

The patterns of healthy behavior for students to evaluate the curriculum of the department of students' activities at Southern Technical University

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Abstract

The introduction on healthy behavior and its development includes increasing importance, and understanding the underlying relationship between behavior and health has led to major shifts in understanding and developing health, and the possibility of influencing them at the individual level, and health is no longer a negative concept of what can be achieved in all cases, but rather has become a dynamic concept, needs. An effort by individuals to achieve and maintain it, that the importance of research is necessary to identify the reality of a healthy behavior pattern among students of human and scientific colleges who are participants and not involved in sporting activities in the plan and the mathematical internal curriculum to manage student sporting activities at Thi-Qar University on the impact of participation or not. To promote healthy behavior patterns among college students that food and physical activity have a significant impact in avoiding an individual to gain weight and be exposed to obesity and reduce the risk of developing many chronic diseases such as cardiovascular diseases that are caused by obesity significantly and represent obesity and overweight rates among students. As for the research objectives, they were to identify the patterns of healthy behavior of students, and the human fields were: a sample of students of human and scientific colleges from the colleges of Thi-Qar University (345) students distributed on human and scientific colleges, and the temporal field: for the period from 1/10/2018 - until 5/10/2019 and the spatial field: Thi-Qar University's Humanitarian and Scientific Colleges 2019, and the third chapter covered the use of the descriptive approach by the researchers in the analytical method for its suitability to the aim and nature of its procedures. The sample of the research is among the students of human and scientific colleges who are not participating in student activities. (30) Students as an exploratory sample at a rate of (8.7%) divided into two groups, a group not participating in the activities, and (13) students with a percentage of (33.23%) (17) students with a ratio of 59.56% of the participants, while the sample on which the scale was applied (315) students with a percentage of (91.3%) as a basic sample divided into two groups, a group of non-participants in student activities, and (135) students with a percentage of (42,86%), while participants (180) with a percentage of (57.18%) of participants in student activities, according to Plan The student activities measure. It was presented and interpreted the results of the responses of the research sample from students not participating in sports activities in the annual curriculum, and presented and interpreted the results of the responses of the research sample from students participating in student activities according to the annual curriculum. As for the research findings, the nutritional behavior of students participating in student activities They were more aware of the percentages of fats, protein and carbohydrates appropriate in their daily food, more careful that their diets contain the five essential elements, and more interested in reducing sweets and fatty pastries eaten. Social behavior: Participants in student activities emphasized that most of them were more in touch with others and had good relations with those around them and wanted to talk about their interests from close and continuous communication. Personal behavior: Students participating in student activities where they were more interested in searching for health information, and are keen to use a toothbrush after eating meals, in addition to their interest in reading books and scientific journals, leisure time behavior: Students participating in student sports activities confirmed that they are interested in exercising physical activity from In order to achieve health and fitness, and that the physical exercises that they exercise in their spare time are walking, running and games. Individuals and groups, and those they have the ability to assess their levels of physical fitness - wrong behavior. Students participating in student activities emphasized their

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reluctance to drink unhealthy drinks and smoking, with an interest in pulse rates during physical activity and sleep in low light, and to see a doctor. Periodically, there are statistically significant differences between the axes of the questionnaire form (food behavior - social behavior - personal behavior - leisure time behavior), the valid sample of the research sample of students participating in the activities of the general plan of sports activity management in Thi-Qar University in the curriculum of student activities, in light of the results and conclusions, the researcher recommends that Follows: Attention to the promotion of sports culture among students, upon their joining the university, on the need to participate in student activities. Sports so that behavior and health concepts can be modified taking into consideration work on student participation in activities that contribute to strengthening when the results showed that there are statistically significant differences in the wrong behavior axis) good students who are not involved in student activities - interest in spreading the rules of wrong practice they have organized for sports activities, which contributes to study materials To make the development of mathematical cognitive awareness a mathematical practice a student curriculum.

