



**Ministry of higher education  
And scientific research**

**University of Basra  
College of Nursing**

**The effect of some bad habits on  
thepattern of growth among primary and  
intermediate school Students in basra city**

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

﴿ وَتِلْكَ الْأَمْثَالُ نَضْرِبُهَا لِلنَّاسِ ۚ وَمَا يَعْقِلُهَا إِلَّا  
الْعَالِمُونَ ﴾

صدق الله العظيم

سورة العنكبوت \_ الآية (٤٣)

## الاهداء

إلى أنا حيث اللحظة التي وقفت فيها أمام نفسي  
مقررةً ألا يقف شيء أمامي إلا وأنا منتصرةً  
عليه

# Supervisor support

I certify that this project of research

## **The effect of some bad habits on the pattern of growth among primary and intermediate school Students in basra city**

Was Prepared under my supervision at the college of nursing ,University of Basra as partial fulfillment of the Requirements for the degree of baccalaureate in nursing Sciences .

Dr. Watheq faraon

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# Abstract

## Background

Bad habits have become widespread among teenagers, causing great effects on the health and development of their bodies.

## Aim

The aim is to assess the effect of bad habits on the biological clock and growth of elementary and middle school students in Basra city. The current study was conducted in a group of primary and middle schools in the city of Basra.

A suitable sample of (300) male and female students, where the number of participating male and female students was (133) and female students (167) were chosen for the purpose of the study.

A closed-question questionnaire was used for the purpose of data collection. The questionnaire consists of two parts. The first relates to the social and demographic characteristics of students, including: age, gender, type of study, height, weight, and the occupational status of the parents.

The second part of the questionnaire consists of 16 questions related to bad habits, the standard two-point Likern scale including, yes and no, the questionnaire that was already conducted was distributed to (300) students where the topic was explained to them and then answered, and then the researchers measured the length and weight for each sample collected. Each model was scored according to the correct model answer.

The analysis was carried out using SPSS (Statistical Package for Social Sciences) version 26, the data were expressed (frequency and percentage).

Results: Most of the students were in the age range between 9 to 12 years. The participation of females was more than that of males. Most of the participants were from middle school, as most of the students' mothers were housewives and most of the fathers were employees. All students answered the questions in written form.

Registration: All students respond to the questionnaire in a written manner. There was a significant correlation between the parents' job and bad habits, and there was a relationship between registration and the students' stage.

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## **Chapter one**

**1-1 introduction**

**1-2 problem of the project**

**1-3 aims of the study**

# Chapter one

## Introduction

### 1-1 introduction

The ratio of bad habits, mouth breathing and malocclusion is an important issue in view of prevention and early treatment of disorders of the craniofacial growth. While bad habits can interfere with the position of the teeth and normal pattern of skeletal growth, on the other hand obstruction of the upper airway, resulting in mouth breathing, changes the pattern of craniofacial growth causing malocclusion. [1]

Our cross-sectional study, carried out on 3017 children using the ROMA index, was developed to verify if there was a significant correlation between bad habits/mouth breathing and malocclusion.[2]

The results showed that an increase in the degree of the index increases the prevalence of bad habits and mouth breathing, meaning that these factors are associated with more severe malocclusions.

Moreover, we found a significant association of bad habits with increased overjet and openbite, while no association was found with crossbite. Additionally, we found that mouth breathing is closely related to increased overjet, reduced overjet, anterior or posterior crossbite, openbite and displacement of contact points.

Therefore, it is necessary to intervene early on these aetiological factors of malocclusion to prevent its development or worsening and, if already developed, correct it by early orthodontic treatment to promote eugenic skeletal growth

The aim of the present study was to comparatively analyze oral health status and influential factors in children with autism living in the Western Mediterranean Region of Turkey.[3]

**1-2 Problem of the project:** to assess the impact of bad habits in students

**1-3 Aims of the study**

- 1- Checking the effect of staying up late on the growth of certain groups of society .
- 2- Checking how well society knows about the biological clock .
- 3- Giving advice to the community not to practice some bad habits .

