

Assessing the Health Habits and Lifestyle Practices among Senior High School Students: A Guide for School Health Wellness Program Development

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ABSTRACT

This descriptive quantitative research assessed the health habits and lifestyle practices of senior high school students to provide guidance for school health and wellness program development. The study involved senior high school students of Universidad de Sta. Isabel, selected by means of appropriate sampling techniques. Data were collected using a validated survey questionnaire. Statistical tools such as frequency, percentage, weighted mean, and standard deviation were employed to examine the data. The findings presented that the respondents generally demonstrated moderately healthy lifestyle practices, particularly in personal hygiene and health awareness. However, areas such as physical activity participation, sleep adequacy, and stress management were recognized as aspects requiring improvement. The study concluded that there is a necessity for targeted, school-based health and wellness interventions at Universidad de Sta. Isabel.

Keywords: *Health habits, lifestyle practices, adolescent health, school wellness, senior high school students*

INTRODUCTION

Adolescent health is a vital aspect of human development; it has a direct influence on students' academic performance, social relationships, and total well-being. At this critical phase, students start to make their own decisions about their diet, physical activity, sleep, hygiene, and risk behaviors. Thus, understanding their health habits and lifestyle practices is a vital component of encouraging sustainable health and academic success. The Department of Health (DOH) and the Department of Education (DepEd) have emphasized the importance of the Comprehensive School Health Program (CSHP) to address these challenges through school-based health promotion. However, despite these initiatives, recent surveys suggest that many senior high school students continue to engage in poor health practices, often due to academic pressures, social influences, and a lack of awareness or drive. These issues highlight the gap between the current health education frameworks and students' actual lifestyle behaviors.

Statement of the Problem

This study sought to answer the following questions: (1) What are the common health habits of senior high school students? (2) What is the extent of lifestyle practices of the respondents? (3) Is there a significant effect of the common health habits on the lifestyle practices of the respondents? (4). Based on the findings, what wellness program can be proposed to improve students' health and well-being?

Scope and Delimitation of the Study

The current study primarily focuses on a selected group of senior high school students enrolled in the 2025–2026 academic year. The study focuses on the health behaviors: personal hygiene; nutrition and eating behaviors; sleep and rest; physical activity; and health-seeking behaviors. Junior high school or college students are not included in this study, and it does not include clinical evaluations of physical health.

Review of Related Literature

There is existing literature on adolescent health practices, lifestyles, and health enhancement initiatives. Each study identified trends in student health that impact their wellness, and each study also offered insight into the social and environmental conditions that assist or inhibit students from making health choices. Local and international perspectives are emphasized to share complex elements of understanding the school and community contribution to behavioral characteristics that shape student well-being. Overall, the literature emphasizes that unhealthy lifestyle behaviors remain prevalent among senior high school students.

Theoretical Framework

This study was anchored in the Social Cognitive Theory and the Health Belief Model. These theories offered a useful framework for understanding the factors that shape students' health habits and lifestyle practices.

Conceptual Framework

The conceptual framework explicates the interrelationship between students' common health habits, lifestyle practices, and the Level of Health and Wellness among Senior High School Students. This framework assumes that the health habits and lifestyle practices (IV) of senior high school students influence their overall health and wellness levels (DV). The findings from this relationship will serve as the basis for developing a School Health Wellness Program that aims to improve students' well-being.

METHODOLOGY

This quantitative research study assesses the health habits and lifestyle practices among senior high school students to guide the development of a wellness program.

Research Design

This study employed a quantitative, descriptive-correlational research design. Quantitative research involves collecting and analyzing numerical data. The descriptive component will evaluate the prevalence of common health habits and lifestyle practices among senior high school students. The correlational component will examine the relationship between these habits and practices to determine whether the health habits are statistically associated with the lifestyle practices, without inferring causality.

Research Steps

Before commencing the study, the researcher sought approval from the Faculty Facilitator and obtained a permit to conduct the survey. Second, the researcher sought the approval and endorsement of the Dean of the School of Graduate Studies. The researcher explained to the respondents the purpose and importance of their responses in the study, their

rights as participants, and the assurance of confidentiality. Then, the researcher conducted data analysis of the gathered data.