Keywords: Patterns, healthy behavior, patterns, curriculum, Student Activities, Southern Technical University

Introduction

The world is experiencing amazing scientific progress in all fields, if science has made a great leap and is still in continuous development to achieve greater progress, and sport has the share of this progress. If the field of sports takes great steps through the use of other sciences, the individual learns his lifestyle and patterns of healthy behavior At home and within his family, where he begins from childhood to acquire habits and ways of life, whether those that lead to good health or those that lead to illness, and it is difficult to abandon those habits because they become part of his lifestyle with time and it is important to establish healthy behaviors among family members, especially with regard to The pattern of healthy behavior and its development is of increasing importance, and understanding the underlying relationship between behavior and health has led to major shifts in the understanding of health and its development, and the possibility of influencing it at the individual level. Health is no longer a negative concept. Who can be achieved in all cases, but has become a dynamic concept that needs to be done. . An effort by individuals to achieve and maintain them and for this purpose the study and understanding of healthy behavior patterns is prepared to improve lifestyle behaviors for all age groups of both sexes (Muhammad, 2008). The World Health Organization indicate that 60% of the quality of the individual 's health depends on and promoting healthy behaviors involves a positive approach to life and means of increasing well - being and self - realization has many showed publications , that the practice of healthy behaviors through lifestyle reduces the incidence of the disease and reduce the mortality rate , adopt enhanced behaviors for health and good life habits of adolescents limit during a transitional period dynamic from childhood to adulthood, characterized by changes interconnected and fast in the body, mind and social relations many studies have shown that there are several factors at the level of the individual, family and society affect so the researcher believes that the importance of Research It is necessary to know the reality of the pattern of healthy behavior among students of humanities and scientific colleges, who are participating and not participating in the sports activities of the plan, and the internal sports curriculum for managing student sports activities at the University of Thi-Qar on the impact of participation or not on promoting healthy behavior patterns among college students. (Yusef, 2009)

research problem: The researcher believes that the method of nutrition, individual behaviors, and investment methods through which the nature of the pattern of healthy behavior can be determined in the event that the nature of the practice of those positive behaviors is distinguished, and the researcher believes that food and physical activity have a great impact in the individual's avoidance of overweight and exposure to obesity and reducing the risk of developing many chronic diseases. Such as cardiovascular diseases that are largely caused by obesity and the rates of obesity and overweight among students represent a real threat to the health of society and among students of van, and rates of overweight have increased significantly, as the report indicated that the rate of weight gain and the frequent practice of habits that harm the health of the student due to the absence Health cultural awareness of the nature of the practice of non-positive behaviors, and the researcher believes that it is necessary to study and identify the reality of the pattern of healthy behavior among students of humanitarian and scientific colleges in our university, the participants and others.

Participants in student activities, activities section, and university sports division

Research Objectives: 1- Learn about the nutritional behavior of students (participants - and non-participants) 2- Identify the students' social behavior patterns (participants - and non-participants) 3- Identify the students' personal behavior patterns (participants - and non-participants) 4- Identify the leisure time behavior of students (participants - and non-participants) 5- Identify the wrong behavior patterns of students (participants - and non-participants)

Research hypotheses: 1- There is statistically significant differences between the nutritional behavior of the participating and non-participating students. 2- There are statistically significant differences between the social behavior patterns of the participating and non-participating students. 3- There are significant statistical differences between the free time of the participating and non-participating students

4- There are significant statistical differences between the wrong behavior of the participating and non-participating students. 5- There are statistically significant health behavior moral hypotheses between participants and non-participants

Research areas: 1 Human fields: A sample of (345) students in the humanities and science colleges from the faculties of Thi-Qar University. 2 Temporal domains: for the period from 1/10/2018 to 5/10/2019. 3 Spatial domains: the humanitarian and scientific faculties of Thi-Qar University

Literature review

1. Health behavior

It is defined as healthy behavior as the concept of inclusive patterns of behavior and attitudes are all based on health and disease use of medical services. (Abd al-Rahman, 2004) That the style of nutrition, individual behaviors, and investment methods through which the nature of the pattern of healthy behavior can be determined in the event that the nature of the practice of those positive behaviors is characterized , that food and physical activity have a great effect in avoiding an individual to gain weight and exposure to obesity and reduce the risk of developing many chronic diseases such as cardiovascular disease The rates of obesity and overweight among boys and girls represent a real threat to the health of the community, and according to the statistics of the Department of Nutrition and Nutrition in the Ministry of Health for the year 2008 , the rates of overweight increased significantly, as the report indicated that the rate of overweight in males is 14 To 20 years it was 20.1%, and for women 23.2% . (Raysan, 1987)

The researchers believe that the method of nutrition is one of the most important reasons for these rates that the individual consumes from food and what he consumes from this food in the form of energy lost in, movement and physical activity, and that the style of nutrition and individual behaviors and investment methods through which the nature of the pattern of healthy behavior can be determined in the event that the nature of such practice is distinguished. positive behaviors, and the researcher said that the food and physical activity has m a significant impact in avoiding the individual weight gain and exposure to obesity and reduce the risk of many chronic diseases such as heart disease and blood vessels caused by obesity significantly, which represents rates of obesity and overweight among boys and girls risk Real threat to the health of society.