## **Chapter two**

**2-1 definition**

**2-2 cause**

**2-3 Forms and types of bad habits that affect the growth pattern**

**2-4 Reasons why a child develops bad habits**

## Chapter two.

### Review

#### 1.2\_defination

Changes in present-day society such as diets with more sugar, salt, and saturated fat, bad habits and unhealthy lifestyles contribute to the likelihood of the involvement of the microbiota in inflammatory diseases, which contribute to global epidemics of obesity, depression, and mental health concerns[4]. The microbiota is presently one of the hottest areas of scientific and medical research, and exerts a marked influence on the host during homeostasis and disease. Fermented foods and beverages are generally defined as products made by microbial organisms and enzymatic conversions of major and minor food components. Further to the commonly-recognized effects of nutrition on the digestive health (e.g., dysbiosis) and well-being, there is now strong evidence for the impact of fermented foods and beverages (e.g., yoghurt, pickles, bread, kefir, beers, wines, mead), produced or preserved by the action of microorganisms, on general health, namely their significance on the gut microbiota balance and brain functionality[5]. Fermented products require microorganisms, i.e., *Saccharomyces* yeasts and lactic acid bacteria, yielding alcohol and lactic acid. Ingestion of vibrant probiotics, especially those contained in fermented foods, is found to cause significant positive

improvements in balancing intestinal permeability and barrier function.

## **2.2 cause**

Obesity is undoubtedly one of the biggest medical problems of the 21st century. Regrettably, the problem affects more and more children and adolescents. 10% of world's school-aged children have an excess body weight and a quarter of these children are obese. In Europe every fifth school-aged child suffers from an excess body weight[6]. The prevalence of overweight and obesity among Polish adolescents is about 14%. An excess body weight can be the consequence of genetic factors, endocrine disorders or certain drugs. However, "simple obesity" is the most common, consequence of providing too much energy from food products in comparison to energy expenditure (caloric excess)[7]. Today's lifestyle promotes the development of obesity. The lack of physical activity, sedentary lifestyle and energy-rich diet are the main causes of an excess body fat accumulation. Because of improper eating behaviors children consume an excess amount of energy; and their diet is deficient in elements necessary for proper development[8]. The examples of such bad eating habits are: snacking highly processed and calorie-rich foods between meals eating in front of the TV screen, skipping breakfasts, drinking sugar-sweetened beverages, "eating out" frequently and "emotional eating". Bad eating behaviors are crucial factors for the development of obesity. Eating habits are usually formed in early childhood and parents play a very important role in their development out on a sample of eight-year-old children attending the third grade of the elementary schools of Gaeta (Latina). Clinical data and periodontal status indexes were recorded.[9] The descriptive statistics (mean, standard

deviation, frequency) of all data were calculated and anova analysis and chi square test have been performed.

### **2.3\_Forms and types of bad habits that affect the growth pattern**

Bad habits, whether in children or adults, is a comprehensive concept in its meaning that is not specific in nature, as any behavioral pattern that the individual repeats constantly and cannot stop and get rid of it and is considered bad in terms of its form and content; It falls within the framework of the list of bad habits, and here as we try to identify some of these habits, our attempt is limited to the most common ones because it is impossible to summarize them all. We also talk about bad habits and not about deviant behavior [10].

#### **Some of the most common bad habits are:**

Trichotillomania: Whether the hair of the head, eyebrows, eyelashes, or other areas of the body in adults or children, and it is one of the bad habits that some people have described as a disease with manifold psychological, mental and hormonal causes, and this habit occurs for the first time at an early age and if the child does not immediately stop practicing it will continue with him for the rest of his life[11].

- Nail biting: This is a widespread habit, where the practitioner finds a certain pleasure in it and is unable to stop it if it develops with him and becomes an obsession with him that causes its owner many negative effects such as pain in the fingers or embarrassment and the bad shape of the nails, in addition to that what it may cause to the child from Diseases due to the transfer of germs from the hands and nails through biting them and possibly swallowing parts of them.



- Binge eating: It is one of the embarrassing and harmful eating habits of the child, and the child must be taught since his childhood on the manners of food and the table and the appropriate health and social ways of eating his food.
- Breaking up bread while eating: This issue is also one of the unwanted habits while eating, where you find a person breaks bread or anything else into very small pieces and throws it in front of him before he eats another part of it.
- Nose scratching: This habit may result from a specific skin disease inside the nose or other causes, and it is considered one of the bad, disgusting and unpleasant habits, and if the child does not stop repeating it immediately and treat its cause, it will become a habit for the child and he cannot control or stop it[12]
- Stealing things: for various motives and reasons such as revenge, deprivation or self-proof, the child may steal things in the house or money from parents, or even steal the things of strangers and colleagues at school, where in some circumstances the issue can turn from a need for a habit that the child finds in its repetition as proof. Because of his intelligence, success and victory over others, the danger of this habit lies in its persistence even after old age and the resulting fraudulent and criminal personality that is dangerous to society.
- Playing with the fingers: This habit in itself is multiple in its forms and types, such as sucking the fingers of the hands or plucking the skin from them, playing with the toes or scratching the tips of the fingers, and all these things fall within the framework of bad habits that are harmful to the child, whether in terms of health or in terms of his appearance in front of others.

