



MINISTERUL EDUCAȚIEI,
CULTURII ȘI CERCETĂRII
AL REPUBLICII MOLDOVA



Austrian
Development
Cooperation

STUDY TO EVALUATE THE KNOWLEDGE, ATTITUDES AND PRACTICES REGARDING THE HEALTH AND LIFE SKILLS OF STUDENTS IN VOCATIONAL EDUCATION AND TRAINING IN THE REPUBLIC OF MOLDOVA

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METHODOLOGY

Study conducted in 20 vocational schools,
colleges and centres of excellence
within youth aged 15-19

Quantitative:

923
students



girls - 63%

boys - 37%

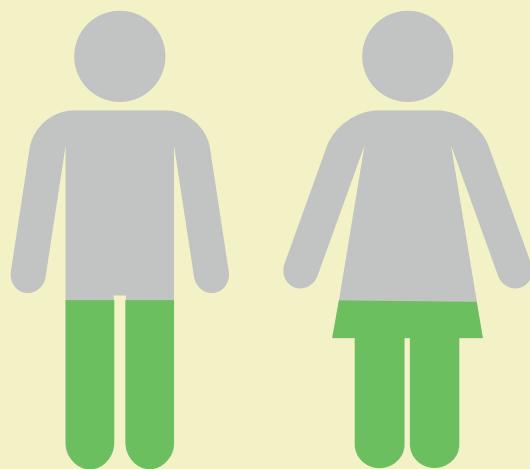


Within the study, a comparative analysis was conducted between the students who studied the course “Decisions for a Healthy Lifestyle” and those who did not study it, in order to assess the impact of the course.

GENERAL STATE OF HEALTH

37,7 %

students reported two or more signs of illness more frequently than once a week



Boys:

26,7%



Girls:

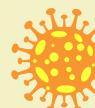
44,2%

The level of health literacy among students who have studied the course "Decisions for a Healthy Lifestyle" is higher than in those who have not (52.2%, compared to 42.5%). Increased level of literacy is also attested among students from centres of excellence and colleges - 59.5% where the course is mandatory, compared to 43.05% for those in vocational schools where the course is optional.

**Students reported a worrying state of mental health.
Thus, weekly, girls and boys face:**



1/4



*During the COVID-19 pandemic
of all students felt much more stressed.*

Girls report this condition almost twice as often as boys.

The health problems faced by young specialists during vocational training and at work are:

According to students:

- increased stress levels,
due to lack of experience;
- visual disturbances;
- overwork;
- obesity.



**According to vocational
trainers and teachers:**

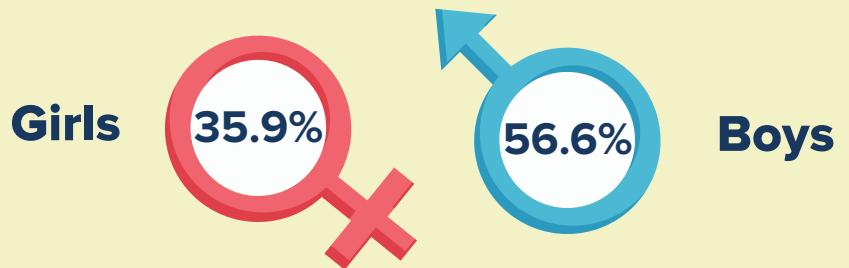
- backache, pain in the hands or feet;
- intellectual fatigue;
- lack of physical endurance.



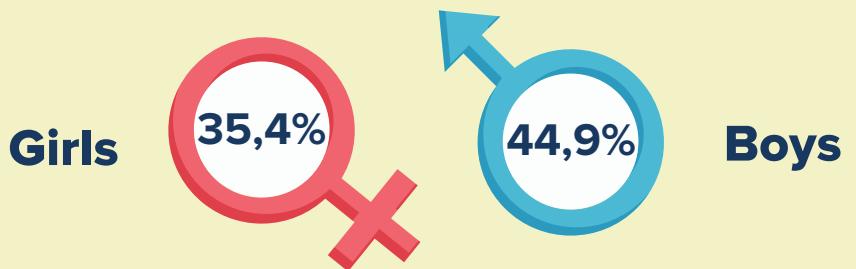
21 %
of the respondents
have well-developed
interpersonal skills



Feel comfortable talking with a stranger:



Have good self-esteem:



Students who have studied the course "Decisions for a Healthy Lifestyle" have better developed interpersonal skills than those who have not (21.8% compared to 13.8%).

