

# Research on Adventist Education: Health Studies

## Elementary & Secondary Education (20)

**Dias, E. (1987). *The relationship of nutrition knowledge and food-related behavior among secondary students*. Andrews University, Berrien Springs, MI.**

*Problem:* The purpose of this study was to assess the level of nutrition knowledge, to determine how nutrition knowledge is related to food-related behavior among secondary students at a parochial day school, and to determine the effect on both of a nutrition-education program presented as bulletin-board displays.

*Method:* The population of this study consisted of all junior and senior students in the school. The students in two religion classes were selected for a total sample of 113 secondary students. Data were collected by means of an experimental pretest-posttest design to assess the relationship between nutrition knowledge and food-related behavior and to determine the effect on both of a nutrition-education program in the form of bulletin-board displays. For pretest and posttest the same questionnaires were structured; these included an information sheet, a nutrition knowledge test, and a food-related behavior test. Then the group was exposed to the treatment consisting of six educational objectives carried out in weekly bulletin boards. T-test and Spearman's  $r_1-r_2$  were used in the statistical analysis.

*Results:* The results of this study showed that while this form of nutrition education increased nutrition knowledge, no significant dietary changes occurred due to increased knowledge. In addition, knowledge of nutrition facts and application of that knowledge to dietary practices were not related.

*Conclusion:* Based on the findings of the present study, it was concluded that knowledge of nutrition facts and application of that knowledge to dietary practices were not related among this group for the period of time measured.

*More Information:* Full text not available online. Andrews University Library G.S. Th. D541

**Fernández Molocho, L. A., & Contreras Castro, M. (2005). *Impacto del Programa "Mi lonchera saludable" en la adopción de un estilo alimentario saludable de los niños del primer grado del Colegio Unión de Ñaña, Lima, Perú, 2005*. Tesis de Maestría, Universidad Peruana Unión. Retrieved from <http://investigacion.upeu.edu.pe/index.php/Tesis:MSP0609>**

Las prácticas de alimentación inadecuadas en los escolares debidas a múltiples factores personales y ambientales, están ocasionando problemas de salud importantes como obesidad, caries, alergias y diarreas, las mismas que se han convertido en una preocupación para la salud pública. Una de las formas de realizar dichas prácticas alimentarias saludables por alimentos densos en calorías y pobres en nutrientes, como golosinas y bebidas envasadas.

Por tal motivo, se realizó el presente trabajo de investigación e intervención con el objetivo de determinar el impacto del programa "Mi Lonchera Saludable", en la adopción de las prácticas alimentarias de los niños del primer grado del Colegio Unión. El programa tuvo una duración de dos meses y abordó un componente educativo motivacional para el cambio, orientado a mejorar los conocimientos, actitudes y prácticas alimentarias de los niños mediante la lonchera escolar. La muestra estuvo constituida por 37 alumnos del primer grado.

Para la recolección de los datos se utilizo un test de conocimiento, un test de actitudes y una guía de observación. Los resultados obtenidos fueron: un nivel de conocimientos alto en el 100% de los alumnos, una actitud favorable en el 100% de los niños y un nivel de prácticas bueno en el 97.3% de los niños.

*More Information:* Dirección General de Investigación de la Universidad Peruana Unión (UPeU), <http://investigacion.upeu.edu.pe>

**Gray, D. L. (1994). *Human immunodeficiency virus and acquired immune deficiency: Beliefs, knowledge, and behaviors of high school students attending Seventh-day Adventist academies*. Dissertation, Andrews University.**

*Problem.* Few attempts have been conducted to assess knowledge of HIV/AIDS in the adolescent population attending Seventh-day Adventist secondary schools. This present study was to investigate the HIV/AIDS-related beliefs, HIV/AIDS-related knowledge, and HIV/AIDS-related behaviors of adolescents according to gender, grade level, ethnicity, geographical location, and religious affiliation.

*Method.* The subjects for this study were 1,292 9th- through 12th-grade students attending selected non-boarding Seventh-day Adventist academies representing three geographical regions of the United States and the Virgin Islands. The survey instrument utilized was the "AIDS Survey for Students" obtained from the U.S. Center for Disease Control. Chi-square analysis was used to analyze the relationship of gender, grade level, ethnicity, geographical location, and religious affiliation on the three variables of HIV/AIDS-related beliefs, knowledge, and behavior.

*Results.* Students were generally knowledgeable about how HIV/AIDS is spread through sharing needles used to inject drugs, and having sexual intercourse without using a condom. However, student responses to knowledge and beliefs items resulted in high percentages of misconceptions and misinformation relating to casual modes of HIV/AIDS transmission. Inconsistencies also appeared between the level of reported student knowledge and reported student high-risk sexual behaviors associated to HIV/AIDS.

*Conclusions.* Although knowledge of HIV/AIDS risks does not always prompt adolescents to practice safer sexual behaviors, it is essential that adolescents receive accurate information concerning HIV/AIDS to enable them to make wise behavior decisions. Better education about routes of HIV/AIDS transmission is needed to dispel misconceptions and misinformation relating to casual modes of transmission. While Seventh-day Adventist students did not demonstrate greater knowledge about HIV/AIDS than previous groups tested with this type of instrument, they did show a lower trend of high-risk behavior.

*More information:* Full text available online

**Handysides, R. (1998). Health education in a sample of Seventh-day Adventist academies in North America. *Journal of Research on Christian Education*, 7(2), 137-154.**

Ninety-three questionnaires were sent out to health-education teachers employed in Adventist academies in North America. Of those sent out, 38 (35.3%) were completed and returned. Consequently, with such a small sample, any generalizations made from the findings should be done with caution. Respondents were asked about their academic preparation, use and evaluation of curriculum guides and textbooks, interest and desire to further their education in health education, and their personal rating of their current knowledge of health issues. In this sample, 40% of the respondents had no direct training in health education, while those with stronger backgrounds expressed more willingness to take continuing education credits to increase their teaching effectiveness. Although teachers are encouraged to use curriculum guides, only 26%

admitted to using them frequently or always. Information is used directly from textbooks in 75% of health-education classes, but none of the respondents rated their textbooks as excellent. It would seem that, with the church's emphasis on health, further discussion should take place regarding both the preparation of health-education teachers, and the amount of time devoted to health education in academies.

**Herold, D. (1999). *A study of the beliefs, knowledge levels, and sexual behavior as they relate to HIV/AIDS of students attending three Seventh-day Adventist boarding schools in Ethiopia*. Andrews University, Berrien Springs, MI.**

*Purpose:* The purpose of this study was to determine the beliefs and level of knowledge about HIV/AIDS, and sexual behavior of students attending three Seventh-day Adventist (SDA) secondary schools in Ethiopia. This study also examined how certain demographic characteristics were related to the student's beliefs, knowledge level and sexual behavior.

*Method:* An adapted version of the AIDS Survey for Students developed in the U.S. Centers for Disease Control was administered during assembly to students of three SDA secondary schools in Ethiopia. One thousand on hundred and forty-four completed the survey. Chi Square was used to test the null hypotheses implied in 19 research questions. Statistical significance was set at 0.05.

*Results:* A majority of the students have correct knowledge of HIV/AIDS and have positive attitudes towards victims of AIDS. Grade levels, age, and gender were significantly related to a number of beliefs and attitudes about HIV/AIDS. Affiliation with the SDA church as well as length of attendance at SDA schools were also significantly related to some beliefs and attitude items. There is also significant relationships between sexual behavior and communication with parents or other adults about HIV/AIDS.

*Conclusions:* There is no cure for HIV/AIDS in the foreseeable future. Sex and AIDS education should be developed to encourage responsible sexual behavior.

*More Information:* Full text not available online. Andrews University Library G.S. Th. H561

**Hopkins, G. L. (1996). *An AIDS risk appraisal of students attending Seventh-day Adventist high schools in the United States and Canada*. Ph.D., Loma Linda University.**

Since its first recognition in 1981, the Acquired Immunodeficiency Syndrome (AIDS) has become a global disease of increasing prevalence. Because there is no current cure or vaccination available to effectively prevent AIDS, health education has become an important method of reducing the transmission of the human immunodeficiency virus (HIV) which is known to cause AIDS.

A substantial amount of research has been conducted in public high schools aimed at identifying determinants of students AIDS-risk behaviors. With the exception of one study conducted by Ludescher (1992), theory based AIDS-behavioral research in Christian student populations have not been reported.

In the present study, 1,748 students attending 69 Seventh-day Adventist (SDA) four-year high schools completed a self-administered questionnaire designed to assess (1) the HIV/AIDS-related behaviors of substance use and sexual intercourse before marriage and the determinants of these two risk behaviors based on the theory of planned behavior (TPB) (Ajzen, 1989), and (2) HIV/AIDS related attitudes, normative beliefs, and perceived control in a sample of SDA high school students based on the TPB.

