

STUDENTS HEALTH : A CASE STUDY OF ASANSOL AND DURGAPUR SUBDIVISION

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Abstract

School is considered to be a very important arena for health education among children and adolescents. Health education is an effective tool that helps improve health in developing nations. It not only teaches prevention and basic health knowledge but also conditions ideas that re-shape everyday habits of people with unhealthy lifestyles in developing countries. Health education builds students' knowledge, skills, and positive attitudes about health. Health education teaches about physical, mental, emotional and social health. It motivates students to improve and maintain their health, prevent disease, and reduce risky behaviors. In this paper explored how to improve health and to become aware of health, how to teach and learn more in students in Asansol and Durgapur subdivision, awareness of student health will be increase. In this paper, empowerment models are described and discussed, as a suggestion as to how school can be enabled to participate in a programme of change concerning both lifestyles and environment in the study area.

Key Words: Importance, Health Education, healthy decision

INTRODUCTION

Health education builds students' knowledge, skills, and positive attitudes about health. Health education teaches about physical, mental, emotional and social health. It motivates students to improve and maintain their health, prevent disease, and reduce risky behaviors. Health education curricula and instruction help students learn skills they will use to make healthy choices throughout their lifetime. Effective curricula result in positive changes in behavior that lower student risks around. Alcohol, tobacco, and other drugs, injury prevention, mental and emotional health, nutrition, physical activity, prevention of diseases and sexuality and family life. Health education promotes learning in other subjects! One study showed that reading and math scores of third and fourth grade students who received comprehensive health education were significantly higher than those who did not. In general, healthy students learn better. Numerous studies have shown that healthier students tend to do better in school (Vanmier M: 2002). They have higher attendance, have better grades, and perform better on tests. Asansol Durgapur subdivision, West Bengal; is rich in coal deposits promoting coal mining as a principal economic activity and there have grown a number of iron-steel and engineering industries. Asansol and Durgapur Sub Division are experiencing rapid growth in urban population triggered by substantial growth in trade and commerce and also increased pollution. People are sufferer health disease (Asansol-Durgapur Municipal Corporation, 2017-2018). So in this paper an attempt to represent the education is one of the most powerful ways of improving students' health with the help of appropriate methodology and available information.

OBJECTIVES

- To find out importance of health
- To find out Pathways from educational attainment to health outcomes.
- To find out Health Benefits Associated with Education

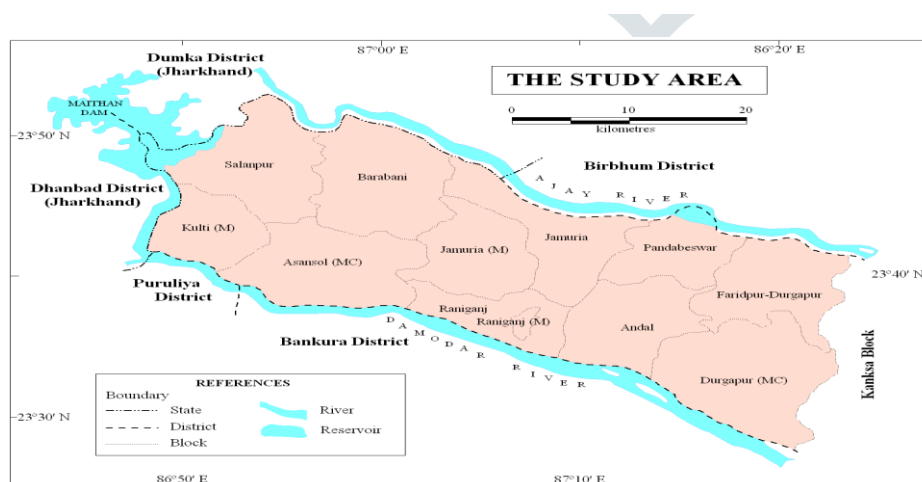
METHODOLOGY

Intensive field works have been conducted to generate data on various aspects of physical and social environment, present rate of participation of women workers in economic activities, rate of decrease in income and expenditure; data on economic constraints faced by women and children have been collected through empiric observations, oral interviews and surveys with structured questionnaire schedules.

Primary and secondary data collected from different sources in different times have been adequately analyzed with help of necessary quantitative and cartographic techniques. Tables and charts have been prepared, in some cases, with the help of computers and conclusions have been drawn with authentic information to fulfill the objectives.

