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## THE ACKNOWLEDGEMENT OF PHYSICAL EDUCATION TEACHERS, PEER SUPPORT AND HARMFUL FORMS OF HEALTH BEHAVIOR

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**Keywords:** *P.E. teacher, social support, health behaviors*

### INTRODUCTION

„Our research includes the connection between the judgment of physical education teachers and the students behavior on physical education lessons. It is important how much the teachers talk about healthy lifestyle and about it's components. I try to represent that sport takes a really useful part of life in every age, but mostly in childhood. After that, I talk about the connection between the harmful health behavior and the sport by bibliografic references and then, I represent the importance of peer support in developing the healthy lifestyle Within the health behavior , I also investigated the frequency of doing sports and the harmful health behavior. Furthermore, the family, partners, and the physical education teachers as role models.

Young people who do sports regularly smoke less (Burke és mtsai, 1997), their eating habits are favorable (Pate és mtsai, 1996; Steptoe és Wardle, 1992), they spend their free time more useful (Aszmann, 2000; Pluhár és mtsai, 2003), and they live safer sexual life (Sabo és mtsai, 1999). Adolescents who do physical activity are more confident, make friends easier, are more satisfied with their look, and less tend to get depressed. Doing the tasks of school depressurize them less, and they get better marks. Their social connections, included friends, they can talk about their problems easier. Their health behavior are more favorable and they eat fruits more often and their vision of future are more favorable than those who are inactive. (Aszmann, 1997; Aszmann, 2000). In this light, young people form the population where the primary prevention can earn the biggest success (Pikó, 2002). Adolescents, whose physical activity is low, smoke, drink alcoholic products and eat unhealthy more often (Sallis és mtsai, 2000). All of that are true inversely too, and the results of the cross-sectional and the longitudinal researches prove that too, that the adolescents who smoke regularly significantly are more likely to drink alcoholic products and do less physical activity and live unhealthier than non-smokers (DuRant és mtsai, 1999; Pesa, 1998). Nevertheless to get positive changes, young people need a good manner of a sportsman who is not only a teacher but a supporting partner too, who they can trust in. It is important, because physical education teachers not only teach the students to professional sports but they also have a pedagogical effect too, on them

(Földesiné et al, 2010), contrary the fitness type of sports where the personal trainer's job is basically selling services. (Gombocz, 2008).

It is important that teachers need too talk about healthy lifestyle, because beside the family the educational institutions take a really big part of sports socialization's process. (Földesiné et al, 2010). Many previous researches point at this fact, students who get positive confirmation from the teacher, they produce much better results and their social lives are more ordered, than those, who do not get as much support from the teachers (Kathryn R. Wentzel et al, 2010; Anne G. Danielsen et al, 2010) As for me, in this respect physical education teachers can have important part of students in motivating the students to better results. The social impact includes the motivational role of the parents, teachers and trainers too (Smith, 2003). The importance of teacher's verbal support is unquestionable (Spence és Lee, 2003). Although the family is the primary socialization environment (Földesiné és mtsai, 2010), physical education teacher's primary task should be personality development too. The effect of family and friends are particularly important and it also has a positive effect on the behavior of physical activity (Baker és mtsai, 2000; Buckworth, 2000; Buckworth és Dishman, 1999; Humpel és mtsai, 2002; Pál és mtsai, 2005; Sallis és Owen, 1999). Nevertheless, the young people in the same age has a big part in smoking (Li, Unger, Schuster, Rohrbach, Howard-Pitney és Norman, 2003), and drinking alcoholic products (Stewart, Zeitlin és Samoluk, 1996; Wild, 2002). The smoking of friends, especially the best friends smoking is often the predictor of adolescents smoking (de Vries és mtsai, 2003; Piko, 2001a; Stein, Newcomb és Bentler, 1996). Results of researches done on high school students proved that parent's higher social level has a positive effect on young people's physical activity (Kantomaa és mtsai, 2007; Piko és Fitzpatrick, 2007; Vilhjalmsson és Thorlindsson, 1992). According to a research, children of smoker parents smoke of 36,8% (Pénzes és Balázs, 2012)" (Horváth, 2014).

## METHODS

A survey was conducted in two secondary schools (Katona József Grammar School and Gáspár András Vocational and Technical School, Kecskemét), with subjects (aged 14-19) from randomly selected classes (grades 9-12). From the total amount of subjects (n=216), the percentage of provided answers was 100 %. The average age of the students was 16.19 years (S.D.: 1.27 years). The rate of males was 65.7 %, whereas of females 34.3 %. The focal points of the questionnaire were not only socio-demographic, but also looked into the students' educational results, sporting habits, motivating factors for their choice of sport, eating habits, addictive tendencies, peer influences and adverse health behavior attitudes (smoking and drinking), the topic of social impacts and the competence of their PE. The questionnaire is implemented within the framework of physical education classes, in addition to personal presence. The questionnaire took about 30 minutes. The results were analyzed using SPSS 19.0 software package.

## RESULTS

The 77.7 % of respondents feel that professional sports is a great PE teachers' knowledge . The survey found that 67.5 % of respondents positively influence the praise. The well-established teacher -student relationship based on trust, therefore, reassuring answers that 73.6 % of the students are highly or completely trust the PE browser. The respondents,

83.7 % of respondents said that physical education teachers serve as a good example for them considering the sporty and healthy lifestyle . The physical education teachers play a big responsibility . This is supported by the result , which is that the respondents 22.9 % of the students in changing their lifestyle if the PE teachers warned, this is necessary.

We've had significant results in the range of questions during cross- examination Board that if the respondents friends smoke are more likely to smoke for students as well. A significant result was obtained in the case, when the student 's mother regularly smoke , smoking is also more common in children . Those students who regularly smoke , consume alcohol more frequently , and those students who repeatedly consume large amounts of alcohol more than once it is lit for the last three months.

## CONCLUSION

Rating of physical education teacher's knowledge reflects good results, because teachers who are prepared professionally can pass the knowledge and the value of physical education to the students. Further research revealed that teachers indeed have appropriate competences and they use their knowledge too, because praise is necessary in student's positive attitude and healthy lifestyle.

We also tested the question of trust too. Trust is the main reason of teacher-student connection. As well as, it has an important part of conflict resolution. Therefore, the results, connected to it, are reassuring. Thereto, for the physical education job's effectiveness the teachers need to behave exemplary, fortunately the analyzes connected to it shows that physical education teachers give a good example in healthy lifestyle. Physical education teachers has a big importance in developing the healthy lifestyle, because significant part of the students would change on their lifestyle if his or her teacher said it.

From the cross tabulation analysis it turned out that contemporaries and parents have a big effect on the students lifestyle because they behave as examples. It is also shown that drinking alcoholic products and smoking appears together, causing even bigger damage on the human body.

In total, teachers, in the same environment as students, and contemporaries and parents have a big effect on their lifestyle too.

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## POTVRDA PROFESORA FIZIČKOG VASPITANJA, PODRŠKA DRUGARA I ŠTETNI OBLICI ZDRAVOG PONAŠANJA

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