



# **Prevalence of sedentary and eating behaviour among Albanian children (6-15 years old) living in the Balkan region 2013-2015**

## **Report II**

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# BASIC project

## “Balkan Survey of Inactivity in Children“

### 2013-2015

**Cite:** Jarani, J., Spahi, A., Muca, F., Qefalia. D., A., Kasa, A., Shaka, L., & Ushtelenca, K. (2015). Prevalence of sedentary and eating behaviour among Albanian children (6-15 years old) living in the Balkan region 2013-2015. *Report II*, 1- 48.

## Introduction

This study used a part of the European Health Education Survey (EYHS) questionnaire to assess and provide an objective picture of sedentary behaviour in children. The aim of this study was to identify leisure activities before and after school, time spent sitting, mode of transport to school, outdoor play after school, participation in club training, TV viewing, food preferences and different types of physical activity. The survey also included questions addressing psychosocial and environmental factors that influence children's physical activity.

The results are presented as follows:

- Results by country for Albanian children living in the Balkans (Albania, Kosovo and Montenegro).
- Results by country and gender for Albanian children living in the Balkans (Albania, Kosovo and Montenegro).
- Results by school year for Albanian children living in the Balkans (Albania, Kosovo and Montenegro).
- Results by country and school year for Albanian children living in the Balkans (Albania, Kosovo and Montenegro).

## Information about the BASIC project

The BASIC project “Balkan Survey of Inactivity in Children” is a project applied and approved at the University of Sports of Tirana (UST) and financed by the budget “on Scientific Research Financing” agreed by the Ministry of Education, Sports and Youth.

The report is based on data on obesity (report I), eating behavior, movement patterns (report II) and physical activity (report III), among Albanian children living in the Balkans (Albania, Kosovo, Montenegro). The duration and analysis of the data belong to the period 2013-2015. Extensive cooperation has been carried out with the DAR of cities in Albania, the relevant municipalities in Kosovo, as well as the Ministry of Education and Sports of Montenegro.

The working group of this project consists of the academic staff of UST, members of the non-profit association ASSA (formerly BSHRC).

## Results

### Section 1- Results by country for Albanian children living in the Balkans (Albania, Kosovo and Montenegro).

The following data in table no. 2.1 show the children's participation in completing the questionnaire as well as their refusals (missing) to complete it. The table gives an overview of the distribution of participants by country.

Table 1.1 Participation by the children to the questionnaire

| Country    |   |         |             |
|------------|---|---------|-------------|
| Albania    | N | Valid   | <b>2028</b> |
|            |   | Missing | <b>13</b>   |
| R. Kosovo  | N | Valid   | <b>705</b>  |
|            |   | Missing | <b>4</b>    |
| Montenegro | N | Valid   | <b>315</b>  |
|            |   | Missing | <b>2</b>    |

The results from table no. 1.2 present information on the entertainment environments that children have close to home to play. The data for Albanian children living in R Kosovo and in Montenegro have more places to play than Albanian children living in Albania.

Table 1.2 Question- Is there any place, park or gym near to your house that you can train yourselves or play?

| Country    |     | Percent     |
|------------|-----|-------------|
| Albania    | Yes | <b>28.3</b> |
|            | No  | <b>71.7</b> |
| R. Kosovo  | Yes | <b>54.2</b> |
|            | No  | <b>45.8</b> |
| Montenegro | Yes | <b>57.1</b> |
|            | No  | <b>42.9</b> |

The results from table no. 1.3 present information environments at home where children can play or exercise physically. From the data on Albanian children living in R Kosovo, Montenegro and Albania, we will see that the children have facilities in their home where they can exercise.

Table 1.3 Question- Do you have any place in your home where you can train yourselves and play?

| Country    |     | Percent     |
|------------|-----|-------------|
| Albania    | Yes | <b>59.6</b> |
|            | No  | <b>40.4</b> |
| R. Kosovo  | Yes | <b>61.4</b> |
|            | No  | <b>38.6</b> |
| Montenegro | Yes | <b>57.1</b> |
|            | No  | <b>42.9</b> |

The results from table no. 1.4 present information to children about how often they eat chips, pie, hamburger or sandwich (fast food). From the data we see that the Albanian children who are found in Kosovo, Montenegro and Albania consume nearly every day fried potatoes, pies, etc., while the children who are in Montenegro consume more potatoes, pies, hamburgers, etc. than the children who live in Kosovo and Albania.

*Tabela 1.4 Question- How often do you eat chips, pie, hamburger or sandwich?*

| Country    |                  | Percent     |
|------------|------------------|-------------|
| Albania    | Every day        | <b>31.8</b> |
|            | Nearly every day | <b>48.5</b> |
|            | 1-2 days a week  | <b>19.7</b> |
| R Kosovo   | Every day        | <b>25.4</b> |
|            | Nearly every day | <b>47.0</b> |
|            | 1-2 days a week  | <b>27.6</b> |
| Montenegro | Every day        | <b>38.2</b> |
|            | Nearly every day | <b>61.8</b> |
|            | 1-2 days a week  |             |

The results from table no. 1.5 present information on children, how often they drink carbonated liquids. From the data, we see that Albanian children living in Albania consume 1-2 times a week, carbonated liquids children living in R Kosovo consume every day and children living in Montenegro consume liquids almost every day. Children living in Montenegro and R Kosovo consume more liquids than children living in Albania.

*Tabela 1.5 Question- How often do you drink gas liquids?*

| Country    |                      | Percent     |
|------------|----------------------|-------------|
| Albania    | Every day            | <b>21.9</b> |
|            | Nearly every day     | <b>25.7</b> |
|            | 1-2 days a week      | <b>30.3</b> |
|            | never or hardly ever | <b>22.1</b> |
| R. Kosovo  | Every day            | <b>39.9</b> |
|            | Nearly every day     | <b>30.4</b> |
|            | 1-2 days a week      | <b>18.3</b> |
|            | never or hardly ever | <b>11.4</b> |
| Montenegro | Every day            | <b>38.1</b> |
|            | Nearly every day     | <b>42.9</b> |
|            | 1-2 days a week      | <b>19.0</b> |
|            | never or hardly ever |             |

The results from table no. 1.6 present information on how often children consume fruits such as apples, bananas, oranges, etc. From the data, we see that Albanian children living in R Kosovo and Albania consume fruit every day, while children living in Montenegro consume fruit almost every day. Children living in Albania and R Kosovo consume more fruit than children living in Montenegro.

Tabela 1.6 Question- How often do you eat fruit like apples, bananas, oranges, mandarins, etc.?

| Country    |                      | Percent     |
|------------|----------------------|-------------|
| Albania    | Every day            | <b>57.1</b> |
|            | Nearly every day     | <b>27.0</b> |
|            | 1-2 days a week      | <b>11.9</b> |
|            | never or hardly ever | <b>4.0</b>  |
| R. Kosovo  | Every day            | <b>63.7</b> |
|            | Nearly every day     | <b>23.5</b> |
|            | 1-2 days a week      | <b>10.1</b> |
|            | never or hardly ever | <b>2.6</b>  |
| Montenegro | Every day            | <b>28.6</b> |
|            | Nearly every day     | <b>42.9</b> |
|            | 1-2 days a week      | <b>28.6</b> |
|            | never or hardly ever |             |

The results from table no. 1.7 present information on children, how often they consume vegetables such as carrots, green salad, peas, etc. From the data, we see that Albanian children living in R Kosovo consume vegetables 1-2 times a week, children in Albania and Montenegro consume vegetables almost every day. Children living in Montenegro consume more vegetables than children living in Albania and Kosovo.

Table 1.7 Question- How often do you eat vegetables like peas, carrots, green salad, etc.?

| Country    |                      | Percent     |
|------------|----------------------|-------------|
| Albania    | Every day            | <b>28.6</b> |
|            | Nearly every day     | <b>33.6</b> |
|            | 1-2 days a week      | <b>27.4</b> |
|            | never or hardly ever | <b>10.3</b> |
| R. Kosovo  | Every day            | <b>28.4</b> |
|            | Nearly every day     | <b>25.8</b> |
|            | 1-2 days a week      | <b>32.7</b> |
|            | never or hardly ever | <b>13.1</b> |
| Montenegro | Every day            | <b>21.4</b> |
|            | Nearly every day     | <b>47.6</b> |
|            | 1-2 days a week      | <b>28.6</b> |
|            | never or hardly ever | <b>2.4</b>  |

The results from table no. 1.8 present information on children about how often they consume pizza. From the data, we see that Albanian children living in R Kosovo and Albania consume pizza 1-2 times a week, while children living in Montenegro consume pizza almost every day. Children living in Montenegro consume more pizza than children living in Albania and Kosovo.

Table 1.8 Question- How often do you eat pizza?

| Country    |                      | Percent     |
|------------|----------------------|-------------|
| Albania    | Every day            | <b>12.3</b> |
|            | Nearly every day     | <b>15.3</b> |
|            | 1-2 days a week      | <b>40.8</b> |
|            | never or hardly ever | <b>31.6</b> |
| R. Kosovo  | Every day            | <b>9.8</b>  |
|            | Nearly every day     | <b>14.4</b> |
|            | 1-2 days a week      | <b>54.2</b> |
|            | never or hardly ever | <b>21.6</b> |
| Montenegro | Every day            | <b>19.0</b> |
|            | Nearly every day     | <b>42.9</b> |
|            | 1-2 days a week      | <b>38.1</b> |
|            | never or hardly ever |             |

The results from table no. 1.9 present information on children about how often they consume or eat sweets or chocolates. From the data, we see that Albanian children living in R Kosovo consume sweets 1-2 times a week, children in Albania consume them every day and those who live in Montenegro consume sweets almost every day. Children living in Albania consume more sweets than boys living in Montenegro and R Kosovo.

Table 1.9 Question- How often do you eat sweets or chocolate?

| Country    |                      | Percent     |
|------------|----------------------|-------------|
| Albania    | Every day            | <b>31.0</b> |
|            | Nearly every day     | <b>31.1</b> |
|            | 1-2 days a week      | <b>26.0</b> |
|            | never or hardly ever | <b>11.9</b> |
| R. Kosovo  | Every day            | <b>24.2</b> |
|            | Nearly every day     | <b>28.1</b> |
|            | 1-2 days a week      | <b>37.3</b> |
|            | never or hardly ever | <b>10.5</b> |
| Montenegro | Every day            | <b>21.4</b> |
|            | Nearly every day     | <b>45.2</b> |
|            | 1-2 days a week      | <b>31.0</b> |
|            | never or hardly ever | <b>2.4</b>  |

The results from Table 1.10 present information on whether children will consume something they really don't like if their teacher suggests it. From the data, we see that Albanian children living in R Kosovo, Albania and Montenegro are undecided about the choice they would make. But children living in Montenegro are more likely to agree to eat something they don't like if the teacher suggests it.

Table 1.10 Question- Would you eat something that you really did not like, if your teacher says?

| Country    |       | Percent     |
|------------|-------|-------------|
| Albania    | Yes   | <b>17.7</b> |
|            | Maybe | <b>51.5</b> |
|            | No    | <b>30.8</b> |
| R Kosovo   | Yes   | <b>26.9</b> |
|            | Maybe | <b>41.6</b> |
|            | No    | <b>31.5</b> |
| Montenegro | Yes   | <b>33.3</b> |
|            | Maybe | <b>50.0</b> |
|            | No    | <b>16.7</b> |

The results from table no. 1.11 present information on whether children will consume something they really don't like if their mother or father suggests it. From the data, we see that Albanian children living in Montenegro and Albania are undecided about the choice they would make, while children living in the Republic of Kosovo would agree to eat something they really don't like, if their mother or father says so.

Table 1.11 Question- Would you eat something that you really did not like, if your mother or father says?

| Country    |       | Percent     |
|------------|-------|-------------|
| Albania    | Yes   | <b>34.6</b> |
|            | Maybe | <b>42.2</b> |
|            | No    | <b>23.2</b> |
| R Kosovo   | Yes   | <b>44.1</b> |
|            | Maybe | <b>36.9</b> |
|            | No    | <b>19.0</b> |
| Montenegro | Yes   | <b>38.1</b> |
|            | Maybe | <b>50.0</b> |
|            | No    | <b>11.9</b> |

The results from table no. 1.12 present information about children at what time they wake up during school days. From the data, we see that Albanian children living in R Kosovo and Albania on the days they are at school wake up before 8 AM (morning), while boys living in Montenegro wake up between 8-9 AM (morning).

Table 1.12 Question- What time do you wake up on school days?

| Country   |                | Percent     |
|-----------|----------------|-------------|
| Albania   | before 8 00 AM | <b>73.6</b> |
|           | 8 00- 9 00 AM  | <b>17.0</b> |
|           | 9 00- 10 00 AM | <b>7.2</b>  |
|           | after 10 00 AM | <b>2.2</b>  |
| R. Kosovo | before 8 00 AM | <b>82.4</b> |

|            |                |             |
|------------|----------------|-------------|
|            | 8 00- 9 00 AM  | <b>13.1</b> |
|            | 9 00- 10 00 AM | <b>3.3</b>  |
|            | after 10 00 AM | <b>1.3</b>  |
| Montenegro | before 8 00 AM | <b>14.3</b> |
|            | 8 00- 9 00 AM  | <b>42.9</b> |
|            | 9 00- 10 00 AM | <b>35.7</b> |
|            | after 10 00 AM | <b>7.1</b>  |

The results from table no. 1.13 present information on children at what time they go to sleep during school days. From the data, we see that Albanian children living in R Kosovo, Albania and Montenegro go to sleep between 8-9 PM (at night) on the days they are at school.

