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ABSTRACT

This study determined the lifestyle practices of junior high school students as a basis to propose measures to address the respondents' lifestyle. The descriptive research method was utilized in the study with the questionnaire as the primary tool used to gather data.

The salient findings of the study are as follows (1) the respondents often practiced the indicators along physiological, emotional, and spiritual lifestyle dimensions. Conversely, they sometimes practiced the indicators along mental and social lifestyle dimension; and (2) the dominant lifestyle practices were along physiological, emotional, and spiritual dimensions. While the less dominant lifestyle practices were along mental and social dimensions.

The study concluded that most of the time the respondents have very commendable lifestyle practices along the different dimensions. The lifestyle practices along physiological, emotional, and spiritual dimensions were performed with no difficulties as compared to the social and mental lifestyle practices.

Based on the findings of the study, proposed measures to address the lifestyle practices of junior high school students were developed.