A substantial number of research participants reported prior sexual and drug use behaviors. The rates of both of these behaviors were lower in SDA than in non-SDA respondents. Those students who reported that their parent(s) used either tobacco, alcohol, or marijuana demonstrated higher rates of past sexual intercourse and substance use than those students who reported that their parent(s) were not users of any of the three substances. Using multiple regression analysis, the best predictor of the respondents intention to have sexual intercourse before marriage their perceived control over this behavior. Further, the cognitive underpinnings that best predicted the students perceived control regarding sexual intercourse before marriage were spiritual strength and encouragement from their teachers.

Useful conclusions drawn from this research were not that a certain proportion of SDA youth engaged in sexual behaviors or substance use, but were rather that SDA youth are not immune or exempt from engaging in behaviors that place them at risk for unintended pregnancy, sexually transmitted diseases including AIDS. Also, some of the cognitive underpinnings of the student's attitudes, subjective norms, and perceived control as they relate to sexual intercourse have now been identified. Educators can now act by creatively designing strategies that when implemented may serve to reduce the consequences of the acts studied. The Office of Education of the North American

Division of Seventh-day Adventists might consider a continuous assessment based on behavioral theory that would further clarify determinants of health risk behaviors in their student population in the future. An analysis such as this would allow for quick corrective interventions when indicated.

*More Information:* Full text available online

**Hopkins, G. L., Hopp, J. W., Marshak, H. H., Neish, C., & Rhoads, G. (1998). An AIDS-risk assessment of students attending Christian high schools in the United States of America: A practical application of the theory of planned behavior. *Journal of Research on Christian Education, 7*(2), 91-120.**

During the school year of 1994-1995, 1611 students attending Seventh-day Adventist high schools in the United States of America completed questionnaires designed to assess their HIV/AIDS-related knowledge and behaviors. AIDS-related behavioral intentions, attitudes, subjective norms, and perceived control were also assessed according to the Theory of Planned Behavior (Ajzen, 1989). The rates of the sexual and drug-use behaviors measured in this population are lower than for students who attend public high schools. Increased risk for participating in sexual intercourse, the key AIDS-risk behavior in youth, was associated with the students' substance use and also by their parents' use of substances. Measurements designed in accord with the Theory of Planned Behavior revealed that students most relied on spiritual strength and encouragement from teachers to manage their control over premarital sexual intercourse.

*More information:* Gary Hopkins, Loma Linda University

**Hopkins, G. L., & Oliver, A. (1997). What do NAD health teachers know and do? *Journal of Adventist Education, 59*(4), 45-47. Retrieved from <http://circle.adventist.org/files/jae/en/jae199759044503.pdf>**

The authors share startling statistics from the U.S. Department of Health and Human Services' 1995 Youth Risk Behavior Surveillance to show the need for health teachers to provide current, accurate, and often quite technical information to their students. It also shares the finding of a survey of secondary-level Adventist health teachers in the NAD, and presents some recommendations to bridge the health information gap that seems to prevail at this level.

*Full text on CD:* [jae199759044503.pdf](#)

**Hopp, J. W., Cruise, R. J., & Ludescher, G. (1995). AIDS related knowledge, attitudes, and behaviors in adolescents. *Journal of Adventist Education*, 57(03), 39-42. Retrieved from <http://circle.adventist.org/files/jae/en/jae199557033904.pdf>**

This article presents the results of a 1990-91 study of students in California senior academies and their AIDS awareness as compared with public high school students. The academy students were significantly better informed about AIDS and much less likely to engage in premarital sex than their public school counterparts.

*Full text on CD:* jae199557033904.pdf

**Hopp, J. W., Hopp, H., Neish, C., Rhoads, G., & Hopkins, G. L. (1997). AIDS risk among students attending Adventist academies in North America. *Journal of Adventist Education*, 59(04), 36-39. Retrieved from <http://circle.adventist.org/files/jae/en/jae199759043604.pdf>**

The results of one of five studies done on the causes of HIV/AIDS risk behaviors exhibited by students enrolled in Seventh-day Adventist schools in the United States. Discussion is given to research design, results, the impact of non-Seventh-day Adventist students attending Adventist schools, and the limitations of the study.

*Full text on CD:* jae199759043604.pdf

**Hopp, J. W., & Zimmerman, G. (1990). Attitudes towards AIDS education: A teacher survey. *Journal of Adventist Education*, 53(01), 18-21. Retrieved from <http://circle.adventist.org/files/jae/en/jae199053011804.pdf>**

Hopp and Zimmerman present results from a teacher survey designed to assess attitudes toward AIDS education. The researchers note that the growing epidemic of AIDS has created an "epidemic of afraids", and that while most teenagers have heard about AIDS, few seek out additional information or change their behaviors. The sample for this study consisted of 454 teachers and 55 administrators in grades 7-12.

**Full text on CD:** jae199053011804.pdf

**Ludescher, G. (1992). *AIDS-related knowledge, attitudes, and behaviors in adolescents attending Seventh-day Adventist schools in California.* Loma Linda University, California.**

Since it was first recognized in 1981, the Acquired Immunodeficiency Syndrome (AIDS) has become a pandemic disease. Because public education has been recognized as the most effective means to fight the spread of AIDS, there has been an increasing assessment of AIDS-related knowledge, attitudes, and behaviors in adolescents at the local, state, and national level. These studies, however, have been conducted almost exclusively in public schools. Data from private Christian high schools have been rarely gathered or analyzed separately. Such studies are (except for drug use) largely non-existent for Seventh-day Adventist (SDA) schools.

In the present study, 488 adolescents grades 9 through 12, attending SDA-academies throughout California participated and returned a mailed self-administered questionnaire anonymously. The students belonged to a random cluster sample of 225 SDA churches. The questionnaire assessed AIDS-related knowledge, attitudes, and behaviors; some of their family-, church-, and school-related determinants; and social desirability response tendency (SDRT) of the study participants. AIDS-related findings were compared with the 1990/1991 data of the statewide Youth Risk Behavior Survey in public schools.

A significant number of participants reported involvement in drug use and/or sexual intercourse. Occurrence, however, was consistently and markedly lower than in students from public schools. AIDS knowledge and attitude scores were substantially higher in students from SDA-schools. Family-related determinants showed a statistically significant protective effect against drug use and sexual intercourse in contrast to church and school-related factors. As opposed to sexual activities, drug use was reported more frequently by students with low SDRT.

Findings indicate that youth in SDA-schools are not immune to drug use and premarital sex. The study suggests a broad approach of early, continuous, and mandated AIDS education in school as well as significant family life programs. Regular and comprehensive youth risk behavior surveys to monitor changes, take corrective actions if necessary, and allow comparison with public schools are also recommended. Finally, further research about the impact of "safe sex" and "abstinence only" curricula on student behavior is encouraged.

*More Information:* Full text available online



**Mfune, S. S. K. (1991 ). *The development and implementation of the positive kids model: A whole-brain teaching approach for children ages 3 to 12 focussing on health behaviors and the spiritual component of commitment as a holistic approach to substance-abuse prevention.* Dissertation, Andrews University.**

*Problem:* Though there are many programs aimed at teaching children the importance of not using drugs, most of these programs have been developed without considering at least two factors. First, the typical “Just say no to drugs” programs taught in public and private schools have been developed without taking into consideration the hemispheric functions of the brain. Many psychologists associate different thinking styles with the two hemispheres of the brain: the left brain (LB) and the right brain (RB).

Accumulating evidence suggests that when we communicate in such a way as to be understood well only by those who primarily use one hemisphere, we “turn off” those who primarily use the other. Our educational system is basically oriented to LB thinkers. Evidence now surfacing suggests that school dropouts are predominately RB thinkers. Generally, the substance -abuse prevention programs taught in schools is patterned after the existing system of education and thus reflects LB strengths. This suggests that the programs have narrowed the spectrum of children to whom they appeal, thus making them less effective than they could have been.

Second is an observation based on two systems of education: the Seven-day Adventist (SDA) system and the American public school education system. In American public schools, religion is not taught. This has resulted in developing substance-abuse prevention programs which lack the spiritual component. While public schools are deficient by not emphasizing the spiritual aspect of the person, the SDA philosophy of education which trains the heart(spiritual), the head(mental), and the hand (physical), does not accentuate the social component of a person. Thus, both systems lack a holistic philosophy of education. This observation exposed a need for developing a holistic substance -abuse prevention program which would appeal to both LB- and RB-oriented children.

*Method.* A descriptive systematic approach of this research began with literature review. This review suggested the importance of using music as a teaching medium because it requires no medium and is perceived by both hemispheres of the brain without conscious distinction. The literature review suggested that activating both hemispheres of the brain enhances learning, and information is remembered for a longer time. A musical drama was created and performed in four places: a public school, a non-SDA church, a SDA school, and a SDA church. A questionnaire was used to collect data from churches and schools where the Positive Kids musical drama was performed.

*Results.* The SPSS/C+ statistical computer program was used to analyze the collected data. It was noted that though the program had been presented more than six months previously in these institutions, people still remembered the contents of the program.

*Conclusion.* Music, which is perceived by both sides of the brain without conscious distinction, should be a medium of choice to be used when teaching children.