Table 1.13 Question- What time do you go to sleep during school days?

| Country    |                | Percent     |
|------------|----------------|-------------|
| Albania    | before 8 00 PM | <b>15.3</b> |
|            | 8 00- 9 00 PM  | <b>35.1</b> |
|            | 9 00- 10 00 PM | <b>31.9</b> |
|            | after 10 00 PM | <b>17.7</b> |
| R. Kosovo  | before 8 00 PM | <b>22.9</b> |
|            | 8 00- 9 00 PM  | <b>35.6</b> |
|            | 9 00- 10 00 PM | <b>29.7</b> |
|            | after 10 00 PM | <b>11.8</b> |
| Montenegro | before 8 00 PM | <b>16.7</b> |
|            | 8 00- 9 00 PM  | <b>52.4</b> |
|            | 9 00- 10 00 PM | <b>28.6</b> |
|            | after 10 00 PM | <b>2.4</b>  |

The results from table no. 1.14 present information about the houses where the children live on how many televisions are in their house. From the data, we see that Albanian children living in R Kosovo and Albania have 2-3 televisions in their homes, children living in Montenegro have 1 televisions in their homes.

Table 1.14 Question- How many televisions you have at home?

| Country    |     | Percent     |
|------------|-----|-------------|
| Albania    | 0   | <b>3.5</b>  |
|            | 1   | <b>32.9</b> |
|            | 2-3 | <b>63.6</b> |
| R Kosovo   | 0   | <b>7.2</b>  |
|            | 1   | <b>44.4</b> |
|            | 2-3 | <b>48.4</b> |
| Montenegro | 0   | <b>26.2</b> |
|            | 1   | <b>42.9</b> |
|            | 2-3 | <b>31.0</b> |

The results from table no. 1.15 present information about homes where children live if they have televisions in their bedrooms. From the data, we see that Albanian children living in Kosovo and Albania have televisions in their bedrooms, while children living in Montenegro do not have televisions in their bedrooms.

Table 1.15 Question- Do you have a television in your bedroom?

| Country    |     | Percent     |
|------------|-----|-------------|
| Albania    | Yes | <b>52.7</b> |
|            | No  | <b>47.3</b> |
| R. Kosovo  | Yes | <b>50.8</b> |
|            | No  | <b>49.2</b> |
| Montenegro | Yes | <b>45.2</b> |
|            | No  | <b>54.8</b> |

The results from table no. 1.16 present information for children about how many hours of television they watch before school. From the data, we see that Albanian children living in R Kosovo, Albania and Montenegro do not watch a single hour of television before going to school.

Table 1.16 Question- Usually, how many hours you view TV before school?

| Country    |                    | Percent     |
|------------|--------------------|-------------|
| Albania    | None               | <b>37.2</b> |
|            | Less than one hour | <b>32.4</b> |
|            | 1-2 hours          | <b>21.8</b> |
|            | more than 2 hours  | <b>8.6</b>  |
| R. Kosovo  | None               | <b>46.7</b> |
|            | Less than one hour | <b>33.7</b> |
|            | 1-2 hours          | <b>15.4</b> |
|            | more than 2 hours  | <b>4.2</b>  |
| Montenegro | None               | <b>50.0</b> |
|            | Less than one hour | <b>31.0</b> |
|            | 1-2 hours          | <b>16.7</b> |
|            | more than 2 hours  | <b>2.4</b>  |

The results from table no. 1.17 present information for children about how many hours of television they watch after finishing school. From the data, we see that Albanian children living in Kosovo and Albania watch 1-2 hours of television after finishing school, while children living in Montenegro watch less than 1 hour of television after finishing school. We will see that the children who use the TV the most will be the children who live in Montenegro and the ones who use it the most are the Albanian children.

Table 1.17 Question- Usually, how many hours you view TV after school?

| Country    |                    | Percent     |
|------------|--------------------|-------------|
| Albania    | None               | <b>10.9</b> |
|            | Less than one hour | <b>26.8</b> |
|            | 1-2 hours          | <b>39.3</b> |
|            | more than 2 hours  | <b>23.0</b> |
| R. Kosovo  | None               | <b>12.1</b> |
|            | Less than one hour | <b>35.6</b> |
|            | 1-2 hours          | <b>35.6</b> |
|            | more than 2 hours  | <b>16.7</b> |
| Montenegro | None               | <b>31.0</b> |
|            | Less than one hour | <b>47.6</b> |
|            | 1-2 hours          | <b>19.0</b> |
|            | more than 2 hours  | <b>2.4</b>  |

The results from table no. 1.18 present information for children about how many hours they spend playing different games on the computer or television during the days of the week. From the data, we see that Albanian children living in Albania spend 1-2 hours playing various games on the computer or television during the weekdays, while children living in the Republic of Kosovo and Montenegro spend less than 1 hour playing games different on the computer or television during the weekdays. Children living in Montenegro spend fewer hours playing various games on the computer or television during weekdays than children living in Albania and Kosovo.

Table 1.18 Question- How many hours do you spend playing different games on a computer or on TV during weekdays?

| Country    |                    | Percent     |
|------------|--------------------|-------------|
| Albania    | None               | <b>17.0</b> |
|            | Less than one hour | <b>30.5</b> |
|            | 1-2 hours          | <b>32.4</b> |
|            | more than 2 hours  | <b>20.1</b> |
| R. Kosovo  | None               | <b>14.4</b> |
|            | Less than one hour | <b>38.6</b> |
|            | 1-2 hours          | <b>35.9</b> |
|            | more than 2 hours  | <b>11.1</b> |
| Montenegro | None               | <b>28.6</b> |
|            | Less than one hour | <b>52.4</b> |
|            | 1-2 hours          | <b>16.7</b> |
|            | more than 2 hours  | <b>2.4</b>  |

The results from table no. 1.19 present information for children about how many hours they spend playing different games on the computer or television during the weekend (Saturday and Sunday). From the data, we see that Albanian children living in Albania spend more than 2 hours playing different games on the computer or TV during the weekend, children living in the Republic of Kosovo spend 1-2

hours playing different games on the computer or TV during on the weekend and children living in Montenegro spend less than 1 hour playing different games on the computer or TV during the weekend. Children living in Montenegro spend fewer hours playing different games on the computer or television during the weekend than children living in Albania and Kosovo R.

*Table 1.19 Question- How many hours do you spend playing different games on a computer or on TV during weekends?*

| Country    |                    | Percent     |
|------------|--------------------|-------------|
| Albania    | None               | <b>13.5</b> |
|            | Less than one hour | <b>19.5</b> |
|            | 1-2 hours          | <b>31.0</b> |
|            | more than 2 hours  | <b>36.0</b> |
| R. Kosovo  | None               | <b>10.3</b> |
|            | Less than one hour | <b>32.1</b> |
|            | 1-2 hours          | <b>35.4</b> |
|            | more than 2 hours  | <b>22.2</b> |
| Montenegro | None               | <b>22.0</b> |
|            | Less than one hour | <b>48.8</b> |
|            | 1-2 hours          | <b>26.8</b> |
|            | more than 2 hours  | <b>2.4</b>  |

## Section 2. Results by country and gender for Albanian children living in the Balkans (Albania, Kosovo and Montenegro).

The following data in table no. 2.1 show the children's participation in completing the questionnaire as well as their refusals (missing) to complete it. The table gives an overview of the distribution of participants by gender and country.

Table 2.2 Participation by the children to the questionnaire

| Gender | Country    |   | Participation     |
|--------|------------|---|-------------------|
| Boy    | Albania    | N | Valid <b>979</b>  |
|        |            |   | Missing <b>6</b>  |
|        | Kosovo     | N | Valid <b>364</b>  |
|        |            |   | Missing <b>2</b>  |
|        | Montenegro | N | Valid <b>148</b>  |
|        |            |   | Missing <b>1</b>  |
| Girl   | Albania    | N | Valid <b>1049</b> |
|        |            |   | Missing <b>7</b>  |
|        | Kosovo     | N | Valid <b>341</b>  |
|        |            |   | Missing <b>2</b>  |
|        | Montenegro | N | Valid <b>167</b>  |
|        |            |   | Missing <b>1</b>  |

The results from table no. 2.2 present information on the entertainment environments that children have close to home to play. The data for Albanian boys living in R Kosovo and in Montenegro have more places to play than Albanian children living in Albania. The same panorama is for Albanian girls, where girls living in Montenegro have more access to these facilities.

Table 3.2 Question- Is there any place, park or gym near to your house that you can train yourselves or play?

| Gender | Country    |     | Percent     |
|--------|------------|-----|-------------|
| Boy    | Albania    | Yes | <b>32.5</b> |
|        |            | No  | <b>67.5</b> |
|        | R. Kosovo  | Yes | <b>58.2</b> |
|        |            | No  | <b>41.8</b> |
|        | Montenegro | Yes | <b>54.5</b> |
|        |            | No  | <b>45.5</b> |
| Girl   | Albania    | Yes | <b>24.3</b> |
|        |            | No  | <b>75.7</b> |
|        | R. Kosovo  | Yes | <b>50.9</b> |
|        |            | No  | <b>49.1</b> |
|        | Montenegro | Yes | <b>60.0</b> |
|        |            | No  | <b>40.0</b> |

The results from table no. 2.3 present information environments at home where children can play or exercise physically. From the data on Albanian boys living in R Kosovo, Montenegro and Albania, we will see that the children have facilities in their home where they can exercise. The same panorama is also for Albanian girls, where we will see that the girls who live in R Kosovo have more access in these environments.

Table 2.3 Question- Do you have any place in your home where you can train yourselves and play?

| Gender | Country    |     | Percent     |
|--------|------------|-----|-------------|
| Boy    | Albania    | Yes | <b>57.8</b> |
|        |            | No  | <b>42.2</b> |
|        | R. Kosovo  | Yes | <b>56.0</b> |
|        |            | No  | <b>44.0</b> |
|        | Montenegro | Yes | <b>54.5</b> |
|        |            | No  | <b>45.5</b> |
| Girl   | Albania    | Yes | <b>61.2</b> |
|        |            | No  | <b>38.8</b> |
|        | R. Kosovo  | Yes | <b>66.1</b> |
|        |            | No  | <b>33.9</b> |
|        | Montenegro | Yes | <b>60.0</b> |
|        |            | No  | <b>40.0</b> |

The results from table no. 2.4 Present information to children about how often they eat chips, pie, hamburger or sandwich. From the data we see that the Albanian boys who are found in Kosovo, Montenegro and Albania consume almost every day fried potatoes, pies, etc., while the boys who are in Montenegro consume more potatoes, pies, hamburgers, etc. than the boys who live in Kosovo and Albania. This panorama is also for the girls who consume fast food every day, where the girls who live in Montenegro and Albania have the largest consumption of food.

Tabela 2.4 Question- How often do you eat chips, pie, hamburger or sandwich?

| Gender | Country    |                  | Percent     |
|--------|------------|------------------|-------------|
| Boy    | Albania    | Every day        | <b>37.0</b> |
|        |            | Nearly every day | <b>46.8</b> |
|        |            | 1-2 days a week  | <b>16.2</b> |
|        | R. Kosovo  | Every day        | <b>30.4</b> |
|        |            | Nearly every day | <b>44.6</b> |
|        |            | 1-2 days a week  | <b>25.0</b> |
|        | Montenegro | Every day        | <b>47.4</b> |
|        |            | Nearly every day | <b>52.6</b> |
|        |            | 1-2 days a week  |             |
| Girl   | Albania    | Every day        | <b>26.3</b> |

|            |                  |             |
|------------|------------------|-------------|
|            | Nearly every day | <b>50.3</b> |
|            | 1-2 days a week  | <b>23.4</b> |
|            | Every day        | <b>20.4</b> |
| R. Kosovo  | Nearly every day | <b>49.5</b> |
|            | 1-2 days a week  | <b>30.1</b> |
|            | Every day        | <b>26.7</b> |
| Montenegro | Nearly every day | <b>73.3</b> |
|            | 1-2 days a week  |             |

The results from table no. 2.5 present information on children, how often they drink carbonated liquids. From the data, we see that Albanian boys living in Montenegro and Albania consume nearly every day more often carbonated liquids, while boys living in R Kosovo consume more liquids every day. Boys living in Montenegro and R Kosovo consume more carbonated liquids than boys living in Albania. Regarding the girls, we see that the girls who live in R Kosovo and Montenegro consume liquids every day, while the girls who live in Albania consume carbonated liquids 1-2 times a week. Girls who live in Montenegro and R Kosovo have a greater consumption of liquids.

