



Investigation of Healthy Lifestyle Habits of Class Teacher Candidates in the Covid-19 Period

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Abstract

This research was conducted to determine the healthy lifestyle habits of primary school teacher candidates during the covid-19 process. In the research 132 (99 Female, 33 Male) volunteer classroom teacher candidates who were studying at Firat University Faculty of Education and selected by random sampling method participated. "Personal Information Form" was applied to determine the demographic information of the participants, and an online questionnaire form was applied to determine the nutritional habits and physical activity levels. Results; Differences were observed in the dietary habits and physical activity levels of the research group before and after the pandemic period. It has been determined that the pandemic period caused changes in the eating habits of the participants and that most of them changed in the number of meals, daily fluid consumption and the foods they consumed during snacks. During the pandemic period, it was seen that the majority of the research group did not do physical activity regularly and there was a decrease in physical activity, an increase in body weight and they did their physical activities at home. As a result, it was observed that the nutrition habits of class teacher candidates were negatively affected and their physical activity levels decreased during the Covid-19 process. It is thought that informing individuals about healthy nutrition and physical activity will positively affect their quality of life.

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