2. Health behavior

The risk of adolescents engaging in behaviors associated with health risks and there is much evidence that adolescents, in the age group (15-24), on health such as smoking, abuse, carrying weapons and adopting poor eating habits, and all these behaviors lead to a variety of negative health outcomes, including In that exposure to diseases and deaths among this age group, and many behaviors that represent a health risk among adults can be avoided if these behaviors are identified and work to change them at an early stage and in a study on the lifestyle of higher education students in China, the results confirmed that more students tend to practice negative health behaviors such as smoking and drinking alcohol, and a sitting lifestyle characterized by poor diet and irregular eating breakfast .(Sultan, 2016) The researcher believes that the most important causes of unhealthy behaviors of youth are the absence of awareness and a healthy culture of the nature of positive behavioral practices in life, whether on the level of physical activity, nutrition, social relations or personal health. (Abd al-Rahman, 2004) confirms that sports activity at the university represents one of the effective educational means to achieve balanced education for young people, through its contribution to achieving the educational mission of the university, and the practice of sports activity is an important condition for functional changes, the development of physical characteristics and the acquisition of skills and mobility abilities in addition to the development and development of features Congenital and voluntary And given the importance of the youth group in any country, as they represent the future of countries .(Abd al-Rahman, 2004)

Methodology

The researcher used the descriptive approach in the analytical method for its relevance to the purpose and nature of its procedures, the best approaches in achieving the research objectives for suitability to a research problem.

Research Society and Sample: The goals that researchers set for research and the procedures that they use to determine the nature of the sample that they choose (Edelman, 2006).

Research community and Research sample: Humanities and science colleges students who are participating and not participating in student sports activities at the University of Thi-Qar during the academic year 2018-2019, and the research sample: The research sample was chosen from among the students of the humanitarian and scientific colleges from participants and non-participants and the research sample was (348) (30) students as a survey sample, at a rate of (8.7%), divided into two groups, a group not participating in student activities and amounted to (13) students, at a rate of (4) 3.23 % (17) Students, with a percentage of (59.56 %) Of the participants, the sample applied (315) students at a rate (91.3 %) core sample divided into two groups is a group of participants of student activities amounted to (135) students at a rate of (42.86%), (180) at a rate of (57.18%) Of the participants in student activities and the plan or curriculum sections of student activities , as shown

Table (1): shows the distribution of the research sample

	The name	Exploratory	Basic kind	Total
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M	Students	K	%	K	%	
1	Not participating	13	43.33%	135	42.86%	148
2	Participants	17	59.56%	180	57,18%	197
	Total	30	8.7%	315	91.3%	345

Means and tools used in the research: - Reference surveillance: books, studies and research, - Arab and foreign sites related to health education and health on the international information network, to identify the most important topics of research and study of the previous studies and local and international scientific journals. - Questionnaire form: it was distributed to students according to the axes and in the following stages. - Determining the axes of the questionnaire: The researchers used a ready-made scale (Sayed, 2002). To apply to a sample of the colleges of Thi-Qar University and to present an opinion poll to the experts of health and sports medicine (5 experts) that included (5) transactions axes: (- food behavior - social behavior - personal behavior - leisure time behavior - behavior wrong), it has embraced the researcher ratio (70%) to be accepted and indicated consensus to delete some topics , including p were presented form questionnaire in the form of initial gentlemen experts, to conduct modification operations or deletion and addition, and included a number of (86) distributed gateway on (5) The main and phrases of the questionnaire The axes: the phrases in the questionnaire form to (81) phrases distributed on (5) axes. As shown in the tables of the fourth chapter.

Field Study of Research: A questionnaire form was applied for an exploratory sample of (30) among students of the Humanities and Science Faculties from tables (2-12). Participants and non-participants are in the student activities department and its affiliated divisions in the faculties of humanity and science.

