

Health Perception and Satisfaction With Life in Adolescents: Difference Between the Sexes

Abstract

The present study assessed the difference between adolescent boys and girls in terms of their perception of health, happiness and satisfaction with their own lives. Bearing in mind the differences identified, an assessment was made of the relationship between their satisfaction with different aspects of their lives, on the one hand, and variables related to their perception of health, on the other. The sample consisted of 188 students from the eighth grade of the basic education of six state public schools of Cachoeirinha/RS. The instruments used were the Health Behavior in Schoolchildren and Brief Life Satisfaction Scale (BLSS). The data were analyzed through univariate and bivariate analysis. Results show that boys present significantly superior health perception, while girls present more often negative emotions. The health perception is positively related to satisfaction with their experience as students, with themselves and with life in general, while negative emotions are inversely related to satisfaction in the studied domains. The results show the importance of broadening the conception of health in this population in order to promote adolescents' health.

Keywords: Adolescence; health; satisfaction with life; difference between sexes