*Tabela 2.5 Question- How often do you drink gas/ carbonated liquids?*

| Gender | Country    |                      | Percent     |
|--------|------------|----------------------|-------------|
| Boy    | Albania    | Every day            | <b>24.0</b> |
|        |            | Nearly every day     | <b>28.3</b> |
|        |            | 1-2 days a week      | <b>29.6</b> |
|        |            | never or hardly ever | <b>18.1</b> |
|        | R. Kosovo  | Every day            | <b>44.0</b> |
|        |            | Nearly every day     | <b>24.1</b> |
|        |            | 1-2 days a week      | <b>19.1</b> |
|        |            | never or hardly ever | <b>12.8</b> |
|        | Montenegro | Every day            | <b>40.9</b> |
|        |            | Nearly every day     | <b>50.0</b> |
|        |            | 1-2 days a week      | <b>9.1</b>  |
|        |            | never or hardly ever |             |
| Girl   | Albania    | Every day            | <b>19.9</b> |
|        |            | Nearly every day     | <b>23.4</b> |
|        |            | 1-2 days a week      | <b>30.9</b> |
|        |            | never or hardly ever | <b>25.8</b> |
|        | R. Kosovo  | Every day            | <b>36.4</b> |
|        |            | Nearly every day     | <b>35.8</b> |
|        |            | 1-2 days a week      | <b>17.6</b> |
|        |            | never or hardly ever | <b>10.3</b> |

|            |                      |             |
|------------|----------------------|-------------|
| Montenegro | Every day            | <b>35.0</b> |
|            | Nearly every day     | <b>35.0</b> |
|            | 1-2 days a week      | <b>30.0</b> |
|            | never or hardly ever |             |

The results from table no. 2.6 present information on how often children consume fruits such as apples, bananas, oranges, etc. From the data, we see that Albanian boys living in R Kosovo and Albania consume fruit every day, while boys living in Montenegro consume fruit almost every day. Boys living in Albania and R Kosovo consume more fruit than boys living in Montenegro. The same panorama appears in girls where we see that they consume fruit every day and the girls who live in Albania and R Kosovo have the highest consumption of fruit.

*Tabela 2.6 Question- How often do you eat fruit like apples, bananas, oranges, mandarins, etc.?*

| Gender | Country    |                      | Percent     |
|--------|------------|----------------------|-------------|
| Boy    | Albania    | Every day            | <b>55.5</b> |
|        |            | Nearly every day     | <b>27.0</b> |
|        |            | 1-2 days a week      | <b>12.9</b> |
|        |            | never or hardly ever | <b>4.7</b>  |
|        | R. Kosovo  | Every day            | <b>61.0</b> |
|        |            | Nearly every day     | <b>22.0</b> |
|        |            | 1-2 days a week      | <b>13.5</b> |
|        |            | never or hardly ever | <b>3.5</b>  |
|        | Montenegro | Every day            | <b>27.3</b> |
|        |            | Nearly every day     | <b>54.5</b> |
|        |            | 1-2 days a week      | <b>18.2</b> |
|        |            | never or hardly ever |             |
| Girl   | Albania    | Every day            | <b>58.6</b> |
|        |            | Nearly every day     | <b>27.0</b> |
|        |            | 1-2 days a week      | <b>11.0</b> |
|        |            | never or hardly ever | <b>3.4</b>  |
|        | R. Kosovo  | Every day            | <b>66.1</b> |
|        |            | Nearly every day     | <b>24.8</b> |
|        |            | 1-2 days a week      | <b>7.3</b>  |
|        |            | never or hardly ever | <b>1.8</b>  |
|        | Montenegro | Every day            | <b>30.0</b> |
|        |            | Nearly every day     | <b>30.0</b> |
|        |            | 1-2 days a week      | <b>40.0</b> |
|        |            | never or hardly ever |             |

The results from table no. 2.7 present information on children, how often they consume vegetables such as carrots, green salad, peas, etc. From the data, we see that Albanian boys living in R Kosovo consume vegetables 1-2 times a week, boys in Albania and Montenegro consume vegetables almost every day. Boys living in Montenegro consume more vegetables than boys living in Albania and Kosovo. Regarding Albanian girls, we see that those who live in Albania and Montenegro consume vegetables almost every day, while girls who live in R Kosovo consume them 1-2 times a week. Girls living in Albania and R Kosovo consume more vegetables than girls living in Montenegro.

Table 2.7 Question- How often do you eat vegetables like peas, carrots, green salad, etc.?

| Gender | Country    |                      | Percent     |
|--------|------------|----------------------|-------------|
| Boy    | Albania    | Every day            | <b>27.8</b> |
|        |            | Nearly every day     | <b>31.6</b> |
|        |            | 1-2 days a week      | <b>30.3</b> |
|        |            | never or hardly ever | <b>10.3</b> |
|        | R. Kosovo  | Every day            | <b>27.0</b> |
|        |            | Nearly every day     | <b>27.7</b> |
|        |            | 1-2 days a week      | <b>31.9</b> |
|        |            | never or hardly ever | <b>13.5</b> |
|        | Montenegro | Every day            | <b>31.8</b> |
|        |            | Nearly every day     | <b>36.4</b> |
|        |            | 1-2 days a week      | <b>27.3</b> |
|        |            | never or hardly ever | <b>4.5</b>  |
| Girl   | Albania    | Every day            | <b>29.5</b> |
|        |            | Nearly every day     | <b>35.6</b> |
|        |            | 1-2 days a week      | <b>24.7</b> |
|        |            | never or hardly ever | <b>10.3</b> |
|        | R. Kosovo  | Every day            | <b>29.7</b> |
|        |            | Nearly every day     | <b>24.2</b> |
|        |            | 1-2 days a week      | <b>33.3</b> |
|        |            | never or hardly ever | <b>12.7</b> |
|        | Montenegro | Every day            | <b>10.0</b> |
|        |            | Nearly every day     | <b>60.0</b> |
|        |            | 1-2 days a week      | <b>30.0</b> |
|        |            | never or hardly ever |             |

The results from table no. 2.8 present information on children about how often they consume pizza. From the data we see that Albanian boys living in R Kosovo, Albania and Montenegro consume pizza 1-2 times a week. Boys living in Montenegro consume more pizza than boys living in Albania and Kosovo. As for Albanian girls, we see that those who live in Montenegro consume pizza nearly every day, while girls

who live in Albania and R Kosovo consume it 1-2 times a week. Girls living in Montenegro consume more pizza than Albanian girls living in Albania and R Kosovo.

Table 2.8 Question- How often do you eat pizza?

| Gender | Country    |                      | Percent     |
|--------|------------|----------------------|-------------|
| Boy    | Albania    | Every day            | <b>15.1</b> |
|        |            | Nearly every day     | <b>16.3</b> |
|        |            | 1-2 days a week      | <b>40.7</b> |
|        |            | never or hardly ever | <b>27.9</b> |
|        | R. Kosovo  | Every day            | <b>12.1</b> |
|        |            | Nearly every day     | <b>14.9</b> |
|        |            | 1-2 days a week      | <b>51.1</b> |
|        |            | never or hardly ever | <b>22.0</b> |
|        | Montenegro | Every day            | <b>27.3</b> |
|        |            | Nearly every day     | <b>31.8</b> |
|        |            | 1-2 days a week      | <b>40.9</b> |
|        |            | never or hardly ever |             |
| Girl   | Albania    | Every day            | <b>9.7</b>  |
|        |            | Nearly every day     | <b>14.4</b> |
|        |            | 1-2 days a week      | <b>40.8</b> |
|        |            | never or hardly ever | <b>35.1</b> |
|        | R. Kosovo  | Every day            | <b>7.9</b>  |
|        |            | Nearly every day     | <b>13.9</b> |
|        |            | 1-2 days a week      | <b>57.0</b> |
|        |            | never or hardly ever | <b>21.2</b> |
|        | Montenegro | Every day            | <b>10.0</b> |
|        |            | Nearly every day     | <b>55.0</b> |
|        |            | 1-2 days a week      | <b>35.0</b> |
|        |            | never or hardly ever |             |

The results from table no. 2.9 present information on children about how often they consume or eat sweets or chocolates. From the data we see that Albanian boys who live in R Kosovo consume sweets 1-2 times a week, boys in Albania consume them every day and those who live in Montenegro consume sweets almost every day. Boys living in Albania and R Kosovo consume more sweets than boys living in Montenegro. Regarding Albanian girls, we see that those who live in Albania consume sweets almost every day, while girls who live in Montenegro and R Kosovo consume them 1-2 times a week. We see that the consumption of sweets for girls is approximately the same without big differences.

Table 2.9 Question- How often do you eat sweets or chocolate?

| Gender | Country    |                      | Percent     |
|--------|------------|----------------------|-------------|
| Boy    | Albania    | Every day            | <b>32.7</b> |
|        |            | Nearly every day     | <b>28.6</b> |
|        |            | 1-2 days a week      | <b>26.5</b> |
|        |            | never or hardly ever | <b>12.3</b> |
|        | R. Kosovo  | Every day            | <b>23.4</b> |
|        |            | Nearly every day     | <b>27.7</b> |
|        |            | 1-2 days a week      | <b>34.8</b> |
|        |            | never or hardly ever | <b>14.2</b> |
|        | Montenegro | Every day            | <b>18.2</b> |
|        |            | Nearly every day     | <b>59.1</b> |
|        |            | 1-2 days a week      | <b>22.7</b> |
|        |            | never or hardly ever |             |
| Girl   | Albania    | Every day            | <b>29.4</b> |
|        |            | Nearly every day     | <b>33.5</b> |
|        |            | 1-2 days a week      | <b>25.6</b> |
|        |            | never or hardly ever | <b>11.5</b> |
|        | R. Kosovo  | Every day            | <b>24.8</b> |
|        |            | Nearly every day     | <b>28.5</b> |
|        |            | 1-2 days a week      | <b>39.4</b> |
|        |            | never or hardly ever | <b>7.3</b>  |
|        | Montenegro | Every day            | <b>25.0</b> |
|        |            | Nearly every day     | <b>30.0</b> |
|        |            | 1-2 days a week      | <b>40.0</b> |
|        |            | never or hardly ever | <b>5.0</b>  |

The results from table no. 2.10 present information on whether children will consume something they really don't like if their teacher suggests it. From the data, we see that Albanian boys living in R Kosovo and Albania are undecided about the choice they would make, while boys living in Montenegro would agree to eat something they really don't like if the teacher tells them. . As far as Albanian girls are concerned, we see that those who live in Albania, Montenegro and R Kosovo are undecided about the choice they would make to consume something they really don't like even if the teacher tells them to.

Table 2.10 Question- Would you eat something that you really did not like, if your teacher says?

| Gender | Country |       | Percent     |
|--------|---------|-------|-------------|
| Boy    | Albania | Yes   | <b>17.7</b> |
|        |         | Maybe | <b>50.6</b> |

|      |            |       |      |
|------|------------|-------|------|
| Girl |            | No    | 31.7 |
|      |            | Yes   | 31.2 |
|      |            | Maybe | 36.2 |
|      | R. Kosovo  | No    | 32.6 |
|      |            | Yes   | 45.5 |
|      |            | Maybe | 40.9 |
|      | Montenegro | No    | 13.6 |
|      |            | Yes   | 17.7 |
|      |            | Maybe | 52.3 |
|      | Albania    | No    | 30.0 |
|      |            | Yes   | 23.2 |
|      |            | Maybe | 46.3 |
|      | R. Kosovo  | No    | 30.5 |
|      |            | Yes   | 20.0 |
|      |            | Maybe | 60.0 |
|      | Montenegro | No    | 20.0 |
|      |            | Yes   | 20.0 |
|      |            | Maybe | 60.0 |

The results from table no. 2.11 present information on whether children will consume something they really don't like if their mother or father suggests it. From the data, we see that Albanian boys living in Montenegro and Albania are undecided about the choice they would make, while boys living in R Kosovo would agree to eat something they really don't like, if their mother or father says so. . The same panorama is for Albanian girls, those who live in Albania and Montenegro are undecided, while those who live in the Republic of Kosovo would accept such a proposal.

Table 2.11 Question- Would you eat something that you really did not like, if your mother or father says?

| Gender | Country    |       | Percent |
|--------|------------|-------|---------|
| Boy    | Albania    | Yes   | 36.5    |
|        |            | Maybe | 41.3    |
|        |            | No    | 22.3    |
|        | R. Kosovo  | Yes   | 48.9    |
|        |            | Maybe | 35.5    |
|        |            | No    | 15.6    |
|        | Montenegro | Yes   | 36.4    |
|        |            | Maybe | 50.0    |
|        |            | No    | 13.6    |
| Girl   | Albania    | Yes   | 32.9    |
|        |            | Maybe | 43.1    |
|        |            | No    | 24.1    |
|        | R. Kosovo  | Yes   | 40.0    |
|        |            | Maybe | 60.0    |

|            |       |             |
|------------|-------|-------------|
|            | Maybe | <b>38.2</b> |
|            | No    | <b>21.8</b> |
|            | Yes   | <b>40.0</b> |
| Montenegro | Maybe | <b>50.0</b> |
|            | No    | <b>10.0</b> |

The results from table no. 2.12 present information about children at what time they wake up during school days. From the data, we see that Albanian boys who live in R Kosovo and Albania on the days they are at school wake up before 8 AM (morning), while boys who live in Montenegro wake up between 8-9 AM (morning). The same panorama is for Albanian girls who live in Albania and R Kosovo, while girls who live in Montenegro on the day they are at school wake up from 9-10 AM (morning).