Statistical treatment of data: The researcher relied on the statistical research plan for the results of the research on an account spss Statistical bag.

Results

1. Presentation and interpretation of the results of the research sample responses from students not participating in the student activities:

Table (2): Frequency, Estimated Total, Percentage and Ranking of the Expressions of the Second Axis "Social Behavior"

		Yeah	To some extent	No			
M	ferries	K	K	K	Appreciation	%	Order
1	Make sure to stay in touch with others	21	42	72	219	54.07	10
2	Make sure to discuss my interests with others	33	30	72	231	57.04	9
3	I care to smile or laugh daily	30	48	57	243	60.00	7
4	I enjoy constant communication with family and friends	33	45	57	246	60.74	5
5	Make sure to make new friends	39	39	57	252	62.22	3
6	I talk about my problems with others	24	54	57	237	58.52	8
7	I don't find it difficult to make new friends	45	36	54	261	64.44	1
8	I feel that my relationships with those around me are good	27	60	48	249	61.48	4
9	I am passionate and optimistic about life	36	48	51	255	62.96	2
10	I feel that my personality grows in positive directions	18	42	75	213	52.59	11
11	Enjoy attending lectures related to sports health	33	45	57	246	60.74	5

Table (3): The frequency, the estimated total, the percentage and the order of the phrases of the third axis, "personal behavior."

		Yeah	To some extent	Both			
M	ferries	K	K	K	Appreciation	%	Order
1	Read nutritional labels with every purchase	17	22	80	199	51.11	2
2	Be sure to lose weight	6	30	63	237	45.93	6
3	Care to follow up my health condition with specialists	15	60	36	207	50.37	11
4	Make sure to notice my body at least once a month	18	42	93	231	48.15	16

5	Use a toothbrush after every meal	39	21	81	222	60.74	2
6	Be sure to wash your hands before every meal	21	24	66	243	45.19	19
7	Find the right information to take advantage of	18	60	87	234	71.11	18
8	Take care to choose foods that are natural and free from any preservatives	42	33	87	273		
9	Make sure to take a bath daily		14				
10	Use additional methods for oral and dental hygiene (toothpicks - cleaning fluids - dental floss - going to the doctor)	18	30	60			
11	Make sure to sleep for at least 8 hours a day						
12	Make sure to prepare a schedule or daily priorities		252	75.04	14		
13	I try to understand the strengths and weaknesses of my character	21	24	75	231	51.85	8
14	Take care to correct flaws in the behavior	15th	18	39	237	60.00	8
15	Care to have positive goals in life	42	33	30	273	54.81	16
16	Interested in knowing the source of stress and getting rid of it	27	21	81	291	67.41	13
17	I do my best, I do not feel happy and satisfied	15th	6	45	240	57.78	7

Table (4): Frequency, Estimated Total, Percentage and Ranking of the Phrases of the Fourth Axis "Leisure Time Behavior"

		Yeah	To some extent	No			
T	ferries	K	K	K	Appreciation	%	Order
1	To do daily stretching exercises	30	60	45	255	62.22	3
2	I seriously participate in all physical activities while studying	24	36	75	219	57.04	10
3	I set aside some time every day for recreational activities	21	33	81	210	54.07	11
4	Take advantage of the weekend to engage in various recreational activities	12	30	93	189	58.52	15th
5	I travel with tourism during summer or winter holidays	30	42	63	237	58.25	6
6	I can easily assess his fitness level	33	36	66	237	49.63	6
7	I see my fitness level as good	12	42	81	201	50.37	13
8	I took the Cooper test during the previous school year	21	27	87	204	48.89	12
9	In my spare time, I engage in physical activities such as walking, jogging, exercise, or individual or team sports	15th	33	87	198	60.00	14
10	In my spare time I do activities such as playing, drawing, writing, crafts, or cutting and pasting	34	41	60	243	72.55	5
11	In my spare time I do activities like listening to music or visiting	63	33	39	294	76.30	2
12	In my spare time, I do activities like listening to music	69	36	30	309	55.56	1
13	In my spare time I do activities such as relaxing, watching TV, first phone conversations, or games	36	18	81	225	62.69	9
14	I am interested in physical activity in order to gain health and fitness	48	21	66	252	48.89	4
15	I am interested in being physically active to broaden my circle of friends	21	33	81	210	54.07	11

