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## An Evaluation of Health Awareness and Physical Education Programme of Different Category of Secondary School in West Bengal

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### Abstract

The present problem has been accordingly stated as the purpose of the study was to find out “An Evaluation of Health Awareness and Physical Education Programme of Different Category of Secondary School”. Only Shainik School, English Medium School, Model School, Govt. and Non Govt. School, Missionary School, were considered for collection of data. The study was further delimited to 5 schools in each district in West Bengal. In order to assess the Health Awareness and Physical Education Programmes of difference categories of secondary schools, twenty Head Masters/Head Mistresses/Teacher-In-Charges of the difference categories of secondary schools were selected as subject for the study. Questionnaires were used for collection of data. For analyzing data percentage method was employed and the data was illustrated by pie-chart. The result showed that about half of the schools curriculum includes health education as a regular subject and 50% of the schools do not have health education as a subject. Almost all the schools do not regular medical checkup for students as well as schools personnel. Most of the schools provide health “facilities for physically challenged students. About half of the schools have special safety measure for controlling and preventing communicable diseases and facilities for the safety”. The majority of the schools curriculums have physical education as a subject. However, physical education programme also includes intramural competition. Most of schools do not appointed any qualified sports coach. About 60% of the schools of West Bengal posses 1-2 acre land area available for outdoor games and mostly all schools have adequate playing area for indoor games. None of the schools have swimming pool and gymnasium hall. Finally it may be concluded that majority of schools in West Bengal have regular health and physical education programme in their schools curriculum.

**Keywords:** Health awareness, physical education programme, secondary school.

### Introduction

Physical education is an integral part of the total educational process and is a field of endeavour which has its aim the development of physically, mentally, emotionally and socially fit citizen through the medium of physically activities which have been related with a view to related outcomes. (Charles A Butcher, Foundation of Physical Education, 3<sup>rd</sup> ed.).

The physical education and recreation for the children in the school lead to the adaptation and make them adjustable in different situations. Physical education plays a very important role in the education for the children, actually such a programme can play prime role in the coordinated development of the personality i.e. in making him physically fit, mentally alert, emotionally sound and socially acceptable citizen. Play in preschool years is very important in learning social skills in a play situation, the child develop unity and belongings and sense of responsibility.

Health is prime and foremost need of life. One has to cope up in his life for healthy living. It is said prevention is better than cure and for that knowledge of health education is essential. Thus it is the duty of educational institutions to impart health education to their students. As said by W.H.O. “Health is a state of complete physical, mental and social wellbeing and not merely an absence of diseases or infirmity. According to this definition one should try to attain the highest possible of health and fitness level and this can come when our curriculum planning is according to the needs and interest of students.

Facilities are the basic need to make the programme successful. Facilities include ground, equipment, gymnasium hall, swimming pool and finance etc. the achievement of the programme

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depends upon the facilities available. Types of facilities are bound to change from place to place.

Facilities should be designed and constructed with one central purpose in view i.e. to serve particular kind of educational facilities is a continuous process of anticipating and preparing to meet facility needs. Functional facilities are the results of through and well organized planning.

Planning for any programme needs surveying the existing situation in the area under consideration. Thus the investigator found it essential to make an attempt to survey the physical education programmes, facilities for health and physical education programmes of different categories of secondary school awareness in the light of facts, suitable modification may be made in the state through which the desired benefit of physical education may be incorporated to the student population. The students are only entrusted in the activities, which is their primitive urge and thus they are not aware with its consequences. It is only the teacher of professional leader who will lead them in a proper way so that maximum advantage may be obtained for their life.

### **Statement of the Problem**

The present problem has been accordingly stated as the purpose of the study was to find out “An Evaluation of Health Awareness and Physical Education Programme of Different Category of Secondary School”.

### **Delimitation**

- i. Only Shainik School, English Medium School, Model School, Govt. and Non Govt. School, Missionary School, were considered for collection of data.
- ii. The study was further delimited to 5 schools in each district in West Bengal.

### **Limitation**

The authenticity of responses of the Head Master / Head Mistress / Teacher-In-Charge to the questionnaire presented by the investigator was not under the control of her.

### **Methodology**

In order to assess the Health Awareness and Physical Education Programmes of difference categories of secondary schools, twenty Head Masters/Head Mistresses/ Teacher-In-Charges of the difference categories of secondary schools were selected as subject for the study. Questionnaires were used for collection of data. For analyzing data percentage method was employed and the data was illustrated by pie-chart.

### **Discussion of Findings**

The analysis of data collected by administrating the questionnaire revealed that the facts about health and physical education programme of different categories of secondary schools of West Bengal. Before that the general information were also collected which revealed that majority of schools were located in rural areas and maximum then of day schools. The percentage of co-educational schools was 80% where as the girls schools were 20%.

