



ECONOMIC GROWTH AND DEVELOPMENT: A STUDY ON EDUCATION AND HEALTH SCENARIO

Dr. Rakesh Narain Srivastava
Associate Professor in Economics
Department of Commerce
Swami Shraddhanand College
University of Delhi
Email: - srivastavanrakesh@gmail.com

Dr. D.R. Jalwani
Assistant Professor
Department of Commerce
Swami Shraddhanand College
University of Delhi
drjalwani1976@gmail.com
(Corresponding Author)

ABSTRACT

Based on recent research in the scenario between education and health in developing/underdeveloped regions, this paper presents an overview. Both education and health are linked with each other through numerous channels. They are also associated with each other during the lifecycle of an individual and even between different age groups within a family. If an individual is healthy during childhood, it boosts his/her grades. Education helps in improving health in adults. Within different age groups, if parents are healthy and well educated, predominantly mothers, it enhances the quality of both health and education in their kids.

Keywords: Education, health, economic growth, childhood, adulthood, parental.



INTRODUCTION

As economies grow, setting aside a budget for investment in human resources is very important as this is directly proportional to a country's growth. An educated and skilled workforce helps in the promotion of economic growth in the following ways:

- More productivity
- Development and adoption of new technologies
- Further prepares parents to raise accomplished children

Hence, it is essential to invest in human capital to achieve growth, and this investment should not be restricted to a particular community and age group; rather, it should be across age groups and generations. Investment in human capital not only helps in economic growth but also in other spheres as well.

Education plays a vital role in various spheres of welfare, including health.



E.g.: -

- The health of all age groups is affected by education.
- Lifespan prospects affect our thinking on how much investment should be done in education at a young age.
- Healthy and well-educated parents, mainly mothers, drastically improve both of these in their children as well.

Just as income and monetary growth are associated, health and education associations play an important part in the growth of emerging countries. Education and health standards are currently low in these nations but are rising swiftly in the last few years (Arendt, 2005; Barro & Lee, 2010).

Emphases resolve no reducing numbers to those effects. The effort will not be spent to precisely point out mechanisms. There are two primary reasons for this:

- The current research, particularly that on emerging countries, has created more indication to those reducing form associations. The underlying mechanisms contain several considerations (Cutler & Lleras-Muney, 2010), but the proof arises mainly from developed nations, and even these proofs are limited in nature.
- The reduced proof on dynamic contacts casts in unambiguous reprieve the probable mutual scenario of health and education in considering drawbacks between generations. What is meant here is, e.g., kids of unhealthy and uneducated parents will themselves become unhealthy and uneducated parents. Similar opinions about the dynamics between the scenario between health and social and economic status between generations have also been projected by others (Currie & Almond, 2011). However, the associations among health & education lie at the core of those opinions, be able to account for the lively by themselves. The disparities existing magnitude of income, health and human capital into emergent countries show that the connection to "education and health" may perhaps turn out more significant in determining prospect style in the "stages and allocations" of these variables.

"Health and education" have been associated with each other for quite a long, but these associations at times do not provide much information due to tangled causal pathways. The



latest work on this subject has made a significant impact on this underlying inference. After considering test research and likely trials, a new ray of hope has arisen on the long-standing assumptions. These researches help to enrich the capability to predict vigilant, associational works, which in most cases are more comprehensive than experimental works but are internally less effective. These developments have been vital in recognizing the direction and timing of results in the system associating with health and education.

OBJECTIVE OF THE STUDY

In this paper, the researcher will be giving an outline of the association of "health and education" particularly in nations that are still developing. To stress the vibrant nature of these associations and focus on the following age groups: Childhood; Growing from childhood towards adulthood ; and within different age groups, e.g., "parents to children."

RESEARCH METHODOLOGY

This paper is based on secondary data collected from publications through various websites, journals, and books focused on various aspects of health and education scenarios.

REVIEW OF LITERATURE

REPRESENTING ASSOCIATION BETWEEN EDUCATION AND HEALTH

As there are several trails, the system associating health and education might appear to be a tedious process at first sight. However, this scenario can be symbolized by an explanatory diagram as shown below. This diagram depicts the health scenario with education, both within the lifecycle of a human being and across age groups. Arrows represent a relation having practical support. The dark lines depict life cycle scenarios, while the dashed lines depict the scenario that works across age groups within a family.