*More Information:* Full text not available online

**Modeste, N., Hopp, H., & Green, I. (1997). What do Seventh-day Adventist high school students in Trinidad and Tobago know about AIDS? *Journal of Adventist Education*, 59(04), 32-35. Retrieved from <http://circle.adventist.org/files/jae/en/jae199759043204.pdf>**

This research article presents information about HIV/AIDS knowledge, attitudes, and short-term behavioral intentions of adolescents who attend Seventh-day Adventist high schools in Trinidad and Tobago.

*Full text on CD:* jae199759043204.pdf

**Munasinghe, A. (2002). *Knowledge, attitudes, intentions and behavior concerning aids risks among adolescents in Adventist Colleges in the Philippines.* AIAS, Silang Cavite, Philippines.**

The purpose of this study was to explore knowledge, attitudes, intentions, and behaviors concerning AIDS risk among adolescents attending Adventist colleges in the Philippines. The study sought to assess the extent to which these students participated in sexual activity and drug use behaviors, which placed them at risk for contracting or transmitting the human immunodeficiency virus (HIV). The theory of reasoned action (TRA) developed by Ajzen and Fishbein (1980) served as the theoretical framework for the study. Data were obtained from a total of 388 college freshman and sophomore students in seven Adventist colleges in the Philippines. The data were compared to the Hopkins and Hoop (1998) study. Major findings of the study led to the following conclusions: students who attended SDA colleges in the Philippines were not exempt from engaging in AIDS-risk behaviors such as alcohol, drugs, and unprotected sexual intercourse, which placed them at risk for unintended pregnancy, sexually transmitted diseases including AIDS, and health consequences of substance use. Students in SDA colleges in the Philippines reported similar rates of sexual intercourse (15.7% vs. 16.3%) compared to the Hopkins and Hoop study. But lower rates of all substances measured when compared to their counterparts in North

America.

Out of the sample, 211 (54%) scored 76% or more on the 13 AIDS knowledge questions. Considering 75% or more as the passing score, respondents in this study appeared to be less knowledgeable regarding AIDS, which is contrary to previous AIDS research conducted in other adolescent populations.

Three major conclusions were drawn from the study: the theory of reasoned action is a good model to predict behavior focusing on the behavioral intent. As observed, the effective domain and subjective norms are more important in preventing AIDS-risk behaviors compared to the knowledge aspect.

Second, subjective norms (parents, friends, teachers, and other adults) tend to influence the students' intentions regarding sexual intercourse and substance use.

Third, a comprehensive approach should be taken when initiating AIDS prevention programs. There should be a conjunction between knowledge and the affective side in terms of attitudes, beliefs, values, and the spiritual dimension when considering an AIDS education program. Major recommendations in this study were: to explore areas this study has not focused on such as: gender and age differences in regard to AIDS-risk behaviors, and other similarities and differences between risk behaviors among different regions of the Philippines. Finally, it was recommended to incorporate a qualitative aspect in order to enhance the findings and to further contribute to the theory of reasoned action.

*More Information:* Copy available from AIIAS Leslie Hardinge Library LG224.H43 .M85 2002

**Pearman, K.-L. Y. (2009). *An investigation of the knowledge and beliefs held by teachers and parents in a parochial school system regarding attention-deficit/hyperactivity disorder and the variables that predict their knowledge.* Andrews University, Berrien Springs, MI.**

*Problem:* Attention-Deficit/Hyperactivity Disorder (ADHD) is one of the most prevalent childhood disorders affecting 3 to 5% of school populations in the United States and other countries. Due to the behavioral and/or academic challenges of children with ADHD, they are at risk for grade retention, dropping out of high school, and teenage delinquency, which can lead to negative consequences in society. Children with ADHD are found in every school setting, including parochial schools. Past studies have found teachers and parents have inadequate knowledge about ADHD, which can negatively affect these children. This study investigated what teachers and parents of children in a

parochial school system know and believe about ADHD and what predicts their knowledge.

*Method:* A four-section questionnaire was compiled for this study to investigate the knowledge and beliefs of a convenience sample of 76 regular education teachers and 373 parents in a parochial school system. Questionnaires consisted of knowledge and belief statements, demographic questions, and experience with/exposure to ADHD questions. Descriptive statistics assessed knowledge and belief scores; one-way ANOVA and chisquare analyzed differences between teachers' and parents' knowledge and beliefs, and Categorical Regression investigated important contributors to knowledge of ADHD.

*Results:* Teachers and parents of children in a parochial school system have inadequate knowledge regarding ADHD, but they have positive beliefs in many areas of ADHD. They also believe some of the myths associated with ADHD. Demographic variables and experience with ADHD contributed to teachers' knowledge regarding ADHD, while exposure to information about ADHD possibly contributed to teachers' knowledge. Exposure to information about ADHD and experience with an ADHD variables contributed to parents' knowledge regarding ADHD. Both groups believe they would benefit from additional training and information about ADHD.

*Conclusion:* Teachers and parents have inadequate knowledge of ADHD. Nonetheless, they have positive beliefs in many areas, but they have negative beliefs about stimulant medication. Experience with ADHD and exposure to information about ADHD can increase teachers' and parents' knowledge regarding ADHD. Adequate knowledge and positive beliefs can ensure children with ADHD in a parochial school system can have a positive outlook at school, at home, and in society.

*More Information:* Full text available online

**Ribero Suárez, L. E., & Miranda, A. E. (2004). *Predicacion de la creencia de la IASD sobre sexualidad en algunas actitudes y practicas sexuales de los Jovenes Adventistas de Colombia*. Tesis Doctoral, Universidad Peruana Unión. Retrieved from <http://investigacion.upeu.edu.pe/index.php/Tesis:DT0404>**

Recientes investigadores en Colombia y otros países, muestran que en buena medida las actitudes y prácticas sexuales no son congruentes con la enseñanza bíblica sobre la sexualidad. Siendo que el debilitamiento de moral sexual afecta las relaciones humanas, crea un corto circuito en el orden social, transforma la relación con Dios y produce frustración, el investigador decidió indagar lo siguiente. ¿Es la creencia con

respecto a la sexualidad una característica predictora de las actitudes y prácticas relacionadas con las relaciones premaritales, la masturbación y las caricias eróticas antes del matrimonio de los jóvenes solteros de 16 a 35 años de la IASD en Colombia en el año de 2003?

*Tipo de Investigación:* El enfoque del presente estudio es de tipo social cuantitativo. El tipo de la investigación es descriptivo, correlacional – predictivo, multivariado. Por el lugar y el tiempo de la investigación es de campo y transversal. La información se recolectó a través encuestas.

*Metodología:* El instrumento fue sometido a expertos para que analizaran la pertinencia y claridad de cada uno de los ítems. Después de dos pruebas piloto se calculó la confiabilidad del instrumento por el método de coeficiencia alfa de Cronbach, siendo el resultado .8350. Se aplicó la encuesta en las cinco ciudades principales de Colombia y la Isla de San Andrés a 557 jóvenes.

*Conclusiones con Respecto a la Correlación de Pearson entre las Variables:* Se concluye que existe una correlación positiva media entre la “Creencia sobre sexualidad de la IASD” y la “actitud hacia las relaciones premaritales, la masturbación y las caricias eróticas”. De otra parte, se parecía que existe una correlación negativa débil entre la “Creencia sobre sexualidad de la IASD” y las “prácticas de las relaciones premaritales, masturbación y caricias eróticas”. En resumen, la creencia de la IASD sobre sexualidad sí predice a la inversa las prácticas de estos comportamiento sexuales.

*Implicación:* Los resultados muestran que las actividades y especialmente las prácticas sexuales de los jóvenes adventistas de Colombia se encuentran lejos de lo que la Iglesia Adventista enseña sobre sexualidad. Los padres, instituciones educativas e iglesias deben orientar a los jóvenes a ser leales a sus convicciones y coherentes en su conducta con los principios y normas cristianas que rigen la sexualidad humana.

*More Information:* Dirección General de Investigación de la Universidad Peruana Unión (UPeU), <http://investigacion.upeu.edu.pe>

**Rice, G. T. (1997). A school checkup: How good is your health program? *Journal of Adventist Education*. Retrieved from <http://circle.adventist.org/files/jae/en/jae199759042105.pdf>**

How healthy is your school? Seven effective steps are outlined for Adventist teachers and administrators wanting to re-evaluate the health program in their school by using education research procedures. A sample survey for gathering information from parents and the community is included, along with a table of helpful tips on designing survey questions and evaluating survey responses.

*Full text on CD: jae199759042105.pdf*

**Tuting, A. A. (2008). *The relationship of organizational health, physical and psychological morbidity of educators in selected secondary schools*. AIIAS, Silang Cavite, Philippines.**

This study examined the relationship of organizational health to the physical and psychological morbidity of administrators and teachers in selected Seventh-day Adventist secondary schools in the North Philippine Union Mission. The participants in this study were 106 administrators and teachers who were teaching in different academies within the territory of NPUM. Descriptive and correlational research designs were used. The findings of this study revealed significant differences between physical and psychological morbidity with gender of the respondents, and a significant relationship between physical and psychological morbidity among teachers. Other findings, including recommendations for further study were mentioned.