- Lying: In some cases in which children lie beyond the normal limit, it turns for them in terms of its goal from a method of obtaining gains and evading punishment to a habit in which he finds pleasure and a victory in the success of his lies[13].

## **2.4\_Reasons why a child develops bad habits**

By virtue of the diverse and multiple nature of the concept of bad habits, this will, of course, give a diverse character to the causes of these habits and the factors of their formation and emergence, as each of these habits has its own reasons associated with its own circumstances, but with that it is possible to identify some general reasons that are a fertile environment for the emergence of one of these habits of our children and their development, and among these reasons:

Psychological reasons for forming bad habits in children.[14]

- Fear: such as fear of some hallucinations or dreams, nightmares and things that the child may see or believe actually exist. This kind of fear that the child thinks about alone during the night may make him resort to learning one of these habits as a reaction that distracts himself from thinking about his fears.
- Tension: Feelings of tension that may result from repression or feelings of distress and weakness lead to making the child think about his problems and the causes of his stress a lot, and in this case he resorts to one of these bad habits to unload his tension charge that he cannot control[15]. Anxiety: In a child's life there are many issues that he has an obsession that worries him and often disturbs his thoughts, such as fear of exams or not doing homework or many other things such as his relationship with his colleagues

and peers and his problems with them, and this anxiety sometimes leads to him learning one of the bad habits as a way to distract his thoughts about the issues that concern him. The presence of a mental illness or disorder: In some rare cases, the cause of a bad habit is the presence of a mental or psychological illness in the child. Autism spectrum disorders, for example, are one of the most important features that distinguish them from constantly repeating certain behavioral patterns by the sick child, such as frequent screaming or hitting the head with the chair repeatedly and for a period of time[16].

### **Social causes of bad habits**

**Social pressure:** Sometimes a child is exposed to social pressures at an early age, which may be due to a specific family circumstance or a wrong educational method pursued by his family, and these pressures will generate emotional charges in the child that he tries to unload by learning one of the bad habits[17].

**Child's jealousy:** One of the most common factors that provoke feelings of anxiety and depression in a child is his feeling of jealousy towards someone, and these feelings resulting from jealousy are among the factors that form bad habits in children.

**Feelings of deprivation:** Due to the financial situation of the family or even the social situation such as poverty or the loss of a family member or a person dear to the child, the child may feel deprived and have feelings of inferiority and weakness of personality that lead to learning a certain bad habit that makes him distract and escape from his reality[18].

## **Chapter three**

**3.1 Methodology**

**3.2 Setting of project**

**3.3 Sample of study**

**3.4 Measures**

**3.5 Project instrument**

**3.6 Statistical data analysis**

**3.7 Equipment of the research**

**3-8 rating and scoring of the study of questionnaire**

**3-9 questionnaire score**

**3-10 descriptive and inferential data analysis**

## **Chapter 3**

### **3.1 Methodology**

The study design was a descriptive cross-sectional study about the effect of some bad habits on the pattern of growth primary and intermediate school students in Basra city schools, and the random sampling technique was used. The total sample size was 300 samples, which is a questionnaire that was collected from the students in attendance, which started from 13th January 2022 up to 20th January 2022

### **3.2 Setting of project**

The present study carried out in some primary and intermediate school in Basra city

### **3.3 The Sample of study**

A convenient sample of (300) students, males (133) and females (167) in both primary and intermediate school, were selected for the purpose of the study

### **3.4 Measures**

The height and weight of the male and female students were measured to know the effect of bad habits on them

### **3.5 Project instrument**

The study instrument was comprised of questions taken by written, distributed to primary and intermediate school students and divided into main parts. The first parts were to identify social and demographic factors, including sex, age, type of education, height, weight and the occupational status of the parents. The second part consists of sixteen questionnaire items to assess the impact of bad habits on students' development. A scale and tape measure were used to find out the height and weight of the students, and the students answered yes or no to 16 questions through a questionnaire distributed in the presence of them

**3.6 Statistical data analysis** Analysis was made by using SPSS (Statistical package for Social Sciences) version 26, data was expressed in .(frequency and percentage)

### 3.7 Equipment of the research

A scale and tape measure were used to find out the height and weight of the students.

