

UNSPORTSMANLIKE AND SEDENTARY LIFE AS FAVORABLE FACTORS OF COMMON DISEASES AMONG YOUTH AGES

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Abstract

In recent decades is noticed a negative trend to the preschool and school age who are inclined to avoid moving the active life and physical sports games and on the other hand are driven by the development of science and electronics. This passive or sedentary life has many negative effects on the health and development of children and teenagers. These children first become overweight to obesity, on the other hand, overweight and obesity lead to decreased resistance of the organism and these children falls apathetic adipose tissue when obesity is expressed and is to be emphasized because when fat cells are created they do not disappear. These children especially before puberty age risk to be in future to 10 times more susceptible to the disease of diabetes, pressure disease, depression etc. On the other hand these children and disposed to suffer physical deformities and eye damage during standing in front of the TV screens, laptops, mobiles etc. While sporting commitments, as various physical sports like basketball, football, swimming, athletics etc. make these pupils more healthy and prevent obesity and the risk of various diseases. Our study was conducted in the the School "Konstantin Kristoforidhi", Elbasan. A total of of 200 pupils aged 16-17 years were tested. About 20% of them were overweight and 5.7% obese. Ratio male/female was 58% male and 42% female. 68% of overweight and obese children were from the city and the rest from the periphery. Avoidance of physical activities and sports in school ages and trend toward a tendency to sedentary life become factor of risk for obesity and diseases like diabetes, blood pressure and nerve disorders for children. Although our study is modest the numbers of overweight and obesity are increasing. In the future a large task for our society is raised, great efforts should be made to promote and increase physical activity in schools in the children and youth community that in the future to be healthy and non-obese.

Keywords: *physical activity, obese, overweight, sedentary, diabetes*