*More Information:* Copy available from AIIAS Leslie Hardinge Library LG224.E38 .T87 2008

**Weinbender, M. L. M., & Rossignol, A. M. (1996). Lifestyle and risk of premature sexual activity in a high school population of Seventh-Day Adventists: Valuegenesis 1989. *Adolescence*, 31, 265-281. Retrieved from [http://findarticles.com/p/articles/mi\\_m2248/is\\_n122\\_v31/ai\\_18435710/](http://findarticles.com/p/articles/mi_m2248/is_n122_v31/ai_18435710/)**

In the past 20 years, sexually transmitted diseases (STDs), including AIDS, and the physical, psychological, and economic difficulties associated with unwanted pregnancy have increased steadily among American adolescents. The objective of this study was to evaluate Adventist lifestyle as a modification of popular American culture which reduces the risk of early sexual activity in adolescents and thus also reduces the risk for both STDs and teen pregnancy. The study was based on 8,321 respondents to a questionnaire concerning specific behaviors, beliefs, and attitudes among Seventh-day

Adventist youth attending 58 high schools in North America. Analysis of the data demonstrated that a wide variety of behaviors were associated with premature sexual activity, including previously reported high-risk behaviors such as drug or alcohol use. In addition, several behaviors that are discouraged within Adventist culture, such as going to a movie theater or participating in competitive sports, also were associated with early sexual activity. It is hypothesized that these latter behaviors may predict the emergence of other high-risk behaviors, such as early sexual activity, in both Adventist and popular cultures, and thus may be "transition-marking behaviors" as described by Jessor and Jessor (1975).

## General Education (4)

**Mendoza Macedo, M. S. (2005). *Efecto de la Linaza pulverizada sobre los valores de colesterol plasmático en los participantes del programa "Vida abundante en acción de la iglesia Villa Unión" de la Universidad Peruana Unión. Universidad Peruana Unión. Retrieved from <http://investigacion.upeu.edu.pe/index.php/Tesis:FCSN0501>***

Las enfermedades cardiovasculares son ya la primera causa de muerte en el mundo, provocan uno de cada tres fallecimientos y su incidencia aumenta en países en desarrollo a medida que mejora la situación económica y el nivel de bienestar. En los países en vías de desarrollo, "comienza aumentar el consumo de hidratos de carbono, por ejemplo, y progresivamente crece la incidencia de diabetes, la obesidad o la hipertensión", entre otros factores que contribuyen a los problemas cardiovasculares. (1) La prosperidad económica y un carácter cada vez más urbano de las sociedades tienden a tener un estilo de vida más sedentario con estrés y donde el consumo de cigarrillos o de comida con exceso de grasa, gana terreno a otros hábitos más saludables. (2) Las enfermedades cardiovasculares no son un problema exclusivo de países ricos, ya que el 80% de los 17 millones de muertes anuales por enfermedades cardiovasculares ocurren en países pobres o en desarrollo. Tampoco afecta sólo a varones de edad avanzada como suele pensarse, puesto que en mujeres la tasa de muertes por esa causa es 18 veces mayor que en otras enfermedades. (3)

En cuanto a los jóvenes y adultos de mediana edad, las enfermedades cardíacas son responsables de tantas muertes a nivel global. En los adolescentes ha aumentado el riesgo con la obesidad y la menor actividad física entre otros. (4) Las proyecciones de los expertos son alarmantes para el año 2020, se calcula que las muertes por enfermedades cardíacas habrán aumentado en un 29% en mujeres y un 48% en varones en los países más ricos. En cuanto a los países en desarrollo, se estima que en un plazo de 30 años habrán aumentado las muertes por cardiopatías un 120% entre

las mujeres y un 137% entre los hombres. (5)

Sin embargo, en los últimos años también se han publicado una gran cantidad de información acerca de la prevención de las enfermedades cardiovasculares, investigadores del Instituto Científico para el Estudio de la Linaza de Canadá y de los Estados Unidos, han enfocado su atención en el rol de esta semilla en la prevención y curación de numerosas enfermedades degenerativas. Las investigaciones y la experiencia clínica han demostrado que el consumo en forma regular de semilla de linaza es ideal para acabar con la arteriosclerosis, ya que elimina el colesterol adherido en las arterias y previene la formación de coágulos sanguíneos y su alto contenido en fibra soluble y ácidos grasos esenciales. (6)

En un estudio con veintinueve adultos hiperlipidémicos que comieron por tres semanas panqueques conteniendo semilla de linaza (cerca de 50g), se demostró que la semilla de linaza redujo el colesterol total en un 7% y colesterol de baja densidad LDL en un 11 %, sin cambiar los valores de colesterol de alta densidad HDL. (7)

Así también se ha demostrado los efectos hipolipidémicos, colesterolémicos y aterogénicos de la goma de linaza; esto se debe a sus propiedades físico-químicas, como la capacidad de retención de agua, la solubilidad aparente, la capacidad ligante, la degradabilidad, el tamaño de partículas y las alteraciones producidas en el procesamiento. (8)

Por otro lado, estudios realizados con linaza y aceite de linaza demuestran la existencia de una reducción de lípidos. Según Cunnane (1995), las dietas complementadas con linaza reducen significativamente los niveles séricos de colesterol total y colesterol-LDL. Sin embargo los niveles de colesterol- HDL o bien aumentan ligeramente o permanecen constantes. (9)

Por tal motivo se desarrolló el presente trabajo investigación titulado: "Efectos de la Linaza Pulverizada sobre los Valores de Colesterol Plasmático en los Participantes del Programa Vida Abundante en Acción de la Iglesia Villa Unión de la Universidad Peruana Unión"

El siguiente trabajo consta de las siguientes partes:

El primer capítulo contiene el planteamiento del problema, formulación del problema, justificación del estudio, propósito, objetivos y limitaciones.

El capítulo 2 contiene marco teórico, antecedentes teóricos.

El capítulo 3 abarca diseño metodológico, tipo de estudio, descripción del área de estudio, población y muestra, técnicas e instrumentos de recolección de datos.

El capítulo 4 presenta los resultados. El capítulo 5 contiene las conclusiones y recomendaciones. Este informe finaliza con la bibliografía y anexos.



*More Information:* Dirección General de Investigación de la Universidad Peruana Unión (UPeU), <http://investigacion.upeu.edu.pe>

**Rule, J. E. J. (1995). *Vegetarianism in Seventh-day Adventist home economics classes: An exploration of the issue. Australia.***

The Seventh-day Adventist Church administers the largest Protestant school system in the world. One of the distinctive policies of this system is the endorsement of the vegetarian diet which has been interpreted as the exclusion of meat from schools. This prohibition is at odds with the practice of many Adventists, and the Church, which while recommending vegetarianism, does not require it. In fact, many Adventists eat some meat but continue to describe themselves as vegetarians. This creates a dilemma for Adventist home economics teachers. The purpose of the study was to make a contribution toward rational curriculum decision making.

The procedure followed was to investigate vegetarianism, to explore the origin and aims of home economics, education, and Seventh-day Adventism. These components of the study were considered according to the three cognitive interests of Jurgen Habermas.

Habermas, a German philosopher identified interests each of which informs a particular kind of action. These three systems of action respectively involve work (technical interest), interpersonal relations (communicative interest) and power (emancipatory interest).

It was discovered that the present practice of exclusion of meat from Adventist institutions is indefensible, in Habermasian terms, with reference to education, home economics and Adventist principles. It would be equally undemocratic to force change unilaterally but a broadened, more flexible approach is warranted.

The issue of vegetarianism to Seventh-day Adventists and the way it is interpreted in their educational institutions is more than a curriculum issue - it is an issue for the entire Church and home economics teachers have a particular interest in initiating and contributing to the system-wide debate which should be undertaken as a matter of urgency.

*More Information:* Copy available from Avondale College Library [641.36 R86]

**Torres Condoré, H. S., & Carbo Bustinza, N. (n.d.). *Factores asociados a las actitudes frente al uso y preservación del agua en los alumnos de pregrado de la Universidad Peruana Unión - Lima*. Tesis de Maestría, Universidad Peruana Unión. Retrieved from <http://investigacion.upeu.edu.pe/index.php/Tesis:MHEMA0601>**

Esta investigación describe las actitudes frente al uso y preservación del agua y los factores asociados: socio-demográficos, cognitivos y económicos, cuya muestra seleccionada la constituyen los alumnos de pregrado de la Universidad Peruana Unión - sede Lima. La muestra está conformada por 350 jóvenes universitarios, matriculados en las Facultades: Ciencias Empresariales, Ciencias Humanas y Educación, Ingeniería, Ciencias de la Salud y Teología. Se les aplicó un Test de Factores Asociados y actitudes con 14 ítems. Para evaluar las actitudes de los alumnos se establecieron cinco niveles: muy negativa, negativa, indiferente, positiva y muy positiva.

Los resultados muestran que con relación a la actitud frente al uso del agua el 58% de los alumnos encuestados presentó una actitud positiva y el 25.14% una actitud muy positiva. Con relación a la actitud frente a la preservación del agua, el 58.85% de los alumnos encuestados manifestó una actitud positiva, siendo que sólo el 25.14% presentaron una actitud muy positiva.

