

TO STUDY THE AWARENESS OF HEALTH AMONGST SECONDARY STANDARD STUDENT

Anita Kumar Dhaigude, Ph. D.

Adhyapak Mahavidyalaya, Vadgaon Maval., anitakdhaigude@gmail.com

Paper Received On: 25 NOV 2021

Peer Reviewed On: 30 NOV 2021

Published On: 1 DEC 2021

Abstract

Now a days, teenagers or adolescents have change in comparison with the teens in past, taking into account their eating habits, an active way of life, spending free time and clothes. They are a "technology" generation. Every teenager needs a balance diet, appropriate personal hygiene and physical activities in fresh air eg: walking, cycling, jogging, swimming etc. They find gadgets like computers, smart phones, tabs, note pads etc. more interesting than these physical activities. All in all it can be stated that today's teenlife is more complex depending on various factors. But out of this Nutrition, Physical activity and sleep plays a very important role in their health.



[Scholarly Research Journal's](http://www.srjis.com) is licensed Based on a work at www.srjis.com

Statement of the problem

To study the awareness about Health amongst secondary std students of Lonavala city.

Explanation of the problem

As a researcher , teacher and a mother of a teenager it always occurred to me that if a teenager is guided properly towards the healthy way of living they would go on to lead a healthy as an adult free of life style diseases and naturally a more productive individual.

The thought of helping not only my children whom I would be teaching lead to this research what makes these bundle of energies tick, what is the actual awareness they have.

Operational Definitions

a. Teenager: A student between 13 yrs-8yrs of age.

Nutrition: A diet consisting of all the essential nutrients for the proper growth and development.

C.Physical activity: physical work other than regular day to day activity.

d. Sleepiness: An increased tendency to fall asleep.

Need And Importance Of Research

Need:

Ads for junk food and images of impossibly thin adolescents give kids conflicting and unhealthy ideas about nutrition and body image. Healthy eating habits and proper physical activity along with adequate rest stabilizes children's energy, sharpen their minds and even out their moods.

Importance:

Importance of this topic is to understand students view about health and to provide them proper knowledge about healthy way of living so that they can lead a more healthy and productive life, this is right time to educate them as there is a rapid growth and development which is taking place and anything learnt at this stage would remain with them all life .This automatically will lead to healthier future generation.

Objectives of the studies

- A.To finds how far the teenagers are aware about their health.
- B.To know about the time spend by them on their physical activity.
- C.To give suggestion for proper sleep, nutrition and physical activity.

Assumptions

- A.Students is unaware about proper nutrition.
- Students are unaware about the importance of enough sleep.
- Students are unaware about the importance of physical activity.

Research Questions

- A.What myths teenager has regarding their health?
- What important role does the physical activity play in teen years?
- c.Are the teenagers aware about the importance of enough space?

Scope

The proposed research is useful for all teenagers esp. STD 7-std 9; it will make them as well as their caretakers aware about the teen health with reference to nutrition, physical activity and sleep.

Limitations

The proposed research is limited to study of the health awareness only in the Lonavala city.

The proposed research is limited to only effects on nutrition, physical activity and sleep.

Delimitations

The study is limited to only std 7-std 9 students.

The study is limited only to the two schools in Lonavala city.

Population

Here the population is all the students from std 7 to std 9
From schools of Lonavala city.

Sampling and Sample

The researcher has selected total sample of 60 students from each std 7-std 9std from two English Medium Schools.

They are as follows:

1. KAIVALYA VIDYA NIKETAN, Lonavala.
2. ANTA BHARATI BALGRAM HIGH School, Bhushi Dam, Lonavala.

Research Methodology

The researcher has selected the Survey Method for this research.

Survey Method

The Survey method, a type of Descriptive research describes and interprets “what is”. It is concerned with conditions or relationships that exist ;practices that prevail ;beliefs, points of view or attitudes that are existing ,processes that are going on ,effects that are being felt or trends that are developing. Its major purpose is to tell “what is “and give a general picture of the existing scenario.

Data Collection Tools

A researcher requires many data gathering tools and techniques.