Only
11,3%
have well developed skills
that can help them get hired



43,4%
cannot work independently

46,8%
cannot work as part of a team



55,4%
cannot work with persons
with different abilities and
in diverse environments

*Employment skills are twice as high in students who have studied the course
"Decisions for a Healthy Lifestyle" than in those who have not.*

NUTRITION AND PHYSICAL ACTIVITY



Daily

- Only 4 out of 10 students eat breakfast
- 2 out of 10 students consume fruit and vegetables
- 1 out of 3 students consume sweets
- 1 out of 5 students consume carbonated beverages



1 out of 8 students engage in physical activity at least 60 minutes a day

Compared to boys, girls practice physical activities 2 times less often.



Students who have attended the course "Decisions for a healthy lifestyle" eat breakfast much more often and are more physically active than those who have not.

SUBSTANCE USE
(tobacco, alcohol, drugs)



Over the last 30 days:

15,5%
of students consumed tobacco-based  for 1-2 days and more



45,1%
consumed  beverages 1-2 days and more



12,8%
of respondents were at least once in a state of acute alcohol intoxication

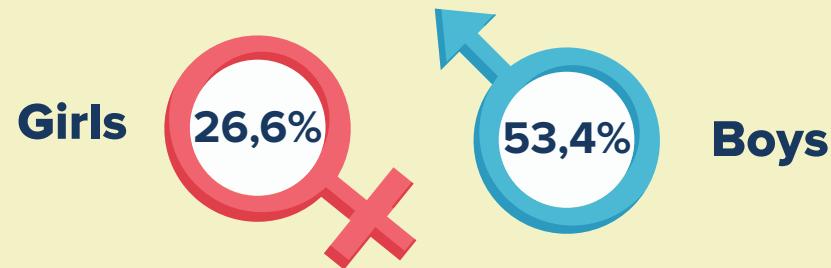
2,2%
used **cannabis**

1,1%
used **synthetic drugs**
(ethno-botanical - spices, salts, etc.)

1,4%
used **intravenous drugs**

Among students who have attended the course "**Decisions for a Healthy Lifestyle**"
the proportion of those who consume alcohol abusively
is two times lower - **5,6%** than among those who have not - **11,4%**.

36,5%
of students reported being sexually active



1/3
of them had their first sexual contact at the age of **15** or younger



For **3,6%** of the students
the first sexual intercourse
was forced



Unprotected casual sex is a common practice



Boys:

41,8% (on average, 3 occasional partners in the last 12 months), of which 20% without the use of a condom



Girls:

14,2% (on average, 1-2 occasional partners in the last 12 months), of which 37% without the use of a condom



Students who have attended the course "Decisions for a Healthy Lifestyle" tend to use condoms more frequently – 85,7%, compared to those who have not – 73,8%.

PREVENTION OF UNPLANNED PREGNANCIES AND CONTRACEPTION USE

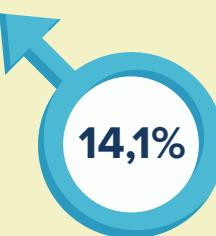
**Only
19%**

of the respondents indicated correctly all appropriate modern methods to prevent unplanned pregnancy

Girls



21,8%



14,1%

Boys

50%

of the students still consider traditional methods such as interrupted intercourse and the calendar method to be appropriate

The data show that teen pregnancy among girls studying in VET institutions is quite common. One in 5 girls who got pregnant dropped out of school/college because of the pregnancy.

75,8%

Used a

At the first intercourse

73,3%

At the last intercourse

Used contraceptive

8,8%

At the first intercourse

7,1%

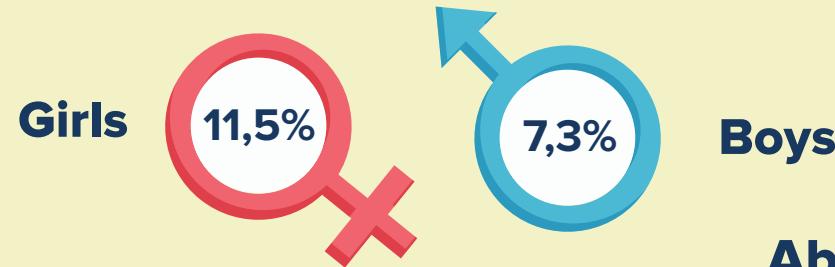
At the last intercourse

40% don't know where they can benefit from free condoms

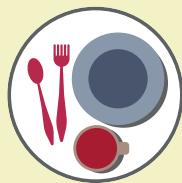
The results show that students who have studied the course "Decisions for a Healthy Lifestyle" relied on condoms and birth control pills at their first sexual intercourse significantly more often, and the use of modern methods of contraception becomes more frequent over time, compared to those who have not studied the course.



