



## A STUDY OF STUDENT'S SOCIAL HEALTH

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### *Abstract*

*This study is related to social health of students studying in 10<sup>th</sup> std. For data collection regarding social health of students 3 point rating scale is used. This scale is given to 50 students. After analyzing the data it is found that the students of this age are socially unhealthy. Boys are socially healthy than girls.*

**Introduction:** Present day society and individual are passing through a fear of various factors like terrorism, naxalism, robbery, murder, violence etc. At present humanity is also threatened. There are so many social problems also, like poverty, old age home, conflicts between people etc. To overcome these problems society and people should be healthy physically, mentally and socially also. Because social health enables one to open their hearts, share and express their feelings with others in any setting to feel accepted and understood. It determines the characteristics of peaceful and satisfied individual and society.

Social health refers to the health of person in reference to his or her ability to interact with others and thrive in social settings.

Social health is how you get along with other people, how other people react to you and how you interact with society.

It is the health of a society and is often used to indicate how the people within a given society and culture interact and behave towards each other. In this sense a country that is rife with conflict and violence may be considered to be suffering from social health issues.

You are socially well when you have a network of friends and family on whom you can rely for support and for sharing of life experiences.

Adolescents are the future of country and their social health is very important because many adolescents today have problems and are getting into trouble. After all there are a lot of

pressures for adolescents deal to with among friends and family. For some students pressures include poverty, violence, parental problems. Some are concerned about issues such as religion, gender roles, values and ethnicity. Some children are having difficulty dealing with past traumas they have experienced, like abuse. Parents and their teenagers are struggling between the youth's wanting independence while still needing parental guidance. Sometimes all these conflicts results in behavior problems. These problems may trouble to kids and their families. Such situations can influence the social health of society .

**Significance of the study:** Many students today have problems and are getting into trouble. There expectations from family and school are different. These expectations results in behavior problems. So there is need of expression of their felling to others instead of keeping it inside. So to know about adolescent's social health, this study is needful. The teachers and parents will get an idea about students' social health and they can provide for them opportunities that they can express themselves.

**Statement of the study:** To study the social health of students studying in 10<sup>th</sup> std.

#### **Operational definition**

**Social health-** Students network of friends and family on whom they can rely for support and sharing

**Students:** Students studying in 10<sup>th</sup> standards at Hutatma Rajguru Vidylaya, Pune 16.

#### **Objectives-**

1. To study the social health of students.
2. To compare the social health of girls and boys

#### **Assumptions-**

1. Adolescent's have problems
2. Adolescent's problems affect their social health.
3. Social health is important to an individual's overall health.

#### **Research Questions-**

1. How is the social health of adolescents?
2. What is the difference between social health of girls and boys?

**Scope-**This study is related 10<sup>th</sup>std. students

**Limitations-**1. Conclusions of the study are depending upon the response of the students.

**Delimitations-**

- 1.This study is limited to 50 students of 10<sup>th</sup> std. of Hutatma Rajguru Vidyalaya, Pune 16. School.
2. Study is limited to the social health.

**Research method- Survey method**

Data Collection tool- 3 points Rating scale. Following points are considered to form statements

- i) relation with friends and family members
- ii) No.of best friends
- iii) Sharing of experiences
- iv) Social problems

scores are given to answers.

**Data analysis & interpretation-**

<b>S c o r e s</b>	<b>Description</b>	<b>G i r l s %</b>		<b>B o y s %</b>		<b>T o t a l %</b>	
<b>0 - 4</b>	<b>Poor social Health</b>	-	-	-	-	-	-
<b>5 - 8</b>	<b>Needs some boosting for health</b>	<b>3</b>	<b>2 %</b>	<b>2</b>	<b>0 %</b>	<b>5</b>	<b>2 %</b>
<b>9 - 1 5</b>	<b>Socially Healthy</b>	<b>1</b>	<b>8 %</b>	<b>3</b>	<b>0 %</b>	<b>4</b>	<b>8 %</b>
<b>1 6</b>	<b>Nourishing Social Health</b>	-	-	-	-	-	-
<b>T o t a l -</b>		<b>5</b>	<b>0 %</b>	<b>5</b>	<b>0 %</b>	<b>1</b>	<b>0 0</b>

**Interpretation:** From total students half are of in need to develop social health and half are socially healthy. The ratio of socially healthy boys is greater than girls.

**Conclusions**

1. Students are socially unhealthy.
2. Boys are socially healthy than girls.

**Educational contribution**

1. It will helps to teachers to know about social health of adolescents.
2. It will help to other researchers to know about social health.

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