The questionnaire was compiled jointly by school representatives, asking participants 23 questions about their physical and mental health.

The questionnaire was created in electronic format, similar to the previous questionnaire, using a Google Form application, and only a link was sent to the students to complete it.

The questions were worded so that respondents could express their opinion on a five-point scale between two opposing statements, this was done using an Osgood scale for each question.

A total of 122 responses were received to the questionnaire, with a broadly equal proportion of responses from all schools.

The analysis was carried out using SPSS, as for the input measurement.
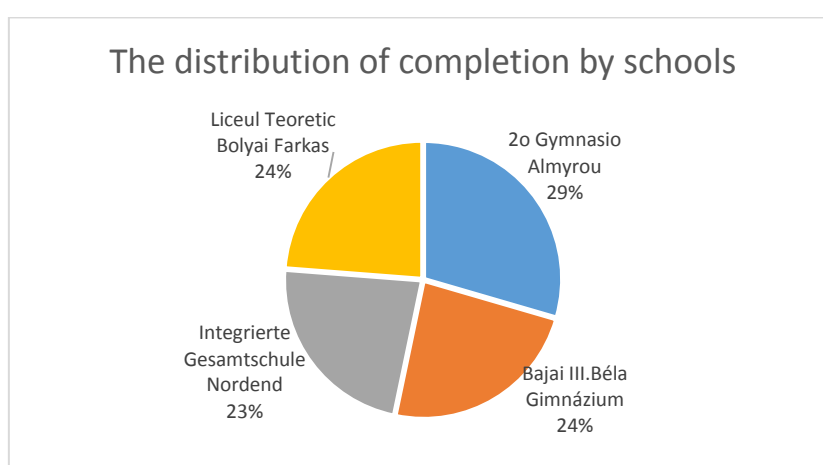


The mean, standard deviation and median were calculated for each question.

| | 1 = I agree with the statement on the left | Average | Deviation | Median | 5 = I agree with the statement on the right |
|---|---|---|---|---|---|
| 1 | I don't like fruit or vegetables. | 4,24 | 0,96 | 4,5 | I eat fruit and/or vegetables at least once a day. |
| 2 | I eat fast food at least once a week. | 3,11 | 1,31 | 3 | I hardly ever eat fast food. |
| 3 | We eat ready-made meals or at restaurants. | 4,34 | 0,78 | 4 | We cook at home. |
| 4 | I usually drink soft drinks. | 3,80 | 1,13 | 4 | I usually drink water. |
| 5 | I drink alcohol at parties. | 3,13 | 1,54 | 3 | I say no to alcohol. |
| 6 | I'd try drugs if I had the opportunity. | 4,30 | 1,12 | 5 | I would never try any drugs. |
| 7 | I love the smell of cigarettes. | 4,25 | 1,04 | 5 | I can't stand the smell of cigarettes. |
| 8 | I take public transport to school or go by car. | 3,61 | 1,63 | 4,5 | I cycle or walk to school. |
| 9 | I never leave the house after school. | 3,83 | 1,10 | 4 | After school I normally do some physical activities. |
| 10 | I don't do any sports | 3,80 | 1,26 | 4 | I do sports regularly. |
| 11 | I don't like going to parks or to the forest. | 4,07 | 0,96 | 4 | I prefer being in nature. |
| 12 | I don't sleep well every night. | 3,48 | 1,34 | 4 | I don't wake up during the night. |
| 13 | I face nightmares quite often. | 3,60 | 1,13 | 4 | I never have nightmares. |
| 14 | When I wake up in the middle of the night I cannot fall asleep again. | 3,89 | 1,25 | 4 | When I wake up in the middle of the night I can easily go back to sleep. |

| | | | | | |
|---|---|---|---|---|---|
| 15 | The lack of sleep badly affects my performance at school. | 3,41 | 1,32 | 4 | I can sleep enough to do well at school. |
| 16 | Negative comments worry me. | 3,36 | 1,22 | 3 | I don't care about negative comments. |
| 17 | I get nervous when I cannot check my messages on my phone. | 3,25 | 1,14 | 3 | I don't care about my messages. |
| 18 | I do not feel accepted in my class. | 4,11 | 1,12 | 4 | I feel accepted in my class. |
| 19 | I have no idea what bullying means. | 4,62 | 0,73 | 5 | I have heard about bullying. |
| 20 | Criticizing my peers is acceptable. | 3,73 | 1,13 | 4 | I never say or send bad words to others. |
| 21 | Covid19 did not affect my every day routine. | 3,57 | 1,12 | 4 | I definitely follow the health regulations. |
| 22 | I don't understand people becoming vegan. | 4,09 | 1,28 | 5 | I can accept people not eating meat. |
| 23 | I spend more than 2 hours on social media sites. | 3,19 | 1,08 | 3 | I meet my friends in person and we talk |

The median means that it divides the respondents into two equal groups, so if the median is 3, it means that for that question there are the same number of answers below 3 as above 3 and if the median is 5, it means that for that question more than half of the respondents answered 5 (this indicates a position in favour of the right-side statement).

