

An International Peer Reviewed & Referred

**INTERNATIONAL JOURNAL  
OF EDUCATIONAL RESEARCH STUDIES**



**A COMPARATIVE STUDY OF PHYSICAL HEALTH AWARENESS AMONG  
ELEMENTARY SCHOOL STUDENTS.**

**Ved Parkash**

*Assistant Professor, SGGS Khalsa College Mahilpur Hoshiarpur (Punjab)*

***Abstract***

*This study intended to explore the physical health awareness among elementary school students. The sample of the study, which was selected through random sampling. The sample comprised of 200 Elementary school students from District Solan of Himachal Pradesh. The tool was developed by the investigator herself for the present study. The results of the study revealed that Government and private Elementary school students differ significantly on their physical Health Awareness, Boys and girls of private Elementary schools do not differ significantly on their physical Health Awareness and boys and girls of government Elementary schools differ significantly on their physical Health Awareness.*

---

***Keywords:*** *Physical Health, Awareness, elementary school students.*

**Introduction**

It is rightly said that “Health is Wealth.” It involves physical as well as mental health. Health as it aims for the development of whole some balanced and integrated personality. It is possible when one enjoy good health. Health Awareness helps in the proper development of the individual. Good Health Awareness helps in seeking proper adjustment. He is able to seek adequate adjustment with his self and his environment.

Mahatma Gandhi advocated that physical exercise is an important daily activity equivalent to taking of one’ Meals by each individual. The National Policy on Education (1986) demands that physical education, sport and Health Education should be an internal part of education.

He who enjoys good health is rich though he knows it or not.-Italian proverb. Human beings are born to lead a happy life. In bringing up the children, the school plays a unique role in

everyone's life. A feeling of total well-being plays a critical part in attaining any lasting success or happiness in life. To achieve this state of well being, one must attain a level of fitness, which enables one to perform the best at all times. The present generation is living with a lot of distractions. They do not know how to lead a healthy life.

The term 'Health' is defined as the state of complete physical, mental and social well-being and not merely the absence of disease and infirmity (WHO). The term 'Education' is defined as: "By education I mean an all round drawing out the best in the child and the man, body, mind and spirit" (Gandhiji). So Health Education is a combination of planned social action and learning experiences, designed to enable people to gain control over the determinants of health and health behaviors and the conditions that affect their health status and the health status of others. Health generally means sound conditional well being our freedom from disease. Mental health is a state of psychological well-being is freedom from mental desire. But our body and mind function harmoniously. Good health awareness help seeking proper adjustment. He is able to see adequate adjustment with himself and his environment good health awareness make the individual conscious about his duties surgeon. The present scenario the student is facing no. of problems in home and school. They are facing unemployment adjustment and facing number of problems due to these problem students becoming a victim of fear, anxiety, and despair frustration's, problem of adjustment etc. These all effecting health of the students and there are round development prosperity and progress of society is quite linked with the good he of its member and only the person having good health can contribute its maxima to the society science. Good health contributes a lot in far all round development of the personality. So due to much important of good health in bring all round develops and brining adjustment.

### **Significance of the Study**

Sound Health Awareness is the basis of all desirable learning. Sound health awareness enables the individual to withstand the strains of life. Keeping well aware on Health, achieve satisfactory in the life? Without the awareness on health his whole outlook about life changes. He starts thinking that he is a worthless fellow, the world around him is full of misery, the society is hard on him, friends are useless, none can be relied upon and so on. He withdraws from the society and shut within his own self. The Health Awareness of the child as very important from the point of views of his all round development. Mahatma Gandhi advocated that physical exercise is an important daily activity equivalent to taking of one' Meals by each individual. The National

Policy on Education (1986) demands that physical education, sport and Health Education should be an internal part of education. Keeping in view the above the investigator of the present study was interested to study the Physical Health Awareness among elementary school students.

### **Objectives of the Study**

- 1) To compare the government and private Elementary school students with respect to their Physical Health Awareness.
- 2) To compare to the boys and girls of private Elementary school students with respect to their Physical Health Awareness.
- 3) To compare the boys and girls of government Elementary school students on Physical Health Awareness.

### **Hypotheses of the Study**

**H<sub>01</sub>** Government and private Elementary school students do not differ significantly on their Physical Health Awareness.

**H<sub>03</sub>** Boys and girls of private Elementary schools do not differ significantly on their Physical Health Awareness.

**H<sub>04</sub>** Boys and girls of government Elementary schools do not differ significantly on their Physical Health Awareness.