### 3.8. Rating and scoring of the study of questionnaire:

We use three (3) points Likert Scale which ranged from up to (1), as shown in the next.

Table 3.1 : three (3) points Likert Scale			
Evaluation			
Likert Scale	Interval	Difference	Evaluation
1	1 – 1.33	0.33	High
2	1.34 – 1.67	0.33	Medium
3	1.68 – 2	0.33	Low

### 3.9 Questionnaire score

Study questionnaire includes twoparts they are demographic information andbad habits about Biological clock and growth

Table 3.2 : Questionnaire 'score			
Questionnaire	Number of questions	Max. Score per question	Min. Score per question
	16	2	1

### 3.10 Descriptive and inferential Data Analysis

- 1- Percentage (%)
- 2- Arithmetic mean
- 3- Standard deviation (Sd)

## **Chapter Four**

### **Results of the Study**

**4-1 Distribution of the Variables Related Demographic Characteristics N=300students .**

**4-2 Results the Evaluation of Questionnaire 'questions for bad student habits, N= 300**

**4-3 the Overall assessment results for bad student habits, N= 300**

**4-4 discussion**

## Chapter Four

### 4-1 Distribution of the Variables Related Demographic Characteristics N=300 students .

<b>Table 4.1.1 : descriptive statistics of Demographic Variables</b>			
<b>Demographic Variables</b>	<b>Variables Classes</b>	<b>F</b>	<b>Percent</b>
<b>Sex</b>	<b>Male</b>	<b>133</b>	<b>44 %</b>
	<b>Female</b>	<b>167</b>	<b>56 %</b>
	<b>Total</b>	<b>300</b>	<b>100 %</b>
<b>Age</b>	<b>9 - 12</b>	<b>138</b>	<b>46 %</b>
	<b>12 - 15</b>	<b>132</b>	<b>44 %</b>
	<b>16 - 19</b>	<b>30</b>	<b>10 %</b>
	<b>Total</b>	<b>300</b>	<b>100 %</b>
<b>Education level</b>	<b>Primary</b>	<b>147</b>	<b>49 %</b>
	<b>Secondary</b>	<b>153</b>	<b>51 %</b>
	<b>Total</b>	<b>300</b>	<b>100 %</b>
<b>Mother job</b>	<b>Employee</b>	<b>82</b>	<b>27 %</b>
	<b>House wife</b>	<b>218</b>	<b>73 %</b>
	<b>Total</b>	<b>300</b>	<b>100 %</b>
<b>Father job</b>	<b>Employee</b>	<b>229</b>	<b>76 %</b>
	<b>Unemployed</b>	<b>71</b>	<b>24 %</b>
	<b>Total</b>	<b>300</b>	<b>100 %</b>

The results showed Table (1), where the sex ratio appeared in each of the primary and intermediate schools. Females occupied the highest percentage, where they got 56% and males got 44%, while the percentage of age from (9-12) got a good estimate and the percentage was 46% and (12-15). He got a percentage of 44%, and the age from (16-19) got a small percentage, as it was 10%, and the secondary education level got a larger percentage, as it was 51% and the primary one was at 49%, while the mother's job got the housewife the highest rank of the employee, where 73% and female employees made up 27%, while the father's job had the highest percentage of the unemployed at 76% and the unemployed at 24%.



#### 4-2 Results theEvaluation of Questionnaire 'questionsfor bad student habits, N= 300

Table 4.2.1 Mean score and Assessment for bad student habits						
Questions	N	Min	Max	Mean score	Sd.	Assessm ent
Q1	300	1	2	1.90	0.296	Low
Q2	300	1	2	1.81	0.393	Low
Q3	300	1	2	1.70	0.458	Low
Q4	300	1	2	1.85	0.358	Low
Q5	300	1	2	1.72	0.450	Low
Q6	300	1	2	1.63	0.483	Low
Q7	300	1	2	1.73	0.446	Low
Q8	300	1	2	1.55	0.498	Medium
Q9	300	1	2	1.45	0.499	Medium
Q10	300	1	2	1.63	0.483	Medium
Q11	300	1	2	1.68	0.466	Low
Q12	300	1	2	1.63	0.483	Low
Q13	300	1	2	1.83	0.376	Low
Q14	300	1	2	1.55	0.498	Medium
Q15	300	1	2	1.76	0.426	Low
Q16	300	1	2	1.73	0.445	Low

