

Summary

Adolescent period is one of the most crucial periods of life as far as health, nutrition and psychosocial development is concerned. Even more importantly, most mortality in adulthood has its roots in the adolescent period. WHO estimates that 70% of premature deaths among adults are largely due to behaviour initiated during the adolescence .

To study the health risk behaviours and associated factors in adolescent, cross-sectional study design was used . The study was conducted among the grade 11 students attending schools in MOH area Dompe. .

Prevalence of current smokers among the study population was 13.3% and out of that 23.1% were male and 2.9% were females. In the present study overall current alcohol users were 22.3%, while 39.3% and 9.8% were males and female respectively.

Out of the 465 students 8.3% attempted suicide while 21.5% had suicidal ideation during the preceding 12 months.

Physical violence at least once during last 30 days reported as 38.7%. This seems to be fairly high rate when considering the shorter time period it measured . However majority of cases were trivial fights.

Experience of having sexual intercourse among the male students was 19.4% and while only 2.4% among the female.

Thirty point seven percent (30.7%) students were engaged in at least one such behaviour. The co-occurrence of risk behaviours was seen in the study with 19.3 % of the students involving more than one risk behaviours.

Good attachment with the family, regular friendly communication with parents and teachers, regular participation in religious activities all were protective factors for risk behaviours under study.

While economic condition of family, educational and employment status of the parents, participation of sports were having much less influence on selected risk behaviours .

Alcohol and smoking among the peers, bullying, divorced parents were risk factors for selected health risk behaviours of the present study.

Strengthening of health promoting concept in schools with a overall improvement positive health behaviors and reduction in health risk behaviors should be the key strategy in risk prevention programs and this must be a tripartite partnerships between students, teachers and the parents. Interventions to reduced risk behaviours should be incorporate with a suitable program to monitor effectiveness, and efficiency of such programs at every level.