



Knowledge, Attitude, Awareness on Health Education among High School Students in Sangareddy District.

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ABSTRACT: Health education particularly in elementary schools appears to be neglected area in India. This study investigated the health education needs of high school students. This study adopted study questionnaire for data collection. The quantitative data was collected by administering piloted questionnaire on high school students. Overall 70% of the high school students required information about the main constructs of health education. 69% appeared to be keen on knowing about physical environment in and around schools and homes. 77% were interested to get awareness about commonly spreading about diseases and puberty issues. The high school students were merely aware of the main constructs of health education and needed awareness specifically in food and nutrition, hygiene, seasonal tropical diseases, infectious diseases, infectious diseases and psychological problems. Proper school education programme may be initiated for high school students

Introduction Conventionally schools have been educating children academically. However in modern world school paradigms seem to have changed with changing societal dynamics, globalization, Innovative pedagogy and learning styles and knowledge society etc. Therefore school seems be responsible for overall health of its students. It seems imperative to impart health education at all levels of schooling for improving health and well being of adolescence and youth In India, schooling consists of different stages according to grade and or class level of studies. Currently, there are almost five levels of education in India, Ranging from primary school, middle school, high school , graduate and post graduate levels of education. Although all levels of education are important and need special attention of

students, but high school level of student seems to be more crucial as it usually embraces emerging adolescents. The high school students are transitioning to puberty and complete concrete operational stage to entering into formal operational stage of cognitive development. This stage is characterized by applying logic to establish or determine relationship between objects.

Although health education appears to be an integral components of school activities, in India the concept of health and well being included in school curricula seem to be too narrow to promote awareness among students about health promotion and illness prevention. The



available literature scarcely address the health education needs of high school students.

Objectives of the study

Assess awareness of high school students about their health problems.

Identify their health education needs

Translate results of study to health education practice.

Methods:

It was a small scale study that adopted study questionnaire that provided qualitative and quantitative better understanding of the research problem.

Population and Participants of the study:

Selection of Schools

Selection of Participants

Forty boys and forty girls were selected randomly from high school located in rural areas of Sangareddy district. The location and gender factors were obvious in selecting these participants were that these areas appear to have lesser facilities and students studying in rural high schools tend to have more health problems and need more attention. The students were briefed about the objectives of the study and the process of its completion. The questionnaire was developed and consisted on the main themes and constructs related with the health education needs of high school students. The following questions were included in the questionnaire

1. Do you know the importance of balanced diet, food and nutrition?
2. Do you ever skip meals, use laxatives or diet pills or throw up on purpose to loose weight or to control your weight?
3. Do you think you are about the right weight and height for your age?
4. Do you know the importance of physical exercise and environment in the maintenance of overall health?
5. Do you have physical activity and fitness as a classroom instruction?
6. Do you have knowledge about the risk factors associated with STD's including AIDS?
7. Do you know that sharing needles, blood transfusions and unprotected sexual intercourse can lead to AIDS AND STD's

8. Do you know the risk factors of water borne diseases and communicable diseases including hepatitis scabies, dengue, cholera, tuberculosis?
9. Do you know about the physiological, hormonal changes, problems related to puberty and menstruation?
10. Does your school have healthy environment providing knowledge on medical emergencies, knowledge on social services and mental health.
11. During the past 12 months have your school health education staff worked on health education activities with students.
12. Do you have knowledge about instructions on violence prevention such as bullying, fighting homicide?

RESULTS OF THE STUDY :

The data collected from elementary school students by using questionnaire was analysed. The results of study was 68% of elementary school students aware of health education, but not detailed confirmation about it and available services.

72% affirmed knowing Healthful environment with a serious desire to know about its components and the ways of promoting and homes whereas 58% showed the familiarity to health services but they preferred to have knowledge about sources of health services .

73% of the Respondents had knowledge about food and nutrition' and were keen on knowing about balanced diet and nutritious elements for daily intake.

68% of Elementary School students appeared to be aware of the Main constituents of school Health programme but wanted Detailed & applicable information about these constituents.

Health of individuals and their physical Environment are under Related, the latter has greater impact on the former.

86% of students needed awareness about the ill-effects of drinking unclean water and needed awareness about water borne Diseases. & other conditions Related "to Drinking Water.

68% of students were of the view that they needed appropriate sanitation & other toilet facilities.

56% appeared to be unaware about the benefits of physical activities & exercises. 69% of Elementary school students needed awareness about their physical environment in and around the school & homes.



AIDS 14% of the students surveyed know there is an increased risk of AIDS from having intercourse with someone who has AIDS.

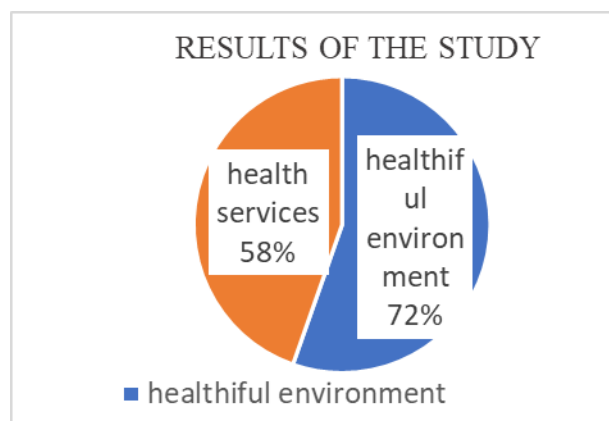
72% Know that there is increased risk of AIDS by having More than One sex partner.

