

## RISK AND PROTECTIVE FACTORS APPROACH TO MIDDLE AND HIGH SCHOOL STUDENTS' HEALTH BEHAVIOR IN JORDAN

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**Saber, Abdullah \*, Pikó, Bettina \*\***

*\* University of Szeged, Doctoral School of Education*

*\*\* University of Szeged, Department of Behavioral Sciences*

*Keywords:* health behaviors; risk factors, protective factors

*Background:* Chronic diseases are seriously associated with four behavioral risk factors: unhealthy diet, tobacco use, insufficient physical activity and the harmful use of alcohol. The greatest effects of these risk factors fall increasingly on developing countries, and on poorer people within all countries. Middle and high school students are at a transitory life stage in which not only risks increase to engage in unhealthy behaviors, but also we can help them with strengthening protection through health education.

*Aim:* The purpose of this cross-sectional correlation study is to explore the risk and protective factors that may contribute to the health behaviors among Jordanian students. In addition, this study compares the levels of risk and protective factors and the predictive influence of these factors on tobacco use, physical health, dietary behavior, and personal hygiene.

*Setting and participants:* Data will be collected from public and private schools in Irbid governorate located in the north of Jordan, affiliated with the Jordanian Ministry of Education. A multistage cluster sampling technique is to be used to recruit students from 8<sup>th</sup> to 12<sup>th</sup> grades from both sexes. Data will be collected by a self-administered, online questionnaire.

*Instruments:* Data will be collected using the modified Arabic version of the Global School-based Student Health Survey (GSHS) questionnaire; SCI: School Climate Inventory; the Multidimensional Scale of Perceived Social Support; the Satisfaction with Life Scale; the Rosenberg Self-Esteem Scale; the Center for Epidemiological Studies Depression Scale for Children (CES-DC); and the participants' characteristics tool.

*Conclusion:* The current study will shed light on middle and high school students with a focus on preventing problem behavior through reducing risk and enhancing protective processes. Furthermore, this study will call attention to focus more on students' health behaviors. The data of this study will help in establishing effective and efficient counseling and support intervention programs that will help in reducing students' unhealthy behaviors, improve their quality of life and have greater control over their lives.