Looking at the statements by question, half of the respondents eat fruit/vegetables at least once a day. Half of the respondents eat fast food every week and half of the respondents drink alcohol at parties. The vast majority can accept a vegan diet.

A significant majority of them also reject drugs and cigarettes, and do not use them (but do not necessarily reject alcohol).

Half of the pupils walk or cycle to school, the other half use some other form of transport; in the afternoon they mostly play sport, albeit non-competitively.

The answers to the questions on sleep were mostly reassuring, but there is considerable variation, indicating that there are more people who have more or less problems in this area.

However, social media, its active use and the negative comments received on social media indicate problems, with significant differences, with half of students voting for the two opposing views, meaning that a significant proportion of students have a serious problem with negative comments, half of students are stressed if they cannot check their messages regularly, and a significant proportion spend up to two hours a day actively on social media.

The majority feel accepted in their own community (class), have heard of cyberbullying, and those are in a minority (though not significantly so) who do not criticise others.

When comparing the answers given by students in the schools, there are some questions where the answers varied significantly between schools. For the analysis, the schools were assigned a code number, which is a single alphabetical order.

| | students | average |
|---|---|---|
| 2o Gymnasio Almyrou | 36 | 3,71 |
| Bajai III.Béla Gimnázium | 29 | 3,73 |
| Integrierte Gesamtschule Nordend | 28 | 3,85 |
| Liceul Teoretic Bolyai Farkas | 29 | 3,82 |

The average of responses per school
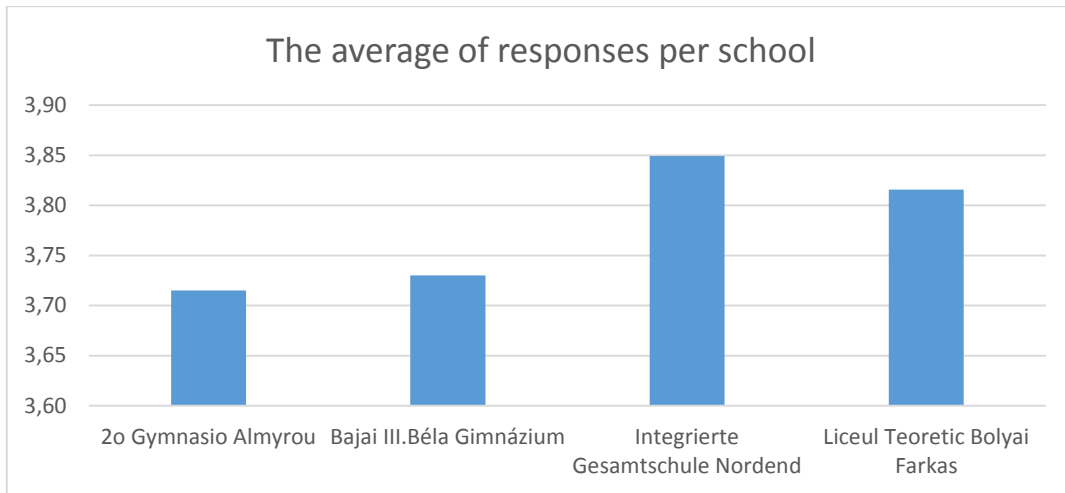
| School | Code |
|---|---|
| 2o Gymnasio Almyrou | 1 |
| Bajai III.Béla Gimnázium | 2 |
| Integrierte Gesamtschule Nordend | 3 |
| Liceul Teoretic Bolyai Farkas | 4 |

Only those questions where there is a significant difference between schools are included. (N: number of respondents)

**Q1**

| School | N | Subset for alpha = 0.05 | |
|---|---|---|---|
| | | 1 | 2 |
| 1 | 36 | 3,64 | |
| 2 | 29 | | 4,28 |
| 3 | 28 | | 4,54 |
| 4 | 29 | | 4,66 |

In Question 1, students in School 1 were significantly less likely to agree with the right-side statement than students in the other three schools.

**Q4**

| School | N | Subset for alpha = 0.05 | |
|---|---|---|---|
| | | 1 | 2 |
| 1 | 36 | 3,31 | |
| 3 | 28 | 3,71 | 3,71 |
| 2 | 29 | | 4,00 |
| 4 | 29 | | 4,31 |

In question 4, School 1 has a significantly different opinion than Schools 2 and 4, with School 3 in the middle on this question.