Los factores asociados presentaron una relación significativa con las actitudes en las siguientes proporciones: La actitud frente al uso del agua y los factores socio demográficos tuvieron relación en cuatro ítems: edad, facultad, año de estudio y lugar donde vive. Los factores cognitivos presentaron dos ítems, con resultados de gran significación y los factores económicos no presentaron significancia.

En relación a la actitud frente a la preservación del agua, los factores socio demográficos presentaron relación en dos ítems: edad y lugar de procedencia. Los factores cognitivos no presentaron significancia y los factores económicos presentaron relación con el ítem: origen del agua.

*More Information:* Dirección General de Investigación de la Universidad Peruana Unión (UPeU), <http://investigacion.upeu.edu.pe>

**Wantanabe, K. Y. (1991). *A health-education program for Seventh-day Adventists in Japan based on the dynamics of psychosomatic relationships*. Andrews University.**

*Problem.* Current interest in health caused by a recent increase in information on the intimate relationship between diseases and lifestyle presents a challenge to Seventh-day Adventists in Japan, who have been entrusted with the health-reform message. A lack of proper health education programs based on a wholistic understanding of the human person led the author to study the Biblical, philosophical, and scientific data relevant to be psychosomatic relationship and to design a health education program to be implemented by the SDAs in Japan.

*Method.* Scriptural study on psychosomatic relationships was attempted with exegetical study of seven selected passages, viz., Gen 2:7; Prow 17:22; Dan 1:8-10; Matt 4:23; 1 Cor 10:31; 2 Cor 3:18; and 3 John 2. study of the Ellen G. White writings from the perspectives of physical, mental, and spiritual dimensions further expounded scriptural principles of wholistic health and found ways to apply these in daily life situations. Recent scientific studies were shown to be supportive of the concept of psychosomatic relationships as a key to maintaining good health. Such data are useful for the prevention of psychosomatic diseases. The application of Biblical, Ellen White, and scientific views on psychosomatic relationships was found to be operative in lifestyle programs of health-conditioning centers in the United States, such as Wildwood Lifestyle Center & Hospital (Georgia), Uchee Pines Lifestyle Center (Alabama), and Hartland Lifestyle Center (Virginia). Based on the above studies, a health education program for the Seventh-day Adventists in Japan that has incorporated the concept of psychosomatic relationships was developed. It consists of Nutrition, Exercise, Water, Sunlight, Temperance, Air, Rest, and Trust.

*Conclusions.* From the study one can draw the conclusions that the existence of psychosomatic relationships within individuals is supported by the Bible, the writings of Ellen G. White, and modern science; (2) observing natural laws and utilizing natural remedies provided by the Creator not only protect humans from disease but promote health; (3) a major object of healthful living is to have a victorious Christian experience, the essence of sanctification; (4) a health education program can be an effective tool of evangelism if practiced individually and employed by Seventh-day Adventists in Japan; (5) health education from a wholistic perspective will help prepare God's people for the second coming of Christ.

*More Information:* Copy available from Avondale College [613.0952 W18]

## **Tertiary & Seminary Education (18)**

**Abbott, R. D. (2001 ). *A comparison of the health beliefs of Florence Nightingale and Ellen G. White and the incorporation of them into their respective schools of nursing.* Dissertation, Andrews University.**

This study explored the similarities and differences of the health beliefs of Ellen G. White and Florence Nightingale and how these beliefs were incorporated into each of their respective schools of nursing, the Nightingale Training School for Nurses at St. Thomas' Hospital and the Medical Missionary Training School for Nurses at the Battle Creek Sanitarium in Battle Creek, Michigan. The research also examined the contextual factors that shaped each woman's philosophy and influenced the manner in which they carried out their work. Additionally, the research provides information about the historical context surrounding the beginnings of modern nursing, education, health, society, and religion in the nineteenth-century world of Florence Nightingale and Ellen G. White.

Predominately primary sources were utilized. The writings of Florence Nightingale were researched at the British Library, the Wellcome Institute, and the Greater London Record Office. The writings of Ellen G. White were found at the Ellen G. White Estate, Andrews University, Berrien Springs, Michigan.

This research revealed that the philosophical beliefs of each woman underpinned her health beliefs. Similarities in their health beliefs included concepts about cleanliness, water, nutrition, sunshine, ventilation, and rest. These concepts were common reform issues of that time. Their beliefs about disease, exercise, temperance, and trust in divine power differed. These differences were related to very tent philosophical paradigms and family backgrounds. Aspects of each woman's health beliefs were found in the curriculums of her respective school, although documentation for the spiritual dimension at the Battle Creek school was limited primarily to the informal curriculum.

Differences were also found in the way that each woman reformed nursing and in her source of reform. Florence Nightingale's source of reform was her passion, personal observation, and education. She reformed nursing by using her political influence and money. Ellen G. White's source of reform was her belief in messages from God. Her reform was built on utilizing these principles. The influence that both women played in the role of nursing and health care is still evident in today's schools of nursing.

*More Information:* Full text available online

**Alipoon, L. L. (2001). *Moral dissonance and growth in moral development: The***

***impact of field experiences in a school of allied health. Dissertation, La Sierra University.***

The purpose of this qualitative research is to examine the impact of a community service requirement and a visit to the Museum of Tolerance on students enrolled in the course Portfolio Practicum I in the School of Allied Health Professions at Loma Linda University.

The research paradigm utilized for the study was constructivism. Phenomenology and hermeneutics were utilized to interpret student reflection papers concerning the two field assignments and interview transcripts. One hundred and thirty three community service papers and one hundred and twenty three Museum of Tolerance papers were read and analyzed. Twenty-six students were interviewed.

The literature review focused on moral development, service learning, and portfolio assessment. The models of cognitive and moral development of William Perry, Arthur Chickering, Douglas Heath, Thomas Lickona, and James Rest were explored.

Similar themes emerged from the two data sets. These themes are: (1) negative reaction, (2) worthwhile experience, (3) emotional impact, (4) dissonance and reflection, (5) Christian perspective, (6) relationships, (7) the reciprocal nature of service, (8) community, and (9) moral development. The *reciprocal nature of service* was the only theme contained in the community service data that was not uncovered in the Museum of Tolerance data.

The thematic framework that emerged from the data based on this group of students included: (1) worthwhile experience, (2) a possibility for dissonance, (3) possibility for relationships to be formed, (4) an emotional impact, and (5) reflection due to the nature of the experiences and enhanced by assignment requirements.

The two field experiences, community service and the visit to the Museum of Tolerance, provide a moral challenge or dissonance, which led to growth in moral development, in the students enrolled in the course *Portfolio Practicum I*.

The thematic framework that emanated from the data could be a valuable tool if utilized to design curricula where a sense of community and growth in moral development are desired outcomes.

*More information:* Full text available online

**Carson, L. A. (1983). *An analysis of nutritional adequacy of the existing dietary pattern at Fulton College food service.* Andrews University, Berrien Springs, MI.**

*Purpose of the Study.* The purpose of the study was to identify the dietary pattern as used at Fulton College Food Service and to evaluate the adequacy in meeting the nutritional needs of the students.

*Method.* Study was undertaken to determine the foods served at Fulton College and the foods available. Nutritional analyses of the foods provided were made to determine if they met the recommended intake of nutrients as given by the U.S. R.D.A. A sample menu was included as a guide to providing nutritional adequacy. The data was obtained from several sources, namely: First, the researcher visited Fulton College and interviewed John and Joyce Wilson, Graham and Veronica Chester, Paul Cavanaugh along with several students, and in order to identify the existing dietary patterns; four students whose home was in Fiji who were students on Andrews campus provided significant input; Bertha Shollenberg's booklet *The Best Foods for Health* describes the native foods available and gives the nutritional analysis of these foods. With these sources the author was able to compile a dietary pattern, analyze for nutritional adequacy, incorporate native foods not seen as commonly used and suggest a dietary pattern which would provide nutritional adequacy. Nutrition analysis was based upon the United States R.D.A. chosen on the premise that these R.D. R.D.A.'s provided a greater over-all margin of safety than is found in the F.A.O./W.H.O. international standards.

*Findings.* Findings showed that the dietary pattern at Fulton College appears to be comfortably adequate in protein, riboflavin, niacin and ascorbic acid. Calories were found to be minimal. On the other hand calcium and iron met only 67 percent of the recommended allowances. Vitamin A and thiamin were consistently below the adequacy level. The study points out that Fulton College has an excellent agricultural system which is used primarily as a source of income perhaps, in some respects, to the detriment of the on campus dietary practices.

*Recommendations.* Two of the primary recommendations suggested for Fulton College Food Service are (1) careful consideration of the full use of foods from all local and college sources when determining the food items to be used in the daily menu; (2) consider carefully the responsibilities for providing nutritional adequacy inherent in the position of food service supervision.

*More Information:* Full text not available online. Andrews University Library

**Cerovski, M. F.-K. (1986). *Nutrition knowledge and dietary practices of international students at Andrews University. Andrews University, Berrien Springs, MI.***

*Problem:* The problem was to assess the nutrition knowledge and dietary practices of international students in order to find whether inadequate knowledge and dietary practices are correlated.