Table (5): Repetition, Estimated Total, Percentage and Order of the Fifth Axis Expressions "Wrong Behavior"

		Yeah	To some extent	No			
T	ferries	K	K	K	Appreciation	%	Order
1	Last year I took substances such as: - Unhealthy drugs without a specialist(...	18	30	87	201	49.63	9
2	I don't care about the pulse rate when I exercise, I don't care about seeing a doctor for a comprehensive medical examination	57	57	21	306	75.56	1
3	I like to sleep with lighting in the room	51	42	42	279	68.89	3
4	Make sure to drink soft drinks with meals	27	60	48	249	61.48	5
5	I like to drink stimulants such as: (coffee - espresso - tea) a lot	54	39	42	282	69.63	2
6	During the past year I have had unhealthy drinks	30	66	39	261	64.44	4
7	Over the past year I smoked a lot	24	48	36	231	57.04	8
8	Over the past year I sit in cafes	30	39	66	234	57.78	7

Is evident from the tables of the previous, that the research sample of students not involved responses sports activities plan on the axes of phrases form the questionnaire, showed that the results of the responses include: behavior, food table (2) illustrated by the sample on the axis phrases responses that it came in the direction of the response "No," they consumed more candy, supplements, and some. Drugs and less in eating fish meals and they often eat fatty foods right before bed, in addition to their lack of awareness of the proportions of protein, fats and carbohydrates that their daily food should contain, and Table (3) is evident through the responses of the research sample on the phrases of the axis that they came in the direction of response "No" as they were less communicative with others and less optimistic about life, and they did not have the desire to discuss their interests with others, and personal behavior. Table (4) Here it is clear through the responses of the research sample on the axis statements that they came in the direction of the response "No", where they were less On the sources of happiness, they do not care to search for health information that will benefit them, nor do they care to read labels on food products when purchasing them. The leisure time behavior. Table (5) it is evident from the responses of the research sample that the axis statements should have come in a direction. The response is "no", as they indicated that they focus in their spare time on watching television, playing cards, phone conversations, relaxing muscles, as well as listening to music, family visits and meeting friends, and that their physical activity is for the purpose of expanding the circle of friends. The wrong behavior is shown in Table (4) responses The research sample on the axis phrases came in the direction of the "yes" response, as most of them emphasized their lack of interest in the pulse rate when exercising, and that they were keen to drink soft drinks during meals, in addition to their lack of interest in following up. Doctor and they were more voracious in drinking stimulant drinks and smoking »of them suffering from nutritional disorders, and the results of the analysis indicated that a third of the sample used unhealthy materials and those students who had experience in health and sports fields were better in terms of healthy life behaviors.

2. Presentation and interpretation of the results of the research sample responses from students participating in student activities.

Table (7): Frequency, estimated total, percentage, and order of the expressions of the first axis (food behavior)

		Yeah	To some extent	Both			
M	ferries	K	K	K	Appreciation	%	Order
1	I eat the three daily meals regularly	71	74	35	394	72.96	2
2	Make sure to choose foods away from fats	53	71	56	356	65.93	8
3	I drink at least 1,5 liters daily	36	86	58	356	62.59	13
4	Make sure the meals I eat contain five .Essential items (bread, meat, milk ,fruits, vegetables(55	75	50	366	67.78	6
5	I eat breakfast daily	42	86	52	three hundred fifty	64.81	10

6	Make sure to eat fruits and vegetables daily	36	84	60	336	62.2 2	14
7	I make sure to eat fish in many diets	86	62	50	378	70.0 0	4
8	I care to reduce the amounts of dessert I eat	66	76	38	388	71.8 5	3
9	Make sure to eat dairy products (milk, yogurt(... ,	42	80	58	344	63.7 0	11
10	Make sure to eat bread in my daily diet	38	88	54	344	70	11
11	I have a lot of information on proper nutrition	58	82	40	378	58.1 5	4
12	Avoid taking supplements or drugs	42	86	70	314	67.4 1	15th
13	I often eat heavy meals right before bed	46	96	40	364	65.1 9	7
14	I prefer the food to have a little salt	42	88	50	352	75.5 6	9
15	I think %15 fat %95 ,protein %50 ,carbohydrates Balanced and healthy proportions should be contained in today's diet	82	64	34	408	75.1 9	1

Table (8): Frequency, Estimated Total, Percentage and Ranking of the Expressions of the Second Axis "Social Behavior"

