Republic of the Philippines

**Bulacan State University**

**Sarmiento Campus**

San Jose Del Monte Bulacan

**LEVEL OF AWARENESS ABOUT THE DETERMINAL EFFECTS OF UNHEALTHY LIFESTYLE AMONG THE GRADE 9 STUDENTS OF PAMPANGA HIGH SCHOOL**

**Presented to the Faculty of Graduate Program**

**Bulacan State University**

Sarmiento Campus

In Partial Fulfillment of the Requirements for the Degree

Presented by:

**2016 – 2017**

**LEVEL OF AWARENESS ABOUT THE DETERMINAL EFFECTS OF UNHEALTHY LIFESTYLE AMONG THE GRADE 9 STUDENTS OF PAMPANGA HIGH SCHOOL**

**ABSTRACT**

A lifestyle is a mere reflection of person’s way of life. Most of the aspects of lifestyle are voluntary. An individual’s healthy lifestyle choices play a vital role in lowering the risks and negative effects of suffering from illness, poor social skills, and low level of productivity in school or in everyday life.

Unhealthy lifestyle is manifested thru engagement in activities that are known to be harmful to one’s health. Vices, unbalances diet and lack of exercise are just some of the attributes of unhealthy lifestyle that lead to several detrimental effects in the different aspects of an individual.

It has becoming increasingly clear that millennia’s’ high perceived susceptibility to the addictive quality of some video games and internet use; cravings for junk foods; lack of proper and regular exercise; decreased socialization among students; and the impact on their behaviors, coping skills and physical fitness usually result to isolation, depression and lifestyle diseases.

The main causes of the problem are lack of awareness and motivational factors to change the health behavior of students. Hence, teachers should make use of effective pedagogical approaches and apply appropriate health theories/models to addr0ess the problem.