*Method:* A nutrition test and a 24-hour recall method were given to 92 randomly selected subjects. Product-moment correlation, t-test, and one-way analysis were used to analyze data.

*Results:* Two hypotheses were found significant: (1) Females showed higher mean scores of nutrition knowledge than the males; and (2) students who ate at home achieved higher mean scores on the nutrition test than students eating in the school cafeteria.

*Conclusions:* A pragmatic approach is recommended which concentrates on the areas of nutrition knowledge found to be weak. Special nutrition education classes and/or workshops could include topics on cholesterol, vitamins and minerals, meal management, and selection and/or substitution of food items in each food group.

Further research on different campuses or educational levels might provide deeper understanding in this area.

*More Information:* Full text not available online. Andrews University Library G.S. Th. C416

**Chávez, C., & Contreras Castro, M. (2006). "Higiene es Salud" en el estilo de vida de los alumnos del primer año de enfermería de la Universidad Peruana Union Filial Juliaca, Peru. Tesis de Maestría, Universidad Peruana Unión. Retrieved from <http://investigacion.upeu.edu.pe/index.php/Tesis:MSP0707>**

La higiene es el arte científico de conservar la salud que ayuda a las personas a prevenir enfermedades brindando seguridad e independencia, sin embargo, por diferentes causas muchas de ellas presentan un estilo de vida inadecuada en relación a la higiene, estando en riesgo de contraer algunas enfermedades. Los alumnos del 1º año de enfermería de la Universidad Peruana Unión, Filial Juliaca forman parte de esta realidad, pues se detectó que muchas de ellos presentaban un estilo de vida inadecuada en la relación de prácticas saludables de higiene. Motivo por el cual se realizó el presente trabajo de investigación durante los meses de marzo a mayo del 2006, con el objetivo de determinar el impacto del programa de intervención "Higiene Es Salud", en el estilo de vida de los alumnos del 1º año de enfermería.

Según el periodo y secuencias del estudio, la investigación fue longitudinal, porque se recolectó información de los alumnos en dos momentos, al inicio y al final del programa “Higiene Es Salud”. La muestra estuvo conformada por 41 alumnos del 1º año de Enfermería seleccionada en forma no probabilística, por conveniencia. Los alumnos estuvieron organizados en dos grupos asistiendo al programa en días diferentes.

Los resultados obtenidos fueron positivos, pues el 41.6% de los alumnos que participaron en el programa “Higiene Es Salud”, presentaron un estilo de vida saludable, el 48.6% un estilo de vida poco saludable, quedando sólo un 9.8% en no saludable. Se puede concluir que el programa de intervención “Higiene Es Salud”, tuvo un impacto positivo en el estilo de vida de los alumnos del 1º año de Enfermería de la Universidad Peruana Unión, Filial Juliaca.

More Information: Dirección General de Investigación de la Universidad Peruana Unión (UPeU), <http://investigacion.upeu.edu.pe>

**Contreras Castro, F. L., & Choque Fernández, J. (2006). *Impacto del Programa de Intervención "Vive Mejor" en la adopción de un estilo de vida saludable en relación a la prevención del estreñimiento en los alumnos del 3er año de enfermería de la UPeU, Lima, Peru, 2005* Tesis de Maestría, Universidad Peruana Unión. Retrieved from <http://investigacion.upeu.edu.pe/index.php/Tesis:MSP0606>**

El estreñimiento es uno de los trastornos gastrointestinales que provoca más consultas a nivel mundial y muchas personas que sufren, acaban tratándose ellas mismas sin tomar en cuenta, de las consecuencias que puede ocasionarles con el tiempo.

Los alumnos de Enfermería de la Universidad Peruana Unión forman parte de esta realidad, pues se detectó que muchos de ellos practicaban estilos de vida inadecuados. Aumentando el riesgo de desarrollar estreñimiento en unos y complicaciones en aquellos que ya lo padecían en forma frecuente. Por este motivo. Se realizó el presente trabajo de investigación en la Universidad Peruana Unión, durante los meses de Setiembre a Noviembre del 2005, con el objetivo de determinar el impacto del programa “Vive Mejor”, en la adopción de un estilo de vida saludable en la relación a la prevención del estreñimiento en los alumnos del 3º año de enfermería.

Según el período y secuencia del estudio, la investigación fue longitudinal, porque se recolectó información de los alumnos en dos momentos, al inicio y al final del programa de intervención “Vive Mejor” y el diseño de la investigación fue pre- experimental, aplicando un cuestionario al mismo grupo antes y después del programa de intervención “Vive Mejor”. La muestra estuvo conformada por 37 alumnos del 3º año



de enfermería, seleccionada en forma no probabilística, por conveniencia. Los alumnos estuvieron organizados en tres grupos, quienes asistieron al programa en días diferentes.

Los resultados obtenidos fueron positivos, pues el 94.6% los alumnos que participaron en el programa “Vive Mejor”, lograron cambiar su estilo de vida de no saludable y poco saludable a saludable, quedando sólo el 5.4% en porro saludable. Se puede concluir que el programa de intervención “Vive Mejor”, tuvo impacto positivo en la adopción de un estilo de vida saludable en relación a la prevención del estreñimiento en los alumnos del 3º año de enfermería de la Universidad Peruana Unión.

*More Information:* Dirección General de Investigación de la Universidad Peruana Unión (UPeU), <http://investigacion.upeu.edu.pe>

**Felix-Mottley, Z. (1993). *The relationship between factual knowledge of osteoporosis and the dietary practice of the young female college student* Andrews University, Berrien Springs, MI.**

*Problem:* The purpose of this study was to establish whether a relationship existed between the factual knowledge of osteoporosis and the related dietary practices associated with the prevention of osteoporosis among young female college students.

*Method:* A sample totally 198 subjects from Andrews University, Lake Michigan College, and Southwestern Michigan College was mailed a questionnaire. Information on demographic, general nutrition and health, osteoporosis and its risk factors, feelings regarding age and disease, and a dietary frequency was collected. Mean, standard deviations, chi-square test, cross tabulation, analysis of variance, frequency analysis, and correlation analysis were performed on the data.

*Results:* This study indicated no evidence to support that a relationship exists between the level of factual knowledge a student has of osteoporosis and her related dietary practice. However, the students' own interpretation of their level of actual knowledge is related to their level of factual knowledge about osteoporosis. In addition, the interest a student displays in nutritional matters has no relation to the level of factual knowledge she has of osteoporosis.

In the initial analysis of dietary consumption of calcium, based on the guidelines of the American Recommended Dietary Allowance (RDA), only 2.6% of the students displayed an adequate daily intake of calcium-rich foods. This study also revealed the 81.6% of the subjects fell in the middle category of the level of factual knowledge of general nutrition and knowledge of osteoporosis.

*Conclusions:* As indicated in this study, the factual knowledge the young female college student has of osteoporosis is not related to her dietary practice to prevent osteoporosis. This may be an indication that more study is needed on osteoporosis and the causative effects. It is only by more research and perseverance that an answer for the prevention of osteoporosis may be found. Aloia (1989) cites areas for further research such as methods for detecting at-risk population, more precise recommendations in exercise, estrogen and diet, safer hormonal therapy, calcitonin therapy, public intervention, efficacy of drug treatment and new forms of therapy.

*More Information:* Full text not available online. Andrews University Library G.S. Th. F316

**Helm Jr, H. W., Lien, L. M., McBride, D. C., & Bell, B. (2009). Comparison of alcohol and other drug use trends between a prohibitionist university and national data sets. *Journal of Research on Christian Education, 18(2), 190-205.***

This article provides information on a decade of trends and prevalence of substance use at a Midwestern prohibitionist university. Trends were based on three data collection times, 1995, 2000, and 2005. This information was compared with results of a number of national surveys to identify trends in the data. Total averages for the prohibitionist sample were 42.6% for alcohol use; 18.2% for binge drinking; 35.4% for tobacco use; and 34.1% for marijuana use. With the exception of binge drinking, which remained stable, the gap between substance use rates for the prohibitionist university and the results of national surveys have widened slightly.

*More Information:* Full text available online.

**Hopkins, G. L., Freier, M. C., Babikian, T., Helm Jr, H. W., McBride, D. C., Boward, M., et al. (2004). Substance use among students attending a Christian university that strictly prohibits the use of substances. *Journal of Research on Christian Education*, 13(1), 23-39.**

This study examines substance use at a church-affiliated university which prohibits the use of alcohol, tobacco, and drug substances. The purpose was to investigate the prevalence of substance use, the prevention efforts put forth by the university, and whether religious beliefs, which prohibit substance use, are protective. While the findings indicate that alcohol, tobacco and other drugs were used in varying degrees by this student sample, the overall use was significantly lower relative to a national comparison group. The data suggests that religion is a protective factor concerning substance use. However, since students use substances even at church-affiliated campuses with prohibitive substance use beliefs, the problem of how to deal with substance use remains.

