

Syllabus**1. Health Education****1.1 Meaning and Concept of Health Education****1.2 Aims/Objectives of Health Education****1.3 Scope of Health Education****1.4 Importance of Health Education****1.5 Principles of Health Education****1.6 Factors Implementing Health****1.7 Importance of Community Participation for the Health Promotion and Welfare of a individual, family and community – W.H.O., Indian Red Cross Society, T.B. Association of India, Indian Council for Child Welfare, Family Planning Association of India, Hindu Kusht Niwaran Sangh.****INTRODUCTION**

Health education is one important activity that is commonly undertaken to promote health. It is the communication of information that enables people to make decisions about to follow those health-related activities at all stages of life which- are conducive for proper health.

It is concerned with communicating on those areas that are related to water supply, sanitation, community health, mental health, disease control, personal hygiene, disaster management cycle, reducing the risk of communicabl disease and its transmission, proper nutrition, alcohol anc drugs, accident and first aid etc.

1.1 MEANING AND CONCEPT OF HEALTH EDUCATION

The present age is generally called the electronic age or space age or the push button age but if we have a look on the other side, we can say that present age is the polluted age. This age of pollution has been telling upon the health of individuals and 'health' is one of the major objectives of Physical Education. It has become a matter of serious concern for us to keep up the health of human

beings. Although a rational programme of Physical Education can no doubt contribute to health yet health is dependent on more than just participation in physical activities, however, they may be carefully drawn up and administered. Hygienic conditions, protection from infection, treatment of diseases and deformities, adequate nutrition and regulated living are all major factors on which health depends. So, it has become a focal point of attention to know about the details of health education.



Health education, in the past, was concerned almost exclusively with health instructions, with a view to impart health knowledge, in the hope that such knowledge will lead to better health. But now, we accept the fact that health knowledge does not necessarily lead to health. It is only when knowledge is put into practice that it becomes useful. The modern approach to health education in schools and colleges, therefore, is to adopt all the possible measures that will lead the pupils to develop not only health knowledge but also health habit. To have a clear understanding about health education, we should know the views of various eminent scholars as well as educationists.

1. Dr. Thomas Wood's view : Health education is the sum of experiences, which favourably influence habits, attitudes and knowledge, relating to individual, community and social health.

2. R.E. Grount's view : Health education is the translation of what is known about health into desirable individual and community behaviour pattern by means of educational process.

1.2 AIMS/OBJECTIVES OF HEALTH EDUCATION

Aim of Health Education :

1. Help students to assimilate the body if knowledge appropriate to health education.
2. Expose students to a variety of activities experience related to health education.
3. Help individuals develop a sound understanding total development and enable them to attain positive images.
4. Provide opportunities for students make perscr decisions related to their intellectual, physical emotional development.
5. Allow students to experience social relations that will encourage desirable behaviour, leadership and co-operation with others.

Objectives of Health Education :-

For Students :-

1. A positive attitude towards physical fitness and good health.
2. A personal value system and satisfactory relationship with peers.
3. Increased self-awareness and a positive self concept.
4. independence, interdependence, and a sense of responsibility.
5. An understanding of human sexuality.
6. An understanding of appropriate factual information and concepts.



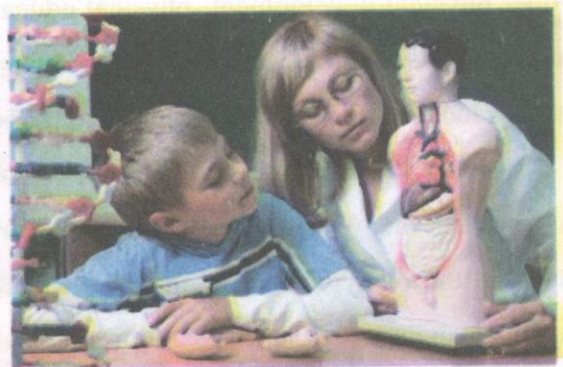
For Patients and Public :-

1. To increase public awareness- that disease significant public health problem.
2. To increase public awareness of symptoms and of disease.
3. To improve the knowledge and attitudes of patients about detection, treatment and control of disease.
4. To promote the family and community educational material essential for positive lifestyle habits.
5. To create public awareness about the effects of alcohol, smoking and drugs, etc.



