




International Journal of Sport Studies for Health

Journal Homepage






Health Behaviors Based on an Active Lifestyle Among Generation Z: A Thematic Analysis

Hamed. Azimi Nojadeh¹, Fatemeh. Abdavi^{1*}, Zühal. Yurtsızoğlu²

¹ Department of Sport Management, Faculty of Physical Education & Sports University of Tabriz, Tabriz, Iran

² Department of Sport Management, Faculty of Physical Education & Sports, Sivas Cumhuriyet University, Sivas, Türkiye

* Corresponding author email address: fatemehabdavi@yahoo.com

E d i t o r	R e v i e w e r s
Özgür Eken  Associate Professor, Inonu University, Malatya, Turkey ozgureken86@gmail.com	Reviewer 1: Yaghub Badriazarin  Associate Professor of Sport Sciences, Tabriz University, Tabriz, Iran. Email: badriazarin@tbzmed.ac.ir Reviewer 2: Masoud Mirmoezi  Department of Physical Education and Sport Sciences, Islamic Azad University, Central Tehran Branch, Tehran, Iran. Email: massoudmirmoezi@live.com

1. Round 1

1.1 Reviewer 1

Reviewer:

The phrase “everyone in the community now believes...” is too broad and unsubstantiated. Please revise this statement for precision and provide empirical support or limit the generalization.

The sentence “Nevertheless, the World Health Organization's (WHO) recommendations... are mainly ignored...” would benefit from citing more recent and specific global statistics to support this claim and contextualize its relevance for Generation Z.

The claim that “each theme was described using direct quotes” is not well demonstrated in the results section. Please include more verbatim excerpts from videos/articles to ground the thematic interpretations in primary data.

The sentence “narcotic drugs use, caffeine, easy access to alcohol...” combines medically distinct categories. It would be beneficial to discuss these in separate sub-themes or justify their conceptual grouping.

The study references Joubert et al. (2022) but provides no context for their methodology or population. Please provide more information to enhance the relevance and comparison with your study.

Author revised the manuscript and uploaded the updated document.

1.2 Reviewer 2

Reviewer:

There is some redundancy in the discussion of Generation Z's characteristics—specifically the repeated reference to digital immersion. Consider synthesizing these ideas into a more concise and focused paragraph to avoid repetition.

The phrase “top 10 articles in this domain using RStudio software” is vague. Clarify whether citation counts, normalized impact, or qualitative relevance were prioritized in the ranking algorithm. Also, mention how potential biases in citation-based selection were mitigated.

The identification of digital culture and fashion trends as health behavior indicators needs clearer theoretical grounding. What framework supports the inclusion of “styles and fashion” as health-related behavior?

The items under “Tools and Equipment” and “Activity Intensity” are informative but overlapping. Please clarify how the same tool (e.g., smartwatches) was differentiated across categories, or if they were counted multiple times.

The sentence “Each theme had several subcategories, which are detailed in the results section...” is too descriptive. Please use this space to synthesize the implications of these findings in relation to existing literature on Generation Z health behaviors.

Author revised the manuscript and uploaded the updated document.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.