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**Dr. Sunita Bisht**
Lecturer, District Institute of Education and Training, Bisalpur-Pilibhit, Uttar Pradesh, India

**Mahendra Kumar Singh**
Deputy Director/Principal, District Institute of Education and Training, Bisalpur-Pilibhit, Uttar Pradesh, India

**Corresponding Author:**
**Dr. Sunita Bisht**
Lecturer, District Institute of Education and Training, Bisalpur-Pilibhit, Uttar Pradesh, India

# A comparative study of optimum health between male and female students of basic upper primary schools in the Pilibhit district

**Sunita Bisht and Mahendra Kumar Singh**

**Abstract**
**Purpose:** The purpose of this study was to compare the optimum health between male and female students of basic upper primary school in the Pilibhit District.
**Samples:** 100 male and 100 female students (total 200) age ranged between 11-15 years were randomly selected to take part in the study.
**Methodology:** To assess the Optimum Health of students used likert type 5 points scale, prepared by Dr. Pravin Kumar and Lovellen Bala. Independent T-test was used to investigate the significant difference.
**Results:** Results indicated no significant difference between male and female students in the relation of Optimum health.

**Keywords:** Optimum health, health, upper primary school

## Introduction
In today's time, every person wants to remain healthy, for which it is very important to have a healthy lifestyle. Saying that I do not have any disease does not declare you completely healthy. As it is said that healthy life is a treasure that every person should try to maintain throughout their life, by exercising daily we can protect ourselves from many diseases. Children fall sick frequently due to their low immunity, which is why they need to pay special attention to their health. Optimum health refers to a state of complete physical, mental, and social well-being, where an individual is able to function at their best and reach their full potential. "Optimal health is a dynamic balance of physical, emotional, social, spiritual, and intellectual health. Lifestyle change can be facilitated through a combination of learning experiences that enhance awareness, increase motivation, and build skills and, most important, through the creation of opportunities that open access to environments that make positive health practices the easiest choice" (O'Donnell, M. P. 2009) [4]. By achieving optimum health an individual can unleash their full potential, live life to the fullest and enjoy a better quality of life.
Keays and Allison (1995) [5] reveals in their study that daily basis physical movement has constructive results on school student's academic achievements like memory, observation, problem solving skills, decision making and also generous improvements in attitude, obedience, behaviors and creativeness.
The World Health Organization (1948) [12] defines health as "Health is a state of complete physical, mental and social well beings and not merely the absence of disease or infirmity". Vasseghi (2011) [9] revels that optimum health is independence from boundaries, limitations and restrictions across all the dimensions of physical, mental, emotional and spiritual. According to Thales (624-536 BC) if a person has physically fit and attractive graceful body then his all intellectual powers develops and functions firmly.
The study as presented may add to the existing knowledge in the field of optimum health status of school students and would be beneficial for the higher authority and their parents to identify the level of health status of their children.

## Objective of the study
To compare the optimum health between male and female students of basic upper primary school in the Pilibhit District.

## Methodology

**Sample:** For the purpose of this study total 200 students (100 male and 100 female) belonging to the age level of 11 to 14 years who were studying in Basic Upper Primary Schools of Pilibhit District in Uttar Pradesh, India, randomly selected as the subjects.

**Tool:** To assess the Optimum Health of students used likert type 5 points scale, prepared by Dr. Pravin Kumar and Lovellen Bala (2016) [6].

**Statistical tool:** Analysis of data was done with the help of Descriptive Statistics and Independent t- test.

## Procedure

To assess the Optimum Health of students used likert type 5-point scale, which have five dimensions as Physical Health, Mental Health, Social Health, Emotional Health and Spiritual Health. This questionnaire includes 45 test items, there is one statement and each statement have five options as 1. Strongly Agree, 2. Agree, 3. Undecided, 4. Disagree and 5. Strongly Disagree. To fill this questionnaire the subject has to read each statement carefully and tick on one option among five as per his/her preference. Scoring: Questionnaire includes positive and negative questions. Positive items scoring is 5,4,3,2,1 and negative items scoring is 1,2,3,4,5. The total of 45 test items will compare with the standardized norms which are given in the manual of this scale.

## Results and Discussion

**Table 1:** Statistical description and mean comparison of optimum health between male and female students

| Variable | Groups | N | Mean | S.D | Std. error mean | Mean diff. | T-value | P-value |
|---|---|---|---|---|---|---|---|---|
| Optimum Health | Male | 100 | 170.21 | 21.03 | 2.10 | 2.37 | 0.789 | 0.4311 |
| | Female | 100 | 172.58 | 21.46 | 2.15 | | | |

Above Table revels that's in relation of Optimum health the mean value is 170.21 and 172.58 of male and female students respectively, SD is 21.03 and 21.46 of male and female students respectively, std. error mean is 2.10 and 2.15 of male and female students respectively, mean diff. is 0.820, t-value is 0.789 and p-value is 0.4311 which is more than 0.05, which indicates there is no significant difference between male and female students in the relation of optimum health.

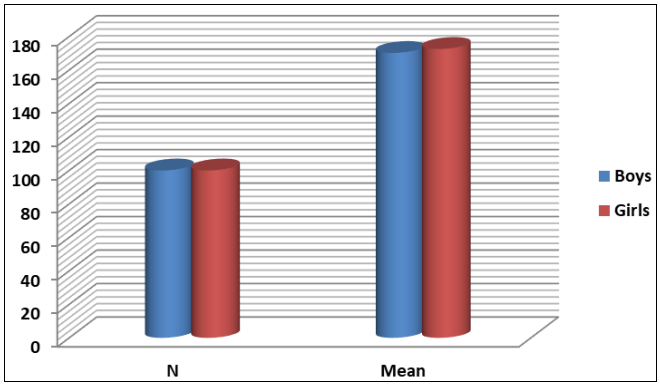


**Fig 1:** Graphic representation of mean value of optimum health between male and female students

## Discussion

Above data analysis revels that there is no difference between the male and female students in the dimensions of optimum health. It may be due to they take proper meal which provide nutrition for good health, physically active or involve in physical activities like game and sports. This result supported by Ferreira *et al*. (2011) [3], Roh (2016) [8], Vieria *et al*. (2013) [10], Caldwell *et al*. (2009) [2], Beebe *et al*. (2005) [1] & Ray *et al*. (2001) [7] concluded that physical exercise improves the optimum health of an individual.

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