For Health professionals :-

1. To increase knowledge, attitude and skills of all health professionals regarding sign, symptoms and management strategies for health hazards to improve disease control.
2. To encourage health professionals to treat patients carefully.
3. To develop resource and material for use of health professionals,



4. To promote research all over the world to curb nee hazards.
5. To encourage continuing educational programmes accurate, information on diagnosis and treatment diseases.

1.3 SCOPE OF HEALTH EDUCATION

‘Health education’ is a wide term. It has a wide scope because it is a closely related to many other aspects, besides knowledge of health. In this comprehensive approach, health education has three major phases, which are stated below. These are also called the aspects of health education.

1. Health Services
2. Health Supervisions
3. Health Instructions



1. Health Services : The main functions of health services are to detect illness, abnormalities and handicaps from which children are suffering, and to treat and correct them with cooperation of parents, to protect children from diseases, especially infectious diseases. The procedures used in health services are routine medical inspection at fixed intervals and adoption of protective, safety and first aid measures. Health examination or evaluation must be done at least once in a year. For proper physical development, physical education should be made a compulsory subject for each student. Students can develop their personality through the activities of physical education. Mental health education should also be imparted properly.

2. Health Supervision : The purpose of health supervision is to ensure a healthful school environment that will keep the children free from health hazards and also stimulate in the child an appreciation for hygienic and orderly environment. This can be achieved through steps that will ensure clean and well-kept school buildings, clean and attractive compounds, neat and airy classrooms and hygienic and healthy school procedures. Drinking water should be kept in clean vessels

which are covered and from which water can be taken without causing pollution. School furniture must be carefully constructed to satisfy hygienic standards. The height of the bench should be adequate. Classrooms must be spacious and must have sufficient windows and doors to provide plenty of light and proper ventilation.

One of the health menaces around schools particularly city schools, is the cheap food vendors. Every effort should be made to prevent the approach of such hawkers in the vicinity of the school. The students should be cautioned about the danger and disadvantages of such foods. There should be sufficient number of urinals and toilets. They must be kept clean. Water should be available in latrines.

3. Health Instructions : The main function of health instructions is to make a direct effort to equip the child with the necessary health knowledge that will develop in him attitude and habits of health. It has been realised that mere knowledge of health principles do not necessarily lead to health practice. Therefore, hygiene should be taught in a practical way. Health knowledge can be inculcated through incidental instructions. Another way of teaching health is through correlation. During



the study of chemistry, the subject may be CO_2 . It may be made a suitable occasion to teach about the bad effects of CO_2 . This way of imparting health instruction will be interesting as well as stimulating. Films regarding health practices can be very effectively used. This will have a long-lasting effect. Charts, diagrams and models are excellent teaching aids in health education. The emphasis in health instruction for the young children should be on personal cleanliness, particularly care of hands, hair, eyes and ears, etc. Facts about nutrition may be simply explained to the young children while more scientific details can be given to the grownups.

Health education through health services, health instructions and health supervision can make a substantial contribution to the health of our nation.

1.4 IMPORTANCE OF HEALTH EDUCATION

It is a hard fact that education is the only means through which we come to know the hidden powers of the students. Education is responsible for the physical and mental development of students. Laying stress on the importance of health education, Swami Vivekanand said: This Atma is not attainable by a weak man. Moreover, the amelioration and welfare of a country depends upon the health



of its citizens. If the citizens of a country are healthy, that country is sure to make the apex mark in every facet of life. We have a lot of examples in the history of sports, where health was considered an essential part of life. Many people achieved highest mark in various fields and enabled their countries to win laurels and glory at the international level. Therefore, Emerson says: The first wealth is health. If health is so precious asset then education of health is, indeed, more important. Because health awareness can be kept or maintained if we get proper education regarding health. Health education helps us in various ways, which are described below :

1. It provides information about health and hygiene. Health education provides information, to the students and the teachers about the functioning of the body, the rules of health and hygiene and precautionary measures for keeping off the diseases. Health education is not only imparted through books but it is also imparted through charts, diagrams, films, models and slides. So, it becomes valuable not only for the students but for the uneducated class also.

