

ROLE OF HEALTH EDUCATION IN AWARENESS OF HEALTH RELATED CONCEPTS AMONG GRADE-3 STUDENTS OF FEDERAL GOVERNMENT SCHOOL RAWAL TOWN 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 will provide evidence for the effectiveness of educational components in awareness, health promotion and well-being of students at elementary level. The topic of study is "Role of health education in awareness of health related concepts among grade3students of federal government school of Rawal town Islamabad". The sample of study comprised sixty students from Federal Governments girls school Rawal Town Islamabad. Self-administrated questionnaire and tests consisted of students' health awareness and physical health were 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.

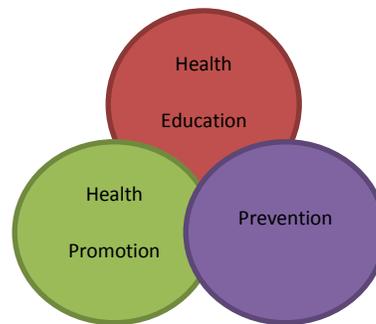
Keywords: Health education, Health promotion, well-being, Health Awareness, Socially deprived

INTRODUCTION

Health and physical fitness have a vital role in the life of men from time immemorial [1]. Increasing the awareness on health and physical activities in schools is a way to enhance the academic achievement of students. As schooling is related with development of the whole personality of a student and the values related to personality are related with whole life [2]. Healthy, well-nourished and motivated students can meet the challenges well in all aspects of life which they are going to face individually in their life. Different researches has been conducted regarding this scenario, including health related awareness, mortality rate and health related similarities with different behaviors with health status of lower education and having low financial conditions. The results were unsurprising as high achievements of education influence a positive influence on health behaviors and awareness [2, 3]. For an active tutoring system in the schools different readings display that education and healthiness are in each other's pocket. They have a strong relationship between each other for better achievement of students' learning at school and as a whole [3].The living conditions also affect the people's opportunities including the availability of health and social and economic conditions. These approaches are outside from the direct responsibility of health care sector, which is building great portion of awareness between better health promotion sectors [4]. Although there are many success stories related to health education and promotion at school at different work places, but the boundaries are not very well defined for implementation of this program. And it is also critical as a tool for promotion of health. However, there is very significant and challenging role for health promotion for change in health care practices in the schools and community [5].

Model of Health Promotion (Source: WHO, 2012).

Another study was conducted on health education awareness for prevention from disease with sample of under age of five children. They measure the effectiveness of treatment from diseases. They found low progress before the program and high progress after the program with coefficient of variance of 100% [6].



The efficiency of an educational health intervention program on girls' health awareness. This program was consisting of different health secession programs in different intervals of time. And it shows a significant difference in raising awareness of girls' health [7]. It was also conducted a study for an investigation of Quasi experimental controlled study to investigate the influence of SPARK on healthy life care consequences. The population of study was all students from grade five in after school program. They used linear mixed effect models were used to check te difference between interventions. Intervention student's self-assessment of their activity points compared to their peers expressive amplified to control group students [8].

The next study was conducted on awareness and practices towards malaria in communities of rural, semi-rural and bordering areas of east Delhi (India). They conducted a questionnaire based survey on awareness and practices towards malaria in communities .After examination of the data it showed reasonable to high awareness level among the respondent after providing awareness related health care and prevention [9]. What is the relation of health and academic achievement of a student, that's why school management, faculty and public society can make a good decision about their school that how they should manage the health education treatment programs in their institution base health education to maintain its wellness and hygiene. He found that health and academics are interrelated with each other and decrease in health vulnerability can make a difference in academic achievement of students at school level. so

awareness at this stage is compulsory to face challenges of health risk between school boys and girls [10].

Objectives

1. To identify the socially deprived student.
2. To compare differences on pre test and post test between control group taught through traditional routine and experimental group taught through health related concepts.

Delimitations

1. Federal area Islamabad
2. Students of grade 3 in Session 2015-2016

MATERIALS AND METHODS

Type of study

Experimental research design was used for assessment of awareness and physical health of students. Health education was the independent variable of study, and awareness and physical health was the dependent variables of experimental and controlled group. Pre-test and post- test, group design was used to find out level of physical health and awareness of experimental and control group.

Population

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

Group of participant

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

Material

Experimental research design was used for assessment of awareness and physical health of students. Self-developed questionnaire for awareness level of students and pre post-test were administered.

1. Pre-tests and pot tests for Experimental group and control groups.
2. Health awareness test for both groups.

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 evaluated via SPSS 22 statistical procedures used as (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 in experiment which was conducted in federal area girls school of Islamabad.

DATA COLLECTION

Data was collected from the selected sample of 30 control group and 30 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 responds.

