

SCHOOL HEALTH EDUCATION IN TRIBAL AREA MAHARASHTRA: SUSTANIBILITY APPROACH

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Abstract

We always say 'health is a wealth'. Health is also an asset. Everyone needs health and a healthy life. But at the same time, one has to think about how to improve the health of one's family, society and the surrounding area. To live a healthy life, a person needs to pay close attention to other factors. Health is the birthright of every person. But it is also a part of duty. In order to achieve this health, the individual and the society need to be aware.

Health knowledge and its application can be imparted through health education. The nation desperately needs the nation as an alternative to the person who has acquired health wealth. National work is done by a healthy person. There is a need to create health awareness in every person in the nation. This awareness can be developed through education. Health is a tool for the betterment of the individual and the nation. Considering the importance of health education in this regard, there is an urgent need for everyone to work.

. Health education is important in introducing all these to the students and motivating them to take action, creating health motivation in their minds and making them healthy citizens of tomorrow. In view of the above, the present research paper emphasized on to find out how the health education is imparted at the school level, what the problems are there and to study the school health education.

Key Words: - Health Education, School Health Education, Tribal area, Policies.



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Introduction

Personality development of students at all levels of the Indian education system is an important goal. If we look at the educational history, from the University Education Commission to the National Education Policy of 1986, the idea of developing a healthy personality has come up in different forms.

Only a person in good health can contribute to the prosperity of the society and the nation. By doing a lot of efficient and excellent work, that person adds to his national income, that is, health is a means of uplifting the nation and himself. Education can teach you how to achieve this health. Achieving good health through proper health habits from childhood can bring happiness even in youth and old age. This is because the healthy habits of childhood remain in their youth. So the foundation of health in school life should be explained.

Statement of the Problem

Promotion of School Health Education in Tribal area Maharashtra Sustainability approach

Definitions of important terms

- **School Health Education**

- **Operational Definition**

In the present research, school health education is expected to create healthy habits, balanced exercise and diet, first aid education, school environment awareness in the students.

- **Sustainability approach**

- **Operational Definition**

The essential constitutes and related approaches needed to implement health promotion and related educational activities to contribute to healthy behavior and healthy lifestyles in the context of school level educational facilities.

Need and Importance of Research

The present research is expected to study school health education. The aim of today's education system is to develop the personality of the students through education. It is called "Sound mind in Sound body". This means the mind smells in a healthy body. Mental health deteriorates due to lack of physical health and many educational commissions and committees have come up with the idea of making efforts through education to maintain good health. From that, the subject of school health education has come to the fore.

The need for health education is seen in the context of all these factors and from this the research is needed to know the role of students, teachers and health officials in school health education and to suggest solutions to their problems.

The present study tried to focus on school health education, study the problems in health education. The present study will be beneficial to students, teachers, parents, health officials and the society. If a student gets health education in school, he will be able to take better care of good health in future. This study will help to understand the importance of good health habits, protection against various diseases and the importance of health education in that regard.

Objectives of Research

- To study the present situation of personal health habits, exercise and diet, first aid education, healthy school premises in tribal ashram schools.

- To undertake a case study to find out the problems and reasons in the above aspects of school health education in tribal ashram schools.
- To suggest measures to solve the problems in the above aspects of school health education in tribal ashram schools.

Scope, Limitations and Delimitations of Research

➤ **Scope** - The findings from the present research are applicable to students, teachers and headmasters in Tribal Ashram schools in Maharashtra.

➤ **Limitations**

This Research is limited only for the Pune District. This research is limited to Tribal Ashram schools of Pune district.

Method of Research

The researcher used case study method for this research study. Under the case study method research used one or more method such as in-depth descriptive survey using interviews, questionnaires, checklist, documents, and study reports.

The researcher conducted the study as case study of Tribal Ashram schools from Pune district in Maharashtra, especially those tribal ashram schools facing challenges promoting school health education.

Tools of Data Collection

1. Questionnaires
2. Interviews
3. Checklist.

Selection of Population and Sample Size

Population: - All Government and Aided Tribal Ashram schools were the population of the research.

Sample: -For this Research sample were selected through Non- probability methods - Purposive sampling.

Statistical Tools for analysis

1. Percentages.
2. Qualitative analysis.

Findings of the research –

1) It observed that, some efforts were taken by school administration to inculcate health habits in students. And some degree of sense hygiene is maintained by students. It seems that

there is hardly any cooperation of students and parents collective effort in inculcating health habits among students in these schools.

2) It observed that there is inadequacy in availability of space in these schools for arranging seating arrangements. Schools expected to arrange enough space and materials to organize sports.

3) It seems that there is a lack of consistency in the types of exercise for the students. Only two days are reserved for exercise in school timetable. And inspection of food items of student's meal from teachers is inadequate. School food is provided for both residential and non-residential students. The main reason for the unsatisfactory response to the food from the students is the concern for maintenance of quality issues in food

4) It seems that only in some schools first aid education is given and some extent there is availability of first aid kits in schools. Primary health care centers medical officers visit schools for students check-up according to their routine.

5) It is observed that during accident cases parent preferred private treatment than referral services offered in school through public health system facilities

6) It seems that at some extent school cleanliness is maintained by the students in school. In school, it is observed that students are not comfortable in using trash so school premises appears untidy.

7) Ignorance, superstition, lack of health facilities especially linkage with local public health facilities and training are the main issues while imparting school health education in schools.

Recommendation

Keeping in the summary of findings and concluding observations, an effort has been made to suggest workable recommendations with respect to the Promotion of school health education in tribal ashram schools.

1) It is important for the headmaster to communicate with ITDP, project officer for solving the issues raised regarding healthy school environment.

2) Organization and arrangement of Health education programmes by school administration is recommended by using Audio visual and ICT platform to encourage habit of exercise, Yoga among school students. This can follow with ensuring implementation of appropriate health education messages regarding the benefit of healthy habits and their practices in school environment.

- 3) Lectures on healthy food habits and diet by experts recommended to be organized for the training and convincing the importance of diet and with the encouragement of parents and teachers participation on a regular basis.
- 4) Teachers recommended for organizing health promotion events to inform students about the health aspects. With the involvement of school administration and ITDP, project officer for regular checkup and medical examination camp for sustaining health benefits and healthy habits.
- 5) School administration recommended to coordinate with public health facilities with the contact of ITDP project officer to overcome the difficulties that comes during health promotion activities.
- 6) Teacher are recommended to inspect the food quality which is given to students and also monitor the time scheduled for the food quality improvement, and to ensure the practice of healthy food habits.

Contribution of the present research

Considering the academic contribution of the present research, the study of school health education as a guide from the students to the school management as a whole. It will help the students who are the foundation of the learning process to become physically fit and mentally motivated through healthy habits to acquire physical and mental abilities as future generation citizens.

Like educational psychology, the academic contribution of the research presented in school management is invaluable. Classroom ventilation, sunlight, seating arrangements, premises cleanliness etc. for proper class interactions. The school environment of the present research will help to realize the importance of a clean classroom environment. Similarly, the contribution of the research presented will be helpful in realizing the need to pay attention to the physical and alternative mental development of the students with the objective of holistic personality development of education in educational philosophy.

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