STUDY AREA

The rocky undulating topography with laterite soil found in Paschim Bardhaman district is a sort of extension of the Chota Nagpur plateau. For ages the area was heavily forested and infested with plunderers and marauders. The discovery of coal in the 18th century led to industrialization. Most of the forests in the coal-bearing areas have been cleared but some areas in the eastern part of the district remained thickly forested till more recent times and some are still there. The district comprises two subdivisions: Asansol Sadar and Durgapur. Asansol is the district headquarters. There are 16 police stations, 8 development blocks, 2 municipal corporations, 62 gram panchayats in this district.



Source: 73 I/13, 73 M/2, 73 M/7, 73 I/14, 73 M/6 and Office of the Asansol

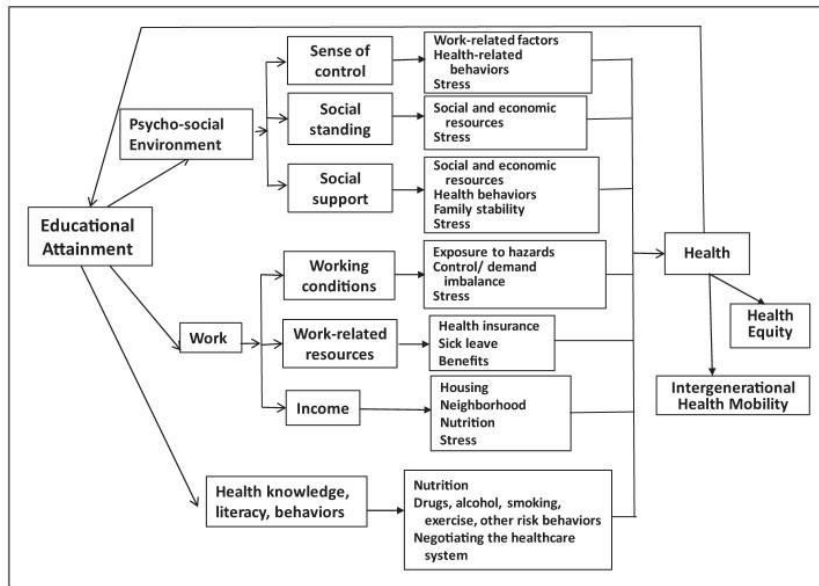
Durgapur Development Authority, 2003

IMPORTANTANCE OF HEALTH EDUCATION

- Health education is important because it allows people the opportunity to know how to take care of themselves. It also helps people to help others by informing them of ways to better.
- Health promotion improves the health status of individuals, families, communities, states, and the nation.
- Health promotion enhances the quality of life for all people.
- Health promotion reduces premature deaths.
- Health education is important to improve health status of the communities. The most important thing is health education should be research based because it can help in preventing from the diseases (Vannier M: 2002).
- Health education establishes People's awareness, skills, and encourages them to adopt positive attitudes towards their wellbeing. Health education raises students' knowledge about physical, mental, emotional and social health. It motivates youth to improve and maintain their health, prevent diseases, and avoid unhealthy behaviors (Abdulatif AA: 1999).
- A health education extends the inspiration and motivation towards the first crucial aspects of life sustenance, maintenance and improves the productivity and standard of living of people around the globe.

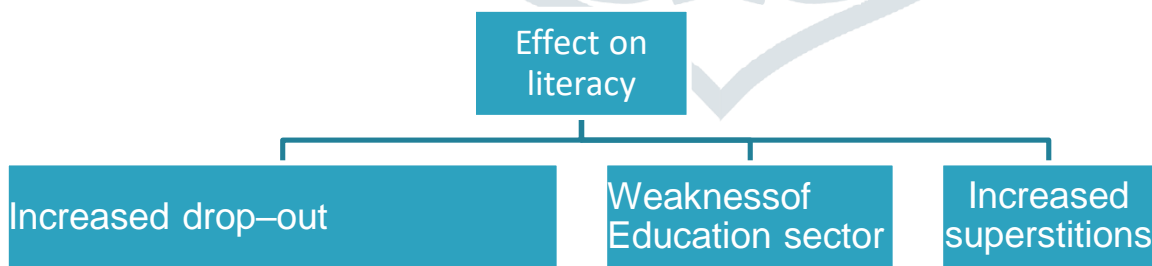
PATHWAYS FROM EDUCATIONAL ATTAINMENT TO HEALTH OUTCOMES.