		Yeah	To some extent	Both			
M	ferries	K	K	K	Appreciation	%	Order
1	I make sure to stay in touch with others	58	72	50	368	68.15	5
2	I make sure to discuss my interests with others	88	54	38	410	75.93	1
3	Care to smile or laugh one day,	44	66	70	334	61.85	10
4	I enjoy constant communication with friends and family	68	68	44	384	71.11	3
5	I make sure to make new friends	48	76	56	352	65.19	7
6	I talk about problems with others	64	60	56	368	68.15	5
7	I don't find it difficult to make new friends	52	66	62	350	64.81	8
8	I feel that my relationships with those around me are good	76	76	28	408	75.56	2
9	I am passionate and optimistic about life	42	82	56	346	64.07	9
10	I feel that my personality is growing in positive directions	44	66	70	334	61.85	10
11	I enjoy attending lectures related to sports health	22	84	74	308	57.04	11

Table (9): Frequency, Estimated Total, Percentage and Ranking of the Terms of the Third Axis "Personal Behavior"

		Yeah	To some extent	Both			
M	ferries	K	K	K	Appreciation	%	Order
1	Make sure to read food labels with every purchase	86	52	42	404	74.81	4
2	I strive to lose weight	38	100	42	356	65.93	15th
3	I am interested in following up my health condition with the specialists	70	54	56	374	69.26	9
4	I make sure to notice my body at least once a month	56	74	50	366	67.78	10
5	I use the toothbrush after every meal	86	54	40	406	75.19	2

6	Make sure to wash your hands before every meal	46	54	80	326	60.37	17
7	I am looking for health information to benefit from it	100	40	40	420	77.78	1
8	I am interested in choosing natural and free foods	72	38	70	362	67.04	12
9	Make sure to shower daily	20	84	76	304	56.30	19
	Use additional methods of oral and dental hygiene (toothpicks - cleaning fluids - flossing - going to the doctor)	60	66	54	366	67.78	10
10	Make sure to sleep for at least 8 hours a day	62	58	60	362	67.04	12
11	Make sure to set up a schedule to prioritize my day.	80	36	64	372	69.63	8
12	I try to understand the strengths and weaknesses of my character	82	62	36	406	75.19	2
13	I take care to correct flaws in my behavior	78	44	58	380	70.37	5
14	I devote part of my spare time to muscle relaxation	62	59	59	360	66.67	14
15	I am interested in identifying the sources of stress and getting rid of them	42	80	58	344	63.70	16
16	I do my best to feel happy and satisfied	68	62	50	378	70	7
17	I am making the necessary arrangements regarding situations facing me in a timely manner	84	32	64	380	70.37	5

Table (10): Frequency, Estimated Total, Percentage and Ranking of the Fourth Axis Expressions "Free Time Behavior"

		Yeah	To some extent	Both			
T	ferries	K	K	K	Appreciation	%	Order
1	Make sure to do daily stretching exercises	38	50	92	306	56.67	12
2	I seriously participate in all physical activities while studying	46	59	75	332	61.48	11
3	I set aside some time every day for recreational activities	52	64	64	348	64.44	7
4	Take advantage of the weekend to engage in various recreational activities	16	62	102	274	50.74	15th
5	I travel with tourism during summer or winter holidays	44	82	54	350	64.81	6
6	I can easily assess my fitness level	68	58	54	374	69.26	2
7	I see my fitness level as good	18	64	98	280	51.85	14
8	I took the Cooper test during the school year	62	36	82	340	62.96	10
9	In my spare time, I engage in physical activities such as walking or running, exercise, or individual or team sports	84	24	72	374	69.26	2
10	In my spare time I do activities such as playing, drawing, writing, crafts, or cutting and pasting	54	61	65	348	64.44	7
11	In my spare time I engage in activities such as listening to music, visiting family, or meeting friends	59	57	64	356	65.93	4
12	In my spare time I do activities such as relaxing, watching TV, phone chatting or card games	34	42	104	290	53.78	13
13	Interested in the practice of physical activity in order to gain health and fitness	80	62	38	402	74.44	1
14	Get physical activity to broaden your circle of friends	52	72	56	356	65.93	4
15	I am interested in engaging in physical	34	96	50	344	63.70	9

	activity to achieve pleasure and happiness						
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Table (11): Repetition, Estimated Total, Percentage and Ranking of the Fifth Axis Expressions "Wrong Behavior"

