Exploring the Awareness of Health and Life Promotion from the Differences in the Life Styles of Young People Before and During the Epidemic

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CONTENT

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COVID-19

At least 1/3 of the world's population isolated at home during the epidemic.
Sub-health status!

Young people are the most vulnerable group
Research Objectives and Contributions

Objectives:
To investigate the differences in the lifestyle of young people before and during the epidemic, and to further analyze the factors that may affect their health due to the changes in their lifestyle.

Contributions:
- What are the factors that may influence the emergence of suboptimal health status in the epidemic.
- The negative effects of these factors on subhealth status were ranked.
Research Framework

Health Promotion Lifestyle Theory
Subhealth status (6 factors)

Subhealth state impact factors
Life Stripe Project
21 activities

Health Risk Factors
Definition Questions
Life Style Presentation

Data Collection and Processing
Lifestyle Data Interviews with young people
What is Life Stripe?

The idea behind Life Stripe is to find patterns in our everyday existence by using bands of color. Life Stripe lets you see your daily, weekly or monthly routines in an exciting way, and helps you discover something about yourself.

Artwork by SPREAD
Hirokazu Kobayashi & Haruna Yamada
Data Collection and Processing
Data Source

China Region 57 (valid data)

Taiwan Region 57 (valid data)
Data Processing - Visual Representation of Life Stripe

China - Pre-epidemic

China - during the epidemic

Taiwan - Pre-epidemic

Taiwan - during the epidemic
Presented by Learning activity

China - Pre-epidemic
China - during the epidemic
Taiwan - Pre-epidemic
Taiwan - during the epidemic
Presented by TV and Movie activity

China - Pre-epidemic

China - during the epidemic

Taiwan - Pre-epidemic

Taiwan - during the epidemic
Integrating Health Promotion Lifestyle Theory

- **Health Promotion Lifestyle Theory**
  - Nutrition
    - Meal
      - Breakfast
    - Lunch
    - Dinner
  - Exercise Leisure
    - Sport
    - Hobby
    - Stress Management
      - Sleep at night
      - Sleep at noon
      - Movies/TV
      - Hang out
      - Relaxation
  - Interpersonal Relationships
    - Telephone/Email/Internet
    - A Date
    - Raising children
    - An event
  - Interpersonal Relationships
    - Health Responsibilities
      - Housework/Chores
      - Beauty/Health
      - Hospital
      - Bathing
    - Spiritual Growth
      - Work/Study
      - Reading
      - Lesson
      - Get dressed
      - Movement
      - Shopping
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Target Group Interviews
Understand the activities of the target group to make up for the lack of online questionnaire collection

Integrating the problematic points
Combining quantitative questionnaire collection and qualitative interviews to identify problematic points

Interview Content Analysis
Verbatim scripting with MaxQDA and then Analyze word association using KH-coder
MaxQDA collates verbatim drafts

Chinese word breaking through jieba library
KH-coder analysis

Co-Occurrence Network

Degree:

- 1
- 2
- 3
- 5+

Coefficient:

- 0.05
- 0.10
- 0.15
- 0.20
- 0.25
- 0.30
KH-coder analysis
03
KH-coder analysis

Degree:
- 1
- 2
- 3
- 5+

Coefficient:
- 0.05
- 0.10
- 0.15
- 0.20
- 0.25
- 0.30
"Because of the epidemic came, then I can not go shopping, a lot of actually quite a lot. There is no way to go shopping because I am also afraid of the spread of the epidemic."

(A5-2021/01/21, Location 6)
04 Future Research

Co-Occurrence/Network-Correlation

Co-Occurrence/Network-random-walks
THANK FOR LISTENING

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