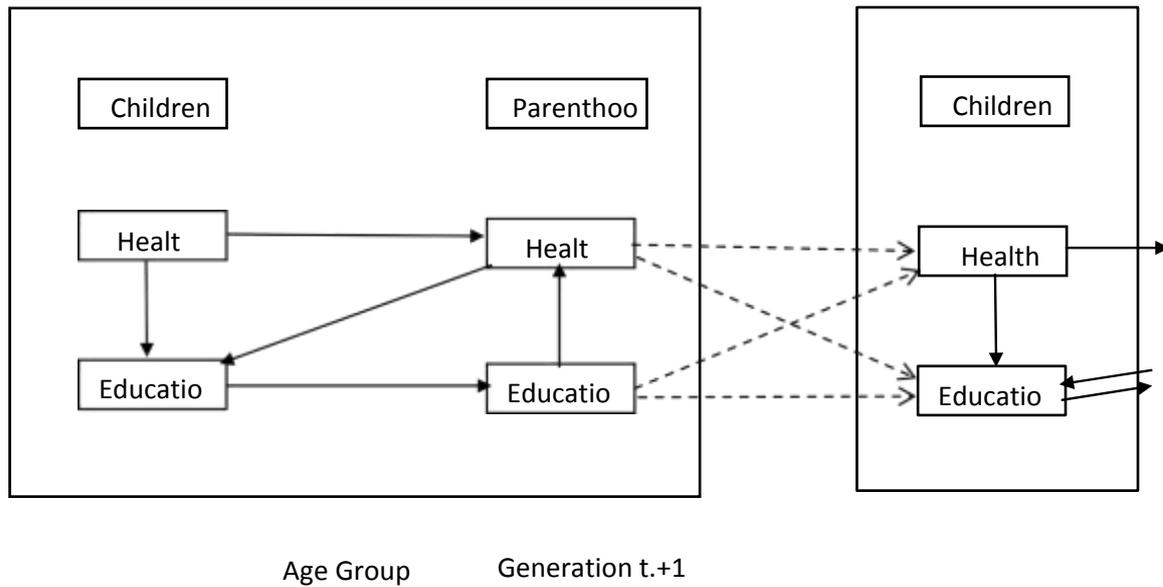


Figure 1: Scenario among Education and Health

This representation sets the basis for the connection between "education and health." During childhood days, if one possesses good health, it boosts their educational findings. Furthermore, the prospect of good "adult health" makes way for children going to schools with a good reputation for providing quality education and taking care of students' health. The same scenario persists as one grows from the childhood stage and moves towards adulthood. At this point, quality education lifts the health of an individual.

Further, when adults become parents, this middle-age period sets up this scenario for the next generation. Good education and health provide a roadmap for parents to impart the same in their children. It has been observed that educated mothers, who are healthy, generally have healthier and superior educated children. This is the stage where the system reoccurs in future generations. Following sections elaborate on the arrows shown in the illustration that provides a scenario of health with education.

IMPACT OF CHILDHOOD HEALTH ON EDUCATION

Health plays a very significant role in a Childs" education. Recent studies indicate that a healthy child can enhance, learn and understand the concepts better. Contrary to this, poor health and lack of proper nutrition during childhood prevent individuals from overall development and restrict their ability to grow academically. Compared to an unhealthy



child, healthy children have the following distinct potentials which help in their education:

- More confident
- Better IQ level
- Participates actively in the curriculum
- Better mobility and physically strong
- Better understanding and implementation of latest technologies

Unhealthy children are more likely to miss their schooling curriculum frequently, resulting in an overall lack of education and brain development. This also makes them impatient and reduces their alertness and listening skills.

IMPACT OF EDUCATION ON ADULT'S HEALTH

By the time adulthood is attained, education is almost complete, which assists in studying its scenario with health. Various figures on education acquired during adulthood determine the impact that health has on a child's education. E.g., IQ level and academics are associated with childhood. Similarly, they are associated with adults as well.

Education is a crucial indicator in healthy adult life. As unhealthy children without proper education enter adulthood, they have higher chances of attaining various health issues, which lead to:

- Poorer social relationships
- Decrease in physical activities
- Emotional disorders/anxiety
- Depression

Better educated adults have higher chances of employment and growth. This allows them to maintain a higher standard of living and lead a healthy life. In comparison, a less-educated adult generally ends up with less rewarding job options and cannot care about his health and hygiene.

Various surveys and reports have shown the favorable impact of "education in health" of adults into together developing and developed nations even though the devices associating



the two variables are not entirely identified. In developing countries, these surveys are not so frequent.