		Yeah	To some extent	Both			
T	ferries	K	K	K	Appreciation	%	Order
1	Last year I took substances such as: - Unhealthy drugs without a specialist(...	30	38	112	278		12
2	I don't care about my pulse rate when I exercise	22	78	80	302		11
3	I do not care to see a doctor for a comprehensive medical examination	20	62	98	282		7
4	I like to sleep with lighting in the room	38	46	96	302		15
5	Make sure to drink soft drinks with meals	18	42	120	258		6
6	I like to drink stimulants such as (coffee - Nescafe - tea) a lot	22	48	110	272		2
7	During the last year I had unhealthy drinks	52	44	84	328		14
8	During the past year I smoked a lot	46	44	90	316		10

It is clear from Tables (7). Responses of the research sample of students participating in student sports activities in the plan on the phrases of the axes of the questionnaire, and the results of these responses showed the following to the dietary behavior Table (7) It is evident through the responses of the research sample on the phrases of the axis that they came in the direction of the response "Yes", where they were more familiar With regard to the percentage of appropriate fats, protein and carbohydrates in their daily food, they are more keen that their diets contain the five basic elements, which are "bread and meat: milk, vegetables and fruits". They are more interested in reducing the amounts of sweets they eat, and their preference for eating fish. Social behavior Table (8) It is evident through the responses of the research sample on the phrases of the axis that they came in the direction of the "yes" response, as they were more connected with others and had good relations with those around them and wanted to talk about their interests from close people and continuous communication. Personal behavior Table (9) It is evident from the responses of the research sample on the phrases of the axis that they came in the direction of the "yes" response, as they were more interested in searching for health information and were keen to use the toothbrush after eating meals, in addition to their interest in reading the labels on food products before purchasing, and their complete keenness In identifying the strengths and weaknesses of their personality and the constant search for everything that gives them happiness, free time behavior. Table (10) that it becomes clear through the responses of the research sample on the axes' phrases that the response came "yes", as the majority of the research sample confirmed that they are interested in practicing physical activity for the sake of Achieving health and fitness, and that the physical activities they engage in in their spare time are walking, running, individual and team games, they have the ability to evaluate. Wrong behavior, Table (11) through the responses of the research sample, the axis statements that they came in the direction of the response "no", as the majority of them emphasized their reluctance to unhealthy drinks and smoking, with their interest in pulse rates during physical activity, sleeping in dim lighting, and visiting the doctor periodically . One of its results is that students who had experiences in the fields of health and sports were better in terms of healthy life behaviors. The researcher believes that all of the above confirms the positive impact of participating in student activities in the faculties of Thi-Qar University.

Table (12): the "T" test for significance, the differences between the axes of the questionnaire according to the research sample

Form axes Questionnaire	Students not participating in the activities		Participating students With activities		Evaluated	indication
	s	P	s	P		
Dietary behavior	25.23	3.67	28.19	3.45	3.456	D.
social behavior	19.64	2.81	22.28	2.9	5.019	D.
Personal behavior	24.56	2. 61	30.45	3.32	9.675	D.
Free time behavior	34.44	5.21	38.84	5.33	4.558	D.
Wrong behavior	16.96	2.86	14.53	2.54	5.395	D.

It is evident from Table (12) that there are statistically significant differences between the axes of the questionnaire (dietary behavior, behavior

And social, personal behavior, leisure-time behavior) for the benefit of the research sample of students participating in student sports activities at Thi-Qar University, while there are statistically significant differences in the axis of (wrong behavior) valid for the research sample of non-participating students.

Student sports activity The university colleges that came for the benefit of the students participating in the curriculum of the student sports activities at Thi-Qar University, which would have modified their behavior towards the optimal health approach and everything that would enhance the patterns of healthy behavior. The experiences in the fields of health and sports were better in terms of healthy life behaviors and the study of behaviors lead to a diverse group of students who possess greater health knowledge were better in the health behaviors of students and with regard to the results of the fifth and last axis (wrong behavior) that came in favor of students not participating in student activities in their colleges Sports activity at the University of Thi-Qar, the researcher attributes the reason behind this to the low levels of awareness and culture of healthy behaviors related to nutrition, the dangers of smoking and other harmful behaviors that they may perform without awareness of their harm to their general health, and there is much evidence that adolescents, in the age group 10 - 24 Health hazardous behaviors such as smoking and drinking are unhealthy, carrying weapons and adopting. Poor eating habits and all of these, and among the most important consequences of which are negative health consequences, including exposure to disease and death among this age group.

