

## HEALTH PROMOTING BEHAVIOUR AMONG SECONDARY SCHOOL CHILDREN WITH RESPECT TO GENDER

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### Abstract

*The way in which people care for their health affects not only their health, but also their well-being, quality of life, and work ability. The lifestyle and health behavior have a significant impact on health, whereas a lack of pro-health behavior may cause the risk of many diseases and mortality, especially among men. The Health awareness includes different protective measures to maintain and improve health. Ultimate goal of the instructional health services programme is the attainment of physical, mental and emotional health of every student to the optimum level, which enables them to acquire desirable health habits. The quality and the quantity of health of an individual depends upon the conditions of human body. The present study was conducted on 320 children from Medchal district of Telangana State studying in Class IX. The result reveals that there was a significant difference in health promoting behaviour among secondary school students with respect to gender.*

**Key Words:** Health promoting behaviour, secondary school, healthy habits.



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### Introduction

*It is health that is real wealth  
and not pieces of gold and silver*

Mahatma Gandhi

Health behaviors are actions individuals take that affect their health. They include actions that lead to improved health, such as eating well and being physically active, and actions that increase one's risk of disease, such as smoking, excessive alcohol intake, and risky sexual behavior. Five key health-related behaviors for chronic disease prevention are never smoking,

getting regular physical activity, consuming no alcohol or only moderate amounts, maintaining a normal body weight, and obtaining daily sufficient sleep.

Health promotion behaviors entail a positive approach to living and a means of increasing well-being and self-actualization. Health-promoting behaviors prevent diseases, decrease morbidities, improve the quality of life, and decrease healthcare costs.

Health promotion is, as stated in the 1986 World Health Organization (WHO) Ottawa Charter for Health Promotion, the "process of enabling people to increase control over, and to improve their health."

The following evidence-based approaches can be useful in encouraging patients to adopt specific health behaviors.

- ❖ Physical activity prescriptions.
- ❖ Healthy eating goals.
- ❖ Brief behavioral therapy for insomnia.
- ❖ Patient education to prevent medication non adherence.
- ❖ Support to quit smoking.

### **Objective of the Study**

To find the health promoting behaviour among secondary school children with respect to gender

### **Hypothesis of the Study**

**Hypothesis:** There will be no significant difference between health promoting behaviour among secondary school children in relation to their gender.



### **Sample of the Study**





For this study the researcher had adopted the random sampling technique. A sample of 320 students from government and private schools studying in class IX in state syllabus pattern belonging to Medchal district of Telanagan State constituted the sample.

### **Tools for data collection**

This study was conducted by using quantitative methods of data gathering by the researcher through field visit to the described school in Medchal district of Telangana State. Survey method was adopted for the study. Questionnaire was prepared by the researcher, validity and reliability was established.

*The tool Health promoting behaviour has five dimensions, they are*

-  Nutrition
-  Social Support

-  Health Responsibility
-  Life Appreciation
-  Exercise
-  Stress Management

**Analysis and Interpretation**

**Hypothesis:** There will be no significant difference between health promoting behaviour among secondary school children in relation to their gender.

**Table 1: Showing health promoting behaviour gender wise**

Dimension	Gender	N	Mean	Std. Deviation	F value	Sig	df
<i>Nutrition</i>	Boys	156	20.69	4.86	1.37	0.84	
	Girls	164	20.47	5.02			
	Total	320	20.58	4.94			
<i>Social Support</i>	Boys	156	23.99	6.31	5.64	0.05*	
	Girls	164	25.56	6.68			
	Total	320	24.78	6.49			
<i>Health Responsibility</i>	Boys	156	24.94	6.12	4.67	0.05*	
	Girls	164	25.93	6.55			
	Total	320	25.43	6.33			
<i>Life Appreciation</i>	Boys	156	27.96	8.37	1.21	0.27	1, 318
	Girls	164	29.82	8.25			
	Total	320	28.89	8.31			
<i>Exercise</i>	Boys	156	15.96	4.84	1.82	0.17	
	Girls	164	15.35	5.02			
	Total	320	15.66	4.93			
<i>Stress Management</i>	Boys	156	18.69	5.71	2.50	0.85	
	Girls	164	20.28	5.73			
	Total	320	19.48	5.72			
<b>Total Health Promoting Behaviour</b>	Boys	156	22.64	3.15	4.88	0.05*	
	Girls	164	24.05	3.44			
	<b>Total</b>	<b>320</b>	<b>23.34</b>	<b>3.29</b>			

The above table shows the health promoting behaviour among secondary school students in relation to gender. The mean scores obtained for nutrition dimension of boys was 20.69, girls was 20.47, social support boys was 23.99 , girls was 25.56, health responsibility boys was 24.94, girls was 25.93, life appreciation boys was 27.96, girls was 29.82, exercise boys was 15.96, girls was 15.35 and in stress management boys was 18.69, girls was 20.28. The obtained F values for nutrition, life appreciation, exercise and stress management were 1.37, 1.21, 1.82 and 2.50 with a df of 1 & 318 which were statistically not significant. The obtained F value for social support, health responsibility and total health promoting behaviour were 5.64, 4.67 and 4.88 with a df of 1 & 318 was found to be statistically significant at 0.05 level of significance.

Hence the hypothesis which states that, there will be no significant difference between health promoting behaviour among secondary school children in relation to their gender is **rejected**. Therefore it may be inferred that in the health promoting behaviour among secondary school children in relation to gender, girls were better than boys, and it was statistically proved.

### **Findings**

- ✚ Boys were better than girls in the dimensions of nutrition and exercise among health promoting behaviour.
- ✚ Girls were better than boys in the dimensions of social support, health responsibility, life appreciation and stress management among health promoting behaviour.

### **Conclusion**

Health Behavior addresses the behavioral, social, and cultural factors related to individual and population health and health disparities. Proper health education creates lots of ways to go ahead in the future. It makes children strong mentally, socially and intellectually by increasing their knowledge level, technical skills and understanding level to improve their health. The aim of health supervision is to provide healthful school living. It is related to the entire physical, social and emotional environment surrounding the pupil. It not only involves safe sanitary facilities but also includes careful planning of the school day for study, play and rest. Well-arranged lighting and fans, seating arrangement, reliable equipment for fire protection, adequate toilet and drinking water facilities are necessary for students to lead a healthy life at school.

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