A Study of Health Awareness of Secondary School Student of Kheda District

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Abstract: *Health is an important mater for every human being. For the development of a nation it is necessary that the citizen of the country should be physically and mentally healthy. Thus it is said that "fit people fit Nation". Previously it was said today's student is tomorrow's citizen but now it is said today`s student is today citizen. Schools help in overall development of students. It is necessary that children studying in the school should be aware about their health .The investigator in this study has made an attempt to know how much the students are conscious about health in school.*

1. DEFINITIONS OF KEY TERMS:
The following are the keywords for the study.
Secondary School
 Secondary school means School of Kheda district in which students' studies in standard 9 and 10

Health Awareness:
Awareness about physical and mental health , among the students and effect on it due to food ,water, yoga and addiction.

2. INTRODUCTION:
Health is biggest happiness in a human life. There is a saying that " Pehlu Sukh Te Jate narya " which means good health is first happiness. Healthy citizen should build healthy society and healthy Nation. Due to population, urbanization and over use of Technology in the present time we can see there has been serious effect on the health of human. Children studying in school are the future of our country and the government is implementing several schemes make and keeps them healthy. However it is also necessary that the children should themselves be aware about their own health. If children are aware about their health they will save themselves and their families from disease and will contribute in building a healthy society. In this study the investigator has made an attempt to know how much the secondary school students of Kheda district are concerned about   their health.

3. OBJECTIVES OF THE STUDY:
This study has been conducted by keeping the following   objectives in mind.
* To study health consciousness of students in terms of their gender.
* To study health consciousness of students in terms of their caste.
* To study health consciousness of students in terms of their standard of studies.
* To study health consciousness of students in terms of their area.

4. HYPOTHESIS OF THE STUDY:
The following are hypothesis of the study.

Ho.1   There will not be any significant difference between the mean score obtained on the health awareness scale by boys and girls.
Ho 2   There will not be any significant difference between the mean score obtained on the health awareness scale by the students of reserved category and the student of unreserved category of secondary school
Ho3   There will not be any significant difference between the mean score obtained on the health awareness scale by the student of standard 9th   and standard 10th   of the secondary schools.
Ho4   There will not be any significant difference between the mean score obtained on the health awareness scale by the student of rural and urban area of secondary schools.

5. IMPORTANCE OF THE STUDY:

This study has unable to know how much are the students aware about their physical and mental health. The data obtained in this study will be useful for the teachers, schools, parents and government. This study has provided the vital information about how to enhance health awareness among the school students. With the help of findings drawn from the study, we can organize curricular and co-curricular activities for health awareness among the students. Thus, this study will be useful to schools and the shareholders.

6. VARIABLE UNDER THE STUDY:

The following are the variable under the study.
Independent variable
Gender, caste, standard and area independent variable in this study.
Dependent variable
Health awareness is dependent variable in this study.
Controlled variable
Kheda district and Gujarati medium schools are the controlled variable in this study.

7. LIMITATIONS OF THE STUDY:

The following are the limitation of the study.
- This study is confined to Gujarati medium school.
- This study is confined to the grant in aid schools.
- The tool used in the study is self-made tool so limitation of toll will be the limitation of the study.

8. POPULATION AND SAMPLE:

 In this study the Kheda district is population of the study and the sample was elected by the stratified random sampling method. Which included 8 schools from 4 talks of Kheda, namely Kheda matter Naiad and Mahmudabad? Out of this 8 school 4 schools belonged to rural area and 4 schools belonged to urban area of respected talukas. From among the school students, students selected by the cluster method which includes all students of standard 9 and 10 as the sample of the study. Thus 400 students were selected which included 200 from 9th standard and 200 from 10th standard. Similarly 200 from rural area and 200 from urban area selected as the sample of the study. There were 158 students from reserved category and 242 students from unreserved category.