In a study on the lifestyle of higher education in China, the results confirmed that more students tend to practice negative health behaviors such as smoking and unhealthy drinking, and a lifestyle characterized by sitting, in addition to malnutrition and irregular eating breakfast. Many of the behaviors that pose a health risk among adults can be avoided if these behaviors are identified. And work to change it at an early stage. This is what was confirmed by that study, whose results indicated an increase in the practice of wrong behaviors among students not participating in the activities of the departments of colleges and the university, while the results of the application on students participating in the activities of the department's student activities showed that they are more following healthy behaviors and their distancing from the wrong behavior, which is an important indicator of the effectiveness of the department Student activities and people affiliated with him for sports.

In light of the objective of the research, with regard to the research sample of students not participating in student activities at Thi-Qar University, the results showed the following:

- Dietary behavior: Students who are not participating in the plan's activities have less healthy nutritional behaviors, as they consumed more sweets, nutritional supplements and some drugs, and less eating fish meals, and often ate fatty foods right before bed, in addition to their lack of awareness of the proportions of protein, fats and carbohydrates that should be Their daily food contains students not involved in plan activities, they were less communicative and less optimistic about life, and had no desire to discuss the athlete's concerns with others.
- Personal behavior: Students not participating in the plan activities were less searching for sources of happiness, they were not interested in searching for, health information that would benefit them, and they were not interested in reading labels on food products when purchasing them. Sportsman
- Leisure time behavior: Students not participating in the plan activities focus - in their spare time on watching television, playing cards, phone conversations, and relaxing muscles, as well as listening to music, family visits and meeting friends, and that their practice of physical activity is to expand the circle of friends.
- Wrong behavior: Students were not interested in the pulse rate when they did exercise, and that they were keen to drink soft drinks during meals, in addition to their lack of interest in following up with the doctor, and they were more voracious in consuming stimulant drinks and smoking in light of the research goal, and in relation to a sample Research from students participating in the department of sports activity at Thi-Qar University showed

Conclusions

1. Dietary behavior: Students participating in the plan activities were more aware of the appropriate percentages of fat, protein and carbohydrates in their daily diet, more careful that their diets contained the five essential elements, and more interested in reducing the amounts of sweets. Consumed.
2. Social behavior: the participants in student activities, most of them emphasized that the students who participated in the activities of the plan were more connected with others and had good relations with those around them and wanted to talk about their interests from close contacts and continuous communication.
3. Personal behavior: Students participating in the plan activities where they were and the hookah. More interested in searching for health information, and they are keen to use the toothbrush after eating meals, in addition to their interest in reading
4. Labels on food products before purchasing, and their complete keenness to - identify the strengths and weaknesses of their personality and the constant search for everything that offers them happiness. -
5. Leisure time behavior: The students participating in the plan activities emphasized that they are interested in practicing physical activity in order to achieve health and fitness, and that the physical activities that they practice in their spare time are walking, running and games. Individual and group, and they have the ability to assess their fitness levels.

6. Wrong behavior: Students participating in the plan activities emphasized their reluctance to unhealthy drinks and smoking, with their interest in pulse rates during physical activity, sleeping in dim lighting, and seeing a doctor. Periodically, there are statistically significant differences between the axes of the questionnaire (dietary behavior - social behavior - personal behavior - good leisure time behavior) The research sample of students participating in the activities of the general plan for managing sports activity at Thi-Qar University in the curriculum for student activities, in light of the results and conclusions The researcher recommends the following :
7. Paying attention to enhancing the sports culture of students upon joining the university, on the need to participate in activities
8. In order to modify the health behaviors and concepts, taking into account the work on the participation of students in the activities that contribute to strengthening, while the results showed the presence of significant differences, but the statistically biology in the axis, the wrong behavior (the good for the students not participating in the activities - interest in spreading the wrong practice rules they have organized for sports activities, which contributes to the materials Scholarships to make the development of mathematical cognitive awareness in the sports practice curriculum for students and Lives for students. For sports, including working on the implementation of normal sports activities for all students outside the scope of

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