

**Pszichikai közérzet és egészségma-
gatartás. Egészségpszichológiai
összehasonlító vizsgálat szegedi és
székelyudvarhelyi általános iskolá-
sok körében**

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Abstract: Using biopsychosocial model in research to health condition we have the possibility to overstep the medical approach and take the somatic, mental and social factors of health into consideration in a holistic way. In Hungary, the mortality rate is extremely high and life expectancies are limited by psychosocial rather than biomedical causes, such as unhealthy lifestyle, smoking, regular alcohol consumption, unhealthy dietary habit, environmental pollution and stress.

In modern society besides the risk factors stemming from lifestyle, we have to reckon with the increase of the role of information, achievement, career, body, outward appearances and consumption. Due to these effects, the occurrence of depression, anxiety, health risk behaviors, self-evaluation problems and psychosomatic symptoms has increased. Some psychosomatic symptoms are particularly frequent among inhabitants.

In contrast, there is a need for detecting possible protective factors. A number of national, international,

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longitudinal and cross-sectional studies have justified the beneficial effects of regular physical activity in prevention, treatment and rehabilitation.

The main goal of the present study has been to detect health and mental condition, health risk behaviors among (pre)adolescents and compare the samples from Szeged and Székelyudvarhely.

Keywords: self perceived health, psychosomatic symptoms, health behaviors, social comparison