High = (1 – 1.33), medium = (1.34 – 1.67), low = (1.68 – 2)mean score

Table (2) shows the evaluation of each question at the level of bad habits. For example, in the first question their bad habits were low, and also in question (2,3,4,5,6,7) the level of bad habits was low, but in question (8,9,10) The level of bad habits was medium and in question (11,12,13) the level of bad habits was also low, it was medium in question 14 and low in both questions 15 and 16.

#### 4-3 the Overall assessment results for bad student habits, N= 300

Table 4.3.1 the Overall assessment for bad student habits						
Statistics	N	Min	Max	Mean score	Sd.	Ass .

bad student habits	300	1.00	3.06	1.73	0.25 3	Low
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The results of Table (3) showed that the overall assessment of bad habits is low for all group.

Table 4.3.2: Mean score, frequency and percent for bad student habits			
Overall assessment			
Interval	Frequency	Percent	Evaluation
1 – 1.33	6	2 %	High
1.34 – 1.67	101	34 %	Medium
1.68 – 2	193	64 %	Low
<b>Total</b>	<b>300</b>	<b>100 %</b>	

The results in Table (2-3) showed both the percentage and frequency of students' bad habits, where the percentage of the high level of bad habits was 2%, the percentage of the level of medium bad habits was .34%, and the percentage of the low level of bad habits was 64%

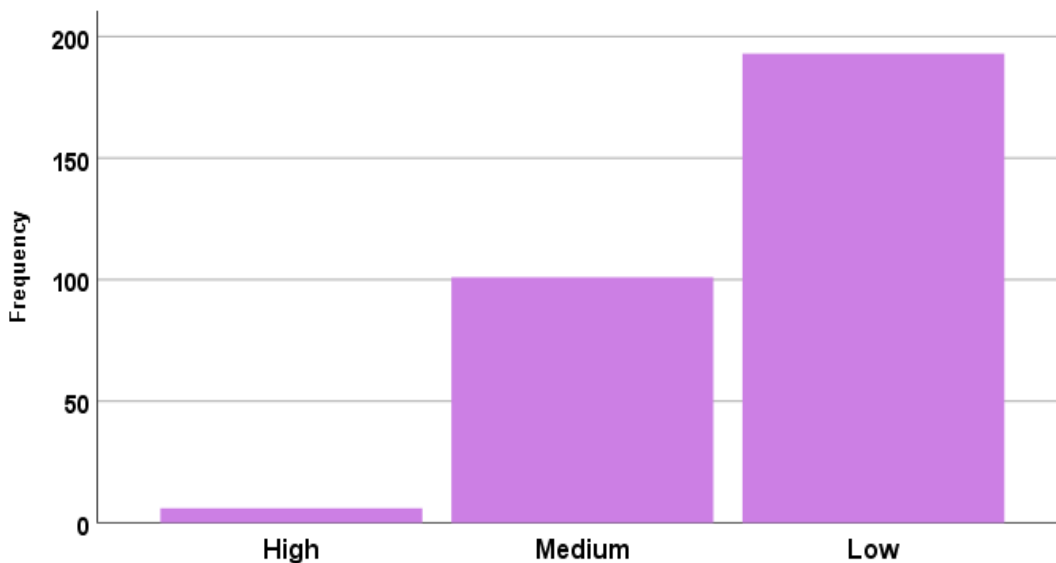


Figure 4.3.2 Overall assessment

Table 4.3.3 mean and standard deviation for weight, height and BMI					
Variables	N	Min	Max	Mean	Sd.
Weight	300	25	75	45.9	12.70
Height	300	1.05	2.50	1.49	0.161
BMI	300	5.28	37.19	20.48	4.56

This table shows weight and height taken from students, as well as BMI.

#### **4-4 Discussion**

Habits play an important role in our health,” Understanding the biology of how we develop routines that may be harmful to us, and how to break those routines and embrace new ones, could help us change our lifestyles and adopt healthier behaviors.

