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IMPORTANCE OF HEALTH EDUCATION IN SCHOOLS

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ABSTRACT:

This article is aimed to know is children's need to know about health education in now days. Yes in this modern era children must have basic concept about health. Now a day's children's facing so many health problems because of smart phones, TV, Computers, Competitive world, education system, job oriented syllabuses. These all things pushing children's towards illness, mental stress, physically weakness, eyes related problems, loosing social responsibility like so many hazardous developments happening in children's early life with knowingly or without knowingly. Health education is most important subject to children's. It gives total health concept and it helps to do other things perfectly. If children do not have fit body, strong mental health, social responsibility, morality, ethics definitely he will suffer in schools, society, working area, and in relationships. With knowing about health education children will defiantly earn good physical and mental condition it leads Children successfully towards their goals. Health education not only discuss about physical and mental health related things it gives some good practices like taking balanced and nutrient food, physical exercises. Yoga, meditation, positive thinking, morality and self control skills for mental health. Cleanness of individual and natural ,precautionary methods ,awareness about communicable deceases, first aid etc. this study also views on scope of health education, factors effecting on children's health in schools.



KEYWORDS: Health, Health education, Body, Physical health, mental health.

INTRODUCTION :

Knowing about health is the most important thing to students in this Era. We are living in such a type of world there is no one thing is guaranteed. In this way we should have more and more concern about Children's health. First of all we should know what is health..? Health education..? And how it importance to children's or

schools. Schools must teach and make practices about health to children's. It has own scope and importance. Today's generation facing so many health problems by modern life style. Effective teaching and applying health awareness programs at school is remediable thing for children's health related problems. In this study we should know the meaning of Health and health education.

HEALTH:

In nature every live has struggle to live and every live had a natural movement, physical activities and inter body activities. The structure of human body is also the most complicated and it has separate organs. And those organs had specific works but they had strongly related with each and other. Having this type of separate and they are doing their work with without problem is called

health. Health is the most important aspect to human. If health is good then man can lead happy life otherwise it's difficult to live. When man cannot live happy life he doesn't serve the society. In the view of social response and man power is most important to nation. That is the real key to strengthen a good Nation. Health is real wealth than any other in the earth.

Health is not only related with body but it also indicates a good mind condition. Good health does not come from taking tablets or medicines. So we have to know about what is health..? Truly health depends upon which things..? And following particular things we have to know and daily practices like food, cleanness, exercise, rest, precautions for the diseases, correct posture, concern about activities of body, keeping distance with bad habits, mentally strong and having good feelings are most essential things maintaining good health.

HEALTH EDUCATION:

After knowing about health we should view on Health education. Health education is one of most important part of education system. It is one of living art man can built a strong body and strong mind by regular habit of this art. Health education is developing and protecting education of physical and mental health. It gives defensive knowledge about health. It can also teach indirection skills of health protection in daily life.

According to "Ruth grout" Health education is any combination of learning experience designs to help individuals and communities improve their health by increasing their knowledge or influencing their attitudes. According to "Dr.winslow" The science and art of preventing diseases prolonging life and promoting physical and mental health and efficiency throw.

AIM AND OBJECTIVES:

1. Aware about common health problems and causes.
2. To develop the different facts those are foundations of good health and concept of health.
3. Developing the practices of social and individual health.
4. Creating awareness about natural health and help to develop those practices which are dedicated to natural health.
5. Incubate that practices which progress the health, entertainment and rest.
6. Aware about common diseases and communicable diseases and its causes.
7. Developing skills of first aid and aware about safety methods.
8. Taking precautions against communicable diseases.
9. Creating a healthy and necessary climate for children's
10. Motivating students to developing awareness about health in school, home and public places.

SCOPE OF HEALTH EDUCATION:

Scope of health education is very broad. It related and supported to many of health related things for example home, economics, agriculture, industrialization etc. commonly health education involves these following things.

1. Role of food in growth and development of human body.
2. Water, air, light, physical exercises, entertainment, rest, sleep etc.
3. Health education impacts on mental health and effects of bad habits and Imperfect development of body.
4. Health education cares about different physical and mental diseases and also it gives precautionary actions on communicable diseases.
5. Mental health, sexual diseases, health at home and public places.
6. First aid, safety, emergency situations. After surveying of these all factors we know that health education has big scope and importance.

FACTORS INFLUENCING THE HEALTH OF SCHOOL CHILDREN'S:

In school system so many factors effects on Children's health like food, School atmosphere, and cleanliness are main factors. Following factors are most affect able things on Children's health in the school.

1. Food:

Food gives the needed strength to humans internal and external activities food is like fuel of human machine, how machine works only with fuel. Food is the most needed thing for strengthen to muscles, development of skeletal system, development of all parts of human body, regeneration of detracted parts, production of blood cells, metabolism system so children's must eat all type of nutrient food. Means fruits, vegetables, milk, grains, by products of milk should be taken in balanced form. Children's must know about drinking enough water, fast once in a week and eating food with well dig.

2. Cleanness:

Cleanness is also most important factor about Children's health. Daily brushing, bathing, cutting nails, cleaning all sense organs, cleanliness about dress and nature are important things. Cleanness brings positive thoughts in children's so cleanness in school, home, nature is also important thing to know about it. Cleanness is the best precautionary method for communicable and all type of diseases.

3. Fresh air and sunlight:

Oxygen from air can purify the blood and it makes all parts active. Oxygen available in high quantity level at fresh air. We get mental and physical stress if we take carbon dioxide and carbon monoxide contained air. Sometime we feel physically weak and hangovers also. That's why it's important to incept more oxygen. So should build School buildings with big windows and ventilation system. And well maintained garden in school campus.

4. Good posture:

Good posture cans good impact on growing children's. That's why student must and should have knowledge of Sitting, standing, walking, running poster and make it all in Daily practices. If not maintain good posture children suffer from handicaps, Eyes, bone, nervous related problems. It also affects on biological and autonomic functions. Unjustified dresses and furniture's, bad habits, unhealthy food, not taking nutrient food can also effects on postures.

5. Physical exercises:

Physical exercises had good effects on children's health. We must do physical exercises as per our ages and regularly. Blood circulation will increased by physical exercises and it supplies oxygen to all cells; digestive system will get good speed by physical exercises. Body will eliminates urine, uric acid, Ammonia, Ammonia composites and useless things successfully when we are regular with physical exercises. So growing children need regular physical exercises on their daily routine.

6. Rest:

Rest is also needed to our body as physical exercise. Our body needs periodic rest. Growing children's can take rest by sleep according to their ages. Body muscles are built well at rest. In physical education same importance to physical exercises and Rest. Human body will get tomorrows energy by rest.

7. Self control:

Children should keep distance from deteriorative of health. And also from things which can destroy mental health. Peace and concentration are most needed factors for students will these by self control. Yoga, meditation, good attitude can help to develop the mental health of children's.

CONCLUSION:

As health is related to physical, mental, and social aspects. Then we should build it by physical, mental and social exercises. In health physical, mental, natural and social aspect are connected with each other and these can lead children's towards good health and happy life.

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