

Health and Education : Relevance on Children and Adolescents

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ABSTRACT

Education and health are interrelated, as children in India face serious health issue. This effects their education. In developed countries, the importance of health and education among children and adolescents are considered as priority. In India, little attention is given to the children and adolescent's health and the effect on their education. Poor maternal health and underweight children fall sick frequently. The children and adolescents in India are anaemic, under nourished and fail to attend classes regularly. The health of girls are extremely poor due to unbalanced diet. The performance of adolescent girls both at academics and sports and extracurricular activities is effected due to their ill health. The children and adolescents with health problems show less interest and lack concentration while teaching is done. Nowadays, the children are prone to eating junk foods which has no nutritive value and increases obesity. The cases of smoking and depression has increased among adolescents, which effects their academic performance. There have been studies using models, which indicates that there is direct relevance between health and education. Health plays an important role in the education and academic performance. The child also show positivity for the physical exercise. The school set up should increase programs for meditation and yoga which is the need of today's children and adolescents. They should also be encouraged to eat homemade food and have breakfast regularly. Thus, school helps in health and education of children and adolescents. Modern health system should connect with education in shaping attitudes towards society. Moreover, healthy society and education can bring prosperity to the citizens.

Keywords : *Adolescents, Education, Children, Health.*

INTRODUCTION

In schools, education on health leaves an everlasting impact on every student's life which lasts forever. The students in schools learn about health and its effects on education like beliefs and values. The students in schools learn about hygiene, eating habits, diseases like Corona, Dengue, polio etc. Other several diseases like flu, sun-stroke, and water borne diseases like diarrhea, hepatitis, and dysentery etc., conventionally the curriculum of schools are designed in a way for learning and useful activities.

Health as a whole is defined to a person who is fit physically, psychologically and socially. The health of a society indicates status of its citizens or individuals. To

maintain a healthy society, health education is considered complementary and solution to promote health. Such programs aim to create through knowledge and skills and help to develop a healthy adolescent. Health education is considered to be a

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process, where adolescents learn to take care of their health and health of their people and community. Health – oriented education was implemented in Poland in 1982 with a view to produce health oriented attitudes in them.

Health education has been at highest priority in several industrialized countries as young persons take up smoking and alcohol. Also schools are considered to be a very important area for health education. There is positive relationship between education and health as it affects economy, social, psychological and interpersonal behavior. Economy is related to income and occupation. Social, psychological and interpersonal is related to the use of resources. Healthy people can recognize symptoms of ill health and help for medical help. Education also increases healthcare facilities.

Education and health are related to each other which is applicable to both developing and industrialized countries. A public representation is that a better education always leads to a health better than an uneducated person.

Food and Nutrition

Balanced diet is known to provide calories required for school students. This can students from obesity, cholesterol. Nutritious food can improve overall health and living abilities of school students. Further, food and nutrition help in proper growth of students. Balanced food protects against diseases with developed immunity.

Changes at Puberty

School students as adolescent show changes at hormone and physiological levels. Hormonal changes affect shape of the body, the voice and their psychology.

Pimples, Eczema and Slimming Factor

Pimples affect faces of adolescent students. Pimples and Eczema are skin related conditions that effect psychologically. Slimming is a new fashion among students. This can lead to obesity or malnutrition linked fatal conditions.

Tobacco Addiction and Physical Violence

Adolescents are vulnerable and volatile, when they are addicted to substance abuse as they prefer to be noticed or recognized. The causes of tobacco usage affects health of adolescents. Physical violence is a common factor in schools, as adolescents are interested in watching action

movies. They try to repeat those actions and thus injuring their fellow classmates.

AIMS AND OBJECTIVES

- 1 To collect data from different schools.
- 2 To analyze data.

METHODOLOGY

Nearly 100 students from different schools in the age group of 8 – 15 years was selected. They were asked different questions related to health and education. The students answered all questions amicably. The students and adolescents accepted that health and education are correlated. They also found the importance of health and its effect on education.