**Q5**

| School | N | Subset for alpha = 0.05 | |
| --- | --- | --- | --- |
| | | 1 | 2 |
| 3 | 28 | 2,75 | |
| 4 | 29 | 2,76 | |
| 2 | 29 | 2,86 | |
| 1 | 36 | | **3,94** |

On Question 5, School 1 agrees significantly more with the right-side statement than the left.

**Q6**

| School | N | Subset for alpha = 0.05 | |
| --- | --- | --- | --- |
| | | 1 | 2 |
| 3 | 28 | **3,75** | |
| 4 | 29 | 4,21 | 4,21 |
| 1 | 36 | | **4,53** |
| 2 | 29 | | **4,66** |

In question 6, the opinion of School 3 is significantly closer to the "I'd try drugs if I had the opportunity" position than Schools 1 and 2.

**Q22**

| School | N | Subset for alpha = 0.05 | |
| --- | --- | --- | --- |
| | | 1 | 2 |
| 2 | 29 | **3,52** | |
| 1 | 36 | **3,89** | |
| 4 | 29 | | **4,31** |
| 3 | 28 | | **4,71** |

"I don't understand people becoming vegan.- I can accept people not eating meat."
The biggest difference between schools was in the question of whether they accept or reject veganism and non-veganism. The opinions of Schools 1 and 2 were significantly different from those of Schools 3 and 4.

For the issues not listed above, although the schools were not equally divided, there were no significant differences between the views.

We have two measurement points, i.e. it is worth comparing the results of the output measurement with the values measured at the input.

In the two measurements, 20 identical questions were asked in the same way, so they are comparable. The results are presented in the table below.

| N=122 | Output | | Input | p=0,95 | t₀=1,98 |
|---|---|---|---|---|---|
| | Average | Deviation | Average | difference | t |
| 1. | 4,24 | 0,96 | 4,13 | 0,11 | 1,29 |
| 2. | 3,11 | 1,31 | 3,23 | -0,11 | -0,93 |
| 3. | 4,34 | 0,78 | 4,34 | 0,01 | 0,13 |
| 4. | 3,80 | 1,13 | 3,86 | -0,06 | -0,59 |
| 5. | 3,13 | 1,54 | 3,81 | -0,68 | -4,87 |
| 6. | 4,30 | 1,12 | 4,50 | -0,20 | -1,97 |
| 7. | 4,25 | 1,04 | 4,37 | -0,11 | -1,19 |
| 8. | 3,61 | 1,63 | 3,45 | 0,17 | 1,15 |
| 9. | 3,83 | 1,10 | 3,74 | 0,09 | 0,90 |
| 10. | 3,80 | 1,26 | 3,91 | -0,10 | -0,90 |
| 11. | 4,07 | 0,96 | 3,96 | 0,11 | 1,24 |
| 12. | 3,48 | 1,34 | 3,71 | -0,24 | -1,95 |
| 13. | 3,60 | 1,13 | 3,78 | -0,18 | -1,78 |
| 14. | 3,89 | 1,25 | 3,85 | 0,04 | 0,35 |
| 15. | 3,41 | 1,32 | 3,49 | -0,08 | -0,69 |
| 16. | 3,36 | 1,22 | 3,35 | 0,02 | 0,14 |
| 17. | 3,25 | 1,14 | 3,28 | -0,03 | -0,31 |
| 18. | 4,11 | 1,12 | 4,19 | -0,09 | -0,86 |
| 19. | 4,62 | 0,73 | 4,57 | 0,06 | 0,87 |
| 20. | 3,73 | 1,13 | 3,66 | 0,07 | 0,68 |
| 21. | 3,57 | 1,12 | | | |
| 22. | 4,09 | 1,28 | | | |
| 23. | 3,19 | 1,08 | | | |
| Per respondent | 3,77 | 0,48 | 3,86 | -0,08 | -1,95 |

Unfortunately, it is clear in one question, and borderline in two others that the results are significantly worse than the input results.

The first relates to alcohol consumption. Over the time interval, respondents have remained the same, but their age has changed between 2018 and 2021, which explains the change in attitudes towards alcohol.

The other two questions relate to drugs and restful sleep. The change in attitudes towards drugs, as with alcohol, can be attributed to the change in age, as the last few years have brought significant changes in the lives of the students who completed the questionnaire. There are also greater problems with restful sleep among the current, older students.

There are mixed shifts in the other questions compared to the baseline measurement, but none of these are significant.