The results of the present study showed where the participants are from the primary and intermediate schools and secondary school (56% and males got 44%, ). Their ages range from 9 to 19 years (Table 1) , to evaluate the level of bad habits. Such habits cause considerable damage to human existence – loss of potential and motivation, premature aging of the human body and the acquisition of diseases of various kinds. Such habits include the consumption of the following killing substances: tobacco, alcohol, drugs, toxic and psychotropic substances.

Table (2) shows the evaluation of each question at the level of bad habits. For example, in the first question their bad habits were low, and also in question (2,3,4,5,6,7) the level of bad habits was low, but in question (8,9,10) The level of bad habits was medium and in question (11,12,13) the level of bad habits was also low, it was medium in question 14 and low in both questions 15 and 16.

**Grygoriyet al.,(2020)** established that the environment of students is unfavorable for the activation of the healthy lifestyle components; it contributes to the spread of bad habits, the consequences of which students do not realize fully. Many students do not have a need to take care of their own health. Regarding unhealthy habits

Mirta *et al.*, (2018) concluded that The consumption of vegetables and belonging to an undergraduate program in health sciences at a university contributed to protection against for obesity. On the other hand, male sex

## **Discussion**

and consumption of sugary drinks were found to be risk factors for obesity. Table 2-3 showed both the percentage and frequency of students' bad habits, where the percentage of the high level of bad habits was 2%, the percentage of the level of medium bad habits was 34%, and the percentage of the low level of bad habits was 64%.

Silvia *et al.*, (2018) revealed a significant positive correlations were found between food energy, sweets, snacks, soft drinks and body mass index (BMI) in both sexes and between the consumption of sausages-fatty meats and the systolic blood pressure (SBP) and body adiposity index (BAI) variables. Muslim students were less likely to consume alcohol (odds ratio [OR] = 7.88, 95% confidence interval [CI] = 4.27, 14.54).

In addition they stated that Christian and Muslim students presented improvable lifestyles and intake patterns. The high intake of saturated fatty acids, total cholesterol, sodium and alcohol in Christian students could lead to the early development of cardiovascular disease.

Giacomo *et al.* ., (2014) the results showed higher odds of life dissatisfaction and poor self-reported health status in medium-income families, while low-income families had higher odds only with regard to life dissatisfaction. A consistent pattern of gender differences was found in terms of both unhealthy behaviours and health outcomes.

## **Chapter five**

**5-1 Conclusions**

**5-2 Recommendations**

## **5-1 Conclusions**

- 1- Most of the students were at age (9-12).
- 2- The females are more than males in participating in our study.
- 3- Most of our participants were from the secondary school students.
- 4- In most of the samples, the mothers of students were housewives.
- 5- In most of the samples, the fathers of students were employees.
- 6- Scoring: most of students answered the questionnaire in right way.
- 7- The overall assessment of bad habits were low for all group.

## **5-2 Recommendations**

- 1- Trying to sleep early and avoid staying up for long hours
- 2- Reducing the use of tablets
- 3- Not using the phone for long hours before bed
- 4- Eating healthy and balanced meals
- 5- Trying to regulate the hours of sleep
- 6- Reducing or turning off the light when going to bed

## **Chapter five**

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## Appendixes

### Appendixes A

المتخصصين والتدريسيين الذين تم عرض الاستبيان عليهم :

ت	الاسم	اللقب العلمي	الشهادة	الاختصاص	مكان العمل
1	أفكار فاضل كريم	مدرس	ماجستير	تمريض	كلية التمريض
2	سجاد سالم عيسى	أستاذ مساعد	بورد	طب الأسرة	كلية التمريض
3	هشام حسين	مدرس	دكتوراه	أشعة تشخيصية	كلية التمريض
4	وصفي ظاهر	مدرس	دكتوراه	فسلجة حيوان	كلية التمريض

## Appendix B

### استبانة حول

تأثير

بعض العادات السيئة على نمط النمو لدى طلاب المرحلة الابتدائية والمتوسطة في مدينة البصرة