Building on the work of others, we constructed a model indicating the three major pathways linking education and health outcomes in adulthood and including the several facets of education – knowledge, problem solving, emotional awareness and self-regulation, values, and interactional skills. First is the psycho-social environment, including the individual's sense of control, social standing, and social support, which reflects and bolsters capacity and agency (Abdulatif AA: 1999). Second is work, through which the individual may achieve satisfaction and income, which allows access too many health-related resources. Finally, healthy behavior may protect an individual against health risks and facilitate negotiation of the healthcare system.



EDUCATION IN THE STUDY AREA

The area under review is predominantly affected by urban influences with mines and industries, along with a number of municipalities with a good number of primary and secondary, higher secondary schools and colleges along with same non formal child and adult education centers. But the census 2011 concerning the rate of literacy among male and female shows the helpless picture in literacy. Out of the total female population in the state, the average female literacy is percent. In term of the Block level data from the 2011 census, the highest literacy of about 42.81 prevailed in the Asansol (MC) and 42.2 in the Durgapur (MC) Several others Blocks and Municipalities had above 35 percent female literacy rates. The lowest female literacy rate of 36.16 percent was in Pandabeswar Block in the study area. The urban lifestyles and progressive attitude of population living in towns like Asansol (MC) and Durgapur (MC).



EDUCATION IS ONE OF THE MOST POWERFUL WAYS OF IMPROVING PEOPLE’S HEALTH

Along with better literacy people have better knowledge to make health-related decisions and health promoting behaviour. Education saves the lives of millions of mothers and children; helps prevent disease and have been considered to be an essential element of reducing malnutrition. The mining-industrial part of Western Barddhaman that is Asansol Durgapur subdivision is an area where economic activities are facing crises

particularly from the early 1990s following deterioration in production consequent upon employment. Unemployment brings in hardships in family in general, but woman folk in family become the main victim of poverty.

Increased drop-outs in the study area

Session 2017-18																Total Drop out		
	Admission in Class V			Drop out Class VI			Drop out Class VII			Drop out Class VIII			Drop out Class IX			Drop out Class V-IX		
Name of the sch	Boys	Girls	Total	Boys	Girls	Total	Boys	Girls	Total	Boys	Girls	Total	Boys	Girls	Total	Boys	Girls	Total
Birkulti N.G.M	73	52	125	9	11	105	2	5	98	3	13	82	6	7	69	20	36	56
Sarsole Raj Hi	74	62	136	9	15	112	3	8	101	4	12	85	8	6	71	24	41	65
Kulti High schd	67	57	124	10	19	95	1	5	89	5	10	74	7	10	57	23	44	67
Gopalmath high	95	70	165	12	17	136	5	8	123	1	8	114	13	15	86	31	42	79
Andal high schd	73	50	123	14	18	92	-	3	89	2	9	78	6	9	63	22	39	60

Source: Field survey, 2018

In the study area drops out increasing day after day. Because people are engaged in illegal works. Such as they engaged in illegal coal mines for collect the coal. Illegal works come excessive money which is helping their family. So they are not go to the school. Due to this work they suffer many deceases such as Asthama, They have no sufficient idea of health education. In primary Students recognize basic facts and concepts about their bodies and begin to acquire skills and practices that keep them safe and healthy. Students learn to seek help and advice from parents and other trusted adults and begin to learn how to seek reliable health information. They understand how to make good decisions about simple health issues, respect others, follow school safety rules, and be responsible. But the Study area most of the people have no idea their health education. They are not conscious about their health. After the survey of different school come to know schools of this study area are more conscious about the health education. Among the most obvious explanations for the association between education and health is that education itself produces benefits that later predispose the recipient to better health outcomes. We may think of these returns from education, such as higher earnings, as subsequent "downstream" benefits of education

The importance of health education impacts in the study area schools including:

- Chronic disease awareness and prevention
- Maternal and infant health
- Tobacco use and substance abuse
- Injury and violence prevention
- Mental and behavioral health
- Nutrition, exercise and obesity prevention

Importance of health Education

- Health education improves the health status of individuals, families, communities, states, and the nation.
- Health education enhances the quality of life for all people.
- Health education reduces premature deaths.
- By focusing on prevention, health education reduces the costs (both financial and human) that individuals, employers, families, insurance companies, medical facilities, communities, the state and the nation would spend on medical treatment.

Conclusion

Analyses of the selected variables reveal that substantial regional variation exists in the level of development of education throughout the district of Paschim Bardhaman. Implementing and sustaining school-based healthy eating and physical activity policies and programs will make a powerful contribution toward a healthy future for students in the study area. By adopting importance of health education, schools can help ensure that all students have the opportunity to attain their maximum educational potential and pursue a lifetime of good health.

References

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