



Knowledge and attitude towards school health program among primary school teachers

Mrs. Ekta Patel

Assistant Professor, Department of Community Health Nursing, Pioneer Nursing College,
Vadodara, Gujarat, India.

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ABSTRACT

Background of the study: Teachers play a vital role in the success of the School Health Programme, which aims to improve the health of school-aged children. They won't be able to apply the software effectively since they lack even the most fundamental grasp of it. Studies assessing teachers' familiarity with school health programs are important because they inform policymakers' judgments about how to execute such initiatives. Teachers play a pivotal role in a child's development and it is their duty to instil in student's good lifestyle patterns that will benefit the nation's next generation. Primary school teachers in Nadiad, Kheda, Gujarat, were surveyed as part of this research to evaluate their familiarity with and enthusiasm for school health initiatives.

Materials & Methods: Teachers were selected for this descriptive cross-sectional survey using a stratified disproportionate random sampling strategy. To measure students' familiarity with, and outlook on, school health programs, researchers developed a knowledge questionnaire and a five-point Likert's attitude scale. **Result:** Statistics, both descriptive and inferential, were used to tabulate and evaluate the data. Eighty-seven percent of the students in the sample had an average understanding, and 78% had a positive outlook on the school health program. **Conclusion:** Primary school educators have a standard understanding of health education in the classroom. It is the responsibility of the administration to increase faculty members' familiarity with health education in the classroom. The goals of the school health program cannot be realized without training interventions to improve their expertise in the subject under investigation.

Key Words: School health program, primary school teachers



Introduction:

An increasing percentage of the world's population, around 1.2 billion people, are now of school age. ¹ One of the key places where kids and teens learn about the issues that affect their health is at school. Also, this location may serve as a provider or coordinator of all required medical treatment. One-third of our population is comprised of young people, and they are supposedly our whole future². It is essential that the well-being of our kids and the preservation of their health be held in the highest regard. Urgent health and social issues have highlighted the need for cooperation between families, schools, organizations, communities, and governments to take a holistic approach to health promotion in the school setting. ³

Children and young people may improve their health, grow to their full potential, and forge positive, long-lasting connections with the help of a wide range of services and programs that are part of a comprehensive school health strategy and take place in and around schools. ⁴ Specifically, this refers to the subfield that works to provide an unbiased assessment of a person's health. Teachers may use health assessments to screen for common illnesses and identify mental disturbances that may be interfering with students' ability to study. ^{5,6}

Teachers are responsible for alerting parents and authorities to a child's condition by conducting regular health assessments on all students, staying vigilant over the health needs of their students, and implementing screening procedures to detect learning disabilities and stunted growth and development. The importance of following up on recommendations to make sure kids get the help they need, Assistance with problem-solving for kids who aren't already under a doctor's care, including counselling and, if necessary, access to emergency services Making school more fun and productive by tailoring the school's health program to the requirements of each individual student, taking on, and empathizing with, the challenges that students face.⁷

Health Promotive and Protective Services, such as a clean and safe learning environment, personal cleanliness, nutritional support, extracurricular sports and activities, and health education, are all a part of the School Health Programme, in which teachers play an active role. School health records, health evaluations, and specialized medical care all fall under "Therapeutic Services." Teachers are crucial to the success of school health programs because of the important role they play in implementing these initiatives. ⁸



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Materials & Methods: Over the course of a year, we used a simple random sample method to conduct a descriptive cross-section survey among instructors. Knowledge and perspective on the school health program were evaluated using a standardized questionnaire and a five-point Likert scale. The research was conducted after receiving approval from the Institutional Ethics Committee and the principals of the secondary schools involved in Nadiad, Kheda, Gujarat. Using a method called stratified disproportionate random sampling, 100 representative samples were selected. All participants were given a structured knowledge questionnaire and a Likert's attitude scale that had been pre-tested. After informing the participants about the importance of the research, they gave their permission voluntarily. Descriptive and inferential statistics were used to examine the data.

Result: Demographic information indicates that out of a total of 100 respondents, over half (49%) are between the ages of 41 and 50. There were 76 females and 24 males, or 76% females and 24% males, respectively. The vast majority (62%) were PTCs, while 40% had between 15 and 20 years of experience and 28% had participated in some kind of training or in-service education programme.

Table:1 Distribution of Samples According to Grading of Knowledge Score.

n=100

Grade	Score	Frequency (F)	Percentage (%)
Poor	≤ 10	5	5%
Average	11-20	87	87%
Good	21-30	8	8%
Total:		100	100%

Table: 1 depicts that the majority of the samples (87%) were having average knowledge regarding school health programs.



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www.gloriousjournal.com**Table: 2** Attitude of samples towards school health program.**n=100**

Attitude	Score	Frequency (F)	Percentage (%)
Favorable	70-100	78	78%
Unfavorable	<70	22	22%

Table: 2 shows that 78(78%) samples had a favorable attitude towards the school health program.

Discussion: In this research, we found that primary school teachers had moderate awareness of and positive views about school health programs. that agrees with results from baseline and control investigations by Girish Manohar Chavan et al. References: Girish Manohar Chavan et al.⁹, Olugbenga Temitope Kuponiyi et al¹⁰, Obembe TA et al,¹¹ G E Ofovwe et al ¹²

Conclusion: Teachers' knowledge and comprehension of school health programs should be examined on an ongoing basis using many measures. Educators should be provided with opportunities for ongoing health-related training and instruction, with a focus on the fundamental roles that first aid and hygiene play in maintaining students' physical and mental well-being in the context of school health programs.

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