2. It helps in discovering physical defects. Health education helps in discovering physical defects or postural deformities of children. It helps in discovering various types of abnormalities. It also promotes their corrections if they are remediable.

3. It promotes desirable health habits. It establishes the health habits and principles of living, which will ensure abundant vigour and vitality throughout the life of individuals. It develops health habits like need of fresh air, hygienic feeding and various classroom habits.



4. It helps in maintaining norms of good health. Health education provides knowledge regarding hygienic environment. It provides information for adequate ventilation, proper temperature, good sanitation and all round cleanliness.

5. It improves human relations. Health education develops better human relations. It means developing good relations between school, home and community. It educates students to do their best for the betterment of health of their friends, relatives, neighbours and the whole community.



6. It provides knowledge regarding prevention and control of diseases. Health education provides the knowledge regarding prevention and control of various diseases. It enables the children to take precautionary and preventive measures against contamination, contagion and spread of diseases. Through health education, we come to know that sanitation arrangements should be good. Urinals and toilets should be kept clean. It provides us the knowledge regarding proper measures to control various diseases. We come to know the symptoms, causes, precautions and remedies of diseases.



7. It provides first aid training. Health education provides first aid training to children. First aid training is essential for everyone because emergency may come to anyone and at any time. Many lives can be saved if first aid is given in time.

1.1 (5) PRINCIPLES OF HEALTH EDUCATION

1. Interest :

It is a psychological principle that pupils do not listen to those things which are not to their interest. That is why health teaching should relate to the interests of the pupils. The pupils are not interested in health slogans such as 'take care of your health' or 'be healthy'. Health educators must find out the real health needs of the pupils.



Psychologists call them “felt needs” i. e. ‘needs’ the pupils feels about themselves. If a health programme will be based on 'felt needs' pupils will gladly participate in the programme and only then it will be a pupils programme. The health educator will have to bring about recognition of the needs before he proceeds to tackle them.

2. Participation :

Participation is based on the psychological principle of active learning and group discussion, panel discussion, work shop all provide opportunities for active learning. Health education must include not only the personal element but also social. However the personal and community health are closely interlinked and interdependent. To live must and to live best may be a very desirable motto for health.education.



3. Comprehension :

In health education one must know the level of understanding for which the teaching is directed. One barrier to communication is the use of words which cannot be understood. Especially in the lower grades children do not understand the meaning of health. They are not interested in it as adults are.

Therefore, they should be led to practice certain health habits through concrete goals than to be imparted certain abstract rules of health which are difficult to comprehend. So the teaching should be within the mental capacity of the children

4. Reinforcement :

Few children can learn all that is new in a single period. Repetition at intervals extremely useful. It assists comprehension and understanding so health instruction needs reinforcement, which. The doctors call booster dose.

5. Motivation :

In every person there is a fundamental desire to learn. Awakening of this -desire is called motivation. There are two types of motives -Primary and secondary Primary motives are sex, hunger, survival which initiate people in to action. These motives are inborn desires! But secondary motives are based on desires created by the outside forces or incentive.

Some of the secondary motives are praise, love, rivalry, rewards, punishment and recognition. In health education motivation is an one factor. The incentives may be positive or negative, but the positive must be emphasized as against the negative.



The important thing is what to do and not what not to do I do I for imparting health education fear as a motive should not be used invariably. Because conduct Controlled by 1 fear is the conduct of a slave Fear of disease cannot be a goal, but to live most effectively and to serve society in the best possible way should be set up as an ideal.