9. TOOL OF THE STUDY:

In this study a health awareness scale was constructed with the help of experts to collect the required data. This scale consisted of five factors as shown below (1) effect of food on health (2) effect of water on health (3) effect of pollution on health (4) effect of addiction of on health (5) Effect of exercise and yoga and Pranayama. this scale was based on 5 point scale in which responses like completely agree, agree, neutral, disagree and completely disagree were obtained for Each on this 15 statements were selected for each factor. Thus where 75 statements in this study. The scoring key consisted of 5 marks for completely agree, 4 for agree 3 for neutral 2 for disagree and 1 marks for completely disagree.

10. RESEARCH METHOD, DATA COLLECTION AND DATA ANALYSIS:

The study was conducted by survey method. In which data were collected with the help of the trainees of the investigator college, from the eighth schools included in the sample. For this the trainees were given proper training. The students of the schools were asked to fill up the data in the scale after necessary instructions .the students were given 2 hours and 30 minutes to fill up the data in the scale. The collected data were analysis by the help of statistical T test. In which the score **entered** into the Excel program of MS Office and mean, standard deviation and standard error were found out. The significance of score was found out by the critical ratio

11. FINDING OF THE STUDY:

The following inferences were derived from data analysis.
- The mean score of the boys and girls are 142 and 143 actively. the standard deviation are 15. 99 and 16.7 respectively. Standard error is 1.6.and the critical ratio is 0.60. Therefore HO1 is not rejected, its means that there is no significant difference between boys and girls on health awareness scale.
- The mean score of the student of reserved and unreserved category are 140 and 143 respectively. The standard deviation is 16.55 and 16.8 respectively. The standard error is 1.68 and the critical ratio is 0.68. Therefore HO2 is not rejected; it means that there is no significant difference between the students of reserve and unreserved category on the health awareness scale.

- The mean score of the students of STD 9 and the student of standard 10 are 142 and 142 respectively. And their standard deviation is 15.95 and 16.71 respectively. The standard error is 1.63 and the critical ratio is 0.20, there for HO3 is not rejected it means that there is no significant difference between the students of standard 9 standard 10 on the health scale.
- The mean score of the students of the rural and urban area are 143 and 142 respectively and standard deviation are 16.70 and 15.95 respectively, the standard error is 1.63 and Critical ratio is 0.47 therefore, HO4 is not rejected its there is no significant effect of area on the health awareness scale. There is no significant difference among all the hypothesis of the study. Besides certain important findings have been obtained which are as shown below.

The students show awareness in the term of food but the awareness was found low In terms of water.
The students were found to have adequate awareness about the addiction but awareness about effect of pollution on head was found very low among the student.
The students were not adequately aware about the effect of physical exercise and yoga Pranayama on health.

RECOMMENDATIONS:
The following recommendations can be made from study.
- To inculcate awareness about health among the students, health related chapter should be included in all the subject of the curriculum.
- At school level curricular activities should be encouraging which enhance awareness about the health among the students.
- To bring awareness about health various lectures and medical checkup can be organized at school level which the help of expert's, doctors and other related peoples.
- Arrangements should be made at the school level so that the students can perform exercise, yoga and Pranayama.
- the students should individually consider about Effect of pollution on health
- Guidance should be given to students about which things to be cautious about related to food and water. School should decide and prepare a chart about what food to be brought in school by students. That charge should be display on school notice board.
- Student should be inspired by encouraging the student having good habit and good health.
- Students remain absent frequently due to disease the parents should be contacted and appropriate steps should be taken.
- Arrangement should be made at school level so the students can play more and more outdoor games in the lecture of physical education.

12. CONCLUSION:
A nation`s future is built in schools. The responsibility of children's health and well-being lies on parents and government, but school can also play important role in it. If children physically and mentally strong they can study very well. If students remain present regularly in school, both school and children will be benefited. On the densely populated and poor country Life in India, the responsibility of schools enhance in this regard. The investigator has made an attempt in this direction in the present study. Jay hind.

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