### **Method**

For the present study investigator used descriptive survey method.

### **Sample**

The sample for the present study was selected randomly by using probability sampling techniques. In this study sample consisted of 200 Elementary school students.

### **Tool used**

In the present study the physical health awareness scale was developed and standardized by the investigator himself.

### **Statistical Techniques used**

The mean and standard deviation were calculated in case of descriptive statistics and 't' test was calculated in case of inferential statistics.

Hypotheses testing;

**Hypothesis :1 Comparison of physical Health Awareness among Government and Private elementary School Students**

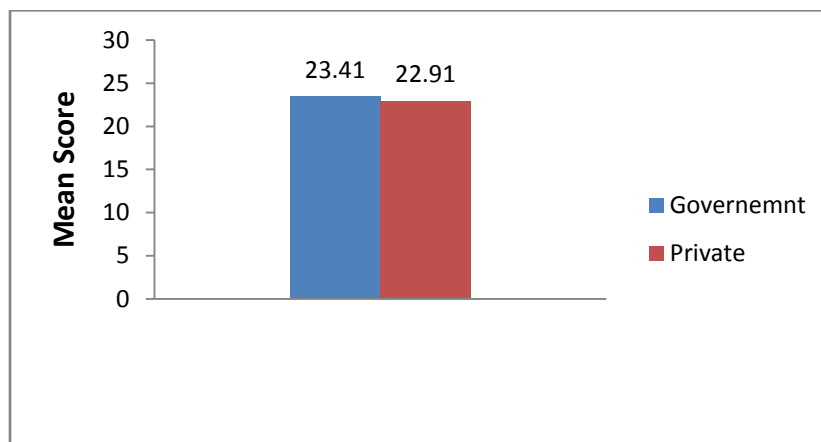
**Table 1**

**Significance of difference between government and private elementary School Students on physical health awareness**

Group	N	M	S.D.	df	't'
Government	92	23.47	1.22		
Private	108	22.81	2.37	198	2.07

Table-4.1 reveals that the means scores of 23.47 and 22.81 in case of government and private Elementary school students having standard deviation of 1.22 and 2.37 respectively. The standard error of difference was calculated 0.24. When such values were subjected to the testing of their significance of difference 't' ratio was found to be 2.07. The table value of 't' with 198 degrees of freedom is reported to be 1.97 and 2.60 at 0.05 and 0.01 level of significance respectively. As the calculated value of 't' is found to be more than the table value of 't' at 0.05 level of significance therefore, the calculated 't' ratio is found to be significant. Hence, Hypothesis, "Government and private Elementary school students do not differ significantly on their physical Health Awareness" was rejected. Such data for its better understanding have been presented in the form of histogram .

**Fig. depicting means scores of comparison of physical Health Awareness among Government and Private elementary school students.**



**4.4 Comparison of physical Health Awareness among girls and boys of Private Elementary schools.**

**Table no. 2**

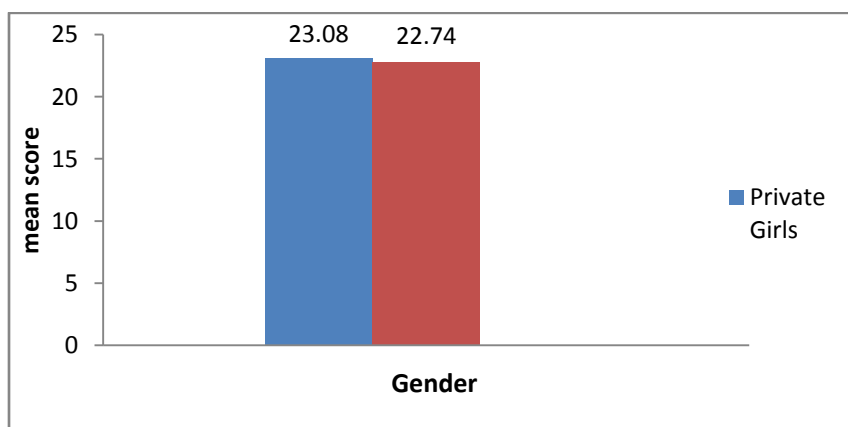
**Significance difference between means scores of private Elementary school girl and boy students on physical health awareness**

Group	N	M	S.D.	S <sub>ED</sub>	df	't'
Private Girls	42	23.32	2.43			
Private Boys	58	22.64	2.20	0.45	98	0.75

Table-4.3 reveals that the means scores of 23.32 and 22.64 in case of private Elementary school girl and boy students having standard deviation of 2.43 and 2.20 respectively. The standard error of difference was calculated 0.45. When such values were subjected to the testing of their significance of difference 't' ratio was found to be 0.75. The table value of 't' with 98 degrees of freedom is reported to be 2.60 and 1.97 at 0.01 and 0.05 level of significance respectively. As the calculated value of 't' is found to be less than the table value of 't' at 0.05 level of significance, therefore, the calculated value of 't' was not significant.

