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## HEALTH AWARENESS AMONG HIGHER SECONDARY SCHOOL STUDENTS

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### ABSTRACT

*The goal of this study was to assess the students' understanding of health. Only 200 students from Gwalior High Schools' grades 9-12 were included in the study. The researcher used the questionnaire to portray the respondent's attitude toward health knowledge. The significance of variations in the students' responses was determined using the percentile technique, and the data revealed that the majority of students had a positive outlook on their well-being.*

**KEY WORD:** Health Awareness.

### INTRODUCTION

The general public tends to think in terms of population numbers when it comes to community concerns that affect people's health. The size of a city or the number of people living in a community is a major predictor of community health. A range of community environmental elements must be addressed when dealing with community health issues. The physical environment, geography, climate, neighborhood, and industrial settings must all be considered when analyzing a community's health. Some of these indicators will have a minor impact on health, while others may be able to pinpoint the community's specific health issues (1976, Anderson).

It is exceedingly easy for a busy teacher to fall into a pattern of teaching known as factual requirement since teaching solely factual information involves little originality or imagination on the part of the instructors and analyzing recalled knowledge is not difficult. According to studies, unconnected information and unorganized knowledge training is similarly transient, if not transitory. That learning is most long-lasting when it involves the integration of old and new information into intentional, meaningful, and well-ordered behavior and problem-solving brain processes (Tyler, 1933).

Based on the literature reviewed, readily available expert opinion, and the academic's own perception of the issue, the study's goal was to determine health awareness among Gwalior's higher secondary school students, and it was hypothesized that none of the students had a positive attitude toward health.



### METHODOLOGY

200 students from several Gwalior schools in grades 9 to 12 were chosen as subjects for the study, and they were well-prepared to understand the questionnaire's questions and offer accurate responses. The children were between the ages of 13 and 18. The researcher used the questionnaire to portray the respondent's attitude toward health knowledge. With the support of guides and other experts, the research

scholar went through a large amount of relevant material related to the current study and constructed the questionnaire by changing an existing questionnaire. The questionnaire was given to 200 students in grades 9 to 12 from various schools in Gwalior. The data was gathered in the same way that 100% of the surveys were collected at any given time. Everyone who took part gave it their all. The percentile technique was used to examine the importance of differences in answers among higher secondary school students for each health statement.

## FINDINGS & DISCUSSION

The following tables show the responses of students from Gwalior's upper secondary schools in connection to their health knowledge:

**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's better for health learners with a good mindset than other handkerchiefs. It suggests that the students have a thorough comprehension of the subject. It is helpful to one's health to take a bath every day. Positive-thinking students have a propensity of pounding their nails with their teeth. The most crucial component of life is personal grooming. This implies that the students are knowledgeable about the topic. They have created a team from their first school, which is also their home, as a result of these occurrences, and the media has also played a constructive 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 percent of students responded positively to more spicy food that is damaging to the digestive system, while 13 percent responded negatively. When it came to food additives, 62.50 percent of students replied yes, indicating that they improved the quality of food, vs 37.50 percent who said no. When it comes to a balanced diet, 92.50 percent of students think it's a good idea, while 7.50 percent think it's a bad one. Students should pay more attention to what they consume because it is crucial to their growth and development. Diet is a topic that comes up on a daily basis. From the time they are born until they enter kindergarten, children are taught about nutrition by their parents.

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%

When it comes to sex education, children with strong hopeful notions should be educated in schools. When compared to students from a nuclear household, students with a positive outlook are stronger. The fact that there are more children is beneficial to economic situations because it indicates that students are more pessimistic. Furthermore, children are well aware of the media's function. It's also included in the educational program.

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%

In response to the question of whether it is necessary for a tall parent to have a tall child, 94.50 percent of students said yes and 5.50 percent said no. When it came to diabetes, 92.50 percent of students were positive, while 7.50 percent were negative. In comparison to smart parents who commonly have sensible children, 87.50 percent of students respond positively and 12.50 percent respond negatively. Students should be aware of heredity, and it should be made a required subject in school curriculum so that they are well-versed in the subject.

## CONCLUSION

Most students had a positive attitude toward health knowledge, recognized the importance of health and its social, emotional, and mental values, gave students due respect and appreciation for their health, and responded that students were overly interested in learning about the time required in today's society. Based on the findings and the researcher's own knowledge, the hypothesis that none of the students had a positive attitude toward health was rejected.

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