These tools are suitable to collect certain types of information.

Tools of Data: QUESTIONNAIRE

When facts rather than opinion are required that time questionnaire is used.

The researcher has made the questionnaire:

Related to students.

Related to parents.

Data Analysis Tools and percentile

The data analysis and interpretation of questionnaire are tabulate using statistical form.

The percentage quantification method would be used.

Conclusion:

The researcher has selected the topic keeping teenagers in mind as in these years whatever habits are formed will affect their whole life, better living means better living means better quality of life helping them to cope up any stress and enjoy these precious school years.

1. NUTRITION

There is a severe lack of knowledge in the students regarding nutrition.

Students are unaware about the effect nutrition can have on their health.

Students really don't have time to eat frequent meals as they are occupied by other things.

Students are not aware about healthy food and their benefits.

Family eating habits tend to play important role in children forming habits.

Students in this age may feel anorexic due to various causes like exam stress, false body image etc.

2. PHYSICAL ACTIVITY

This is severe lack of physical activity.

School timing eats in to student's activity time.

Students attending school at far place, much time is wasted on their communication.

Many students may be taking tuitions so not much time is left for the physical activity.

Parents themselves are not aware about the importance of exercise.

Parents don't motivate children enough to exercise as they might feel studies are more important.

3. SLEEP

Maximum students are sleep deprived.

Many sleep quite less than recommended sleep hrs. Which 9-10 hrs. for this group.

Sleep is compromised due to excess TV watching.

Sleep is also deprived as children have got addicted to gadgets

RECOMMENDATION

1. The National Curriculum Framework 2005 suggested health and physical education as one of the areas of systematic reforms therefore Nutrition Education can be added as an emerging topic.

The researcher makes suggestion for the inclusion of Nutrition Education along with the present curriculum topics of values and moral education, environmental and community development activities and the effects of the same to be studied.

2. A Nutrition Training Program should be conducted for students, teachers as well as parents.
3. Develop a module on nutrition education to use in classroom instruction.
4. According to RTE act the school of the child should keep this in mind as it saves lot of time which otherwise is wasted in unnecessary travelling time.
5. I suggest that last period of all the days in school, students should be allowed to do homework and balance class-work of that day if any.
By doing so student will go home burden free and he/she can enjoy playing at home.
6. Parents should restrict TV watching as it consumes lot of time leading to sleep deprivation.
7. Parents should encourage their child to be physically active by enrolling them for some sports or setting themselves as good examples for their children
8. Parents should time the usage of gadgets by their children and give them gadgets time as incentive for doing some good work.
9. Parents should spend quality time with children especially of this age group, hear their problems and deal accordingly.
10. School should undertake Yoga, sports and other health awareness activities and projects for promoting health amongst its students.
11. School should use methods like taking students for outing, educational tours, sports, events, cultural activities, camps, film shows etc. which promotes healthy lifestyle way.

Topics for Further Research

1. This research has included mainly three areas related health they are nutrition, physical activity and sleep.
Further research can be done in social stress, other problems of adolescent which affects health of secondary students.
2. This research is limited to only English medium schools of Lonavala city further research can be done on Marathi medium school & regional language schools etc.
3. Location of school, place is very important part in development of the society study can be conducted in the schools which are situated in interior.
4. Develop a Nutrition Education Training Program for the student teachers of the B.ED College and integrate it as a part of the course.
5. Study other causes of sleep deprivation in children.
6. To develop a long-term nutrition program and test its affectivity.

7. A study can be conducted on the parents of the students to make them understand the correlation between effective learning and nutrition.

Contribution of Research in Education

This research will help the students, teachers as well as parents to be aware of the health as a healthy child will eventually lead to becoming healthy adult.

Conclusion

This research help to find out what extend the secondary std students are aware about health.

Bibliography

A Parent Guide to surviving Teenage Years [2014]

Essential of Paediatrics, Dr.O.P. Ghai [2015]

Why India,s teens are unhealthy lot; YolandeD”mello: Mumbai Mirror [Oct.20,2014]