RESULT

Table – 1 Concept of health and education

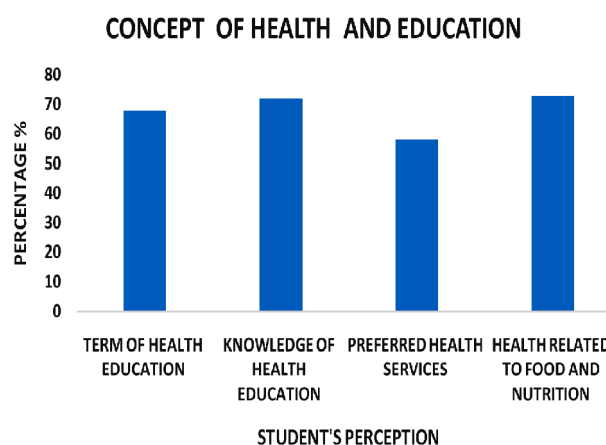


Table – 2 Health education and Physical activities in schools

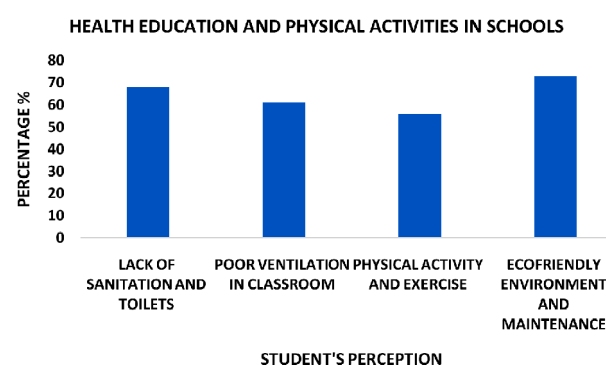
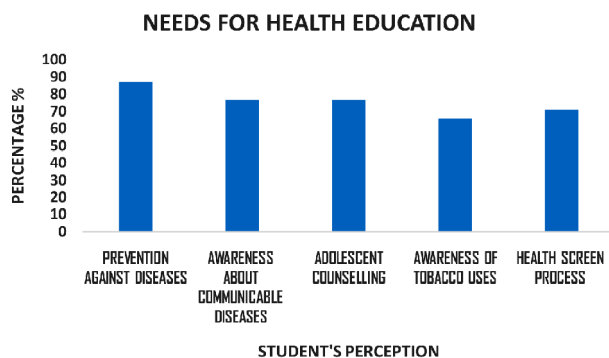
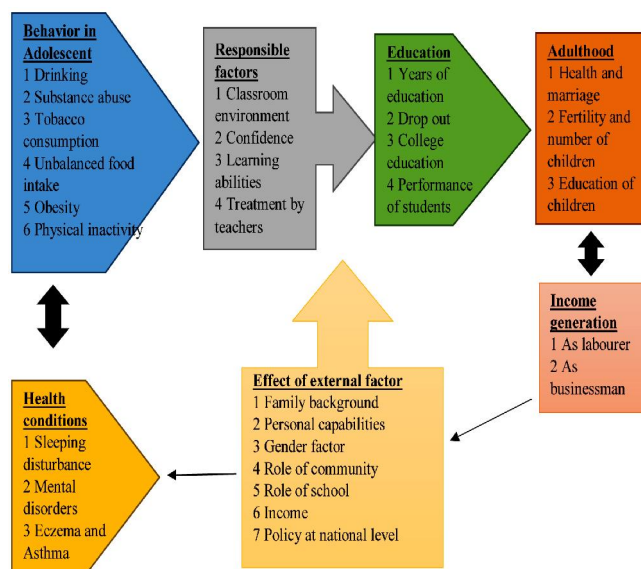


Table – 3 Needs for Health education**Figure -1 Relationship between health and education**

DISCUSSION

According to the analysis, it has been found that 68% students and adolescent have heard or know the term about 'health and education'. There are 72 students who knew knowledge of health and education. There are 58 and 75 students and adolescents preferred health services. Many students accepted health been related to food and nutrition.

Students and adolescent focused on improvements in sanitation and toilet facilities. The percentage was 68%. Moreover 61%, 56%, 73% students and adolescents found that their classrooms were poorly ventilated, they wanted increase in physical exercise and activities, as

well as the students preferred ecofriendly environment and their maintenance.

It was found that students are aware of theirs and their family's health. It was seen that 87% students needed themselves prevention against diseases. There were 77 students who wanted rid and awareness from communicable diseases. They also wanted counseling as adolescent for a better future. There were 66 and 71 students from schools who wanted awareness of tobacco usage and screening for health processes.

CONCLUSION

All students were aware of health. They believed that health and education are correlated. Moreover, good health is responsible for good education. With good health, students and adolescents do physical activities properly. Thus, it proves that students and adolescents consider health an important factor for education as well as for their future.

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