Some of the critical factors which help in reflecting this impact are:

- Earnings
- Operational environments
- Health acquaintance
- Rational capability
- Perseverance
- Risk bearing attitude
- Traditional investment

Specific other surveys suggest that the influence on education and health depends on:

- Characteristics of population
- Quality of education in school

Recent surveys in developing countries have yielded positive outcomes and beneficial feedbacks on health-related behavior in younger age due to the impact of education. Other studies indicate that keeping boys focused on their livelihood and familiarizing girls through health benefits may be vital toward any outcome of education on health into young maturity. Some of the other impacts of education on the health of young adults are:

- Youngsters stay longer in school
- Avoid getting addicted to alcohol at a very young age
- Reduce addiction to smoking
- Train youngsters with job-oriented skills
- Awareness of unsafe health deeds



IMPACT OF PARENTAL AWARENESS ON CHILDS' HEALTH

It is very "evident and widely" accepted that well-educated parents impact a child's health. Various surveys have identified that parental education is connected to a healthy child. Maternal education is primarily related closely as compared to a father's education. In order to keep their children healthy, educated parents generally provide their children with:

- Good hygiene
- Nutritious diet
- Better standard of living
- Better socio-economic environment
- Medical facilities

However, some other surveys have questioned the bearing of parents' education on a child's health, claiming that in general, parents, whether educated or not, try to keep their children healthy. There is more evidence of a connection between parental education also children's health.

IMPACT OF HEALTHY PARENTS ON CHILD'S EDUCATION

Parental health is one of the significant reasons in laying the foundation of a child's education. Children of healthy parents, in turn, grow up with more minor illnesses and hence rarely skip schooling. This, in turn, helps them to become healthy and educated adults.

Healthy parents help in their child's education in the following ways:

- They have better means to spend in child's education
- There is no psychological pressure on children about their parents' health
- Healthy parents can help their children with emotional guidance
- Healthy parents can frequently visit their child's school and be intact with the child's routine



ASSOCIATION OF LIFE EXPECTANCY WITH EDUCATION

Earlier it was assumed that money is the only primary factor that helps in expanding life span. However, now with recent studies, it has been observed that education plays a significant role in increasing life expectancy.

An educated person can increase his life expectancy in the following ways:

- Aware of things that have adverse effects on one's health
- More medical awareness
- Better planning and self-control
- Can use his knowledge, information, post-experience to avoid health-related risk factors
- Awareness regarding hygiene
- Better family planning

An individual needs to invest in education in order to increase life expectancy.

CONCLUSION

The development of kids during their early stages of life sets the foundation for their future health and progress. An educated, healthy adult can construct more locus of control and self-esteem in life. Education can positively increase the quality of life, bring remarkable changes in the standard of living, and help increase the longevity of life. Parents' involvement, skill, behavior allows children to achieve better academic performance and thus help to develop child intellect and social life. Developing countries should invest more in improving the health and education of their citizens, which will help in better productivity and economic growth.



References

- Alderman, H., Behrman, J. R., Lavy, V., & Menon, R. (2001). Child health and school enrollment: A longitudinal analysis. *Journal of Human resources*, 185-205.
- Arendt, J. N. (2005). Does education cause better health? A panel data analysis using school reforms for identification. *Economics of Education review*, 24(2), 149-160.
- Barro, R. J., & Lee, J. W. (2010). A New Data Set of Educational Attainment in the World, 1950-2010. NBER Working Paper No. 15902. *National Bureau of Economic Research*.
- Behrman, J. R. (1996). The impact of health and nutrition on education. *The World Bank Research Observer*, 11(1), 23-37.
- Caldwell, J. C. (1979). Education as a factor in mortality decline an examination of Nigerian data. *Population studies*, 395-413.
- Carvalho, L. (2012). Childhood circumstances and the intergenerational transmission of socio-economic status. *Demography*, 49(3), 913-938.
- Case, A., & Ardington, C. (2005). The impact of parental death on school enrollment and achievement: Longitudinal evidence from South Africa. *Unpublished manuscript, Princeton*.
- Currie, J., & Almond, D. (2011). Human capital development before age five. In *Handbook of labor economics* (Vol. 4, pp. 1315-1486). Elsevier.
- Cutler, D. M., & Lleras-Muney, A. (2010). Understanding differences in health behaviors by education. *Journal of health economics*, 29(1), 1-28.
- Pollack, H. (2008). *Making Americans healthier: Social and economic policy as health policy*. Russell Sage Foundation.
- Vermeersch, C., & Kremer, M. (2005). *School meals, educational achievement, and school competition: evidence from a randomized evaluation* (Vol. 3523). World Bank Publications.
- Zimmer, Z., & Kwong, J. (2004). Socio-economic status and health among older adults in rural and urban China. *Journal of aging and health*, 16(1), 44-70.