### **Health Education Programme**

The result showed that about half of the schools curriculum includes health education as a regular subject and 50% of the schools do not have health education as a subject. Almost all the schools do not regular medical checkup for students as well as schools personnel. Majority of the schools do not have provision of daily morning inspection nor do maintain health record of the students. None of the schools send the students health record to their parents however every school had the

facilities of first-aid kits.

Majority of the schools have proper sanitation and water tanks are cleaned from time to time.

Most of the schools provide health “facilities for physically challenged students. About half of the schools have special safety measure for controlling and preventing communicable diseases and facilities for the safety”.

### **Physical Education Programme**

The majority of the schools curriculums have physical education as a subject. However, physical education programme also includes intramural competition. Most of schools do not appointed any qualified sports coach. About 60% of the schools of West Bengal posses 1-2 acre land area available for outdoor games and mostly all schools have adequate playing area for indoor games. None of the schools have swimming pool and gymnasium hall.

Most of the schools annual budget for sports and physical education is less than Rs.10, 000.00 The schools physical education teachers have mostly Bachelor Degree in physical education. Majority of schools physical education teachers are always a member of various committees formed for preparing school curriculum.

Majority of schools physical education programme are also assisted by other subject teachers and students leaders. Most of the school do organize annual sports day in their schools physical education curriculum.

Very few schools administration provides financial assistance and special coaching for outstanding sportsman.

Finally it may be concluded that majority of schools in West Bengal have regular health and physical education programme in their schools curriculum.

### **Conclusions**

Within the limitations and delimitations of this study, the following conclusions were drawn:

#### **Location and Type of School**

- i. There are sixty five percent of the schools existing in rural areas and thirty five percent of the schools exist in urban area.
- ii. Out of twenty school fifteen percent of the schools were morning and eighty five percent of the schools were day school.
- iii. It is evident from the result that eighty percent of the schools were coeducational and twenty percent of the schools were girls schools.
- iv. It is also evident that the students strength of thirty percent schools ranged from 800 to 1000 and sixth five percent of the schools ranged from 1001 to 1800.

#### **Health Education**

- i. It is concluded that fifty of the schools have health education in their syllabus curriculum and fifty percent do not have.
- ii. All the schools do not have regular medical checkup programme for students.
- iii. It is evident that thirty percent of the schools had regular morning inspection of their students, and seventy percent of the schools do not have regular morning inspection of the students.
- iv. It is further concluded that cent percent schools had no personal and health record of their students.
- v. None of the schools send the health record of the students to their parents regularly.
- vi. It is evident that all the schools clean their water tanks

- from time to time and also have their sanitation facilities.
- vii. Ninety percent of the schools are having special health facilities for the physically challenged students however ten percent of the schools do not have special health facilities for the physically challenged.
  - viii. It is evident that sixty percent of the schools having special programme for the safety measure of controlling and preventing various communicable diseases however forty percent of the school were not having any controlling and preventing measure for various communicable diseases.
  - ix. Finally it is observed that fifty percent of the schools have fire safety facilities however forty five percent of the schools do not have five safety facilities.

### Physical Education

- i. It is evident that all schools have physical education in their curriculum.
- ii. It is concluded that forty percent of the schools organize intramural competition however sixty percent do not organize intramural competition.
- iii. It is further observed that only five of the schools have appointed a qualified sports coach and 95 percent of the schools do not have a qualified coach in the schools.
- iv. It is evident that six percent of schools possess outdoor playing area of 1-2 acres, twenty percent of them have 2-4 acre and fifteen percent have less than 1 acres land for outdoor games.
- v. It is evident that in ninety percent of the schools playing area for indoor games was adequate. However, ten percent of the schools playing area for indoor games were inadequate.
- vi. It is evident that all schools do not have the swimming pool as well gymnasium hall.
- vii. It is also evident that fifty five percent of the schools annual budget was less than Rs.10,000.00, thirty five percent of the schools annual budget was between Rs.11,000.00 to 25,000.00, five percent of the schools annual budget was between Rs.26,000.00 to Rs.40,000.00 and five percent of the schools annual budget was above Rs.40,000.00
- viii. It is evident that five percent of physical education teachers were have Post Graduate Degree in physical education and ninety percent of them Bachelor degree in physical education.
- ix. It is also evident ninety five percent of physical education teachers were a member of the committee for, preparing the curriculum in the schools, while five percent of them were not the member of the committee for preparing the curriculum in the school.
- x. About in ninety five percent schools other subject teachers help physical education teacher regularly in conducting the physical education programme while five percent of them do not help.
- xi. Out of twenty schools in seventy five percent schools the student leader helps in physical education programme and twenty five percent of them do not help.
- xii. About sixty percent of the schools organize annual sports day however forty percent of the schools do not organize annual sports day.
- xiii. It is evident that five percent of the schools provide special coaching programme for school teams while ninety five percent of the schools do not provide special coaching programme.
- xiv. Finally it is concluded that fifteen percent of the schools financially awards to the outstanding players while eighty five percent of the schools do not award the same.

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