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The study of health awareness of school children of Murshidabad District

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Abstract

The purpose of the study was to determine health awareness among the school children of Murshidabad District. 200 students of four schools of Murshidabad District from classes 9-12 will be selected as subjects for the purpose of the study. The ages of the students are up to 13 to 18 years. Questionnaires were used for collection of data. For analyzing data percentage method was employed. On the basis of the finding it is evident the result showed that the health awareness of school going students, studying in different schools of Murshidabad district is extensive enough to meet their health needs. Students are well aware about health may be due to media, teaching in schools instructions on play field and due to their personal experiences. The study was indicated that the majority of the students had a positive attitude towards awareness of health. It recognized the importance of health and its social, emotional and mental values. The subjects showed due to importance and respect to health.

Keywords: Health awareness, school children.

Introduction

Health, like love or happiness, is a quality of life that is difficult to define and virtually impossible to measure health is defined differently among experts, but all delimitations have a common them: self responsibility and adopting a healthy life style.

Ask people what they mean by “being Health” or “feeling well”. Most of people usually think of health as the absence of disease. But what about someone who has a relatively harmless genetic disorder, such as an extra toe? Is this individual loss health than a person with the usual number of toes? Different perhaps, but not necessarily less health.

It is true that not feeling sick is one important aspect of health. Just as important, however, is the idea that health is a sense of optimum well-being a state of physical, mental, emotional, social, and spiritual wellness contained in this view is the idea that health can be obtained by living in harmony with yourself, with other people and the environment. Health is gained and maintained by exerting self responsibility for reducing exposure to health risks and for maximizing good nutrition and exercise.

Health is prime and foremost need of life a man should have all-round fitness. As said by W.H.O. health is a state of complete physical, mental and social well-being and not merely any absence of disease or infirmity. According to this definition on should try to attain the highest possible fitness level and this can come when our curriculum planning is according to the needs and interest of students.

Now a day's health consciousness is becoming more popular and a new curriculum has been introduced in school and colleges. Educationists do suggest that a curriculum plan should consider needs and felt interest of pupils.

Health knowledge alone is not enough. We need to be able to use that knowledge. We need to be health literature as well. According to the national health education standards, health literacy means being able to get interpret, and understood basic health information and to use that information in ways that enhance your health and the health of others.

A health attitude is our behavioural intention concerting health. If we intent to exercise, then we are more inclined to do then if we have no such intention. Likewise, if we intend to drink and then drive, the potential of our having a car crash is greater than if we have no such intention. Health attitudes are usually expressed as either positive if they do not contribute to good health.

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In this article an attempt has been made to find out the health awareness of school children of Murshidabad district.

Methodology

The purpose of the study was to determine health awareness among the school children of Murshidabad district. 200 students of four schools of Murshidabad district from classes 9-12 will be selected as subjects for the purpose of the study. The students of these classes are educated enough to understand and provide relevant responses to the questions will be asked in the questionnaire and the age of the students are up to 13 to 18 years. Questionnaires were used for collection of data. For analyzing data percentage method was employed.

Discussion on Finding

On the basis of the finding it is evident the result should that the health awareness of school going students, studying in different schools of Murshidabad district is extensive enough to meet their health needs. Students are well aware about health may be due to media, teaching in schools instructions on play field due to their personal experiences.

Health is very common concept now a day. Students have good knowledge about environmental health, personal hygiene and health and disease may be due to media and their family and society.

Students are well aware about nutrition and income may be due to family welfare services. Students have good knowledge about obesity because it is very major problem in your country.

A self-made questionnaire was used to assess the health awareness of school going children. 97% students having positive attitude in relation to health is wealth. In relation to "having good physique and muscles means good health" 84% students positive attitude.

In relation to "good health means absence from disease" 82% students having positive attitude. 92% students having attitude in relation to "using of others handkerchief if good for health". 98% students having positive attitude in relation to "taking but daily is good to health" students having positive attitude in relation to "biting nails with the teeth is good habit". In relation to "waste material should be kept in garbage" 95% students having positive attitude. In relation to "Smoke of automobiles cause harm to body" 91% students having positive attitude. In relation to "Air pollution is dangerous to respiratory system" 83% having positive attitude. 69% students having positive attitude in relation to "more spicy food is harmful for digestive system" 57% students having positive attitude in relation to "food additives increase quality of food. 83% students having positive attitude in relation to "Balance Diet help in proper growth of body. In relation to "Night blindness is caused by deficiency of vitamin-A" 96% having positive attitude. In relation to "Rickets is caused by deficiency vitamin-E" 94% students having positive attitude. In relation to "Scurvy is caused by deficiency of vitamin-C" 97% students having positive attitude.

In relation to "Physical activity and dietary changes help to prevent obesity" 65% students having positive attitude. In relation to "overweight means a weight in excess of the average" 73% students having positive attitude. In relation to "Obesity is a positive risk factor of hypertension and diabetes" 85% students having positive attitude. In relation to "it is necessarily a tall parents should have tall child" 77% students having positive attitude. In relation to "Diabetes is

hereditary disease" 67% students having positive attitude. In relation to "Wise parents have always wise children 85% students having positive attitude. In relation to "Have you even deprived of health food due to no income of your family" 87% students having positive attitude. In relation to "Does your family income support the intake of health drink" 84% students having positive. In relation to "Does the socio economic condition of your family support the intake of proper dietary food" 71% students having positive attitude. In relation to "more number of children is good for economical condition" 71% students having positive attitude.

Conclusion

Within the limitations the following conclusion maybe drawn:

1. The study was indicated that the majority of the students had a positive attitude towards awareness of health.
2. It recognized the importance of health and its social, emotional and mental values.
3. The subjects showed due importance and respect to health.
4. Responses showed that students are too keen to know about the time demanded in the society today.

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