



A STUDY OF RESULTS OF THE HEALTH CARE ACTIVITIES OF THE STUDENTS IN PRIMARY SCHOOL

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ABSTRACT

Health is considered to be the key to happiness and if you found that key, at the primary level, you will find it very beautiful life. Primary teachers have the biggest share in this. It is necessary to make efforts to improve the health habits at primary level, because the social and financial condition of the rural people and the awareness of health is very close. But many teachers are not able to do health care properly and in accordance with the rules. If different health initiatives are implemented at the primary level, the impact on the health of students is seen.

KEYWORDS: Health habit, Health activities etc.

INTRODUCTION

Health is considered to be the key to happiness. Physical health is so important to be healthy, so much about mental health is also important. Education is the need of today's time. Human expectations have increased. Scientific progression is taking place. 'It stopped, it ended', to achieve the goal of education, we aim to achieve this goal. Man has no time to think about his own body in the race life. So it seems that we are destroying good health. If you want to change this picture, then it is time for students to understand the importance of proper rites, exercises and health in their lives. Especially at primary level, teachers have the responsibility of the students. Good citizens of the country are created from the primary stage; we have to prepare for accepting work and challenges.

Today, various problems have arisen, the main problem is health. It is important to create a personal, collective, mental, intellectual, virtuous, healthy and capable child. Children are tomorrow's future. It is important to study their behaviour, talking, eating, habits, health, and nurturing.

“Sound mind lives in sound body”

Identifying children's health education should be understood to solve the problems of health by implementing different schools providing information about personal, group health problems, cleanliness, clothing, importance of exercise, etc. To promote 'cleanliness is the foundation of health', students should apply health message competition and practice activities to the students.

RESEARCH OBJECTIVES

- Study the programs implemented in primary school.
- Study the health related activities on the students' health.
- To make the students health related habits.
- Enlighten the health of the children to the parents.
- Maintaining school health.

ASSUMPTION

- In all primary schools, health is implemented.
- Primary school teachers implement health programs.
- Develops better by implementing healthcare programs.

RESEARCH QUESTION

Do health's related activities in primary school affect students' health?

RESEARCH METHOD

For the research presented, the survey research method has been used.

RESEARCH TOOLS

These research tools have been used to prepare self-generated questionnaire.

STATISTICAL TECHNIQUE

These statistical tools have been selected in the field of information collected in the research work carried out.

SAMPLING

For the study of research presented, 30 schools of 80 primary schools in Buldhana district have been included in the research. Since the number of primary teachers in these schools is about 150, out of these two teachers, 90 teachers have been identified as relevant by two teachers. Similarly, 60 students of each school have been selected.

METHODOLOGY

The health related questionnaire is filled by the total 60 teachers selected for the research. And also filled the questionnaire prepared for the students. The questionnaires based on 'School Health Program' have been prepared and verified by guides and experts. After that, the researcher conducted a pilot study through the questionnaire. The questionnaire was given to the selected candidate. An explanation was made by analysing the data analysis. After making an interpretation, the conclusions were presented and recommendations were suggested.

Objective – 1

S. No.	Options	Response	Percentage
1	Daily Personal Health Checkup	48	80%
2	Personal hygiene	50	83%
3	A record of eating habits	31	51%
4	Clean beautiful school	43	71%
5	Health Information	40	67%
6	Health check-up	55	91%
7	Health Skit	60	17%
8	Parents Awakening	38	62%
9	Health consciousness Project	68	29%
10	Expert's Speech	45	76%

Observation:

- According to 80% of the teachers, the daily personal health check-up program is implemented in the schools.
- According to 83% of the teachers, a personal hygiene program is implemented in the school.
- According to 51% of the teachers, in school eating habits practice is implemented.
- According to 71% of the teachers, a Clean beautiful school is implemented in the School.
- According to 67% of the teachers, a Health Information is implemented in the School.
- According to 91% of the teachers, Health check-up is implemented in the School.
- According to 17% of the teachers, Health Skit is implemented in the School.
- According to 62% of the teachers, Parents Awakening is implemented in the School.
- According to 29% of the teachers, Health consciousness Project is implemented in the School.
- According to 76% of the teachers, Expert Speech is implemented in the School.

INTERPRETATION

This indicates that all activities like primary health check-up, personal hygiene program, A record of eating habits, Clean beautiful school, Health Information, Health Information, Health check-up, Health Skit, Parents Awakening, Health consciousness Project, Expert's Speech are implemented in the primary school.

Objective - 2

The results of the above objectives show that the students got the following good habits.

- Personal cleanliness habits
- Clean Schooling Habits
- Students wash their hands with soap after coming out from the toilets.
- Do not let the hair grow, do not grow nails.
- Students wash their hands with soap before eating a meal.
- Cleanliness message in the village about cleanliness.

As mentioned above, good habits have been found in primary school. In this way, in the selected primary schools, due to the implementation of various health initiatives and supervision of the parents, good results were shown on the students' health habits and in turn, the school and the students were seen clean.

CONCLUSION

The following health programs are implemented in the school.

- The daily personal health check-up program is implemented in the schools.
- Eating habits practice is implemented.
- A Clean beautiful school programme is implemented in the School.
- Health check-up Programme is implemented in the School.
- Parents awakening are implemented in the School.
- Expert Speech is arranged in the School.
- Health consciousness Project is implemented in the School.

It has been found that following the implementation of health programs in primary school, the students have received the following habits.

- A personal hygiene program is implemented in the school.
- A Clean beautiful school programme is implemented in the School.
- Students wash their hands with soap after coming out from the toilets.
- Students wash their hands with soap before eating a meal.
- The Health Minister is appointed in the class.

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