Table 2.12 Question- What time do you wake up on school days?

| Gender | Country    |                | Percent     |
|--------|------------|----------------|-------------|
| Boy    | Albania    | before 8 00 AM | <b>73.5</b> |
|        |            | 8 00- 9 00 AM  | <b>17.2</b> |
|        |            | 9 00- 10 00 AM | <b>7.1</b>  |
|        |            | after 10 00 AM | <b>2.3</b>  |
|        | R. Kosovo  | before 8 00 AM | <b>79.4</b> |
|        |            | 8 00- 9 00 AM  | <b>17.0</b> |
|        |            | 9 00- 10 00 AM | <b>2.8</b>  |
|        |            | after 10 00 AM | <b>.7</b>   |
|        | Montenegro | before 8 00 AM | <b>13.6</b> |
|        |            | 8 00- 9 00 AM  | <b>50.0</b> |
|        |            | 9 00- 10 00 AM | <b>22.7</b> |
|        |            | after 10 00 AM | <b>13.6</b> |
| Girl   | Albania    | before 8 00 AM | <b>73.7</b> |
|        |            | 8 00- 9 00 AM  | <b>16.7</b> |
|        |            | 9 00- 10 00 AM | <b>7.3</b>  |
|        |            | after 10 00 AM | <b>2.2</b>  |
|        | R. Kosovo  | before 8 00 AM | <b>84.8</b> |
|        |            | 8 00- 9 00 AM  | <b>9.7</b>  |
|        |            | 9 00- 10 00 AM | <b>3.6</b>  |
|        |            | after 10 00 AM | <b>1.8</b>  |
|        | Montenegro | before 8 00 AM | <b>15.0</b> |
|        |            | 8 00- 9 00 AM  | <b>35.0</b> |
|        |            | 9 00- 10 00 AM | <b>50.0</b> |
|        |            | after 10 00 AM |             |

The results from table no. 2.13 present information on children at what time they go to sleep during school days. From the data, we see that Albanian boys living in R Kosovo, Albania and Montenegro go to sleep between 8-9 PM (at night) on the days they are at school. The same panorama is regarding the Albanian girls who live in Albania and R Kosovo, while the girls who live in Montenegro on the days they are in school go to sleep from 9-10 PM (at night).

Table 2.13 Question- What time do you go to sleep during school days?

| Gender | Country    |                | Percent     |
|--------|------------|----------------|-------------|
| Boy    | Albania    | before 8 00 PM | <b>16.7</b> |
|        |            | 8 00- 9 00 PM  | <b>33.7</b> |
|        |            | 9 00- 10 00 PM | <b>30.2</b> |
|        |            | after 10 00 PM | <b>19.4</b> |
|        | R. Kosovo  | before 8 00 PM | <b>17.7</b> |
|        |            | 8 00- 9 00 PM  | <b>39.7</b> |
|        |            | 9 00- 10 00 PM | <b>28.4</b> |
|        |            | after 10 00 PM | <b>14.2</b> |
|        | Montenegro | before 8 00 PM | <b>22.7</b> |
|        |            | 8 00- 9 00 PM  | <b>63.6</b> |
|        |            | 9 00- 10 00 PM | <b>9.1</b>  |
|        |            | after 10 00 PM | <b>4.5</b>  |
| Girl   | Albania    | before 8 00 PM | <b>14.0</b> |
|        |            | 8 00- 9 00 PM  | <b>36.3</b> |
|        |            | 9 00- 10 00 PM | <b>33.5</b> |
|        |            | after 10 00 PM | <b>16.2</b> |
|        | R. Kosovo  | before 8 00 PM | <b>27.3</b> |
|        |            | 8 00- 9 00 PM  | <b>32.1</b> |
|        |            | 9 00- 10 00 PM | <b>30.9</b> |
|        |            | after 10 00 PM | <b>9.7</b>  |
|        | Montenegro | before 8 00 PM | <b>10.0</b> |
|        |            | 8 00- 9 00 PM  | <b>40.0</b> |
|        |            | 9 00- 10 00 PM | <b>50.0</b> |
|        |            | after 10 00 PM |             |

The results from table no. 2.14 present information about the houses where the children live and how many televisions are in their house. From the data, we see that Albanian boys living in R Kosovo and Albania have 2-3 televisions in their homes, boys living in Montenegro have none or 1 television in their homes. While Albanian girls living in Albania have 2-3 televisions, while girls living in R Kosovo and Montenegro have 1 or 2-3 televisions.

Table 2.14 Question- How many televisions you have at home?

| Gender | Country    |     | Percent     |
|--------|------------|-----|-------------|
| Boy    | Albania    | 0   | <b>4.2</b>  |
|        |            | 1   | <b>31.7</b> |
|        |            | 2-3 | <b>64.1</b> |
|        | R. Kosovo  | 0   | <b>6.4</b>  |
|        |            | 1   | <b>42.6</b> |
|        |            | 2-3 | <b>51.1</b> |
|        | Montenegro | 0   | <b>40.9</b> |
|        |            | 1   | <b>40.9</b> |
|        |            | 2-3 | <b>18.2</b> |
| Girl   | Albania    | 0   | <b>2.8</b>  |
|        |            | 1   | <b>34.1</b> |
|        |            | 2-3 | <b>63.1</b> |
|        | R. Kosovo  | 0   | <b>7.9</b>  |
|        |            | 1   | <b>46.1</b> |
|        |            | 2-3 | <b>46.1</b> |
|        | Montenegro | 0   | <b>10.0</b> |
|        |            | 1   | <b>45.0</b> |
|        |            | 2-3 | <b>45.0</b> |

The results from table no. 2.15 present information about the houses where children live if they have televisions in their bedrooms. From the data, we see that Albanian boys who live in R Kosovo and Albania have televisions in their bedrooms, boys who live in Montenegro do not have televisions in their rooms. While the Albanian girls who live in Albania have a television in their room, while the girls who live in R Kosovo and Montenegro do not have televisions in their room.

Table 2.15 Question- Do you have a television in your bedroom?

| Gender | Country    |     | Percent     |
|--------|------------|-----|-------------|
| Boy    | Albania    | Yes | <b>54.4</b> |
|        |            | No  | <b>45.6</b> |
|        | R. Kosovo  | Yes | <b>53.2</b> |
|        |            | No  | <b>46.8</b> |
|        | Montenegro | Yes | <b>45.5</b> |
|        |            | No  | <b>54.5</b> |
| Girl   | Albania    | Yes | <b>51.1</b> |
|        |            | No  | <b>48.9</b> |
|        | R. Kosovo  | Yes | <b>48.8</b> |

|            |     |             |
|------------|-----|-------------|
|            | No  | <b>51.2</b> |
|            | Yes | <b>45.0</b> |
| Montenegro | No  | <b>55.0</b> |

The results from table no. 2.16 present information for children about how many hours of television they watch before school. From the data, we see that Albanian boys living in R Kosovo, Albania and Montenegro do not watch a single hour of television before going to school. The same panorama also appears among girls, where none of them watches a single hour of television before going to school.

Table 2.16 Question- Usually, how many hours you view TV before school?

| Gender | Country    |                    | Percent     |
|--------|------------|--------------------|-------------|
| Boy    | Albania    | None               | <b>36.8</b> |
|        |            | Less than one hour | <b>33.5</b> |
|        |            | 1-2 hours          | <b>22.0</b> |
|        |            | more than 2 hours  | <b>7.7</b>  |
|        | R. Kosovo  | None               | <b>48.2</b> |
|        |            | Less than one hour | <b>34.0</b> |
|        |            | 1-2 hours          | <b>13.5</b> |
|        |            | more than 2 hours  | <b>4.3</b>  |
|        | Montenegro | None               | <b>54.5</b> |
|        |            | Less than one hour | <b>36.4</b> |
|        |            | 1-2 hours          | <b>9.1</b>  |
|        |            | more than 2 hours  |             |
| Girl   | Albania    | None               | <b>37.5</b> |
|        |            | Less than one hour | <b>31.3</b> |
|        |            | 1-2 hours          | <b>21.7</b> |
|        |            | more than 2 hours  | <b>9.5</b>  |
|        | R. Kosovo  | None               | <b>45.5</b> |
|        |            | Less than one hour | <b>33.3</b> |
|        |            | 1-2 hours          | <b>17.0</b> |
|        |            | more than 2 hours  | <b>4.2</b>  |
|        | Montenegro | None               | <b>45.0</b> |
|        |            | Less than one hour | <b>25.0</b> |
|        |            | 1-2 hours          | <b>25.0</b> |
|        |            | more than 2 hours  | <b>5.0</b>  |

The results from table no. 2.17 present information for children about how many hours of television they watch after finishing school. From the data, we see that Albanian boys living in R Kosovo and Albania watch 1-2 hours of television after finishing school, while boys living in Montenegro watch less than 1 hour of television after finishing school. While girls who live in Albania watch 1-2 hours of TV after they finish school, while those who live in R Kosovo and Montenegro watch less than 1 hour of TV after finishing school.

Table 2.17 Question- Usually, how many hours you view TV after school?

| Gender | Country    |                    | Percent     |
|--------|------------|--------------------|-------------|
| Boy    | Albania    | None               | <b>11.7</b> |
|        |            | Less than one hour | <b>27.9</b> |
|        |            | 1-2 hours          | <b>39.0</b> |
|        |            | more than 2 hours  | <b>21.4</b> |
|        | R. Kosovo  | None               | <b>10.6</b> |
|        |            | Less than one hour | <b>31.9</b> |
|        |            | 1-2 hours          | <b>39.0</b> |
|        |            | more than 2 hours  | <b>18.4</b> |
|        | Montenegro | None               | <b>40.9</b> |
|        |            | Less than one hour | <b>50.0</b> |
|        |            | 1-2 hours          | <b>4.5</b>  |
|        |            | more than 2 hours  | <b>4.5</b>  |
| Girl   | Albania    | None               | <b>10.1</b> |
|        |            | Less than one hour | <b>25.7</b> |
|        |            | 1-2 hours          | <b>39.6</b> |
|        |            | more than 2 hours  | <b>24.6</b> |
|        | R. Kosovo  | None               | <b>13.3</b> |
|        |            | Less than one hour | <b>38.8</b> |
|        |            | 1-2 hours          | <b>32.7</b> |
|        |            | more than 2 hours  | <b>15.2</b> |
|        | Montenegro | None               | <b>20.0</b> |
|        |            | Less than one hour | <b>45.0</b> |
|        |            | 1-2 hours          | <b>35.0</b> |
|        |            | more than 2 hours  |             |

The results from table no. 2.18 present information for children on how many hours they spend playing different games on the computer or television during the weekdays. From the data we see that Albanian boys living in R Kosovo and Albania spend 1-2 hours playing different games on the computer or television during the weekdays, while boys living in Montenegro spend less than 1 hour playing games different on the computer or television during the weekdays. As for Albanian girls living in Albania,

Kosovo and Montenegro, we see that they spend less than 1 hour playing different games on the computer or TV during the weekdays.

Table 2.18 Question- How many hours do you spend playing different games on a computer or on TV during weekdays?

| Gender | Country    | Percent                        |
|--------|------------|--------------------------------|
| Boy    | Albania    | None <b>13.4</b>               |
|        |            | Less than one hour <b>28.6</b> |
|        |            | 1-2 hours <b>33.6</b>          |
|        |            | more than 2 hours <b>24.5</b>  |
|        | R. Kosovo  | None <b>13.5</b>               |
|        |            | Less than one hour <b>30.5</b> |
|        |            | 1-2 hours <b>38.3</b>          |
|        |            | more than 2 hours <b>17.7</b>  |
|        | Montenegro | None <b>31.8</b>               |
|        |            | Less than one hour <b>54.5</b> |
|        |            | 1-2 hours <b>13.6</b>          |
|        |            | more than 2 hours              |
| Girl   | Albania    | None <b>20.4</b>               |
|        |            | Less than one hour <b>32.4</b> |
|        |            | 1-2 hours <b>31.3</b>          |
|        |            | more than 2 hours <b>15.9</b>  |
|        | R. Kosovo  | None <b>15.2</b>               |
|        |            | Less than one hour <b>45.5</b> |
|        |            | 1-2 hours <b>33.9</b>          |
|        |            | more than 2 hours <b>5.5</b>   |
|        | Montenegro | None <b>25.0</b>               |
|        |            | Less than one hour <b>50.0</b> |
|        |            | 1-2 hours <b>20.0</b>          |
|        |            | more than 2 hours <b>5.0</b>   |

The results from table no. 2.19 present information for children about how many hours they spend playing different games on the computer or television during the weekend (Saturday and Sunday). From the data we see that Albanian boys living in Albania spend more than 2 hours playing different games on the computer or TV during the weekend, while boys living in Montenegro and R Kosovo spend 1-2 hours playing different games on the computer or television during the weekend. As for the Albanian girls who live in Albania, they spend more than 2 hours playing different games on the computer or television during the weekend, while those who live in the Republic of Kosovo and Montenegro spend less than 1 hour playing various games on the computer or TV during the weekend.

