

STUDY OF THE EFFECTIVENESS OF NATUROPATHY PROGRAMME DESIGNED TO IMPART HEALTH EDUCATION FOR SECONDARY STUDENTS

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Abstract

In 21st Century there is variety of media and internet available to school children, at their fingertips, but at the same time health of school children is a great cause of concern. Therefore health education is an important area identified in the National Curriculum Framework. Again if the school teacher specially teaching health education subject becomes aware about health education and if necessary skills are developed among them then and then only the school teachers can transmit this knowledge and skills to the school children. Secondary school students are facing lot of health related problems due to which they are lacking in their studies also. School going children can have little knowledge about nature oriented methods through which they can easily overcome on their health problems. Therefore an attempt was made to develop a special naturopathy programme to impart health education for secondary students and also to study its effectiveness. A 15 days special programme of health education was designed for this purpose. The students of Vitthalrao Shivarkar Secondary School, Pune were the sample. The results revealed that the naturopathy programme developed to impart Health Education is beneficial to create awareness about improvement of mind concentration, healthy eating habits, social health, and also maintaining General Health.



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1.1 INTRODUCTION:

During the process of all round development of the school students it is necessary that they should be healthy. Health Education includes physical education, yoga and pranayama, emotional and intellectual development and that is why Health and Physical Education is a compulsory subject at primary and secondary level. Health is a major factor in physical, mental, and intellectual development of school students.

1.2 OBSERVATION ON REVIEW RELATED LITERATURE:

- Health education is compulsory at primary and secondary level
- Yoga, Pranayama and regular exercise is necessary for healthy body and mind purification.
- Balanced and nutritious diet is necessary for a better co-ordination between body, mind and thoughts.

1.3 NEED OF THE STUDY:

School children are facing lot many problems related to health. Many times health problems are the major cause of wastage and stagnation of secondary school students.

Physical and Health Education is compulsory in every secondary school. Although a separate teacher is appointed for physical education at secondary level. It is not possible for a single teacher to shoulder the responsibility effectively hence every teacher should involve in imparting Health Education to students through the teaching of various subjects like science, environmental education, physical education and also through various activities and programmes organised by the school for the students to keep them healthy.

Teachers should inculcate good habits related to health, students are getting health related information and they implement it in their day today life.

Researcher motivated to undertake research the need to impart health education to secondary students as they are future citizens of India and would be healthier.

1.4 TITLE OF THE RESEARCH PROBLEM:

“Study of the Effectiveness of Naturopathy Programme designed to impart Health Education for Secondary Students.”

1.5 OPERATIONAL DEFENITIONS:

- **Effectiveness:** Significant difference between pre-test and post-test on health awareness and qualitative feedback from secondary students.
- **Naturopathy Programme:** A plan of action chalked out to impart health education
- **Impart:** To conduct.
- **Health Education:** A teaching learning process is developed in order to enhance Physical, mental, Spiritual, and social health of students.
- **Secondary Students:** Students studying in 9th and 10th standards in Vitthalrao Shivarkar Secondary School

1.6 OBJECTIVES OF THE STUDY:

- To find out existing awareness level regarding health among secondary students.
- To implement health related activity programme based on Naturopathy for secondary students.
- To study effectiveness of special health programme based on naturopathy.

1.7 HYPOTHESIS:

1.7.1 Research Hypothesis:

There is significant difference in the health awareness of secondary students after the implementation of Health Education Programme based on Naturopathy.

1.7.2 Null Hypothesis:

There is no significant difference in the health awareness of secondary students after the implementation of Health Education Programme based on Naturopathy.

1.8 SAMPLE:

Population: The students studying at secondary level in Vitthalrao Shivarkar Secondary School for Academic Year 2017-18.

Sample: The Students who attended special health education programme based Naturopathy (124 students).

1.9 RESEARCH TOOLS:

Pre-test, Post-test, Special health education programme based on naturopathy- feedback shed.

2.0 STATISTICAL TOOLS:

(Percentage, Graphs, t-tests.)

- **Percentage:** It was used in the analysis of the responses given by secondary students in the feedback sheets.
- **'t'-test:** It was used to find out effectiveness of the special health education programme based on naturopathy.
- **Graphical Representation:** It was used to study the awareness of health education of the students as well as to compare the pre-test and post-test results of the secondary students.