6. Learning by doing :

Learning is an action process; not a 'memorizing' one in the narrow sense. The Chinese proverb "If I hear, I forget, if I see, I remember, if I do, I know" illustrates the importance of learning So health habits like other habits should be cultivated through will practice and by following certain rules rigidly.

7. Known to Unknown :

For imparting health education, one should proceed from, the known to the unknown, One should start where the children are and with what they understand and then proceed to new knowledge. The existing knowledge of the children should be used as pegs on which to hang new knowledge. In this way systematic knowledge is built up New knowledge will bring about a. new A enlarged understanding which can give. Rise to an insight into the problem.

1.1 (6) FACTORS INFLUENCING HEALTH

Health is influenced by a number of factors which exist within the individual and the society. The important factors which determine health are :

1) heredity 2) environment 3) life-style 4) socio -economic conditions 5) health services 6) health related systems.

1. Heredity :

Genes determine the health of an individual from the moment of conception. The genetic makeup cannot be altered. Some diseases like diabetes and mental retardation have genetic origin. So the health of an individual depends on his genetic constitution.

2. Environment :

Diseases are caused by changes in environment like air, water, climate etc. Environment is of two types: internal and external. Internal environment relates to each and every tissue, organ and system of the body and their harmonious functioning. External environment is the physical, biological and psychological components to which an individual is exposed. Environment has a direct influence on the physical, mental and social well being of an individual.



3. Life-style :

It means 'the way people live'. It includes culture, behaviour and also habits like smoking and alcoholism. A number of diseases like heart diseases, cancer and diabetes are related to life - style. Good life - style like good food, sleep and exercise promotes better health.

4. Socio - economic conditions :

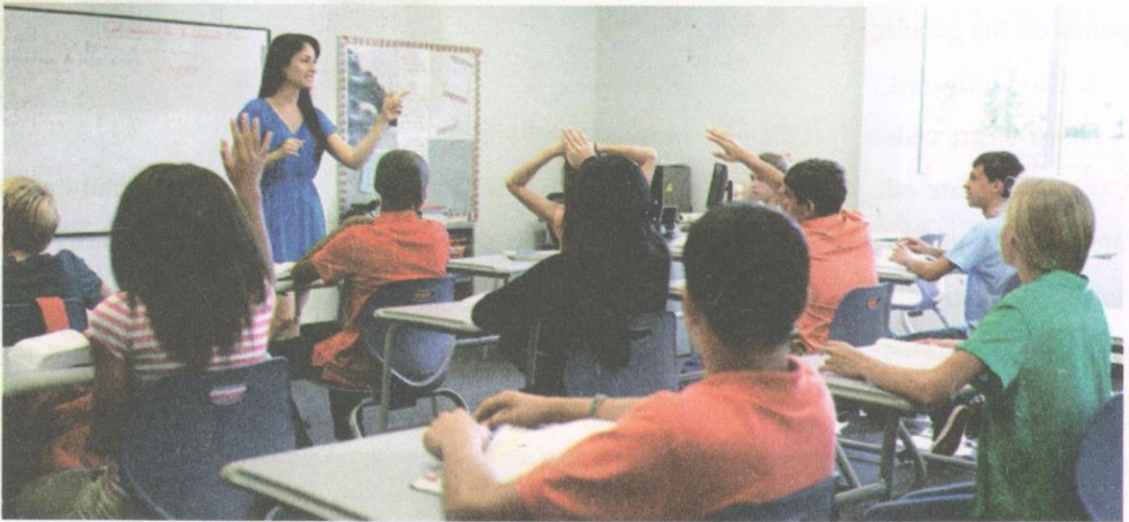
They include income, education, nutrition, employment and housing.

i) Income :

Rich people have a capacity to seek better medical care. So they are healthy. But rich people are inactive and sedentary. So they are prone for heart diseases, diabetes and obesity.

ii) Education :

Education especially female education has an influence on health. Education helps people to understand the importance of clean environment and maintaining good health.



iii) Nutrition :

Starvation has an adverse effect on health. Good nutrition is essential for normal growth and also for resistance against infection.

iv) Occupation : Employment provides income.