### القسم الأول : الخصائص الديموغرافية للطلاب

الجنس	<input type="text" value="ذكر"/>	<input type="text" value="انثى"/>	
العمر	<input type="text" value="12-9"/>	<input type="text" value="15-13"/>	<input type="text" value="19-16"/>
الوزن	<input type="text"/>	الطول	<input type="text"/>
نوع الدراسة	<input type="text" value="ابتدائية"/>	<input type="text" value="متوسطة"/>	
الوضع المهني للأبوين الأم	<input type="text" value="موظفة"/>	الأب	<input type="text" value="موظف"/>
	<input type="text" value="ربة منزل"/>		<input type="text" value="عاطل"/>

القسم الثاني : أسئلة عن العادات السيئة

ت	السؤال	نعم	كلا
١	هل تعتقد أن السهر وكثرة استخدام الهاتف من العادات السيئة؟		
٢	هل يؤثر السهر على شهيتك؟		
٣	هل تعتقد أن السهر يؤثر على وزنك؟		
٤	هل تشعر بالخمول والتعب عند السهر لساعات متأخرة؟		
٥	هل تعتقد أن الساعة البيولوجية تؤثر على نمو جسدك؟		
٦	هل تتناول وجبات طعامك بانتظام ؟		
٧	هل تعاني من قلة الاستيعاب عند عدم الاكتفاء من النوم؟		
٨	هل تستخدم هاتفك لساعات طويلة قبل النوم؟		
٩	هل ساعات نومك منتظمة؟		
١٠	هل تتناول وجبات طعام صحية؟		
11	هل حاولت تقليل من استخدام الأجهزة اللوحية ؟		
١٢	هل تتناول الطعام قبل الخلود إلى النوم؟		
١٣	هل تعتقد أن السهر يؤثر على نشاطك الجسدي والذهني؟		
١٤	هل تذهب للنوم وأنت تشعر بالجوع ؟		
١٥	هل تعتقد أن الضوء الصادر من الهواتف يؤثر على النوم؟		

## Questionnaire about

The effect of some bad habits on the pattern of growth among primary and intermediate school students in Basra city

Part one : demographic information

Male

Female

age

9 -12

13-15

16 - 19

Weight

Height

Types of study

Primary

Intermediat

Occupationalstatus

Mother

Employee

father

Employee

House wife

Unemployed

## Questions about bad habits: Part two

N O.	THE QUESTION	YES	NO
1	Do you think staying up late and using the phone are bad habit?		
2	Does staying up late affect your appetite?		
3	Do you think that staying up late affects your weight?		
4	Do you feel lethargic and tired when staying up late?		
5	Do you think that the biological clock affects the development of your body?		
6	Do you eat your meals regularly?		
7	Do you suffer from a lack of absorption when not enough sleep?		
8	Do you use your phone for long hours before bed?		
9	Are your sleeping hours regular?		
10	Do you eat healthy meals?		
11	Have you tried to reduce the use of tablets?		
12	Do you eat before going to sleep?		
13	Do you think that staying up late affects your physical and mental activity?		
14	Do you go to sleep and you feel hungry?		
15	Do you think that light from phones affects sleep?		

<b>16</b>	<b>Have you tried to regulate your sleep hours?</b>		
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Ministry Of Higher Education  
And Scientific Research  
Basrah University  
College Of Nursing  
Dean Assistant Office  
For Scientific Affairs



جمهورية العراق  
وزارة التعليم العالي والبحث العلمي  
جامعة البصرة  
كلية التمريض  
مكتب معاون العميد  
للشؤون العلمية

العدد : ٤٨

التاريخ : ١٤ / ١ / ٢٠٢٢

الى / دائرة صحة البصرة / شعبة التدريب والتطوير والتنمية البشرية

م / تسهيل مهمة بحث التخرج

تحية طيبة ..

يرجى التفضل بالموافقة على تسهيل مهمة طالبات كليتنا (رقية سلمان جبار) و(استبرق تحسين علي) لأجراء البحث الموسوم :

(The Effect of Some bad Habits on The Growth of Age Groups)

..... مع التقدير ....

