



HEALTH CONSCIOUSNESS AMONG THE STUDENTS OF HIGHER SECONDARY SCHOOL

Dr. Upendra Singh Tomar

**Associate Professor , Department of Physical Education,
Bundelkhand University Jhansi.**



ABSTRACT

The goal of this research was to assess the knowledge of health among the students. The research was limited to 200 students from Class 9-12 of Jhansi High Schools. The researcher attempted, with the aid of the questionnaire, to illustrate the respondent's attitude towards health knowledge. In order to figure out the importance of variations between the students ' responses, the percentile approach was used and it was found from the results that most students had a good outlook towards wellbeing.

KEYWORDS: Health, Consciousness, Nutrition, Heridity.

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 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 1933)

The purpose of the study was to determine the health consciousness among the higher secondary school students Jhansi and the study was delimited to the students studying in different schools of Jhansi from classes 9-12 standard. It was hypothesised that most of the students had a good outlook towards health based on the literature examined, accessible study finding expert opinion and the academic's own perception of the issue.

METHODOLOGY

Two hundred students of Different schools of Jhansi from classes 9 - 12 were selected as subjects for the purpose of the study and they were sufficiently trained to understand the questions posed in the questionnaire and have correct answers. And the students were 13 to 18 years of age. The researcher attempted, with the aid of the questionnaire, to illustrate the respondent's attitude towards health knowledge.

With the aid of guides and other experts, the research scholar went through the different applicable literature related to the present study and prepared the questionnaire by changing the already existing questionnaire. In classes 9 to 12, the questionnaire was distributed to 200 students from different schools in Jhansi. The answers were compiled in the same manner as one hundred percent of the questionnaires were obtained at a given moment. The members all participated whole-heartedly. The percentile approach was used to assess the importance of discrepancies between responses among higher secondary school students for each health statement.

FINDINGS & DISCUSSION

The answers of students among the students of higher secondary schools of Jhansi in relation to health knowledge is given in the following tables-

Table 1

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%

It is ideal for health learners with a positive mindset in comparison to using other handkerchiefs. It means that students have strong knowledge of the subject matter by taking Bath every day is good for health. Students with a high mentality have a healthy practice of smashing nails using their teeth. The primary factor of life is personal grooming. This has proven that learners are well aware of 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 2

Nutrition				
S.No.	Sub Question	Responses	No. Of Responses	Percentage
A.	More Spicy food harmful for digestive system	Positive Response	174	87%
		Negative Response	26	13%
B	Food Additives increases Quality of food	Positive Response	26	13%
		Negative Response	125	62.50%
C	Balance diet helping proper growth of body	Positive Response	185	92.50%
		Negative Response	15	7.50%

87% of students replied positively & 13% negatively in response to more spicy food that is detrimental to the digestive system. In relation to food additives, 62.50 percent of students responded positively, improving food quality where 37.50 percent had responded negatively. In terms of balance diet, 92.50 percent of students have a positive attitude & 7.50 percent have a negative attitude to aid in proper body development.

Students should concentrate more on recognizing diet as it plays a significant role in proper growth and development. Diet is a very basic topic every day. From home to kindergarten, children learn about nutrition.

Table 3

Family Planning				
S.No.	Sub Question	Responses	No. Of Responses	Percentage
A.	Sex education Should taught in schools	Positive Response	170	86.20%
		Negative Response	30	13.80%
B	Nuclear family is better than joint family	Positive Response	175	87.50%
		Negative Response	25	12.50%
C	More No. of children is good for economical conditions	Positive Response	145	75.70%
		Negative Response	55	26.30%

In regards to sex education, children with strongly optimistic views should be educated in classrooms. In comparison to the nuclear family, students who have a very optimistic outlook are stronger than the shared family. More no. of children is good for economic conditions show that more no strongly optimistic attitude of students is seen. And students are well aware of the position of the media as well. & it is also added in school curriculum.

Table 4

Heredity				
S.No.	Sub Question	Responses	No. of Responses	Percentage
A.	It is necessary tall percents should have tall child	Positive Response	189	94.50%
		Negative Response	11	5.50%
B	Diabetes is hereditical disease	Positive Response	185	92.50%
		Negative Response	15	7.50%
C	Wise parents have always wise children	Positive Response	175	87.50%
		Negative Response	25	12.50%

94.50 percent of students reacted positively & 5.50 percent negatively in response to the need for a tall parent to have a tall child. 92.50 percent of students answered positive responses and genetic disorder is 7.50 percent negative in regards to diabetes. 87.50 percent of students give positive answers & 12.50 percent negative in comparison to wise parents often have wise kids. Students should be conscious of heredity and it should be introduced as a compulsory subject in the curriculum of schools so that they can have ample knowledge.

CONCLUSION

It was concluded that most students had a good outlook towards health knowledge, acknowledged the importance of health and its social, emotional and mental values, showed due importance to students and appreciation for health, and replied that students were too keen to know about the time needed in today's society. 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.

BIBLIOGRAPHY

- C. L. Anderson, Nilliam H. Creswell, School Health Practices (Scient Louis, The C.V. Mosby Company 1976)
 Nath, N.A., "Health Education for community health and MCH Programme, " Swasth Hind (Jan, 1982):13
 Pollock, Manan Best, "Revision of the LC Maistre Helath Behavior Inventory, "Completed Research in Health, Physical Education and Recreation 5 (1963) : 39.
 R.W. Tyler, Permanancy of Learning Journal of Higher Education 4 (1933): 203
 Scabell, L. Jeanette, "Effects of Secondary school Health Instruction on the Health Knowledge of College freshman," completed Research in health, Physical Education and Recreation 6 (1963): 66.

- Simmon, Allen Anthony, "An Evaluation of the Health knowledge of Freshmen attending state supports Colleges and universities in the state of Mississippi, "Dissertation Ahstracts International 42: 11 (June 1982): 4732-A.
- Theresae, Markovich, "An Appraisal of Health Knowledge of sierra college students enrolled in Health Education classes for the school year 1965-66, "Completed Research in health Physical Education and Recreation 10 (1967) :90
- Tyler, R.W., "Permanency of Learning "Journal of Higher Education 4 (1933): 203