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## Az egészségmagatartás nem-specifikus befolyásoltsága serdülőkorban

### Abstract

Health-related behaviors and protective factors influenced them in adolescence represent a primordial preoccupation concerning prevention. Among health-enhancing behaviors mostly frequented studied are physical activity and attention according nutrition. The present research focalized just about these health-enhancing behaviors and the relation to protective factors among 1977 students in grade 9th to grade 12 th in Transylvania, Romania. The dates were collected in spring of 2006 with questionares. Founding look semnificative gender differences among prevalence and frequency of health-enhancing behaviours, reconfirmed by regressive models of health-enhancing behaviours. In this relationship gender differences are influenced by socio-cultural factors.

### Keywords

adolescence, health-enhancing behaviors, protective factors, gender differences