



A Study of Awareness among the Students, Teachers and Parents towards the Importance of Health and Hygiene

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Abstract:

The various sources like government, non-governmental program, TV, radio, newspaper etc, are always making the common man aware about importance of Health and good Hygiene. These sources are making the common people aware about the various ways to remain healthy. The alertness of the sources towards various diseases with their symptoms cure and prevention is valuable duty. But still healthy habits among the rural, tribal area are not seen to be improved. If these alertness had really made a good impact on the rural and tribal areas then the rural and tribal areas would have progressed and developed as areas of urban. May be this health and hygiene unawareness may not be the only reason for their backwardness. The factors like illiteracy; economic condition etc may be also the actors. But among all these actors that affect the progress of an area the researcher took to 'study the awareness among the students, teachers and parents towards the importance of health and hygiene' as a research problem.

Keywords: Awareness, Health, Hygiene

1. Introduction

The educational development and progress of the rural people is mainly dependent on healthy habits and good hygiene. Then 'What is meant by Health?' Health is a state of complete physical and mental well-being. This means that both the mind and body must be completely fit for a person to be considered healthy. Proper food, hygiene, rest exercise and correct posture are essential for remaining healthy.

Many times rural children specially the tribal areas have lot of dropouts from school, the reason may be the financial condition of the family, the educational background at home and society and the healthy habits and the hygiene of the children. As the healthy diet helps in the complete development of the child's body and mind as says this proverb that "Healthy mind rest in a Healthy body".

2. Objectives of Research

- To study the awareness about the health and hygiene among the students' of Kadi Taluka.
- To study the awareness about the health and hygiene among the teachers of Kadi Taluka.
- To study the awareness about the health and hygiene among the parents of Kadi Taluka.

3. Hypothesis of Research

- H₁:** The students of Kadi Taluka are completely aware of the importance of health and hygiene.
H₂: The teachers of Kadi Taluka are completely aware of the importance of health and hygiene.
H₃: The parents of Kadi Taluka are completely aware of the importance of health and hygiene.

4. Sample Selection

Keeping the objectives of research in the mind the researcher has selected sample of students, teachers and parents among three schools of Kadi Taluka which is shown in the table as below.

Table 1: Presenting the selected sample School

School	Akshar International School	NRA School	Sri Sri Bal Mandir	Total
Students	30	30	30	90
Teachers	7	7	6	20
Parents	10	10	10	30
Total				140

5. Research Instrument and Tool

Keeping in the mind the sample to tested, the questions were framed in such a way that the students could answer as per the option given as agree, partially agree and disagree. In the same way the questions framed for the teacher and parents could answer the questions in the option like agree, partially agree and disagree.

6. Research Findings

The Research findings of the research work are listed below.

6.1 Health and Hygiene awareness among the students of Kadi Taluka

The students of the Kadi Taluka are 44% completely aware towards the importance of health and hygiene, 30% are partially aware towards the importance of health and hygiene and 26% of the students are unaware. Thus the students of Kadi Taluka are not completely aware towards the importance of Health and Hygiene. Therefore “The students of Kadi Taluka are completely aware of the importance of health and hygiene” is rejected.

6.2 Health and Hygiene awareness among the teachers of Kadi Taluka

The teachers of the Kadi Taluka are 51% completely aware towards the importance of health and hygiene, 26% are partially aware towards the importance of health and hygiene and 23% unaware towards the importance of health and hygiene. Thus the teachers of Kadi Taluka are not completely aware towards the importance of Health and Hygiene. Therefore “The teachers of Kadi Taluka are completely aware of the importance of health and hygiene” is rejected.

6.3 Health and Hygiene awareness among the parents of Kadi Taluka

The parents of the Kadi Taluka are 40% completely aware towards the importance of health and hygiene, 25% are partially aware towards the importance of health and hygiene and 35% unaware towards the importance of health and hygiene. Thus the parents of Kadi Taluka are not completely aware towards the importance of Health and Hygiene. Therefore “The parents of Kadi Taluka are completely aware of the importance of health and hygiene” is rejected.

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