
ORIGINAL ARTICLE



**AWARENESS OF HEALTH AMONG THE STUDENTS OF HIGHER
SECONDARY SCHOOL GWALIOR**

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ABSTRACT

The purpose of this study was to determine the awareness of students towards health. Programme in different schools of Kanpur and it was hypothesized that the attitude of the students was favorable towards health. The study was restricted to the 200 students from 9-12 of the different schools of Kanpur. With the help of the questionnaire the researcher tried to get the reflection of attitude of the respondent towards Awareness towards Health. Percentile method was applied to find out the significance of differences between responses of the students and it was observed through the findings that the most of the students are having positive attitude towards health and hypothesis stated earlier that most of the students had a positive attitude towards health was accepted.

KEY WORDS:- Awareness, Health.

INTRODUCTION

In considering community factors that influence the health of the people, the general public tends to think largely in terms of population figures. The size of a city or the number of people living in a community is a significant factor in dealing with community health standpoint. A number of Community environmental factors must be recognized in dealing with community health problems. The physical environment, geography, climate, neighborhood and industrial conditions all must be considered when appraising the health of a community. Some of these factors will have but a minor effect on health, while others may virtually identify the particular health problems peculiar to the community. (Anderson et al 1976)

The usefulness of knowledge is determined by the manner in which it was learned, since teaching sheer factual information may demand little imagination or creativeness of the teachers and testing of memorized material is not difficult, it becomes extremely easy for a busy teacher to slip into a pattern of teaching that is frequently referred to as factual requirement. Studies have demonstrated that teaching involving unrelated facts and unorganized information is comparatively temporary or even transient. That learning is most permanent which involves the integration of knowledge old and new

into purposeful, meaningful, organized behavior and problem- solving mental processes. (Tyler et al 1933)

The purpose of the study was to determine the awareness of health among the students of higher secondary school Kanpur and the study was delimited to the students studying in different schools of Kanpur from classes 9-12 standard. On the basis of literature reviewed, available research finding expert opinion and scholar's own understanding of the problem it was hypothesized that most of the students had a positive attitude towards health.

METHODOLOGY

Two hundred students of Different schools of Kanpur from classes 9 - 12 were selected as subjects for the purpose of the study and they were educated enough to understand and provide relevant responses to the questions asked in the questionnaire. And the age of the students were ranged 13 to 18 years. With the help of the questionnaire the researcher tried to get the reflection of attitude of the respondent towards Awareness towards Health.

The research scholar went through the various relevant literature pertaining to the present study and prepared the questionnaire with the help of guide and other experts by modifying the already existing questionnaire. The questionnaire was distributed to 200 students from classes 9 to 12 of Different schools of Kanpur. The responses were collected in the same way one hundred percent questionnaires were received with in the specific time. All the respondents participated wholeheartedly. Percentile method was applied to find out the significance of differences between responses for each statement i.e. Awareness of students towards Health Among the students of higher secondary school.

FINDINGS & DISCUSSION

The responses of students in respect to the Awareness of Health among the students of higher secondary schools of Kanpur were presented in the following tables.

TABLE - 1

| Concept of Health | | | | |
|-------------------|--|-------------------|------------------|------------|
| S.No. | Sub Question | Responses | No. Of Responses | Percentage |
| A. | Health is Wealth | Positive Response | 195 | 97.50% |
| | | Negative Response | 05 | 2.50% |
| B | Having good Physique & Muscles Means Good Health | Positive Response | 160 | 80% |
| | | Negative Response | 40 | 20% |
| C | Good Health Means absence from disease | Positive Response | 175 | 97.50% |
| | | Negative Response | 20 | 2.50% |

97.50% Students responded positive answers & 2.50 students negative in relation to the health is wealth. 80% Students answered positive responses & 20% negative in relation to the having good physique & muscles means good health. In relation to the good health means absence from disease 87.50% students gave positive responses & 12.50% negative. In relation to the concept of health by analyzing the data it can be easily said that students having sufficient reverences reason may be due to awareness of mass media, teaching in schools, & instructions in play field.

TABLE - 2

| Personal Hygiene | | | | |
|-------------------------|--|-------------------|------------------|------------|
| S.No. | Sub Question | Responses | No. Of Responses | Percentage |
| A. | Using of others handkerchief is good to health | Positive Response | 175 | 87.50% |
| | | Negative Response | 25 | 12.50% |
| B | Taking Bath daily is good to Health | Positive Response | 195 | 97.50% |
| | | Negative Response | 25 | 2.50% |
| C | Eating Nails with the teeth is good habit | Positive Response | 150 | 75% |
| | | Negative Response | 50 | 2.50% |

In relation to using others handkerchief is good to health students having high attitude. Taking Bath daily is good to health indicates that students having good knowledge about the subject matter. In relation to cutting nails with the teeth is good habit students having high attitude. Personal hygiene is the prime factor of life. It showed that students are well aware to the subject matter. Since these all things they learn from the first school of their life that is home & media also plays the good role.

TABLE - 3

| Environmental Health | | | | |
|-----------------------------|--|-------------------|------------------|------------|
| S.No. | Sub Question | Responses | No. Of Responses | Percentage |
| A. | Waste material should be kept in garbage | Positive Response | 180 | 90% |
| | | Negative Response | 20 | 10% |
| B | Smoke of automobiles cause harm to body | Positive Response | 180 | 90% |
| | | Negative Response | 20 | 10% |
| C | Air Pollution is dangerous to respiratory system | Positive Response | 160 | 80% |
| | | Negative Response | 40 | 20% |

In relation to the waste material should be kept in garbage 90% students having positive attitude & 10% is having Negative. 90% students responded positively & 90% negatively in relation to smoke of automobiles cause harm to body. Air pollution is dangerous to respiratory system for this 80% student had answered positively & 20% had negatively. In relation to Environmental health students having good & sufficient knowledge. Personal may be Environmental science is a compulsory subject in the school which is taught by the teachers.

CONCLUSION

On the basis of findings and researcher's own understanding the hypothesis stated earlier that most of the students had a positive attitude towards health was accepted.

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