ADULT HEALTH CONSCIOUS BEHAVIOUR AND THE LONG-TERM EFFECTS OF PHYSICAL EDUCATION: A COMPARATIVE STUDY BETWEEN HUNGARY AND FINLAND
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Introduction
According to official reports, the health status of Hungarian society is poorer than most European countries’. In comparison, data shows that Finland seems to be a good example in population’s lifelong active lifestyle, healthy behavior, and their overall health culture. One of the most significant differences between Hungary and Finland in this area seems to lay at birth expectance rate: according to statistics, it is 76.5 for women and 68.3 for men in Hungary and 83.5 for women, and 75 for men in Finland.

The Hungarian population’s health condition, adults’ physical activities and improvement opportunities have been examined by us, but prospects for comparative studies in this area showed us a new course in research.

The purpose of the study was to compare the interests towards sports, leisure activities, lifestyles, attitudes towards physical activity, opinions about physical education and its effects between a Hungarian and a Finnish young adult sample.

Methods
At this point in our research, 63 Finnish and 57 Hungarian young adults’ data have been analyzed (Mean age=29.1 years). The sample was selected from secondary evening education programs in Jyväskylä and Budapest. The age and qualification level (secondary school: 73.9%) show similar characters in the two samples. All participants filled out a questionnaire with closed and open ended questions. Due to the level of data, frequencies, descriptive data, and mostly non-parametric statistics were used in the analyses.

Result
Altogether, Finnish young adults feel significantly better about their health conditions than the Hungarians’ (p<.001). More Finnish feel that their perceived age is the same or less than their actual age. Also, Hungarians spend significantly less time in the nature than the Finnish (p<.006) and more Hungarian young adults said that they did no physical activity at all on weekdays (51.8%). On weekends the situation was even worse (57.1%). Altogether, Finnish do more physical activities on both weekdays (p<0.001) and weekends (p<0.001). Certain sedentary lifestyle seems to be present at both samples. Finnish spend more time on computer out of work throughout the week and weekend (p<.0001) and time spent watching TV tend to be similar.

Regarding Physical Education (PE), one fourth of Hungarians did not like PE lessons at school but all the Finnish liked it (p<0.0001). Also, 64.3% of Hungarians and 88.9% of Finnish remember their P.E. teachers as fit, well-trained experts, with extensive skills at the field of teaching.

Discussion
Based on our small sample, young adults’ lifestyle, healthy behavior, and their health culture characteristics and the effects of PE are worth studying more thoroughly. From statistics it was obvious that Hungary’s statistics tend to be poor. In our preliminary study we proved that in all health related factors, Finland can be a good example. Also, comparative studies can help us improve, good examples should be learned.

Keywords: Ageing, Physical Education, Health and Fitness