2.1 METHODS OF RESEARCH:

Experimental method: In which single group, pre-test- post-test design was used.

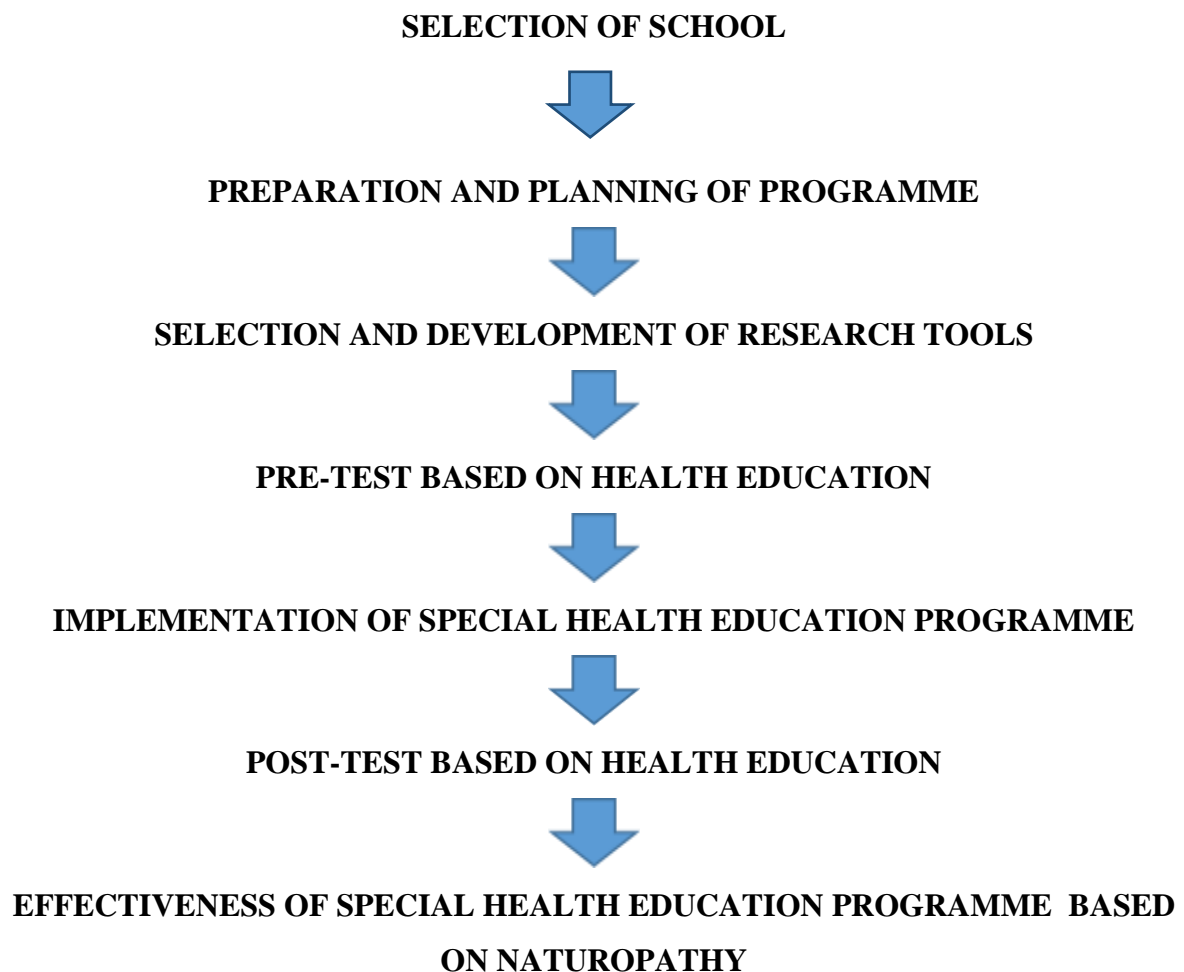
2.2 IMPORTANCE OF PRESENT STUDY:

Proposed Study will be beneficial for:

- Secondary Students to understand importance of health.
- Secondary Students to participate in all the programmes related to health.
- School Teachers imparting knowledge of Physical and Health Education to the students and how to inculcate healthy habits among students
- School teachers to plan and conduct health related programmes.