*More information:* Duane McBride, Andrews University

**Huaringa Alarcón, M. C., & Contreras Castro, M. (2007). *Impacto del Programa de Intervencion "Desayuna como Rey" sobre el estilo de vida alimentario de los alumnos del primer ano de enfermeria de la UPeU, Lima, Peru, 2006. Tesis de Maestría, Universidad Peruana Unión. Retrieved from <http://investigacion.upeu.edu.pe/index.php/Tesis:MSP0709>***

El desayuno se define como la primera comida del día, sin embargo, no deja de entrever la importancia que tiene dentro de la dieta, especialmente en los jóvenes que son los que con mayor frecuencia omiten esta comida, sin tomar conciencia de que a medida que se mantenga esta conducta. Podrá ocasionar, problemas que se agudizará en la etapa de la juventud y que repercutirá en su salud cuando ellos lleguen a ser adultos. Los alumnos de Enfermería de la Universidad Peruana Unión forman parte de esta realidad, se puede conocer que muchos de ellos practicaban estilo de vida alimentarios inadecuados.

Por tal motivo, se realizó el presente trabajo de investigación en la Universidad Peruana Unión durante los meses de Abril a Junio del 2006, con el objetivo de determinar el impacto del programa de intervención “Desayuna como Rey”, sobre de estilo de vida alimentario de los alumnos del primer años de enfermería.

Según el período y secuencia del estudio, la investigación fue longitudinal porque se recolectó información de los alumnos, al inicio y al final del programa de intervención “Desayuna como Rey” y el diseño de la investigación fue pre – experimental, aplicando

un cuestionario al mismo grupo antes y después del programa de intervención “Desayuna como Rey”. La muestra estuvo constituida por 26 alumnos del primer año de enfermería y estuvieron organizados en tres grupos los cuales asistieron al programa en diferentes días.

Los resultados obtenidos fueron positivos, pues un 80.0% de alumnas practicaron un estilo de vida saludable y un 15.4% práctico el estilo de vida poco saludable. Solo un 3.8% de alumnos continuaba practicando el estilo de vida no saludable.

Se concluye que el programa de intervención “Desayuna como Rey”, tuvo un impacto positivo en la adopción de un estilo de vida alimentario del desayuno en los alumnos del Primer Año de Enfermería de la Universidad Peruana Unión.

*More Information:* Dirección General de Investigación de la Universidad Peruana Unión (UPeU), <http://investigacion.upeu.edu.pe>

**Lozano, C., & Castro, C. (2006). *Impacto del Programa “Mi Amigo el Hierro” en el estilo de vida y alimentario para prevenir la Anemia en los Alumnos del 2do y 3er año de Nutrición Humana de la Universidad Peruana Unión, Lima. Tesis de Maestría, Universidad Peruana Unión. Retrieved from <http://investigacion.upeu.edu.pe/index.php/Tesis:MSP0605>***

La carencia de hierro es el problema nutricional más prevalente de los seres humanos. En la mayoría de los países no industrializados amenaza a más del 60% de las mujeres y niños, y más de la mitad sufren anemia comprobada. En casi todos los países industrializados de América del Norte, entre 12 y 18% de las mujeres son anémicas.

En un estudio realizado en la Escuela Académica Profesional de Nutrición Humana de la Universidad Peruana Unión, se detectó que muchas de los alumnos practicaban hábitos y costumbres alimentarias inadecuadas con riesgo a desarrollar anemia por deficiencia de hierro podían desarrollarse severas complicaciones.

Por tal motivo se realizó el presente trabajo de investigación en la Universidad Peruana Unión, durante los meses de Marzo y Mayo del 2006, con el objetivo de determinar el impacto del programa de intervención “Mi Amigo el Hierro”. El diseño de la investigación fue pre experimental se aplicó un cuestionario al mismo grupo antes y después del programa de intervención “Mi Amigo el Hierro”.

La metodología utilizada para el cambio de conducta alimentaria en la intervención del programa “Mi Amigo el Hierro” fueron: la teoría transteorética o etapas de cambio de Becker y Cols, teoría de aprendizaje social y la teoría de acción razonada de Ajzen y

Fishbein.

La muestra estuvo conformada por 28 alumnos del 2º y 3º año de Nutrición Humana, seleccionada en forma no probabilística, por conveniencia.

Los resultados obtenidos fueron positivos, pues el 78.6% de los alumnos que participaron en el programa “Mi Amigo el Hierro”, lograron adoptar un estilo de vida alimentario saludable a poco saludable y sólo el 7.1% continuación con un estilo de vida alimentario no saludable.

Se puede concluir que el programa de intervención “Mi Amigo el Hierro”, tuvo un impacto positivo en el estilo de vida alimentario en los alumnos del 2º y 3º año de Nutrición Humana de la Universidad Peruana Unión.

More Information: Dirección General de Investigación de la Universidad Peruana Unión (UPeU), <http://investigacion.upeu.edu.pe>

**Mutch, P. B., & Hernandez, W. (1995). Substance use on Adventist college campuses: A summary of two surveys. *Journal of Adventist Education*, 57(03), 43-45. Retrieved from <http://circle.adventist.org/files/jae/en/jae199557034303.pdf>**

This article presents the results of surveys conducted in 1991-1992 on the incidence of substance use and abuse on Adventist college campuses. General conclusions are that Adventist campuses are safer than public college campuses in terms of exposure to addictive substances. Also, results show that change can occur through comprehensive and proactive prevention programming.

*Full text on CD:* [jae199557034303.pdf](#)

**Mutch, P. B., & McBride, D. C. (1997). Myths and make believe. *Journal of Adventist Education*, 59(04), 40-44. Retrieved from <http://circle.adventist.org/files/jae/en/jae199759044005.pdf>**

This article explores the myths and examines the current state of substance abuse in Seventh-day Adventist colleges and universities in the United States. The authors also examine the role of factors such as belief system, peer influence, and religious participation, in defining successful prevention strategies.

*Full text on CD:* jae199759044005.pdf

**Paz Bustios, F., & Chillihua Ponce, E. (2005). *Incidencia del consumo de tabaco. Tesis de Maestría, Universidad Peruana Unión.***

El estudio de incidencia del consumo de tabaco en los estudiantes de Post Grado en Ciencias de la Salud del Universidad Peruana Unión, nace de la preocupación por la internalización, por parte de los profesionales de la salud, de los efectos nocivos del tabaco en las personas. Dado su rol en la promoción de estilos de vida saludables a la población. Es un estudiante de post grado; fue la encuesta global sobre el consumo de tabaco en la juventud (GYTS) validado por la OMS, UNICEF, y CEDRO.

*Resultados.* Los resultados nos muestran que la incidencia del tabaquismo llega al 66%, pero sólo el 23% es reciente. El 31% fuma en eventos sociales y el 29% refiere que lo hace para liberar tensiones. El 69% de los padres señalan que no fuman así como el 65% de los hermanos; sin embargo entre algunos amigos, el tabaquismo llega al 69%. La opinión sobre los hombres y las mujeres que fuman es peyorativa. Las posibilidades de fumar en este momento, si le ofrecieron un cigarrillo son negado por los estudiantes en un 53% y el 47% en los próximos 12 meses; pero es este último caso ya encontramos un 31% que dice que probablemente si fumaría. Al preguntar por las drogas más peligrosas, se mencionaron 5 drogas, pero ninguna mencionó el tabaco, aceptaron también en un 92% que su conocimiento al respecto es regular. Entre los antecedentes de tabaquismo tenemos que el 47% fumó a partir de los 16 años, el 45% lo hizo una fiesta y un elevado 48% refiere que en algún momento de su vida ha fumando en forma diaria.

*Conclusiones.*

1. La incidencia de tabaquismo entre los enfermos que cursan la especialidad de UCI y emergencias de la Universidad Peruana Unión es de 66%, quienes señalan que han fumando por lo menos un cigarrillo es su vida mientras que los que refieren haber un fumando por lo menos un cigarrillo en los últimos 30 días llega a 23%.
2. La actitud de fumar en los próximos 12 meses es negativa; el 54% respondió que

definitivamente no fumaría si lo ofrecieran un cigarrillo y el 46% refirió que aun le ofrecieran un cigarrillo definitivamente no lo haría. Así como también el 31% de encuestas refirió que no sentía nada cuando fumaba. En cuanto a los conocimientos sobre nocividad del tabaquismo, los encuestados refirieron que inicialmente si les haría daño el fumar, pero también señalaron conocer poco el tema.

3. En cuanto al tabaquismo en personas cercanas a los encuestados, se encontró que los padres y hermanos generalmente no fuman, pero si lo hacen sus amigos cercanos (69%). Así también a opinión de los encuestados respecto a las personas que fumaron no distinguen hombres o mujeres y es peyorativa: en primer lugar refiere que tiene poca confianza (27% respectivamente) y que es tonta (23% y 19% respectivamente).

4. En cuanto a las características del tabaquismo actual, los encuestados señalaron no sentir cuando fuman (32%) el lugar que se indica como aquél en el que se fuma con mayor frecuencia, es en eventos sociales (31%) tal como sucedió primera vez que fumaron un cigarrillo: en una fiesta (42%). En cuanto se refiere haber tenido ganas de fumar en las mañanas al levantarse.

