

ROLE OF HEALTH EDUCATION ON AWARENESS AND PHYSICAL HEALTH OF SOCIALLY DEPRIVED STUDENTS OF ISLAMABAD

Syeda Tasneem Zahra, Muhammad Arshad Dahar and Riffat Tahira

Department of Education, PMAS Arid Agriculture University, Rawalpindi, Pakistan

Corresponding Author's Email: drarshad1969@uaar.edu.pk

ABSTRACT: *This study provides evidence for the effectiveness of educational components in awareness and physical health promotion and well-being of students at elementary level. The topic of study is "Role of health education on awareness and physical health of socially deprived students of Islamabad. The sample of study comprised thirty students from Federal Governments girls school RawalTown Islamabad. Self-administrated questionnaire and tests consisted of students' health awareness and physical health was administered. For data analysis independent t-test was applied. Study results reflected that in all institutions, female students showed better academic performance than male students. Here is prerequisite for better academic performance of students at secondary level, and this research work will be beneficial with regard to suggest ways and means to assist the in-service teachers and heads to enhance the academic achievements of male and female students with their acquaintance, techniques and skills with special allusion of academic performance of students.*

Keywords: Health education, Awareness, Socially deprived

INTRODUCTION

Health education is defined as the principle by which individuals and groups of people learn to behave in a manner conducive to the promotion, maintenance, or restoration of health. The ultimate aim of Health Education is Positive Behavioral Modification. Education for health begins with people. It hopes to motivate them with whatever interests they may have in improving their living conditions. Its aim is to develop in them a sense of responsibility for health conditions for themselves as individuals, as members of families, and as communities. By increasing the awareness of health and physical activities in schools as a way to enhance the academic achievement of students. As schooling is related with development of whole personality of a student and the values related to personality are related with whole life [1].

Health education in this aspect of school for nourishing student for lifelong achievement of life can enable the teachers and students to develop the strategies in this way that health education can play a significant role in the development of whole personality of a student. In this the students can play a significant role by adopting healthy habits for their lifelong achievements in their life [2, 3].

By developing education in term of education for all it makes possible peoples learning and decrease the level of malaria, Polio, HIV and all other infection threats that can be harmful for the children and youngsters. This concept must be realize that school must not only used for education and academic learning but also provide support for provision of health and wellness in the society [4].

A study [5] investigated the Poland health awareness system by launching health awareness program by dividing different groups of people for health awareness program. They use experimental method for investigation by random selection of samples from different group of community. They launched the program by giving awareness treatment to different groups. He found that by launching many programs locally through different health intervention programs it is found that young children have long lasting effect by awareness on long health life. Physical health and awareness activities were self-planned in the community in socio cultural environment.

United Nation Educational, Scientific and Cultural

Organization tossed a program with Ministry of Education, and Curriculum Wing Islamabad of Pakistan [6]. They make a try to enhance and launch the curriculum development program for children in schools. They also enhance and develop a planned program for health and health education program in Pakistan for the wellbeing of community. They focus on development of child that is focus on many factors including their own health status. Health awareness and promotions not only improve the child development and wellbeing of a student but it develops the wellbeing of society and community as well by healthy school boys and girls. It was also investigated physical exercise activities to maintain fitness and avoided avert risk of diseases. The study was design to access the awareness regarding different exercise awareness between different groups of people including doctors, lawyers, teachers and business men at Dera Ismael Khan Pakistan. Sampling technique was used from well-established systematic sampling. He used a survey method to administer the questionnaire using five rating likert scale. He concluded that this research will be helpful in designing persuasive strategies based on salient perceptions of surveyed population for the follow up of exercise activities for need.

Another study was conducted on "the impact of physical activity of school children on their physical fitness and academic achievements and wellbeing." The researcher shared his own experience and explore that is how research validate research his teaching of Ontario physical health curriculum [7]. He found that school and colleges funded by government have found more obesity ration in students as compared they are administrated and taught by himself.

Other study assessed a health related program for fourth and fifth grade students to increase physical activity during physical education class and outside the class. Self-report and fitness measurers were collected, ANOVA test was applied. Observations expose difference in the extent to which physical education participation in physical education is for few minutes as compare to special led students for physical activity performed twice in a week is much beneficial for physical activities and fitness [8].

MATERIALS AND METHODS

Experimental research design was used for assessment of

awareness and physical health of students. Health education will be the independent variable of study, and awareness and physical health will be the dependent variables of experimental and controlled group. Pre-test and post-test, group design will be used to find out level of physical health and awareness of experimental and controlled group.

Population

Girls Students from 3rd of the F A girls' secondary schools of Islamabad city will be the population of study.

Group of participant

Simple random sampling was used for experimental and control group from socially deprived students.

Material

Experimental research design was used for assessment of awareness and physical health of students. Questionnaires and health awareness test was the best instrument in Experimental type of research; therefore following self-developed Questionnaires and test was administered.

1. Questionnaires for Experimental group and control group.
2. Health awareness test for Experimental group and control group.

