

Young people's lifestyles: sport orientations in connection with alcohol consumption and the social representations of the health

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Abstract

Background. Today, when our everyday lives are invaded by the recommendations relative to health behaviours which offer a "healthy lifestyle" (high-quality diet, moderate physical activity, non-smoking, low-moderate alcohol consumption, 7-8 hours of sleep a night) it seemed important to question the interrelation in these lifestyles between the systems of individual and collective values as well as socioeconomic and cultural resources variables.

Aims. To identify from which point of view sport practice behaviours and alcohol consumption coexist within the life style of young people by studying them in their complexity compared to contextual and structural dimensions.

Methods. A study by questionnaire was conducted in the area of Haute-Normandie, France, on a population of 2677 young people (boys, n = 1550; girls, n = 1127). A factorial analysis of the replies (AFC) allowed us to answer the following hypothesis: alcohol consumption varies according to the logics of implication in sport practice; alcohol consumption is related to the logics of sport practice differentiated according to the gender.

Results. The factorial analysis highlights four profiles differentiated according to the gender and structured according to the different dynamics of lifestyles joining together finalities, types of sport practices, alcohol consumption behaviours and health perceptions.

Conclusion. Sport practice seems to play a significant role in the differentiated expression of alcohol behaviours of young people. The various profiles relativize the impact of the frequency of sport practice on other health related behaviours highlighted by various epidemiologic studies.

Keywords: young people, sport, alcohol, health, perceptions, lifestyle.