المدرس الدكتور  
عادل علي حسين  
معاون العميد للشؤون العلمية  
٢٠٢٢/١/٤

نسخة منه الى //

- ❖ مكتب السيد العميد للتفضل بالاطلاع مع التقدير...
- ❖ مكتب السيد معاون العميد للشؤون العلمية .
- ❖ الصادرة . المختصة

رقية ١/٤

العراق - بصرة - مجاور مستشفى البصرة العام - هاتف : ٠٧٥.٩١٣٤٨٥٥  
العنوان البريدي : مكتب اتصالات و بريد مدينة البصرة - ص . ب رقم ٤ - الرمز البريدي : ٤٢٠٠٨  
E-mail : nsgbasra@gmail.com ..... E-mail : nursing.college@uobasrah.edu.iq  
www.basranursingcollege.com



بسم الله الرحمن الرحيم

المديرية العامة للتربية في محافظة البصرة

قسم التخطيط التربوي /شعبة التخطيط

العدد: ٤٨ /٢/٢٠١٩

التاريخ: ٢٠١٩ /١/٢٥



جمهورية العراق

محافظة البصرة



الى / ادارات المدارس الابتدائية والمتوسطة في المحافظة كافة  
م/ تسهيل مهمة

تحية طيبة ...

تنسب تسهيل مهمة الطالبين (رقية سلمان جبار) (استبرق تحسين علي) المرحلة الرابعة في جامعة البصرة كلية التمريض للدخول الى مدارسكم وذلك لغرض عمل استبيان الخاص ببحث تخرجهم لاتخاذ مايلزم مع التدبير في محافظة البصرة

The Effect Some Bad Habits On The Pattern of Growth among Primary and Intermediate Schools Students in Basra City

مسلم عبد الكريم ناصر  
عمد المدير العام  
٢٠٢٢ / ١ / ١٥

سهاية خلف عيسى

نسخه منه الى/

جامعة البصرة /كلية التمريض /كتابكم المرقم ٣٥/٥٤/٧ في ٢٠٢١/١/١٠ ... مع التقدير

التخطيط التربوي / مع الأوليات

## الخلاصة

العادات السيئة أصبحت منتشرة وبشكل كبير بين المراهقين مما تسبب تأثيرات كبيرة على صحة ونمو أجسامهم.

### الهدف

الهدف هو تقييم تأثير العادات السيئة على الساعة البيولوجية ونمو لطلاب المدارس الابتدائية والمتوسطة في مدينة البصرة. أجريت الدراسة الحالية في مجموعة من المدارس الابتدائية والمتوسطة في مدينة البصرة.

عينة ملائمة قوامها (٣٠٠) من الطلاب والطالبات حيث كان عدد الطلاب المشاركين (١٣٣) والطالبات (١٦٧) تم اختيارهم لغرض الدراسة.

تم استخدام استبيان أسئلة مغلقة لغرض جمع البيانات، يتكون الاستبيان من جزئيين، الأول يتعلق بالخصائص الاجتماعية والديموغرافية للطلاب وتشمل: العمر، الجنس، نوع الدراسة، الطول، الوزن والوضع المهني للأبوين.

ويتكون الجزء الثاني من الاستبيان ١٦ سؤال يتعلق بالعادات السيئة، مقياس ليكرت القياسي ذو نقطتين بما في ذلك، نعم ولا، تم توزيع الاستبيان الذي تم اجراءه بالفعل على (٣٠٠) طالب حيث تم شرح الموضوع لهم ومن ثم اجابوا عليها، ثم قام الباحثون بقياس الطول والوزن لكل عينة تم جمعها. وتم تسجيل كل نموذج وفقاً للإجابة النموذجية الصحيحة.

تم اجراء التحليل باستخدام SPSS (الحزمة الاحصائية للعلوم الاجتماعية) الاصدار ٢٦، تم التعبير عن البيانات (التكرار والنسبة المئوية).

النتائج : كان معظم الطلاب في الفترة العمرية ما بين ٩ سنوات الى ١٢ سنة. وكانت مشاركة الاناث اكثر من مشاركة الذكور. وكان معظم المشاركين من الدراسة المتوسطة وكما أن معظم والداات الطلاب كانت ربات منزل ومعظم الاباء موظفين. جميع الطلاب كانوا يجيبون عن الاسئلة بطريقة مكتوبة. التسجيل: يجيب كل الطلاب عن الاستبيان بطريقة مكتوبة كان هناك ارتباط كبير بين وظيفة الوالدين والعادات السيئة كما توجد علاقة بين التسجيل ومرحلة الطلاب.



وزارة التعليم العالي والبحث العلمي

جامعة البصرة

كلية التمريض

تأثير بعض العادات السيئة على نمط النمو لطلاب  
الدراسة الابتدائية والمتوسطة في مدينة البصرة

إعداد الطالبات

رقية سلمان جبار

إستبرق تحسين علي

بإشراف الدكتور واثق فرعون