Data Collection and Sample Selection

The study utilized a stratified sampling method in selecting senior high school students as participants of the study, as they are structured by grade level and strand. Stratification ensures equal representation from each subgroup. Data are then collected from as large a percentage of this random subset as possible. A total population of 240 senior high school students has been identified as the sampling frame for the research. Using Slovin's formula helps the researcher to sample a population with a preferred degree of accuracy.

Data Analysis Methods

Descriptive statistics were employed to analyze the data collected from the survey using SPSS or similar statistical software. Frequency counts were transformed to percentages, and means and standard deviations were calculated to process the raw data. The data were presented and discussed using appropriate tables.

Research Hypotheses and Validation

This study aimed to test the hypothesis that healthy behavior and lifestyle practices have a significant relationship. It was validated by observing and assessing the health habits and lifestyle practices among senior high school students.

Study Limitations and Ethical Considerations

The researcher provided the participants with a copy of an informed consent form to ensure their voluntary participation. The nature and extent of the research participants' involvement were discussed. This study posed no risks. The identities of the participants and data gathered were treated with utmost confidentiality and anonymity.

RESULTS AND DISCUSSION

The findings indicated that the respondents have moderately healthy health habits and lifestyle practices. Among the different dimensions evaluated, personal hygiene got the highest ratings. The findings highlight the significant role of daily health habits in determining the overall lifestyle of Senior High School students. Students who maintained positive behaviors, such as practicing good personal hygiene, making healthier food choices, and seeking appropriate health care, generally demonstrated better lifestyle practices than those with less consistent health behaviors. However, the lower ratings for physical activity and adequate sleep show that students continue to experience challenges in balancing academic demands with healthy living.

SUMMARY

The findings of the study revealed that senior high school students generally demonstrate strong adherence to common health practices and positive lifestyle behaviors, as evidenced by consistently high weighted means across domains. Preventive practices and responsible screen time habits got the highest ratings, showing that students are highly mindful of risk-reduction behaviors and the importance of regulating digital exposure. These findings align with established health behavior theories, including the Health Belief Model and the Social Cognitive Theory (SCT), which propose that personal health practices and lifestyle behaviors reinforce each other. The strong relationship found in the study highlights the interconnectedness of daily habits and overall well-being among adolescents.

CONCLUSIONS

In conclusion, senior high school students adhere closely to common health habits, primarily in hygiene, preventive practices, and screen time management. This establishes a high level of health awareness and responsible behavior. The students' lifestyle practices are highly positive, especially in the social, behavioral, and preventive domains. Students demonstrate strong social connections, avoidance of risky behaviors, and effective stress-management tendencies. The study concludes that health habits and lifestyle practices are strongly interrelated, and improving one area can meaningfully enhance the other. Although the overall responses were positive, certain aspects—such as regular medical check-ups, structured stress-management techniques, and consistent physical activity—require additional attention.

RECOMMENDATIONS

The study's recommendations are directed to various stakeholders who play important roles in improving students' overall wellness. School administrators, including the health services unit, are encouraged to strengthen existing health and wellness initiatives by integrating sleep hygiene education, nutrition awareness, and digital discipline into the curriculum, while also enhancing access to school-based medical and dental services. They should further institutionalize stress management and mental health programs, such as mindfulness sessions, counseling campaigns, and wellness week activities that promote emotional resilience. Teachers are recommended to support these initiatives. Parents and guardians are advised to monitor adolescents' gadget use, especially at night, prepare nutritious meals, encourage regular physical activity, and ensure consistent attendance in health check-ups. Students, on their part, are encouraged to take responsibility for their own well-being and seek guidance from counselors or health professionals when facing emotional or mental challenges. Finally, future researchers are encouraged to conduct qualitative studies that explore the underlying causes of poor sleep hygiene and unhealthy nutrition among students and examine the gap between perceived and actual screen-time behavior.

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AI DECLARATION STATEMENT

AI-supported tools helped with grammar and structure when creating this article. No AI tools were used to collect, analyze, or interpret data; all authors are credited for their academic contributions.

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