Construction of Instrument

The instrument was divided into two parts, one part was questionnaire and one part was health awareness test.

Procedure

The data were analyzed using SPSS 16 statistical techniques (t-test, mean and standard deviation) for describing; analyzing and interpreting the situational analysis of health education awareness and physical health awareness in socially deprived children from experimental and control groups.

DATA COLLECTION

The data were collected from the selected sample of fifteen controlled group and fifteen experimental groups through above instrument. Clear instructions were prepared for the respondents. They were requested to go through the general instructions first and then to respond.

Methodology

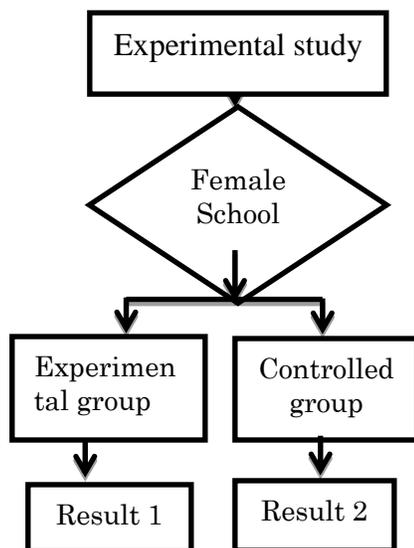


Table 1: Pre-test for measurement of awareness and physical health for both control group and

experimental group.

Test	Groups	N	Mean	SD	t	Df	Sig.
Pre-test	Experimental	30	22.50	1.925	-992	58	.471
	Control	30	22.46	1.911	-992	57.21	.471

Table 1 indicates that the results of levene's test for both experimental and control group is P-value = .325 of F is found insignificant because $P < 0.05$. So we are using equal variances is assumed for regular t which is not exactly equal but same to the extent which are not statistically different from each other, So equal variances are assumed On average, Control group experienced less health awareness and physical health (Mean=22.46, Standard Deviation=1.911) than experimental group (Mean=22.5000, standard Deviation=1.925), The difference is found insignificant at $F = (58) \neq 57.216, P < .005$. So can conclude no significant difference between both groups.

Table2: Post-test for measurement of awareness and physical health for both control group and experimental group.

Test	Groups	N	Mean	SD	t	Df	Sig.
Post-test	Experimental	30	43.70	2.037	-24.254	58	.000
	Control	30	27.70	2.984	-24.254	51.198	.000

Table 2 shows that the results of levene's test for both experimental and control group is p-value = .000 of F is found significant because $P > 0.05$. So we are using equal variances is assumed. On average, Control group experienced less health awareness and physical health (Mean=27.7000, Standard Deviation=.2.0367) than experimental group (Mean=43.7000, standard Deviation=.2.984). So equal variances are not assumed. The difference is found significant at $P = (58, 51.198)$ at $P 0.000, p > .05$. So we can conclude that Control group has low level of Awareness and physical health than Experimental group counterpart for pretest. There is significant difference between awareness of both groups.

DISCUSSION

The purpose of this study was to check the role of health education on awareness and physical health of socially deprived students of F A girls secondary school of Rawal Town Islam Abad city. Experimental research design was used for assessment of awareness and physical health of students. Students from Girls elementary schools of Islamabad city will be the population of study. Pre-test and post-test, group design was used to find out level of physical health and awareness of experimental and controlled group. Pilot test was conducted to find out reliability and validity of instrument. First we analysis pretest for both experimental and control group through compared t test; we found slightly insignificant difference of awareness in both experimental and control group. After giving the treatment to the experiment to the experimental group we analysis the data for posttest where we found significant difference of experimental group in their health awareness and healthy habits in daily life. We found that during pre-test of both groups there were slight difference in both group's awareness and health habits.

On the other hand in Posttest both groups showed highly significant difference as awareness level in experimental

group was higher than control groups. A study investigated on physical exercise activities to maintain fitness and avoided avert risk of diseases [9]. He concluded that this research will be helpful in designing persuasive strategies based on salient perceptions of surveyed population for the follow up of exercise activities for need. He also found that majority of participant knows that physical exercise and activities can improve better health and it need to develop a trend for exercise awareness. The next research found that physical activity and awareness on health literacy enable students to spend long life with good health (10). He found that how well a child can perform basic and fundamental movement skills by performing jumping, skipping. The impact of correlation of physical activity of school children was found significant on their physical fitness and academic achievements and wellbeing (7).

He found that school and colleges funded by government have found more obesity ration in students as compared they are administrated and taught by himself. The observations expose difference in the extent to which physical education participation in physical education is for few minutes as compare to special led students for physical activity performed twice in a week is much beneficial for physical activities and fitness [8].

CONCLUSIONS

The purpose of this study was to check the role of health education on awareness and physical health of socially deprived students of F G girls school of Rawal Town Islam Abad city. This study looked over the similarity or dissimilarity between the groups of students who are well informed about health education and the other who are not well informed about health education. This study provided evidence for the effectiveness of educational components in awareness and physical health promotion and well-being of students at elementary level.

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