0.95			
Mental Health	Male	656	2.96	0.63	2.270	1198	0.023
	Female	544	2.87	0.70			
Physical Health	Male	656	2.61	1.11	-0.039	119	0.969

	Female	544	2.60	1.12		8	
Trophic (Food) Health	Male	656	3.70	1.32	-2.598	119 8	0.009
	Female	544	3.89	1.15			
Scale as whole	Male	656	3.15	0.58	-0.153	119 8	0.879
	Female	544	3.16	0.60			

Table (8) shows the following results:

- No statistical significance differences in Means to the sample estimations of physical health field and the scale as a whole according to the sex variable, whereas (t) value of physical health reached (-0.039), with (0.969) statistical significant, and reached (-0.153) for the scale as a whole, with statistical significant of (0.879), and this due to the fact that the male and female adolescents have perspectives about the importance of sports and physical activity to obtain a sound growth in adolescence.
- No statistical significance differences in Means of physical health field, whereas (t) value reached (2.612), with (0.009) statistical significant, and it was in favor of males with Means of (3.28), while the Means of females reached (3.14), and this due to the physical changes that happen to both male and female adolescents, so the females interest in physical health differs from males according to the fact that the physical growth is different, due to different

of males physical and physiological nature from females during adolescence.

- There are statistical significance differences in Means of mental health field, whereas (t) value reached (2.270), for the favor of males with (2.69) Means, while Means of females reached (2.87), and this due to the fact that the male adolescents try in adolescence to prove their personalities which make them more emotional and mental changing than females.
- There are statistical significance differences in Means of Trophic (Food) Health, whereas (t) value reached (-2.598), for the favor of females with (3.89) Means, while Means of males reached (3.70), and this due to the fact that females have different interests than males in food and drinks, which make their food health concepts different, as it can be noticed that females have more interests in Trophic (Food) Health during adolescence than males , and that is why the differences attributed to the females.

Table (9): Results of (Independent sample t-test) to reveal the differences in the fields and scale as a whole according to age variable

Field	Age Categories	N	Means	S.D	t Value	D.F	Sig
Physical Health	17-22 Years	671	3.10	0.98	-4.905	1198	0.000
	20-22 Years	529	3.37	0.86			
Mental Health	17-22 Years	671	2.90	0.68	-1.197	1198	0.231
	20-22 Years	529	2.95	0.64			
Physical Health	17-22 Years	671	2.50	1.05	-3.766	1198	0.000
	20-22 Years	529	2.75	1.18			

Trophic (Food) Health	Male	671	3.84	1.20	1.554	1198	0.120
	Female	529	3.73	1.31			
Scale as whole	Male	671	3.11	0.75	-2.369	1198	0.018
	Female	529	3.20	0.61			

Table (9) shows the following results :

- No statistical significance differences in Means to the sample estimations of both mental health and trophic (Food) health according to the age variable, whereas (t) value of mental health reached (-1.197), with (0.231) statistical significant, and reached (1.554) for the trophic (Food) health, with statistical significant of (00120), and this due to the fact that the adolescence for males and females, besides according to the physiological and psychological changes on adolescents that affect their psychic and their healthy concepts.

- No statistical significance differences in Means of physical health field, whereas (t) value reached (-4.905), and the differences were in favor of (20-22 Years) with (3.37) Means, while Means of (17-19 Years) reached (3.10), and this due to the fact the age (20-22 Years) although it is during adolescence, but it is more aware with the physical health concepts than the age (17-19 Years).

- There are statistical significance differences in Means of physical health (Sports Activities) field, whereas (t) value reached (-3.766), and the differences were in favor of (20-22 Years) with Means reached (2.75). Means for age (17-19 Years) reached (2.50), and this due to the fact that the age (20-22 Years) has more interest in physical activities more than the age (17-19 Years), which they pay their attention and concern on various activities rather than the physical activities.

- There are statistical significance differences in Means of the scale as a whole, whereas (t) value reached (-2.369), and the differences were for the favor of age (20-22 Year) reached (3.20), while the Means of age (17-19 Year) reached (3.11). The above mentioned indicate on increasing the healthy concepts for adolescents in the age (20—22 Years),

and this due to the fact that the clear physiological and hormonal changes which increase the level of interest in healthy concepts.

Recommendations

In the light of the study results, the researcher recommends the following:

− Providing awareness brochures via various media means to aware them about the harmful habits to their bodies and affect negatively on their lives and health, such as the awareness of smoking and drugs risks.

− Working on organizing meetings and colloquiums of the local society individuals targeting adolescents to provide mental support for them, and how to maintain the sound mental health.

− The necessity of paying attention to the adolescents physical health concepts, and aware them with the importance of practicing exercises, sports games, preparing fields and stadiums according to their needs.

− The necessity of paying attention to aware adolescents about the food health habits by avoiding the preserved foods and eating fresh and healthy food necessary for their proper growth as a base.

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