Hence, Hypothesis, *“Boys and girls of private Elementary schools do not differ significantly on their physical Health Awareness”* was accepted. Such data for its better understanding have been presented in the form of histogram .

**Fig.2 depicting means scores on comparison of health awareness among Private Elementary school girl and boy students on health awareness**



**Hypothesis 3: Comparison of physical Health Awareness among boys and girls of Government Schools.**

**Table No. 3**

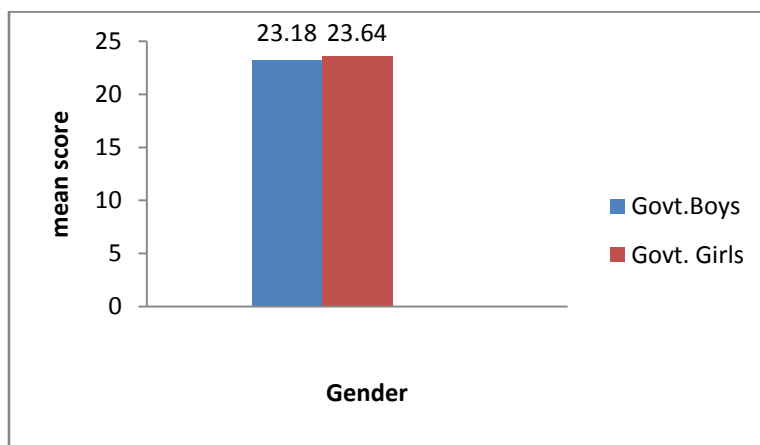
**Significance difference between means scores of government Elementary school and Girl students on physical health awareness** **Boy**

<b>Group</b>	<b>N</b>	<b>M</b>	<b>S.D.</b>	<b>df</b>	<b>'t'</b>
Government Boys	43	23.18	1.35		
Government Girls	57	23.64	1.03	98	2.09

Table-4.4 reveals that the means scores of 23.18 and 23.64 in case of government Elementary school students having standard deviation of 1.35 and 1.03 respectively. The standard error of difference was calculated 0.22. When such values were subjected to the testing of their significant of difference 't' ratio was found to be 2.09. The table value of 't' with 98 degrees of freedom is reported to be 2.60 and 1.97 at 0.01 and 0.05 level of significance respectively. As the calculated value of 't' is found to be more than the table value of 't' at 0.05 level of significance, therefore, the calculated value of 't' was found to be significant.

Hence, Hypothesis, *“Boys and girls of government Elementary schools do not differ significantly on their physical Health Awareness”* was rejected. Such data for its better understanding have been presented in the form of histogram .

**Fig. depicting means scores on comparison of physical health awareness among Government Elementary school students**



**Results**

On the basis of the statistical analysis and interpretation of the obtained data the investigator of the present study arrived at the following findings:

1. Government and private Elementary school students differ significantly on their physical Health Awareness.
2. Boys and girls of private Elementary schools do not differ significantly on their physical Health Awareness.
3. Boys and girls of government Elementary schools differ significantly on their physical Health Awareness.

### **Educational Implications**

The findings of the study have some important implications for educational practices:-

- 1) Teachers must sort out the list of activities that impart the knowledge about health attitudes and practices in the students and conduct those in class.
- 2) Comprehensive Health education needs to be implemented.
- 3) School should provide necessary information, counseling and Health care referral.
- 4) Special programme are needed to educate the students for proper transmission at Health awareness to students.
- 5) Parents and teacher should provide Health education to their children/students.
- 6) Information, education and communication should be intensified to make students aware of the Health problem order to prevent further spread of Health awareness.
- 7) Different activity should be organized in school such as lectures, drawing, documentaries, short film, and movies on Health awareness.