Table 2.19 Question- How many hours do you spend playing different games on a computer or on TV during weekends?

| Gender | Country    | Percent                        |
|--------|------------|--------------------------------|
| Boy    | Albania    | None <b>12.2</b>               |
|        |            | Less than one hour <b>19.6</b> |
|        |            | 1-2 hours <b>31.2</b>          |
|        |            | more than 2 hours <b>36.9</b>  |
|        | R. Kosovo  | None <b>9.4</b>                |
|        |            | Less than one hour <b>27.3</b> |
|        |            | 1-2 hours <b>37.4</b>          |
|        |            | more than 2 hours <b>25.9</b>  |
|        | Montenegro | None <b>22.7</b>               |
|        |            | Less than one hour <b>22.7</b> |
|        |            | 1-2 hours <b>50.0</b>          |
|        |            | more than 2 hours <b>4.5</b>   |
| Girl   | Albania    | None <b>14.7</b>               |
|        |            | Less than one hour <b>19.3</b> |
|        |            | 1-2 hours <b>30.8</b>          |
|        |            | more than 2 hours <b>35.2</b>  |
|        | R. Kosovo  | None <b>11.0</b>               |
|        |            | Less than one hour <b>36.2</b> |
|        |            | 1-2 hours <b>33.7</b>          |
|        |            | more than 2 hours <b>19.0</b>  |
|        | Montenegro | None <b>21.1</b>               |
|        |            | Less than one hour <b>78.9</b> |
|        |            | 1-2 hours                      |
|        |            | more than 2 hours              |

### Section 3. Results according to school cycles for Albanian children who live in the Balkans (Albania, Kosovo and Montenegro).

The following data in table no. 3.1 show the children's participation in completing the questionnaire as well as their refusals (missing) to complete it. The table gives an overview of the distribution of participants by school level.

Table 3.1 Participation by the children to the questionnaire

| School Level               | N           |
|----------------------------|-------------|
| Elementary (6.1- 11.5 yrs) | <b>1847</b> |
| Middle (11.6-16.5 yrs)     | <b>1201</b> |

The results from table no. 3.2 present information on the entertainment environments that children according to school level have close to home to play. The data for children who are in elementary school and middle school do not have facilities where they can play or train.

Table 3.2 Question- Is there any place, park or gym near to your house that you can train yourselves or play?

| School Level               |     | Percent     |
|----------------------------|-----|-------------|
| Elementary (6.1- 11.5 yrs) | Yes | <b>31.3</b> |
|                            | No  | <b>68.7</b> |
| Middle (11.6-16.5 yrs)     | Yes | <b>33.0</b> |
|                            | No  | <b>67.0</b> |

The results from table no. 3.3 present information on the entertainment environments that children according to school level have at home to play or exercise. The data show that children who are in elementary and middle school spaces at home where they can play or train. Where children who are in middle school have more environment than children who are in elementary school.

Table 3.3 Question- Do you have any place in your home where you can train yourselves and play?

| School Level               |     | Percent     |
|----------------------------|-----|-------------|
| Elementary (6.1- 11.5 yrs) | Yes | <b>57.8</b> |
|                            | No  | <b>42.2</b> |
| Middle (11.6-16.5 yrs)     | Yes | <b>61.9</b> |
|                            | No  | <b>38.1</b> |

The results from table no. 3.4 present information on children according to school level, how often they ate fried potatoes, pie, hamburger or sandwich (fast food). From the data, we see that children who are in elementary and middle school consume fast food almost every day more often, and children of both levels or age groups use fast food in an equal percentage every day.

*Tabela 3.4 Question- How often do you eat chips, pie, hamburger or sandwich?*

| School Level               |                  | Percent     |
|----------------------------|------------------|-------------|
| Elementary (6.1- 11.5 yrs) | Every day        | <b>31.5</b> |
|                            | Nearly every day | <b>48.3</b> |
|                            | 1-2 days a week  | <b>20.2</b> |
| Middle (11.6-16.5 yrs)     | Every day        | <b>30.7</b> |
|                            | Nearly every day | <b>49.0</b> |
|                            | 1-2 days a week  | <b>20.3</b> |

The results from table no. 3.5 present information on children according to school level, how often they drink carbonated liquids. From the data, we see that children who are in elementary school consume 1-2 times a week, carbonated liquids, while children who are middle school consume liquids almost every day. Children who are in middle consume more carbonated liquids than children who are in elementary school.

*Tabela 3.5 Question- How often do you drink gas/carbonated liquids?*

| School Level               |                      | Percent     |
|----------------------------|----------------------|-------------|
| Elementary (6.1- 11.5 yrs) | Every day            | <b>20.9</b> |
|                            | Nearly every day     | <b>24.5</b> |
|                            | 1-2 days a week      | <b>29.7</b> |
|                            | never or hardly ever | <b>24.9</b> |
| Middle (11.6-16.5 yrs)     | Every day            | <b>28.6</b> |
|                            | Nearly every day     | <b>29.0</b> |
|                            | 1-2 days a week      | <b>27.3</b> |
|                            | never or hardly ever | <b>15.1</b> |

The results from table no. 3.6 present information on how often children consume fruits such as apples, bananas, oranges, etc. From the data, we see that children in elementary and middle school consume fruit every day. Where, by a very small margin, children who are in elementary school consume more fruit.

*Tabela 3.6 Question- How often do you eat fruit like apples, bananas, oranges, mandarins, etc.?*

| School Level               |                      | Percent     |
|----------------------------|----------------------|-------------|
| Elementary (6.1- 11.5 yrs) | Every day            | <b>59.3</b> |
|                            | Nearly every day     | <b>25.6</b> |
|                            | 1-2 days a week      | <b>11.6</b> |
|                            | never or hardly ever | <b>3.5</b>  |
| Middle (11.6-16.5 yrs)     | Every day            | <b>55.4</b> |
|                            | Nearly every day     | <b>28.1</b> |
|                            | 1-2 days a week      | <b>12.3</b> |
|                            | never or hardly ever | <b>4.1</b>  |

The results from table no. 3.7 present information on the student, about how often they consume vegetables such as carrots, greens, peas, etc. From the data, we see that children in elementary school

consume vegetables every day, while children in middle school consume vegetables almost every day. Children who are in elementary school consume more vegetables than children in middle school.

Table 3.7 Question- How often do you eat vegetables like peas, carrots, green salad, etc.?

| School Level               |                      | Percent     |
|----------------------------|----------------------|-------------|
| Elementary (6.1- 11.5 yrs) | Every day            | <b>31.2</b> |
|                            | Nearly every day     | <b>31.3</b> |
|                            | 1-2 days a week      | <b>28.2</b> |
|                            | never or hardly ever | <b>9.3</b>  |
| Middle (11.6-16.5 yrs)     | Every day            | <b>25.5</b> |
|                            | Nearly every day     | <b>34.7</b> |
|                            | 1-2 days a week      | <b>28.0</b> |
|                            | never or hardly ever | <b>11.9</b> |

The results from table no. 3.8 present information on children about how often they consume pizza. From the data we see that children who are in elementary and middle education consume pizza 1-2 times a week. The data show a similar consumption of pizza in elementary and middle education children.

Table 3.8 Question- How often do you eat pizza?

| School Level               |                      | Percent     |
|----------------------------|----------------------|-------------|
| Elementary (6.1- 11.5 yrs) | Every day            | <b>11.3</b> |
|                            | Nearly every day     | <b>15.6</b> |
|                            | 1-2 days a week      | <b>43.0</b> |
|                            | never or hardly ever | <b>30.2</b> |
| Middle (11.6-16.5 yrs)     | Every day            | <b>13.1</b> |
|                            | Nearly every day     | <b>15.8</b> |
|                            | 1-2 days a week      | <b>41.8</b> |
|                            | never or hardly ever | <b>29.3</b> |

The results from table no. 3.9 present information on children on how often they consume or eat sweets or chocolates. From the data, we see that children who are in elementary education consume sweets almost every day, while children who are in middle school consume them every day, where the latter consume more sweets than children who are in elementary school.

Table 3.9 Question- How often do you eat sweets or chocolate?

| School Level               |                      | Percent     |
|----------------------------|----------------------|-------------|
| Elementary (6.1- 11.5 yrs) | Every day            | <b>28.6</b> |
|                            | Nearly every day     | <b>31.5</b> |
|                            | 1-2 days a week      | <b>27.5</b> |
|                            | never or hardly ever | <b>12.3</b> |
| Middle (11.6-16.5 yrs)     | Every day            | <b>31.4</b> |
|                            | Nearly every day     | <b>30.3</b> |
|                            | 1-2 days a week      | <b>27.6</b> |
|                            | never or hardly ever | <b>10.6</b> |

The results from table no. 3.10 present information on children whether they will consume something they really don't like if their teacher suggests it. From the data, we see that children who are in elementary and middle school are undecided about the choice they would make. But children who are in elementary education are more likely to agree to eat something they don't like if the teacher suggests it.

Table 3.10 Question- Would you eat something that you really did not like, if your teacher says?

| School Level               |       | Percent     |
|----------------------------|-------|-------------|
| Elementary (6.1- 11.5 yrs) | Yes   | <b>23.4</b> |
|                            | Maybe | <b>51.4</b> |
|                            | No    | <b>25.2</b> |
| Middle (11.6-16.5 yrs)     | Yes   | <b>14.4</b> |
|                            | Maybe | <b>48.8</b> |
|                            | No    | <b>36.8</b> |

The results from table no. 3.11 present information on children whether they will consume something they really don't like if their mother or father suggests it. From the data, we see that children who are in elementary education would agree to eat something that they really don't like, if their mother or father says so, while middle school children are undecided about the choice they would make.

Table 3.11 Question- Would you eat something that you really did not like, if your mother or father says?

| School Level               |       | Percent     |
|----------------------------|-------|-------------|
| Elementary (6.1- 11.5 yrs) | Yes   | <b>39.8</b> |
|                            | Maybe | <b>38.0</b> |
|                            | No    | <b>22.2</b> |
| Middle (11.6-16.5 yrs)     | Yes   | <b>31.5</b> |
|                            | Maybe | <b>45.7</b> |
|                            | No    | <b>22.8</b> |

The results from table no. 3.12 present information about the children at what time they wake up during school days. From the data we see that children who are in elementary and middle school on the days they are in school wake up before 8 AM (morning).

Table 3.12 Question- What time do you wake up on school days?

| School Level               |                | Percent     |
|----------------------------|----------------|-------------|
| Elementary (6.1- 11.5 yrs) | before 8 00 AM | <b>65.3</b> |
|                            | 8 00- 9 00 AM  | <b>21.6</b> |
|                            | 9 00- 10 00 AM | <b>9.9</b>  |
|                            | after 10 00 AM | <b>3.1</b>  |
| Middle (11.6-16.5 yrs)     | before 8 00 AM | <b>83.1</b> |
|                            | 8 00- 9 00 AM  | <b>11.6</b> |
|                            | 9 00- 10 00 AM | <b>4.1</b>  |
|                            | after 10 00 AM | <b>1.2</b>  |

The results from table no. 3.13 present information about the children at what time they go to sleep during school days. From the data we see that children who are in elementary and middle school, the largest number of children on the days they are in school go to sleep between 8-9 PM (at night). The children who go to sleep later are the middle school children.

Table 3.13 Question- What time do you go to sleep during school days?

| School Level               |                | Percent     |
|----------------------------|----------------|-------------|
| Elementary (6.1- 11.5 yrs) | before 8 00 PM | <b>16.7</b> |
|                            | 8 00- 9 00 PM  | <b>39.8</b> |
|                            | 9 00- 10 00 PM | <b>33.3</b> |
|                            | after 10 00 PM | <b>10.2</b> |
| Middle (11.6-16.5 yrs)     | before 8 00 PM | <b>15.8</b> |
|                            | 8 00- 9 00 PM  | <b>30.5</b> |
|                            | 9 00- 10 00 PM | <b>29.7</b> |
|                            | after 10 00 PM | <b>23.9</b> |

The results from table no. 3.14 present information about the houses where the children live, how many televisions are in their house. From the data, we see that elementary and middle education children have 2-3 televisions in their homes.

Table 3.14 Question- How many televisions you have at home?

| School Level               |     | Percent     |
|----------------------------|-----|-------------|
| Elementary (6.1- 11.5 yrs) | 0   | <b>4.3</b>  |
|                            | 1   | <b>35.8</b> |
|                            | 2-3 | <b>59.8</b> |
| Middle (11.6-16.5 yrs)     | 0   | <b>4.4</b>  |
|                            | 1   | <b>33.2</b> |
|                            | 2-3 | <b>62.3</b> |

The results from table no. 3.15 present information about the houses where children live if they have televisions in their bedrooms. From the data, we see that elementary and middle education children have televisions in their bedrooms.

Table 3.15 Question- Do you have a television in your bedroom?

| School Level               |     | Percent     |
|----------------------------|-----|-------------|
| Elementary (6.1- 11.5 yrs) | Yes | <b>51.4</b> |
|                            | No  | <b>48.6</b> |
| Middle (11.6-16.5 yrs)     | Yes | <b>53.3</b> |
|                            | No  | <b>46.7</b> |

The results from table no. 3.16 present information for children about how many hours of television they watch before going to school. From the data, we see that elementary education children watch less than 1 hour of television before going to school, while middle school children do not watch any hour of television before going to school.