Employed people enjoy good health. Due to lack of income unemployed people do not have access to health care.

5. Health services :

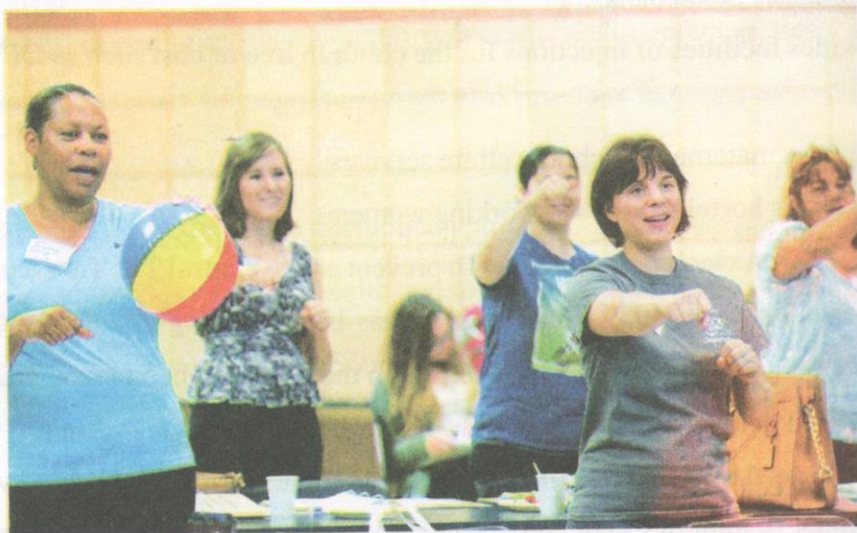
The aim of health and family welfare services is to treat diseases, prevent illness and promotion of health. Health services like safe water supply and immunisation prevent a variety of diseases.

6. Other health related systems :

They include agriculture, education, industry and rural development. They have an impact on health by raising the standards of living.

1.7 Importance of Community Participation for the Health Promotion and Welfare of a individual, family and community – W.H.O., Indian Red Cross Society, T.B. Association of India, Indian Council for Child Welfare, Family Planning Association of India, Hindu Kusht Niwaran Sangh.

Most of the people in India are not health conscious. The main reason for this is India's population. Government alone cannot deal with the health problems of all the people. No doubt, it is the responsibility of the government to promote health of its citizens, but it also becomes our prime and foremost duty to promote and maintain our own health. We can contribute a lot in this respect, if we are united. We can provide awareness among people, who are ignorant. Through united efforts, we can promote health of people. Only then we can make India a great and strong nation. Our nation's strength depends upon the people. If people are healthy, we can ameliorate our standard of living. In a nutshell, we can say that it is high time to work unitedly for the promotion of health. Keeping this in view, some voluntary health organizations and trusts are working in this field with great zeal. Some of the organisations are stated below, which are working efficiently.



1. World Health Organisation : World Health Organisation was established on 7 April 1948.

Its head office is in Geneva. Its main object is to ameliorate the standard of health of the people. This organisation controls diseases. It also pays due attention towards the problems of health. It provides

the knowledge of cleanliness to the people. Owing to such knowledge, many diseases can be prevented easily. It also enhances the knowledge regarding food and nutrition. If we take balanced diet, we will be healthy and then we will be able to work more efficiently. It also helps the people of drought-hit area. In this way, in emergency, it helps the people, who are affected by floods and earthquakes. It provides food, clothes, medicines, and shelter to the affected people. It imparts the recent knowledge of research in the field of medicine. This organisation celebrates World Health Day on 7th of April every year.