### **References**

- Aggarwal .Y.P. (2009).“ *Statistical Method Concept, Application and Computation*”.  
*Kurukshetra: Sterling publisher Pvt. Ltd. pp. 342-343.*
- Anuradha, T.S.and Roy,J. (1996) “*Childrens attitude towards physical activities*”. **In Sixth Survey of Educational Research.(1993-2000)**. Ed. J.P Sharma (2000),New Delhi: NCERT, Shri Aurobindo Marg, Vol-,1 p.99
- Benjamun,William ,Edward (2008). “*Preservation of youth through Health Education .*”  
*Edutracks* ,Vol.7,No.9, pp19-20.
- Chandramani, M. (1988).“*Impact of nutrition education: Education at different levels*”.**In Fifth Survey of Research in Education (1988-1992)**. Ed. J.P. Sharma(2000) New Delhi: NCERT,Shri Aurobindo Marg,Volume-1 p.387.

- Chaube S.P. & Chaube A. (2008). "**School hygiene and health Education**". Vinod pustak Solanr, Agra-2 pp 124-126.
- CENTERAL REGIONAL CENTER (1981). "Nutrition healthy education and environmental sanitation in Elementary School state Institute of science education". In **Third Survey of Research in Education, Jabalpur 1981 (NCERT-financed)**, p.528.
- Kaur,Manjeet.(2009). "**An introduction to Health & Physical Education**". Tandon publication Ludhiana, pp 232-234.
- Narayana, K.R. (1995). "Message". In **Sixth Survey of Educational Research.(1993-2000)**. Ed. J.P Sharma (2000),New Delhi: NCERT, Shri Aurobindo Marg,Vol-1 p.94
- In **Sixth Survey of Educational Research.(1993-2000)**. Ed. J.P Sharma (2000),New Delhi: NCERT,Shri Aurobindo Marg,Vol-1 p.99
- Panaehakel, Thomaskutly G.(1991). "Health education and community development". In **Fifth Survey of Research in Education (1988-1992)**. Ed. J.P. Sharma (2000) New Delhi: NCERT,Shri Aurobindo Marge,Volume-1 p.381.
- Ramanmohan, V.(1990). "Nutrition education for adolescents (13-15 year) through games". In **Fifth Survey of Research in Education (1988-1992)**. Ed. J.P. Sharma (2000) New Delhi: NCERT,Shri Aurobindo Marg,Volume-1 p.387
- Sadananthan .M,Kumari Kala S.k. Mofanato .(2009). "Health education in secondary schools ."**Edutracks**,Vol .9,pp. 19-20.
- Sharma, A.K. (1995). "Survey of selected yogic practices on cardio- respiratory variables among persons exposed to M.I.C. gas." In **Sixth Survey of Educational Research.(1993-2000)**. Ed. J.P Sharma (2000),New Delhi: NCERT, Shri Aurobindo Marg,Vol-1 p.95
- Singh. R. (1997). "A study in physical growth patterns of psycho-Motor performance of students". In **Sixth Survey of Educational Research.(1993-2000)**. Ed. J.P Sharma (2000),New Delhi: NCERT, Shri Aurobindo Marg,Vol-1 p.96
- Shankar,G. (1995). "Rate of logic practices in health, Fitness and sports promotion. Role of physical Education and sports science in sports promotion". In **Sixth Survey of Educational Research.(1993-2000)**. Ed. J.P Sharma (2000),New Delhi: NCERT,Shri Aurobindo Marg,Vol-1 p.95



- Tayagi, S. (1994). "Physical Fitness norms for boys and girls in grades 9 through 12 of Delhi state". **In Sixth Survey of Educational Research.(1993-2000)**. Ed. J.P Sharma (2000),New Delhi: NCERT, Shri Aurobindo Marg,Vol-1 pp 99-100.
- Upadhyay, B. (1990). " Development of literacy and post literacy material on health for illiterates and neo-literates". **In Fifth Survey of Research in Education (1988-1992)**. Ed. J.P. Sharma (2000) New Delhi: NCERT,Shri Aurobindo Marg,Volume-1 p.382.
- Verghese,M. (1991). "A study of the health status of Elementary school pupils and its influence on achievement for framing a school health programme". **In Fifth Survey of Research in Education (1988-1992)**. Ed. J.P. Sharma (2000) New Delhi: NCERT,Shri Aurobindo Marg,Volume-1 p.382
- Wakhar,D.G. (1995). "Handbook of physical education." **In Sixth Survey of Educational Research.(1993-2000)**. Ed. J.P Sharma (2000), New Delhi: NCERT,Shri Aurobindo Marg,Vol-1 p.95