Table 3.16 Question- Usually, how many hours you view TV before school?

| School Level               |                    | Percent     |
|----------------------------|--------------------|-------------|
| Elementary (6.1- 11.5 yrs) | None               | <b>30.1</b> |
|                            | Less than one hour | <b>37.6</b> |
|                            | 1-2 hours          | <b>23.9</b> |
|                            | more than 2 hours  | <b>8.4</b>  |
| Middle (11.6-16.5 yrs)     | None               | <b>48.2</b> |
|                            | Less than one hour | <b>26.9</b> |
|                            | 1-2 hours          | <b>17.5</b> |
|                            | more than 2 hours  | <b>7.4</b>  |

The results from table no. 3.17 present information for children about how many hours of television they watch after finishing school. From the data, we see that elementary and middle children watch 1-2 hours of television after finishing school.

Table 3.17 Question- Usually, how many hours you view TV after school?

| School Level               |                    | Percent     |
|----------------------------|--------------------|-------------|
| Elementary (6.1- 11.5 yrs) | None               | <b>10.0</b> |
|                            | Less than one hour | <b>28.6</b> |
|                            | 1-2 hours          | <b>40.6</b> |
|                            | more than 2 hours  | <b>20.9</b> |
| Middle (11.6-16.5 yrs)     | None               | <b>13.0</b> |
|                            | Less than one hour | <b>28.0</b> |
|                            | 1-2 hours          | <b>36.2</b> |
|                            | more than 2 hours  | <b>22.9</b> |

The results from table no. 3.18 present information for children about how many hours they spend playing different games on the computer or television during the weekdays. From the data, we see that elementary and middle children spend 1-2 hours playing different games on the computer or television during the weekdays. Compared to middle children, elementary school children play fewer different games on the computer or television during the weekdays.

Table 3.18 Question- How many hours do you spend playing different games on a computer or on TV during weekdays?

| School Level               |                    | Percent     |
|----------------------------|--------------------|-------------|
| Elementary (6.1- 11.5 yrs) | None               | <b>21.2</b> |
|                            | Less than one hour | <b>30.9</b> |
|                            | 1-2 hours          | <b>31.9</b> |
|                            | more than 2 hours  | <b>15.9</b> |
| Middle (11.6-16.5 yrs)     | None               | <b>12.0</b> |
|                            | Less than one hour | <b>33.2</b> |
|                            | 1-2 hours          | <b>33.3</b> |
|                            | more than 2 hours  | <b>21.5</b> |

The results from table no. 3.19 present information for children on how many hours they spend playing different games on the computer or television during the weekend (Saturday and Sunday). From the data, we see that elementary and middle children spend more than 2 hours playing different games on the computer or television during the weekend.

Table 3.19 Question- How many hours do you spend playing different games on a computer or on TV during weekends?

| School Level               |                    | Percent     |
|----------------------------|--------------------|-------------|
| Elementary (6.1- 11.5 yrs) | None               | <b>16.0</b> |
|                            | Less than one hour | <b>20.0</b> |
|                            | 1-2 hours          | <b>31.2</b> |
|                            | more than 2 hours  | <b>32.8</b> |
| Middle (11.6-16.5 yrs)     | None               | <b>10.1</b> |
|                            | Less than one hour | <b>23.5</b> |
|                            | 1-2 hours          | <b>31.9</b> |
|                            | more than 2 hours  | <b>34.5</b> |

#### Section 4- Results according to countries and school cycles for Albanian children who live in the Balkans (Albania, Kosovo and Montenegro).

The results from table no. 4.2 present information on the recreational facilities that children have close to home to play according to where they live and school level. The data for elementary and middle children living in Albania show that they have no facilities to play or train, while children living in the Republic of Kosovo and Montenegro of elementary and middle education have facilities to play and train.

Table 4.2 Question- Is there any place, park or gym near to your house that you can train yourselves or play?

| Country    | School Level                |     | Percent     |
|------------|-----------------------------|-----|-------------|
| Albania    | Elementary (6.1- 11.5 yrs.) | Yes | <b>28.0</b> |
|            |                             | No  | <b>72.0</b> |
|            | Middle (11.6-16.5 yrs.)     | Yes | <b>28.7</b> |
|            |                             | No  | <b>71.3</b> |
| R. Kosovo  | Elementary (6.1- 11.5 yrs.) | Yes | <b>60.9</b> |
|            |                             | No  | <b>39.1</b> |
|            | Middle (11.6-16.5 yrs.)     | Yes | <b>51.4</b> |
|            |                             | No  | <b>48.6</b> |
| Montenegro | Elementary (6.1- 11.5 yrs.) | Yes | <b>57.1</b> |
|            |                             | No  | <b>42.9</b> |
|            | Middle (11.6-16.5 yrs.)     | Yes |             |
|            |                             | No  |             |

The results from table no. 4.3 present information on the entertainment environments that children according to where they live and school level have at home place to play or train. The data show that children living in Albania, R Kosovo and Montenegro of elementary and middle education have environments at home where they can play or train. Where the children who live in R Kosovo have more environment than the children who live in Montenegro and Albania.

Table 4.3 Question- Do you have any place in your home where you can train yourselves and play?

| Country    | School Level                |     | Percent     |
|------------|-----------------------------|-----|-------------|
| Albania    | Elementary (6.1- 11.5 yrs.) | Yes | <b>57.5</b> |
|            |                             | No  | <b>42.5</b> |
|            | Middle (11.6-16.5 yrs.)     | Yes | <b>62.1</b> |
|            |                             | No  | <b>37.9</b> |
| r. Kosovo  | Elementary (6.1- 11.5 yrs.) | Yes | <b>62.0</b> |
|            |                             | No  | <b>38.0</b> |
|            | Middle (11.6-16.5 yrs.)     | Yes | <b>61.2</b> |
|            |                             | No  | <b>38.8</b> |
| Montenegro | Elementary (6.1- 11.5 yrs.) | Yes | <b>57.1</b> |
|            |                             | No  | <b>42.9</b> |
|            | Middle (11.6-16.5 yrs.)     | Yes |             |
|            |                             | No  |             |

The results from table no. 4.4 present information on children according to where they live and school level, how often they ate fried potatoes, pie, hamburger or sandwich (fast food). From the data, we see that children living in Albania, R Kosovo and Montenegro of elementary and middle education consume fast food almost every day. Elementary education children who live in Montenegro consume more fast food than children who live in Kosovo and Albania, while for middle education, children who live in Albania consume the most.

*Tabela 4.4 Question- How often do you eat chips, pie, hamburger or sandwich?*

| Country    | School Level                |                  | Percent     |
|------------|-----------------------------|------------------|-------------|
| Albania    | Elementary (6.1- 11.5 yrs.) | Every day        | <b>31.3</b> |
|            |                             | Nearly every day | <b>48.8</b> |
|            |                             | 1-2 days a week  | <b>19.9</b> |
|            | Middle (11.6-16.5 yrs.)     | Every day        | <b>32.4</b> |
|            |                             | Nearly every day | <b>48.2</b> |
|            |                             | 1-2 days a week  | <b>19.5</b> |
| R. Kosovo  | Elementary (6.1- 11.5 yrs.) | Every day        | <b>30.6</b> |
|            |                             | Nearly every day | <b>35.5</b> |
|            |                             | 1-2 days a week  | <b>33.9</b> |
|            | Middle (11.6-16.5 yrs.)     | Every day        | <b>22.8</b> |
|            |                             | Nearly every day | <b>52.8</b> |
|            |                             | 1-2 days a week  | <b>24.4</b> |
| Montenegro | Elementary (6.1- 11.5 yrs.) | Every day        | <b>38.2</b> |
|            |                             | Nearly every day | <b>61.8</b> |
|            |                             | 1-2 days a week  |             |
|            | Middle (11.6-16.5 yrs.)     | Every day        |             |
|            |                             | Nearly every day |             |
|            |                             | 1-2 days a week  |             |

The results from table no. 4.5 present information on children according to where they live and school level, how often they drink carbonated liquids. From the data, we see that children of elementary and middle school who live in Albania consume 1-2 times a week, carbonated liquids, while those who live in the Republic of Kosovo consume liquids every day and children who live in Montenegro consume almost every day. Elementary and middle school children who live in the Republic of Kosovo consume more liquids than children who live in Montenegro and Albania.

*Tabela 4.5 Question- How often do you drink gas/carbonated liquids?*

| Country   | School Level                |                      | Percent     |
|-----------|-----------------------------|----------------------|-------------|
| Albania   | Elementary (6.1- 11.5 yrs.) | Every day            | <b>18.4</b> |
|           |                             | Nearly every day     | <b>23.7</b> |
|           |                             | 1-2 days a week      | <b>31.0</b> |
|           |                             | never or hardly ever | <b>26.9</b> |
|           | Middle (11.6-16.5 yrs.)     | Every day            | <b>26.3</b> |
|           |                             | Nearly every day     | <b>28.2</b> |
|           |                             | 1-2 days a week      | <b>29.4</b> |
|           |                             | never or hardly ever | <b>16.1</b> |
| R. Kosovo | Elementary (6.1- 11.5 yrs.) | Every day            | <b>43.5</b> |
|           |                             | Nearly every day     | <b>26.1</b> |
|           |                             | 1-2 days a week      | <b>18.5</b> |
|           |                             | never or hardly ever | <b>12.0</b> |

|            |                             |                      |             |
|------------|-----------------------------|----------------------|-------------|
| Montenegro | Middle (11.6-16.5 yrs.)     | Every day            | <b>38.3</b> |
|            |                             | Nearly every day     | <b>32.2</b> |
|            |                             | 1-2 days a week      | <b>18.2</b> |
|            |                             | never or hardly ever | <b>11.2</b> |
|            | Elementary (6.1- 11.5 yrs.) | Every day            | <b>38.1</b> |
|            |                             | Nearly every day     | <b>42.9</b> |
|            |                             | 1-2 days a week      | <b>19.0</b> |
|            |                             | never or hardly ever |             |
|            | Middle (11.6-16.5 yrs.)     | Every day            |             |
|            |                             | Nearly every day     |             |
|            |                             | 1-2 days a week      |             |
|            |                             | never or hardly ever |             |

The results from table no. 4.6 present information on how often children consume fruits such as apples, bananas, oranges, etc., according to where they live and school level. From the data, we see that elementary and middle children who live in Albania and R Kosovo consume fruits every day, while children who live in Montenegro consume fruits almost every day. Elementary and middle school children who live in the Republic of Kosovo consume more liquids than children who live in Montenegro and Albania.

*Tabela 4.6 Question- How often do you eat fruit like apples, bananas, oranges, mandarins, etc.?*

| Country    | School Level                |                      | Percent     |
|------------|-----------------------------|----------------------|-------------|
| Albania    | Elementary (6.1- 11.5 yrs.) | Every day            | <b>59.5</b> |
|            |                             | Nearly every day     | <b>25.6</b> |
|            |                             | 1-2 days a week      | <b>11.2</b> |
|            |                             | never or hardly ever | <b>3.7</b>  |
|            | Middle (11.6-16.5 yrs.)     | Every day            | <b>54.2</b> |
|            |                             | Nearly every day     | <b>28.7</b> |
|            |                             | 1-2 days a week      | <b>12.7</b> |
|            |                             | never or hardly ever | <b>4.5</b>  |
| R. Kosovo  | Elementary (6.1- 11.5 yrs.) | Every day            | <b>70.7</b> |
|            |                             | Nearly every day     | <b>18.5</b> |
|            |                             | 1-2 days a week      | <b>8.7</b>  |
|            |                             | never or hardly ever | <b>2.2</b>  |
|            | Middle (11.6-16.5 yrs.)     | Every day            | <b>60.7</b> |
|            |                             | Nearly every day     | <b>25.7</b> |
|            |                             | 1-2 days a week      | <b>10.7</b> |
|            |                             | never or hardly ever | <b>2.8</b>  |
| Montenegro | Elementary (6.1- 11.5 yrs.) | Every day            | <b>28.6</b> |
|            |                             | Nearly every day     | <b>42.9</b> |
|            |                             | 1-2 days a week      | <b>28.6</b> |
|            |                             | never or hardly ever |             |
|            | Middle (11.6-16.5 yrs.)     | Every day            |             |
|            |                             | Nearly every day     |             |
|            |                             | 1-2 days a week      |             |
|            |                             | never or hardly ever |             |

The results from table no. 4.7 present information on children about how often they consume vegetables such as carrots, lettuce, peas, etc., according to where they live and school level. From the data, we see that elementary and middle children living in Albania consume vegetables almost every day, elementary education children living in the R Kosovo consume vegetables every day, and middle children consume vegetables 1-2 times a week, while children living in Montenegro consume vegetables almost every day. Children who are in elementary school and live in Albania and R Kosovo consume more vegetables than children that are in middle school.