2. The Indian Red Cross Society. The Indian Red Cross Society was established in 1920. It is an organ of International Red Cross Society. It has approximately 700 branches all over India. It has made a significant contribution towards the welfare of the citizens of India. It is related with the programmes of health, and prevention of diseases. It has been widening its scope slowly and steadily. This society is performing following jobs :

- (i) This society provides relief to those persons, who are affected by earthquakes, floods, epidemics and drought. This society renders its services immediately.
- (ii) This society takes proper care of sick and wounded soldiers of armed forces.
- (iii) It provides medical facilities to the affected persons of the disaster. It not only provides the medicines but it also provides milk, vitamins and food to the affected people.
- (iv) It establishes blood banks.
- (v) It provides facilities of injections for the children free of cost such as DPT, Polio, Measles and TB.
- (vi) It provides maternal and child welfare services.
- (vii) It provides hostel facility for working women.

3. Tuberculosis Association of India. To prevent and to control TB. Tuberculosis Association of India was established in 1939. Since then, it has been working effectively to prevent TB. It provides training to the workers who are working in the field of tuberculosis. This association has made its efforts to establish TB hospitals.

4. Indian Council for Child Welfare. The Indian Council for Child Welfare was established in 1952. It celebrates "Children's Day" on 14th of November every year in the memory of our late Prime Minister, Jawaharlal Nehru. This council has made a remarkable contribution in solving the problems of children. This council believes that the welfare of children is an investment for the future.

5. Family Planning Association of India. Regarding family planning, the first All India Conference was held in Mumbai in 1950. Approximately, hundred doctors and various social workers participated in this programme. The main aim of this conference was to put proper check on population growth and to maintain the health of people. Keeping these objectives in view, family planning association was set-up. In 1952, family planning centres were started in Mumbai by this association. Now, it has six branches. After that various centres of family planning were established in different cities. Family Planning Association is providing significant knowledge to public to plan families through advertisements in various magazines, in films and on televisions. Family Planning -Association is also publishing two magazines viz. Planned Parenthood and Journal of Family Welfare to provide knowledge about family planning to the people. This association is doing its best for extension and advertisement of such type of education so that population explosion could be controlled in India. This association has done various significant functions related to family planning, On the basis of programmes of this association, most of the families have started two child norm.

6. Hindu Kusth Niwaran Sangh. Hindu Kusth Niwaran Sangh was formed in 1950 for the treatment and prevention of leprosy. Since then, it has been working effectively as well as efficiently. It has its branches all over India. It publishes a quarterly journal titled Leprosy in India. It renders financial help to clinics and leprosy homes. This sangh also provides facilities of training to the doctors related to the field of leprosy.

Hence, it can be concluded that the above mentioned voluntary agencies are playing an important role in running the programmes related to health and health education. The death rate has come down in India due to extraordinary contribution of these voluntary agencies. Now, the average age is increasing every year and the health standard of people is also increasing in comparison to yester years.

EXERCISE**❖ Very Short Answer Type Questions :**

1. What do you understand by the term Health Education ?
2. Mention any one aim of Health Education.
3. Describe any two main factors influencing Health Education.
4. What is meant by W.H.O. ?
5. What is the 'Indian Red Cross Society' ?
6. Write about the T.B. Association of India.
7. Mention the aim of Indian Council for child welfare.
8. What is the 'Family Planning Association of India' ?
9. Write a short note on the 'Hindu Kusht Nivaran Sangh'.

❖ Short Answer Type Questions :

1. What do you mean by the concept of Health Education ?
2. What are the aims of Health Education ?
3. What is the scope of Health Education ?
4. What are the Principles of Health Education ?
5. Mention the factors that influence Health ?
6. Explain the importance of community participation for the health promotion.
7. Write a detailed note on World Health Organisation (WHO).

❖ Long Answer Type Questions :

1. What is Health Education ? Mention its aims and objectives.
2. What is the scope of Health Education ? Also mention its importance.
3. Mention the main principles of Health Education.
4. Give the factors that influence health.
5. Write a note about the following :-
 - (i) WHO
 - (ii) Indian Red Cross Society.
 - (iii) Indian Council for Child Welfare.
 - (iv) Hindu Kusht Nivaran Sangh.