71% mistakenly Believe that Blood Transfusions are common way to get AIDS today.

47% mistakenly believe that there is increase risk of contritely AIDS when donating blood.

77% required awareness on and about communicable Diseases including hepatitis, scabies, Dengue, cholera, tuberculosis etc.

The elementary school children belong to Adolescent group and Bodily changes occur during this age cohort. Therefore 77% wished for Adolescent Counselling and Education on problems Related to puberty and maturation



Food and Nutrition

Proper food and nutrition and balanced diet ensures the enhanced learning of students by contributing to their healthy growth and development and cultivating lifelong healthy eating behaviors. Food and nutrition are vital for healthy life. Balanced food plays an important role in the growth and development of individuals. 67% of the elementary school students did not have proper knowledge about balanced diet. 60% of the elementary school students were found to be unaware of the changes which occur during puberty and maturation.

Physiological Changes

They had in detailed information about growth and development particularly the physical changes taking

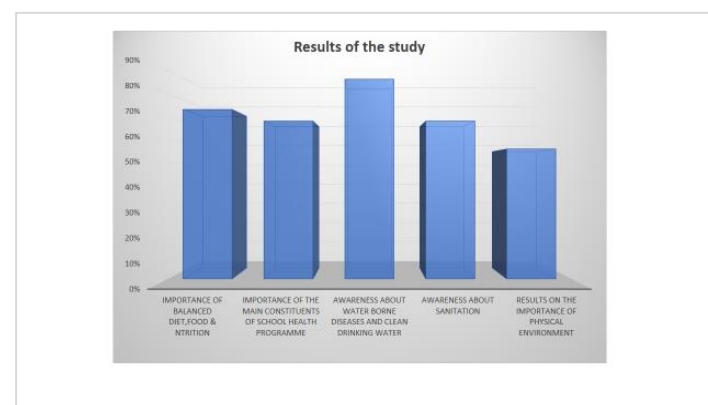
place due to hormonal change. It seems to be necessary for the school to provide detailed information on growth and development to elementary school students, keeping in view this profile.

Pimples and eczematous pimples are usually tropical health related conditions which affect faces of physically growing students during summer season.

60% of the students said that they wanted awareness about the preventive measures and suitable medication for pimples and eczema.

Health Hygiene and Poverty

Health and hygiene are inter related excellent hygienic conditions prevent illness and usually assure health of individuals. Poverty appeared to be big barrier in observing hygienic code in daily life of elementary school students



Dietary precautions and slimming Practices

Food is necessary for individuals to live properly. The elementary school students are involved in intellectual activities at a stage of faster growth and development. 60% of the respondents appeared to be keen on knowing dietary precautions to control weight. They were of the voice "We need information about food and food items and our daily need of calories. We want to know precautionary measures for food intake".

Prevention of physical violence:

Physical violence causes injuries and mental stress to students in schools. Elementary school students seem to be fond of viewing movies, particularly the action movies. They appear to be eager to repeat actions by which they are impressed. 67% of the respondents affirmed their interest in action movies in interesting



way. They have stated that they repeat actions as they feel attracted to them.

Smoking ,Usage of tobacco and substances:

Usage of tobacco, and other substances including heroine , shisha and gutka is dangerous to health. High school students are in a volatile age group and they want to be noticed and recognized because of some action. Weed smoking during teen age appears to be a sign of additional substance abuse in later life. 49% of students admitted that they were using tobacco/ smoking cigarettes or other psychoaddictive substances. Majority of them were unaware of the hazards. Therefore awareness campaigns should be launched in schools.

Disease Prevention and Control

Disease prevention and Control play a vital role in the school life of students. Students have a greater chance of vulnerability to diseases, particularly infectious diseases. When students were asked about disease prevention and control they were of the voice “we don’t know about infectious diseases, their spreading out and preventive mechanism and or strategies.

Apparently students were unaware about disease prevention and control but having positive information seeking behaviour.

Discussion and Conclusion: The results of the study appeared to be interesting and demanding attention of school administration as well as parents. The students appeared to be aware of the main constructs of health education to some extent and wish to know strategies to promote their health and environment and provision of health facilities and services near their schools and homes.

Conflicts Of Interest: None

Implications :Translation to health education Practice

Keeping in view the results of the study it is recommended that a proper school health education programme may be initiated in addition to psychological counselling of high school students. The administration of high schools, high school teachers and parents should address the issue through collective and co ordinated efforts by providing counselling monitoring their activities and social circles initiating discussion and dialogue appreciating their positive behaviours and continuous moral coaching teachers may provide

training on school health education by health promotion and illness prevention among high school students.

Similarly, health education may be aligned with school curricula under universal health education policy according to the level of education.

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