2.3 PROCEDURE:

- **Preparations for the programme:** Researcher read reference literature related with Health Education. In consultation/discussion with the guide, senior school teachers, naturopathy doctors and colleagues, the research problem was finalized. The programme proposed was prepared.
- **Conducting Pre-test:** All the students of 9-A and 10-A class were given pre-test.
- **Procedure:** The following flowchart depicts the procedure followed for research:



(Fig.1 Flow chart of Implementation of special Health Education Programme)

- **Conducting Post-test:** All Students studying in 9-A and 10-A were given post-test after completion of special Health Education programme based on Naturopathy. The researcher also gave feedback sheets to the students.

2.4 ANALYSIS AND INTERPRETATION OF DATA:

- To implement Health related activity programme based on Naturopathy for secondary students.

To achieve this objective researcher conducted special Health Programme based on Naturopathy.

For the purpose of experimentation researcher selected single group pattern. In this type of pattern only one group was selected. Test has been administered at two different events. Mean, standard deviation and correlation between pre-test and post-test have been calculated.

Results received of pre-test and post-test

	Pre-Test	Post-Test
No. of Students (N)	N1=124	N2=124
Mean (M)	M1=21.65	M2=34.95
Standard Deviation (σ)	$\sigma_1=7.12$	$\sigma_2= 3.6$
Standard Error of Mean	$\sigma M_1=0.0639$	$\sigma M_2=0.323$

(Table No.1 Comparison of the Pre and Post-Test mean)

➤ **Observation:**

Difference between means (D) =13.30

Correlation (r) = 0.17

Standard Error of Difference (σD) =0.6651

't'-value = 20.00

For df 123 't' value is 1.98

Obtained 't' value 20.00>1.98

Obtained 't' value is far higher than 1.98 and hence significant at 0.01 and 0.05 level.

➤ **Inference:**

There is significant difference in the health awareness of secondary students after implementation of the special health education programme based on Naturopathy and hence Null Hypothesis is rejected.

➤ **Conclusion:**

Special Health Education Programme based on Naturopathy is Effective.

To Study Effectiveness of Special Health Programme based on Naturopathy.

To achieve this objective researcher have taken feedback from secondary school students.

❖ **QUALITATIVE ANALYSIS:**

Analysis of students' responses from feedback sheets:-

Q1. Whether time of Health Education programme based on Naturopathy is appropriate?

Observation: All the secondary students feel that the time selected for implementing Health Education Programme based on Naturopathy is appropriate.

Q2. Whether the time allocated to Health Education Programme based on Naturopathy is sufficient? If no, how much time should be given to this activity.

Observation: Many students have the opinion that the time allocated to this activity should be increased, it should be at least one hour every day.

Q3. Do you think that Health Education Programme based on Naturopathy is beneficial?

Observation: All students have the same opinion that Health Education Programme based on Naturopathy is beneficial.

Q4. How Health Education Programme based on Naturopathy is beneficial for an individual?

- Feel enthusiastic about studies.
- Feel healthy.
- Development of social health.
- Concentration of mind through Yoga and Pranayama.
- Inculcation of Balanced and nutrient diet for healthy life.

Observation: Most of the students feel enthusiastic while studying some things, also feel that development of social health is possible due to Special Health Education based on Naturopathy.

All students feel that mind concentration is possible due to special Health Education Programme based on Naturopathy.

Many students feel that special health also maintained due to this programme.

Most of the students feel that inculcation of balanced and nutrient diet for healthy life has been developed through this special Health programme.

Q5. Write your suggestion/opinion about Special Health Education Programme based on Naturopathy.

Observation: All the students attended Health Education Programme happily. All students liked the programme whole heartedly. Some gave suggestion that Yoga and Pranayama should be exercised by sitting on the floor regularly everyday, organize lectures of eminent persons and the time should be enhanced.

2.5 CONCLUSIONS:

- Allotment of 1st period in school time table is appropriate for Health Education activities.
- Throughout the academic year, every day one clock hour should be given to Health Education activities.

- Health Education activities (YOGA and PRANAYAMA) helps in mind concentration.
- Extended change in student behaviour is possible if Health Education is imparted through active programmes.
- Health Education is useful not only for maintaining general health of students but also for improvement of health.
- All round development of the students is possible if Health Education is imparted through active programmes.

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