Table 4.7 Question- How often do you eat vegetables like peas, carrots, green salad, etc.?

| Country    | School Level                |                      | Percent     |
|------------|-----------------------------|----------------------|-------------|
| Albania    | Elementary (6.1- 11.5 yrs.) | Every day            | <b>30.9</b> |
|            |                             | Nearly every day     | <b>31.7</b> |
|            |                             | 1-2 days a week      | <b>28.2</b> |
|            |                             | never or hardly ever | <b>9.2</b>  |
|            | Middle (11.6-16.5 yrs.)     | Every day            | <b>25.9</b> |
|            |                             | Nearly every day     | <b>36.1</b> |
|            |                             | 1-2 days a week      | <b>26.3</b> |
|            |                             | never or hardly ever | <b>11.7</b> |
| R. Kosovo  | Elementary (6.1- 11.5 yrs.) | Every day            | <b>39.1</b> |
|            |                             | Nearly every day     | <b>19.6</b> |
|            |                             | 1-2 days a week      | <b>27.2</b> |
|            |                             | never or hardly ever | <b>14.1</b> |
|            | Middle (11.6-16.5 yrs.)     | Every day            | <b>23.8</b> |
|            |                             | Nearly every day     | <b>28.5</b> |
|            |                             | 1-2 days a week      | <b>35.0</b> |
|            |                             | never or hardly ever | <b>12.6</b> |
| Montenegro | Elementary (6.1- 11.5 yrs.) | Every day            | <b>21.4</b> |
|            |                             | Nearly every day     | <b>47.6</b> |
|            |                             | 1-2 days a week      | <b>28.6</b> |
|            |                             | never or hardly ever | <b>2.4</b>  |
|            | Middle (11.6-16.5 yrs.)     | Every day            |             |
|            |                             | Nearly every day     |             |
|            |                             | 1-2 days a week      |             |
|            |                             | never or hardly ever |             |

The results from table no. 4.8 present information on children about how often they consume pizza according to where they live and school level. From the data, we see that elementary and middle education children living in Albania, R Kosovo and Montenegro consume pizza 1-2 times a week. Middle school children living in Albania eat more pizza than elementary education children, while in the Republic of Kosovo, elementary education children consume more than middle school children. The largest consumption of pizza is made by children living in Montenegro.

Table 4.8 Question- How often do you eat pizza?

| Country    | School Level                |                      | Percent     |
|------------|-----------------------------|----------------------|-------------|
| Albania    | Elementary (6.1- 11.5 yrs.) | Every day            | <b>10.6</b> |
|            |                             | Nearly every day     | <b>14.1</b> |
|            |                             | 1-2 days a week      | <b>42.9</b> |
|            |                             | never or hardly ever | <b>32.4</b> |
|            | Middle (11.6-16.5 yrs.)     | Every day            | <b>14.5</b> |
|            |                             | Nearly every day     | <b>16.8</b> |
|            |                             | 1-2 days a week      | <b>38.0</b> |
|            |                             | never or hardly ever | <b>30.7</b> |
| Kosovo     | Elementary (6.1- 11.5 yrs.) | Every day            | <b>16.3</b> |
|            |                             | Nearly every day     | <b>20.7</b> |
|            |                             | 1-2 days a week      | <b>46.7</b> |
|            |                             | never or hardly ever | <b>16.3</b> |
|            | Middle (11.6-16.5 yrs.)     | Every day            | <b>7.0</b>  |
|            |                             | Nearly every day     | <b>11.7</b> |
|            |                             | 1-2 days a week      | <b>57.5</b> |
|            |                             | never or hardly ever | <b>23.8</b> |
| Montenegro | Elementary (6.1- 11.5 yrs.) | Every day            | <b>19.0</b> |
|            |                             | Nearly every day     | <b>42.9</b> |
|            |                             | 1-2 days a week      | <b>38.1</b> |
|            |                             | never or hardly ever |             |
|            | Middle (11.6-16.5 yrs.)     | Every day            |             |
|            |                             | Nearly every day     |             |
|            |                             | 1-2 days a week      |             |
|            |                             | never or hardly ever |             |

The results from table no. 4.9 present information on children about how often they consume chocolate or sweets according to where they live and school level. From the data, we see that elementary and middle children living in Albania consume sweets almost every day and every day, children living in the Republic of Kosovo elementary education consume sweets every day and middle school children consume sweets 1-2 times a week, while children living in Montenegro consume sweets almost every day. Children who are in elementary school and live in R Kosovo consume more sweets than Albania and Montenegro, in middle education, children living in Albania consume more sweets than R Kosovo dhe Montenegro.

Table 4.9 Question- How often do you eat sweets or chocolate?

| Country   | School Level                |                      | Percent     |
|-----------|-----------------------------|----------------------|-------------|
| Albania   | Elementary (6.1- 11.5 yrs.) | Every day            | <b>28.2</b> |
|           |                             | Nearly every day     | <b>32.1</b> |
|           |                             | 1-2 days a week      | <b>27.3</b> |
|           |                             | never or hardly ever | <b>12.4</b> |
|           | Middle (11.6-16.5 yrs.)     | Every day            | <b>34.4</b> |
|           |                             | Nearly every day     | <b>29.8</b> |
|           |                             | 1-2 days a week      | <b>24.5</b> |
|           |                             | never or hardly ever | <b>11.3</b> |
| R. Kosovo | Elementary (6.1- 11.5 yrs.) | Every day            | <b>37.0</b> |
|           |                             | Nearly every day     | <b>17.4</b> |
|           |                             | 1-2 days a week      | <b>29.3</b> |
|           |                             | never or hardly ever | <b>16.3</b> |

|            |                             |                      |      |
|------------|-----------------------------|----------------------|------|
| Montenegro | Middle (11.6-16.5 yrs.)     | Every day            | 18.7 |
|            |                             | Nearly every day     | 32.7 |
|            |                             | 1-2 days a week      | 40.7 |
|            |                             | never or hardly ever | 7.9  |
|            | Elementary (6.1- 11.5 yrs.) | Every day            | 21.4 |
|            |                             | Nearly every day     | 45.2 |
|            |                             | 1-2 days a week      | 31.0 |
|            |                             | never or hardly ever | 2.4  |
|            | Middle (11.6-16.5 yrs.)     | Every day            |      |
|            |                             | Nearly every day     |      |
|            |                             | 1-2 days a week      |      |
|            |                             | never or hardly ever |      |

The results from table no. 4.10 present information on children if they will consume something they really don't like if their teacher suggests it according to where they live and school level. From the data, we see that elementary and middle children who live in Albania, Kosovo and Montenegro are undecided about the choice they would make, with the exception of elementary education children who live in Kosovo, where they would accept eat something even if they don't like it but the teacher suggests it. Elementary school children living in Albania, R Kosovo and Montenegro are more likely to agree to eat something they don't like if the teacher suggests it than middle school children.

Table 4.10 Question- Would you eat something that you really did not like, if your teacher says?

| Country    | School Level                |       | Percent |
|------------|-----------------------------|-------|---------|
| Albania    | Elementary (6.1- 11.5 yrs.) | Yes   | 21.5    |
|            |                             | Maybe | 52.7    |
|            |                             | No    | 25.8    |
|            | Middle (11.6-16.5 yrs.)     | Yes   | 13.0    |
|            |                             | Maybe | 49.9    |
|            |                             | No    | 37.0    |
| R. Kosovo  | Elementary (6.1- 11.5 yrs.) | Yes   | 42.4    |
|            |                             | Maybe | 35.9    |
|            |                             | No    | 21.7    |
|            | Middle (11.6-16.5 yrs.)     | Yes   | 20.2    |
|            |                             | Maybe | 44.1    |
|            |                             | No    | 35.7    |
| Montenegro | Elementary (6.1- 11.5 yrs.) | Yes   | 33.3    |
|            |                             | Maybe | 50.0    |
|            |                             | No    | 16.7    |
|            | Middle (11.6-16.5 yrs.)     | Yes   |         |
|            |                             | Maybe |         |
|            |                             | No    |         |

The results from table no. 4.11 present information on children if they will consume something they really don't like if their mother or father suggests it according to where they live and school level. From the data, we see that elementary and middle children who live in Albania, Kosovo and Montenegro are undecided about the choice they would make, with the exception of elementary education children who live in Kosovo, where they would accept eat something even if they don't like it but the mother or father

suggests it. Elementary school children living in Albania, R Kosovo and Montenegro are more likely to agree to eat something they don't like if the mother or father suggests it than middle school children.

Table 4.11 Question- Would you eat something that you really did not like, if your mother or father says?

| Country    | School Level                |       | Percent     |
|------------|-----------------------------|-------|-------------|
| Albania    | Elementary (6.1- 11.5 yrs.) | Yes   | <b>38.2</b> |
|            |                             | Maybe | <b>38.7</b> |
|            |                             | No    | <b>23.0</b> |
|            | Middle (11.6-16.5 yrs.)     | Yes   | <b>30.1</b> |
|            |                             | Maybe | <b>46.5</b> |
|            |                             | No    | <b>23.4</b> |
| R. Kosovo  | Elementary (6.1- 11.5 yrs.) | Yes   | <b>59.8</b> |
|            |                             | Maybe | <b>23.9</b> |
|            |                             | No    | <b>16.3</b> |
|            | Middle (11.6-16.5 yrs.)     | Yes   | <b>37.4</b> |
|            |                             | Maybe | <b>42.5</b> |
|            |                             | No    | <b>20.1</b> |
| Montenegro | Elementary (6.1- 11.5 yrs.) | Yes   | <b>38.1</b> |
|            |                             | Maybe | <b>50.0</b> |
|            |                             | No    | <b>11.9</b> |
|            | Middle (11.6-16.5 yrs.)     | Yes   |             |
|            |                             | Maybe |             |
|            |                             | No    |             |

The results from table no. 4.12 present information about the children at what time they wake up during school days according to where they live and school level. From the data, we see that elementary and middle children who live in Albania and R Kosovo on the days they are at school wake up before 8 AM (morning), while children living in Montenegro wake up between 8-9 AM on school days.

Table 4.12 Question- What time do you wake up on school days?

| Country    | School Level                |                | Percent     |
|------------|-----------------------------|----------------|-------------|
| Albania    | Elementary (6.1- 11.5 yrs.) | before 8 00 AM | <b>66.8</b> |
|            |                             | 8 00- 9 00 AM  | <b>21.0</b> |
|            |                             | 9 00- 10 00 AM | <b>9.2</b>  |
|            |                             | after 10 00 AM | <b>3.0</b>  |
|            | Middle (11.6-16.5 yrs.)     | before 8 00 AM | <b>82.0</b> |
|            |                             | 8 00- 9 00 AM  | <b>11.9</b> |
|            |                             | 9 00- 10 00 AM | <b>4.7</b>  |
|            |                             | after 10 00 AM | <b>1.3</b>  |
| R. Kosovo  | Elementary (6.1- 11.5 yrs.) | before 8 00 AM | <b>70.7</b> |
|            |                             | 8 00- 9 00 AM  | <b>19.6</b> |
|            |                             | 9 00- 10 00 AM | <b>6.5</b>  |
|            |                             | after 10 00 AM | <b>3.3</b>  |
|            | Middle (11.6-16.5 yrs.)     | before 8 00 AM | <b>87.4</b> |
|            |                             | 8 00- 9 00 AM  | <b>10.3</b> |
|            |                             | 9 00- 10 00 AM | <b>1.9</b>  |
|            |                             | after 10 00 AM | <b>.5</b>   |
| Montenegro | Elementary (6.1- 11.5 yrs.) | before 8 00 AM | <b>14.3</b> |

|                         |                |             |
|-------------------------|----------------|-------------|
|                         | 8 00- 9 00 AM  | <b>42.9</b> |
|                         | 9 00- 10 00 AM | <b>35.7</b> |
|                         | after 10 00 AM | <b>7.1</b>  |
| Middle (11.6-16.5 yrs.) | before 8 00 AM |             |
|                         | 8 00- 9 00 AM  |             |
|                         | 9 00- 10 00 AM |             |
|                         | after 10 00 AM |             |

The results from table no. 4.13 present information on children according to where they live and school level, at what time they sleep during school days. From the data, we see that elementary and middle school children who live in Albania and R Kosovo on the days they are at school sleep between 8-9 PM, with the exception of middle education children who live in Albania where they go to sleeping between 9-10 PM and elementary education children living in R Kosovo where they go to sleep before 8 PM.