5. Respecto a las posibilidades de abandono del tabaquismo de quienes fuman, se encontró que el 42% no ha recibido consejería ni apoyo para hacerlo; quienes dejaron el tabaco señalaron que lo hicieron porque a sus familias no les gustaba (10%), solo el 7% dijo que lo hizo por su salud.

#### *Alcances y limitaciones.*

1. Se ha realizado el análisis descriptivo por ser una investigación de ese tipo, lo que nos permite tener una idea clara de las características del tabaquismo entre el personal de salud, en este caso los enfermos estudiantes de la especialidad de emergencias y desastres.

2. Los resultados arrojan datos muy interesantes respecto a las actitudes de los enfermos respecto al tabaquismo, pese a su formación que podría suponer mayor información de las consecuencias del consumo de tabaco. Estos resultados incrementan la importancia del estudio porque permitirá una intervención educativa eficaz.

3. El poco tiempo disponible limitó la aplicación de la encuesta a un solo lugar, ya que sería interesante comprobar si los resultados son similares en otros laborales como por ejemplo en aquellos en que la actividad básica del enfermo es la salud preventiva (salud pública)

4. El instrumento de la escuela nacional es una herramienta valiosa para medir el tema del tabaquismo en las diferentes poblaciones, sus posibilidades de adaptación son altas y ello posibilita estudios sobre el tema.

*More Information:* Dirección General de Investigación de la Universidad Peruana Unión (UPeU), <http://investigacion.upeu.edu.pe>

**Ríos Flores, F., & Gálvez Vivanco, C. A. (2004). *Impacto Actitudinal del Programa de Abstinencia Sexual "El amor espera" en estudiantes de la Universidad Adventista de Bolivia*. Universidad Peruana Unión. Retrieved from <http://investigacion.upeu.edu.pe/index.php/Tesis:DT0403>**

El objetivo de esta tesis es conocer cómo impacta la presentación del programa “El Amor Espera” en la actitud de evitar las relaciones sexuales premaritales entre los estudiantes de la Universidad Adventista de Bolivia. El experimento consistió en dividir a los participantes en dos grupos. El grupo experimental compuesto por 50 alumnos recibió el programa “EL Amor Espera”. El grupo control que contó del programa de Educación Sexual dirigido por el Ministerio de Salud. En la primera hipótesis los cinco indicadores mostraron una diferencia de  $P < 0.05$  entre los dos grupos. Las enseñanzas bíblicas compartidas al grupo experimental incrementaron en el conocimiento del plan original de Dios para la sexualidad humana y reconocieron que la virginidad tiene vigencia para la actualidad.

La segunda hipótesis se acepta como nula. Sin embargo, en el indicador 4 el grupo experimental reflejó una diferencia altamente significativa de  $P < 0.01$  al manifestar que no es necesario dar información sobre anticonceptivos a los estudiantes. La tercera hipótesis secundaria comprobó en sus cinco indicadores, que el grupo experimental tuvo mayor conocimiento ( $P < 0.01$ ) de las E.T.S., sintomatología, y las consecuencias de sus contagios.

En la cuarta hipótesis secundaria al indicador 1 reflejó un significado 62 % de participantes que ya habían mantenido relaciones sexuales.

Los tres últimos indicadores comprobaron la hipótesis principal que la presentación del programa de abstinencia incide en el cambio de actitud de los jóvenes antes las relaciones prematrimoniales en  $P < 0.01$ .

*More Information:* Dirección General de Investigación de la Universidad Peruana Unión (UPeU), <http://investigacion.upeu.edu.pe>



**Sabari-Manafe, J. A. (2007). *Students' intention and school programs as predictors toward health-risk behaviors.* AllIAS, Silang Cavite, Philippines.**

This study assessed the predictors toward students' intention on health. This study also investigated the predictors toward reported students' health-risk behaviors.

*The Predictors of Students' Intention.*

Being a male or non-SDA student tended to decrease intention toward the danger of health-risk behaviors but increase intention on exercising and eating vegetables and fruits. Students staying with guardians tended to have less intention toward the danger of drug use (cigarettes, alcohol, and illegal drugs). Higher grade students were more likely to have less intention toward the danger of illegal drugs and sex related behavior. The longer the students study in the schools, their intention toward the danger of sex related behaviors increased. Classes (Bible, science, social science, PE) tended to positively increase student intention toward the danger of health-risk behaviors. Chapel programs tended to increase student intention toward the danger of alcohol and the advantages of exercise; Pathfinder programs increase student intention toward exercise and breakfast, while PTA only increase intention toward drinking water.

*The Predictors of Health-Risk Behaviors*

*1. Demographic variables.* Being male student tended to get involved in using cigarettes, alcohol, and drugs. They were more likely to exercise, drink water, be absent due to feeling unsafe, and more likely to get involved in fights than females. Being non-SDA student tended to get involved in using cigarettes, alcohol, drugs, eat snacks, and drink less soft drink than SDA students. Higher grade students more likely initiate use of alcohol in later years. Furthermore, they exercised less than lower grade students. Students staying with their father more likely initiate using cigarettes and illegal drugs in later years. Students staying alone tended to use drugs more often than staying with both parents.

*2. School programs.* Chapel programs tended to influence students to drink water, to eat snacks, to prevent absences due to feeling unsafe, and avoid getting involved in sex related behaviors. Pathfinder programs tended to increase smoking and eating snacks. Classes did not show any effect on students' health-risk behaviors.

*3. Intention.* The more positive the students' attitude, the less they were involved in drinking alcohol and sex related behaviors the more regular they eat breakfast and eat five servings of vegetables and fruits and drink seven to eight glasses of water per day. However, they drink more soft drinks. The subjective norm tended to help student stay away from smoking, violence, using drugs, and sex related behavior. They tended to exercise more. Perceived behavioral control tended to decrease snacking, and increase exercising and drinking soft drinks among the students.

*More Information:* Copy available from AllIAS Leslie Hardinge Library LG224.E38 .S23 2007

**Saemundsson, O. G. (1989). *Nutrition knowledge, attitudes, and use of nutrient supplements by Andrews University students who participate in body building* Andrews University, Berrien Springs, MI.**

*Problem:* Differences between body builders and non-body builders with respect to nutrition knowledge, attitudes and the use of nutrient supplements.

*Method:* Subjects were young male students at Andrews University (18-35 years old). They received a questionnaire which required information regarding nutrition knowledge, attitudes, and use of nutrient supplements. Forty-two body builders and 33 non-body builders were involved in the study. Frequency counts, t-test, one-way analysis of covariance, and chi-square, were used to analyze data obtained from the survey.

*Results:* No significant differences were found between body builders and non-body builders with respect to nutrition knowledge, attitudes and the use of most nutrient supplements.

*Conclusion:* There are no differences between body builders and non-body builders regarding nutrition knowledge and nutrition attitudes. Differences exist with respect to interest in supplementation and supplement use (especially protein and amino acid supplements). A good nutrition knowledge was associated with good nutrition attitudes.

*More Information:* Full text not available online. Andrews University Library G.S. Th. S127

**Sulzle, H. W. (1994). *Factors involved in selection of first-time employment by graduates of allied health professions*. Dissertation, La Sierra University.**

*Purpose.* The purpose of this study was to discover and rank those factors which graduates from allied health professions used to make their decision to accept first-time employment. Also examined were ways in which a school's philosophy may have influenced employment decisions. In addition, the study evaluated how demographic factors such as degree levels (AS, BS and MS), gender, age, marital status, ethnicity and department from which the student graduated, affected the decision-making process of first-time employment.

*Procedure.* A questionnaire was mailed to the 369 graduates of Loma Linda University's School of Allied Health Professions, classes of 1989 and 1990. Two hundred forty-eight (67%) responded.

*Findings.* The study findings indicated that: (1) Salary, geographical location, and a warm, open and friendly working environment rank highest in first-time job selection of allied health graduates. (2) Graduates who consider Christian values important rank salary lower in their considerations for first-time employment than those who consider Christian values less important. (3) Multiple job opportunities exist for graduates in allied health. (4) Graduates in general do not use a methodical approach while seeking employment.

*Conclusions.* (1) Salary is the strongest motivator in first-time employment decisions for allied health graduates. (2) Those who think Christian values are important are less likely to view salary as most important. (3) Allied health graduates enter a job market with a high demand for their services. (4) A need exists for allied health graduates to follow a methodical approach when making their decision for first-time employment.

*Recommendations.* (1) Institutions interested in recruiting graduates from Allied Health need to study their salary structure and provide a competitive salary. (2) Recruiters need to find creative ways to emphasize the positive aspects of their facilities. (3) Christian universities should continue their emphasis on Christian values. (4) Schools of allied health should continue to develop and tailor their programs to be profession and degree specific, since there is abundance of jobs awaiting these students upon graduation. (5) A methodical approach, based on identified theories of decision-making, needs to be included in the curriculum of all departments in schools of allied health to assist graduates in the selection of their first job.

*More Information:* Full text not available online