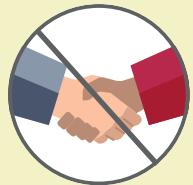
Only 1 in 10 young people knows comprehensive information about HIV



37,2%
of students believe that
mosquitos can transmit HIV



53,7%
believe that they can become
infected with HIV by eating
with an HIV-infected person



About
1/3
of respondents have
discriminatory attitudes
towards people infected with HIV



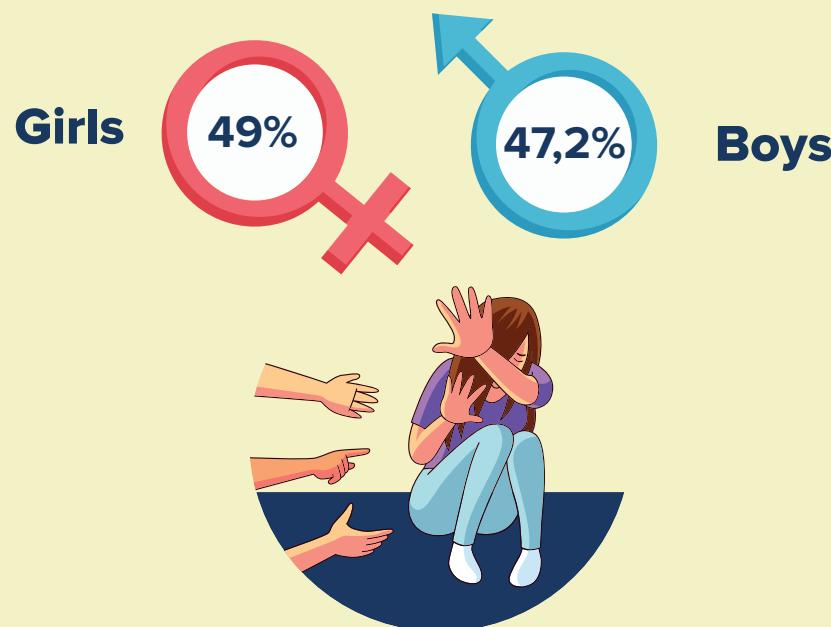
43%
believe that condoms
cannot reduce the
spread of HIV

Among those who have studied the course "Decisions for a healthy lifestyle" the HIV prevention literacy level is higher than among those who have not (72.9% and 62.3%, respectively).

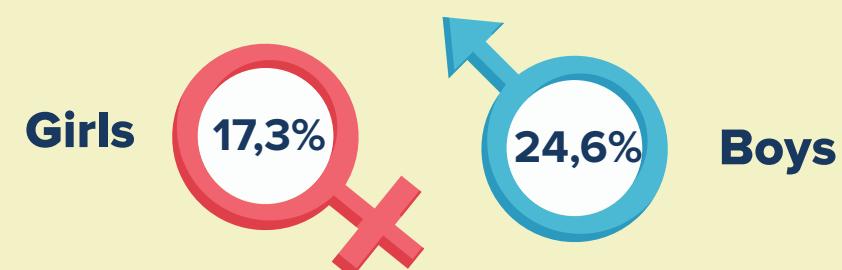
Only 20,6% of the students are aware of all forms of gender-based violence

In the last 12 months:

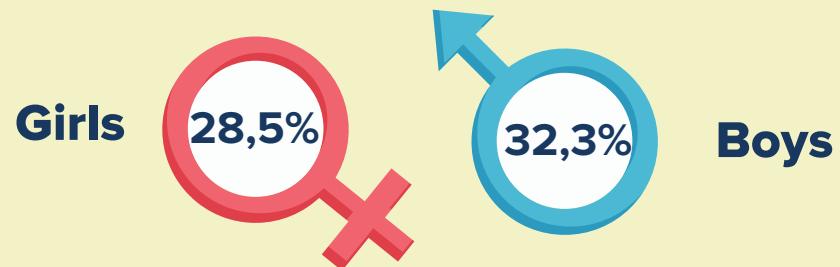
48,3% of respondents have been exposed once and more often to at least one form of gender-based violence



20% have been exposed to forms of sexual abuse



1/3 of girls and boys applied on other persons at least one form of violence, at least once.



Students who have studied the course "Decisions for a healthy lifestyle" showed a higher literacy of gender-based violence forms compared to those who have not (22,2% and 15,4% respectively).



The study was conducted within the Project “Develop life skills and healthy behaviors of students in Vocational Education & Training for their development and job readiness”, implemented by the United Nations Population Fund (UNFPA) with funding support of Austrian Development Agency (ADA) from funds of Austrian Development Cooperation in partnership with the Ministry of Education, Culture and Research.