

KNOWLEDGE AND ATTITUDE TOWARDS SCHOOL HEALTH PROGRAMME AMONG PRIMARY SCHOOL TEACHERS

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ABSTRACT

Background of the study

Teachers are having a crucial role to facilitate optimistic health among school-age children through the School Health Programme. Lack of basic knowledge of the programme among them will hamper its effective implementation. Studies to gauge teachers' knowledge of school health programme are necessary as it will guide the administrative decision in the context with school health programme implementation. Being an essential member of school, it is the responsibility of teachers to inculcate healthy habits amongst children which thereby makes the future generation of a country healthy. This study was conducted to assess the knowledge and attitude regarding School health programme among primary school teachers of selected primary schools of Nadiad, Kheda, Gujarat.

Materials & Methods

A descriptive cross-sectional survey was conducted among teachers using stratified disproportionate random sampling technique. Structured knowledge questionnaire and five point likert's attitude scale was constructed to assess the knowledge and attitude regarding school health programme.

Result

The collected data was tabulated and analyzed by using descriptive and inferential statistics. The results shows that among majority of the samples (87%) were having average knowledge and majority (78%) has favourable attitude towards school health programme.

Conclusion:

An average level of knowledge was found regarding school health programme among primary school teachers. Administrative bodies have the obligation to improve knowledge level of

teachers regarding school health programme. Training intervention are require to upgrade their knowledge in the study area to achieve desired objectives of school health programme.

Key Words: School health programme, primary school teachers

Introduction

Globally the number of children reaching school age is estimated to be 1.2 billion children (18 % of the world's population) and rising¹

School can be one of the primary sites through which children and youth learn about the factors that influence their health. It also can be the site that provides or coordinates some or all of the needed health care services. It has been said that youth are one-third of our population and all of our future.²

The health and well-being of children and youth must be a fundamental value of society. Urgent health and social problems have underscored the need for collaboration among families, schools, agencies, communities and governments in taking a comprehensive approach to school-based health promotion.³

A comprehensive school health approach includes a broad spectrum of activities and services which take place in schools and their surrounding communities that enable children and youth to enhance their health, develop to their fullest potential and establish productive and satisfying relationships in their present and future lives.⁴ It is the aspect that concerns itself with the evaluating the health of an individual objectively. Health appraisals afford the school teachers the opportunity to detect signs and symptoms of common diseases as well as signs of emotional disturbances that could impede the learning activities of children.^{5,6}

Role of teachers: Bringing a child's condition to the attention of parents and authorities through performance of periodic health appraisals on all school children, continuous alertness over health needs of pupils in the class, as well as initiating specific screening procedures to identify disabilities and faltering of growth and development, Follow up of referrals to ensure that children receive appropriate care, Helping of children who are not directly under the care of physicians to solve their problems through counseling, and access to emergency help as the case may be, Adaption of the School Health Programme to the needs of the specified child, undertaking of and empathizing with children's problems in such a way as to make the school more enjoyable and effective.⁷

Teachers are involved with the components School Health Programme, such as-Health Promotive and Protective Services which includes wholesome school environment, personal

hygiene, nutritional services, physical and recreational activities and health education. Therapeutic Services comprising of health appraisal, Specialized Health Services like treatment and follow up and School Health Records. School teachers plays a vital role in the implementation of school health programme are essential in ensuring the effectiveness and overall success of the School Health programme.⁸

Materials & Methods

A descriptive cross-sectional survey was conducted for a period of one year among teachers using simple random sampling technique. Structured knowledge questionnaire and five point likert's attitude scale was constructed to assess the knowledge and attitude regarding school health programme. Approval of Institutional Ethics Committee & Principals of selected secondary schools, Nadiad, Kheda, Gujarat was obtained prior to the conduction of the study. Total 100 samples were selected by applying stratified disproportionate random sampling. Pilot-tested structured knowledge questionnaire and likert's attitude scale was administered to each study participant. The subjects were explained about the need of the study and informed consent was taken. Data were analyzed by using descriptive and inferential Statistics.

Result

Demographical data reveals that out of 100 respondents under study majority of the respondents (49%) belongs to age group of 41- 50 years. Regard to Gender (76%) was female and 24 (24%) were male. Majority (62%) were PTC, majority (40%) were with the work experience of 15 -20 years, 28% have undergone training/ 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 majority of the samples (87%) were having average knowledge regarding school health programme.

Table: 2 Attitude of samples towards school health programme

[N=100]

Attitude	Score	Frequency (F)	Percentage (%)
favorable	70-100	78	78%
UnFavorable	<70	22	22%

Table-2 shows that 78(78%) samples had favourable attitude towards school health programme.

Discussion:

The prominent finding in our study shows that primary school teachers have average knowledge however had favourable attitude towards school health programme. which is consistent with baseline and control findings from studies conducted by GirishManoharChavan et al.⁹, OlugbengaTemitopeKuponiyi et al¹⁰, Obembe TA et al,¹¹ G E Ofovwet al¹²

Conclusion:

School teachers should be periodically assessed at various levels to get status of their knowledge and understanding regarding school health programme. It should be ensured that teachers should receive continued education and trainings related to health, especially importance of first aid and hygiene as vital components of school health programme.

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