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.
Pretest	Expe rime	30	22.50	1.92	.992	58	.47
	Contr ol	30	22.46	1.91			.47

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 & physical health (control group & experimental group)

Test	Groups	N	Mean	SD	t	Df	Sig.
Posttest	Experi mental	30	43.70	2.097	24.254	58	.000
	Control	30	27.70	2.984			

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 single-mindedness of this schoolwork was to pattern 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 was the population of study. Pre-test and post-test, group design was used to find out level of physical

health and awareness of the experimental and controlled group. Pilot test was conducted to find out the reliability and validity of the 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 groups. After giving the treatment to the experiment to the experimental group we analysis the data for post test where we found significant difference of the 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 a highly significant difference as the awareness level in the experimental group was higher than control groups. Ayaz investigated on physical exercise activities to maintain fitness and avoided avert risk of diseases. He concluded that this research will be helpful in designing persuasive strategies based on salient perceptions of the surveyed population for the follow up of exercise activities for need. He also found that a majority of participant knows that physical exercise and activities can improve better health and it need to develop a trend for exercise awareness [11]. It was also found that physical activity and awareness on health literacy enable students to spend a long life with good health. He found that how well a child can perform basic and fundamental movement skills by performing jumping, skipping [12]. Another study investigated the impact of correlation of physical activity of school children on their physical fitness and academic achievements and wellbeing [13].

That study found that school and colleges funded by the government have found more obesity ration in students as compared they are administrated and taught by him. Observations expose difference in the extent to which physical education participation in physical education is for a few minutes as compare to special led students for physical activity performed twice in a week is much beneficial for physical activities and fitness [14].

CONCLUSION

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 the elementary level.

REFERENCES

1. Petray, C.K. "Health related physical fitness: Concepts and activities for elementary school children". *Burgess Int. Group Inc.*, Bellwether Press, (1991).
2. World Health Organization. "What is the Evidence on School Health Promotion in Improving Health Or Preventing Disease And, Specifically, what is the

- Effectiveness of the Health Promoting Schools Approach*". WHO Regional Office for Europe, (2006).
3. Healey, B. J. & R. S. Zimmerman Jr. "The New World of Health Promotion: New Program Development, Implementation, and Evaluation". Prentice Hall of London, London, UK.:14-21 (2010).
 4. McAvoy, H. & Wilde, J. "Tackling health inequalities: An all-Ireland approach to social determinants". Combat Poverty Agenc.(2008)
 5. World Health Organization, Health education: "theoretical concepts, effective strategies and core competencies". WHO Regional Office for Europe: 3-16 (2012).
 6. Bui, Y.G., Trépanier, S., Milord, F., Blackburn, M., Provost, S. and Gagnon, S. "Cases of malaria, hepatitis A, and typhoid fever among VFRs, Quebec (Canada)". *Journal of travel medicine*, 18(6), pp.373-378(2011)
 7. Rao, R. S. P., A. Lena, N. S. Nair, V. Kamath and A. Kamath. "Effectiveness of reproductive health education among rural adolescent girls: a school based intervention study in Udipi Taluk, Karnataka". *Indian Journal. Med. Sci.*, 62(11): 439 (2008).
 7. Herrick, H., Thompson, H., Kinder, J. and Madsen, K.A. "Use of SPARK to Promote After-School Physical Activity". *Journal of School Health*,82(10):.457-461(2012)
 8. Tyagi, P., Roy, A. & Malhotra, M.S. *Knowledge, awareness and practices towards malaria in communities of rural, semi-rural and bordering areas of east Delhi (India)*. *Journal of vector borne diseases*, 42(1): 30 (2005).
 9. Dilley, J.A. "Research review: School-based health interventions and academic achievement." Washington State Department of Health (2009)
 10. Muhammad, A. "Analysis Of Adults Perception Regarding Awareness, Fitness & Trends Of Physical Exercise In Our Society." Unpublished Doctoral dissertation, Gomal University, DI Khan). (2009).
 11. Tompsett, C., Burkett, B. and McKean, M.R., 2014. "Development of physical literacy and movement competency: A literature review." *Journal of Fitness Research*, 3(2), pp.53-74.
 12. Vojnic, M. *Physical "Activity and Student Focus in the Primary Grades"*. Doctoral dissertation, University of Toronto(2014).
 13. Sallis, J.F., McKenzie, T.L., Alcaraz, J.E., Kolody, B., Faucette, N. and Hovell, M.F. "The effects of a 2-year physical education program (SPARK) on physical activity and fitness in elementary school students. Sports, Play and Active Recreation for Kids". *American journal of public health*, 87(8), pp.1328-1334(1997).