Table 4.13 Question- What time do you go to sleep during school days?

| Country    | School Level                |                | Percent     |
|------------|-----------------------------|----------------|-------------|
| Albania    | Elementary (6.1- 11.5 yrs.) | before 8 00 PM | <b>15.0</b> |
|            |                             | 8 00- 9 00 PM  | <b>40.2</b> |
|            |                             | 9 00- 10 00 PM | <b>34.2</b> |
|            |                             | after 10 00 PM | <b>10.6</b> |
|            | Middle (11.6-16.5 yrs.)     | before 8 00 PM | <b>15.7</b> |
|            |                             | 8 00- 9 00 PM  | <b>28.5</b> |
|            |                             | 9 00- 10 00 PM | <b>29.1</b> |
|            |                             | after 10 00 PM | <b>26.6</b> |
| R. Kosovo  | Elementary (6.1- 11.5 yrs.) | before 8 00 PM | <b>38.0</b> |
|            |                             | 8 00- 9 00 PM  | <b>28.3</b> |
|            |                             | 9 00- 10 00 PM | <b>23.9</b> |
|            |                             | after 10 00 PM | <b>9.8</b>  |
|            | Middle (11.6-16.5 yrs.)     | before 8 00 PM | <b>16.4</b> |
|            |                             | 8 00- 9 00 PM  | <b>38.8</b> |
|            |                             | 9 00- 10 00 PM | <b>32.2</b> |
|            |                             | after 10 00 PM | <b>12.6</b> |
| Montenegro | Elementary (6.1- 11.5 yrs.) | before 8 00 PM | <b>16.7</b> |
|            |                             | 8 00- 9 00 PM  | <b>52.4</b> |
|            |                             | 9 00- 10 00 PM | <b>28.6</b> |
|            |                             | after 10 00 PM | <b>2.4</b>  |
|            | Middle (11.6-16.5 yrs.)     | before 8 00 PM |             |
|            |                             | 8 00- 9 00 PM  |             |
|            |                             | 9 00- 10 00 PM |             |
|            |                             | after 10 00 PM |             |

The results from table no. 4.14 present information for children according to the country where they live and school level, how many televisions are in their home. From the data, we see that elementary and middle school children who live in Albania and R Kosovo have 2-3 televisions in their homes, with the exception of elementary education children who live in R Kosovo and Montenegro who there is 1

television in their house. Children living in Albania have the highest number of televisions use at home than children living in Kosovo and Montenegro.

Table 4.14 Question- How many televisions you have at home?

| Country    | School Level                |     | Percent     |
|------------|-----------------------------|-----|-------------|
| Albania    | Elementary (6.1- 11.5 yrs.) | 0   | <b>3.0</b>  |
|            |                             | 1   | <b>34.5</b> |
|            |                             | 2-3 | <b>62.5</b> |
|            | Middle (11.6-16.5 yrs.)     | 0   | <b>4.0</b>  |
|            |                             | 1   | <b>31.0</b> |
|            |                             | 2-3 | <b>65.0</b> |
| Kosovo     | Elementary (6.1- 11.5 yrs.) | 0   | <b>9.8</b>  |
|            |                             | 1   | <b>48.9</b> |
|            |                             | 2-3 | <b>41.3</b> |
|            | Middle (11.6-16.5 yrs.)     | 0   | <b>6.1</b>  |
|            |                             | 1   | <b>42.5</b> |
|            |                             | 2-3 | <b>51.4</b> |
| Montenegro | Elementary (6.1- 11.5 yrs.) | 0   | <b>26.2</b> |
|            |                             | 1   | <b>42.9</b> |
|            |                             | 2-3 | <b>31.0</b> |
|            | Middle (11.6-16.5 yrs.)     | 0   |             |
|            |                             | 1   |             |
|            |                             | 2-3 |             |

The results from table no. 4.15 present information about children according to where they live and school level, whether they have a television in their bedroom. From the data, we see elementary education children and those of middle education children who live in Albania and R Kosovo have televisions in their bedroom, with the exception of elementary education children who live in Montenegro where in their bedroom there are no televisions in the bedroom.

Table 4.15 Question- Do you have a television in your bedroom?

| Country    | School Level                |     | Percent     |
|------------|-----------------------------|-----|-------------|
| Albania    | Elementary (6.1- 11.5 yrs.) | Yes | <b>51.4</b> |
|            |                             | No  | <b>48.6</b> |
|            | Middle (11.6-16.5 yrs.)     | Yes | <b>54.3</b> |
|            |                             | No  | <b>45.7</b> |
| R. Kosovo  | Elementary (6.1- 11.5 yrs.) | Yes | <b>53.8</b> |
|            |                             | No  | <b>46.2</b> |
|            | Middle (11.6-16.5 yrs.)     | Yes | <b>49.5</b> |
|            |                             | No  | <b>50.5</b> |
| Montenegro | Elementary (6.1- 11.5 yrs.) | Yes | <b>45.2</b> |
|            |                             | No  | <b>54.8</b> |
|            | Middle (11.6-16.5 yrs.)     | Yes |             |
|            |                             | No  |             |

The results from table no. 4.16 present information for children on how many hours of television they watch before going to school according to where they live and school level. From the data, we see that elementary education children living in Albania and the R Kosovo watch less than 1 hour of television before going to school, while elementary education children living in Montenegro and middle education children living in the R Kosovo and Albania, they don't watch an hour of television before going to school. Children living in Albania watch more TV compared to children living in R Kosovo and Montenegro.

Table 4.16 Question- Usually, how many hours you view TV before school?

| Country    | School Level                |                    | Percent     |
|------------|-----------------------------|--------------------|-------------|
| Albania    | Elementary (6.1- 11.5 yrs.) | None               | <b>29.4</b> |
|            |                             | Less than one hour | <b>37.0</b> |
|            |                             | 1-2 hours          | <b>24.5</b> |
|            |                             | more than 2 hours  | <b>9.1</b>  |
|            | Middle (11.6-16.5 yrs.)     | None               | <b>46.8</b> |
|            |                             | Less than one hour | <b>26.7</b> |
|            |                             | 1-2 hours          | <b>18.5</b> |
|            |                             | more than 2 hours  | <b>7.9</b>  |
| R. Kosovo  | Elementary (6.1- 11.5 yrs.) | None               | <b>29.3</b> |
|            |                             | Less than one hour | <b>47.8</b> |
|            |                             | 1-2 hours          | <b>20.7</b> |
|            |                             | more than 2 hours  | <b>2.2</b>  |
|            | Middle (11.6-16.5 yrs.)     | None               | <b>54.2</b> |
|            |                             | Less than one hour | <b>27.6</b> |
|            |                             | 1-2 hours          | <b>13.1</b> |
|            |                             | more than 2 hours  | <b>5.1</b>  |
| Montenegro | Elementary (6.1- 11.5 yrs.) | None               | <b>50.0</b> |
|            |                             | Less than one hour | <b>31.0</b> |
|            |                             | 1-2 hours          | <b>16.7</b> |
|            |                             | more than 2 hours  | <b>2.4</b>  |
|            | Middle (11.6-16.5 yrs.)     | None               |             |
|            |                             | Less than one hour |             |
|            |                             | 1-2 hours          |             |
|            |                             | more than 2 hours  |             |

The results from table no. 4.17 present information for children on how many hours of television they watch after finishing school according to where they live and school level. From the data, we see that elementary and middle school children living in Albania and R Kosovo watch 1-2 hours of television after finishing school, while elementary education children living in Montenegro and R Kosovo watch less than an hour of television after finish school. Children living in Albania watch more television compared to children living in R Kosovo and Montenegro.

Table 4.17 Question- Usually, how many hours you view TV after school?

| Country    | School Level                |                    | Percent     |
|------------|-----------------------------|--------------------|-------------|
| Albania    | Elementary (6.1- 11.5 yrs.) | None               | <b>9.2</b>  |
|            |                             | Less than one hour | <b>26.3</b> |
|            |                             | 1-2 hours          | <b>41.8</b> |
|            |                             | more than 2 hours  | <b>22.8</b> |
|            | Middle (11.6-16.5 yrs.)     | None               | <b>12.9</b> |
|            |                             | Less than one hour | <b>27.4</b> |
|            |                             | 1-2 hours          | <b>36.3</b> |
|            |                             | more than 2 hours  | <b>23.3</b> |
| R. Kosovo  | Elementary (6.1- 11.5 yrs.) | None               | <b>9.8</b>  |
|            |                             | Less than one hour | <b>47.8</b> |
|            |                             | 1-2 hours          | <b>35.9</b> |
|            |                             | more than 2 hours  | <b>6.5</b>  |
|            | Middle (11.6-16.5 yrs.)     | None               | <b>13.1</b> |
|            |                             | Less than one hour | <b>30.4</b> |
|            |                             | 1-2 hours          | <b>35.5</b> |
|            |                             | more than 2 hours  | <b>21.0</b> |
| Montenegro | Elementary (6.1- 11.5 yrs.) | None               | <b>31.0</b> |
|            |                             | Less than one hour | <b>47.6</b> |
|            |                             | 1-2 hours          | <b>19.0</b> |
|            |                             | more than 2 hours  | <b>2.4</b>  |
|            | Middle (11.6-16.5 yrs.)     | None               |             |
|            |                             | Less than one hour |             |
|            |                             | 1-2 hours          |             |
|            |                             | more than 2 hours  |             |

The results from table no. 4.18 present information for children on how many hours they spend playing different games on the computer or television during the days of the week according to the country where they live and school level. From the data, we see that elementary and middle children living in Albania and R Kosovo spend 1-2 hours playing different games on the computer or television during the weekdays, while elementary education children living in R Kosovo and Montenegro spend less than 1 hour playing different games on the computer or TV during weekdays. Children living in Albania spend more hours playing different games on the computer or television during the weekdays.

Table 4.18 Question- How many hours do you spend playing different games on a computer or on TV during weekdays?

| Country    | School Level                |                    | Percent     |
|------------|-----------------------------|--------------------|-------------|
| Albania    | Elementary (6.1- 11.5 yrs.) | None               | <b>21.4</b> |
|            |                             | Less than one hour | <b>29.0</b> |
|            |                             | 1-2 hours          | <b>32.7</b> |
|            |                             | more than 2 hours  | <b>16.9</b> |
|            | Middle (11.6-16.5 yrs.)     | None               | <b>11.5</b> |
|            |                             | Less than one hour | <b>32.5</b> |
|            |                             | 1-2 hours          | <b>32.0</b> |
|            |                             | more than 2 hours  | <b>24.0</b> |
| R. Kosovo  | Elementary (6.1- 11.5 yrs.) | None               | <b>15.2</b> |
|            |                             | Less than one hour | <b>44.6</b> |
|            |                             | 1-2 hours          | <b>29.3</b> |
|            |                             | more than 2 hours  | <b>10.9</b> |
|            | Middle (11.6-16.5 yrs.)     | None               | <b>14.0</b> |
|            |                             | Less than one hour | <b>36.0</b> |
|            |                             | 1-2 hours          | <b>38.8</b> |
|            |                             | more than 2 hours  | <b>11.2</b> |
| Montenegro | Elementary (6.1- 11.5 yrs.) | None               | <b>28.6</b> |
|            |                             | Less than one hour | <b>52.4</b> |
|            |                             | 1-2 hours          | <b>16.7</b> |
|            |                             | more than 2 hours  | <b>2.4</b>  |
|            | Middle (11.6-16.5 yrs.)     | None               |             |
|            |                             | Less than one hour |             |
|            |                             | 1-2 hours          |             |
|            |                             | more than 2 hours  |             |

The results from table no. 4.19 present information for children on how many hours they spend playing different games on the computer or television during the weekend according to where they live and school level. From the data, we see that elementary and middle children who live in Albania spend more than 2 hours playing different games on the computer or television during the weekend, children who live in the Republic of Kosovo spend more than 2 hours playing different games on the computer or television during the weekend and those living in Montenegro spend less than 1 hour playing different games on the computer or TV during the weekend. Children living in Albania spend more hours playing different games on the computer or television during the weekend.

Table 4.19 Question- How many hours do you spend playing different games on a computer or on TV during weekends?

| Country    | School Level                |                    | Percent     |
|------------|-----------------------------|--------------------|-------------|
| Albania    | Elementary (6.1- 11.5 yrs.) | None               | <b>16.7</b> |
|            |                             | Less than one hour | <b>17.5</b> |
|            |                             | 1-2 hours          | <b>30.7</b> |
|            |                             | more than 2 hours  | <b>35.2</b> |
|            | Middle (11.6-16.5 yrs.)     | None               | <b>9.6</b>  |
|            |                             | Less than one hour | <b>22.0</b> |
|            |                             | 1-2 hours          | <b>31.5</b> |
|            |                             | more than 2 hours  | <b>37.0</b> |
| R. Kosovo  | Elementary (6.1- 11.5 yrs.) | None               | <b>5.5</b>  |
|            |                             | Less than one hour | <b>37.4</b> |
|            |                             | 1-2 hours          | <b>39.6</b> |
|            |                             | more than 2 hours  | <b>17.6</b> |
|            | Middle (11.6-16.5 yrs.)     | None               | <b>12.3</b> |
|            |                             | Less than one hour | <b>29.9</b> |
|            |                             | 1-2 hours          | <b>33.6</b> |
|            |                             | more than 2 hours  | <b>24.2</b> |
| Montenegro | Elementary (6.1- 11.5 yrs.) | None               | <b>22.0</b> |
|            |                             | Less than one hour | <b>48.8</b> |
|            |                             | 1-2 hours          | <b>26.8</b> |
|            |                             | more than 2 hours  | <b>2.4</b>  |
|            | Middle (11.6-16.5 yrs.)     | None               |             |
|            |                             | Less than one hour |             |
|            |                             | 1-2 hours          |             |
|            |                             | more than 2 hours  |             |

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## News about the project

To carry out the project, a total of about 8498 km was traveled in the four countries to conduct measurements in 47 days and 390 hours of measurements in schools.

To enter the questionnaires into the electronic database, 55,500 minutes were spent, calculated at 925 hours.

