

ASSESSMENT OF HEALTH AWARENESS OF TEACHER TRAINEES AT SECONDARY LEVEL

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ABSTRACT

The purpose of the study was to find out the Health Awareness of Teacher Trainees at Secondary Level. For this purpose, 300 B. Ed Teacher Trainees of four Teacher Training Colleges in Kottayam district selected by stratified random sampling method giving proper representative to Gender, Locality and the Type of Management of the College. In the present study, normative survey method was used to find out the Health Awareness of Teacher Trainees at Secondary Level.

Key Terms: Health Awareness, Teacher Trainees.

INTRODUCTION

Education, in the present-day context is perhaps the single most important means for individuals to improve personal endowment, build capacity levels, overcome constraints and in the process, enlarge their available set of opportunities and choices for a sustained improvement. Education is considered as an essential ingredient for self-fulfilment and development among the individual and society. It is a never-ending process and it starts at the time of birth and ends at the time of death.

NEED AND SIGNIFICANCE

The strength of the nation rests upon the health of its people and future of the health of the people depends, to a large extent, on what is done to promote, improve and preserve the health, as health is a fundamental human right. Health is the ability of the body to sustain adaptive efforts and is used to imply body power, vitality, and ability to resist fatigue. Health is sometimes considered as the total outcome of the organic, neuro-muscular, interpretive, and emotional development. Health is man's greatest wealth; he who has health must cherish it with care, lest he should lose it. To this end he or she must have adequate knowledge of how to live healthy.

STATEMENT OF THE PROBLEM

The purpose of the present study is to analyze and compare the Health Awareness of Teacher Trainees at Secondary Level of Kottayam District.

HYPOTHESES

1. There is no significant difference in the level of Health Awareness of Teacher Trainees at Secondary Level.

2. There is no significant difference between the Mean scores of Health Awareness of Teacher Trainees with respect to Gender.
3. There is no significant difference between the Mean scores of Health Awareness of Teacher Trainees with respect to the Locality of the College.
4. There is no significant difference between the Mean scores of Health Awareness of Teacher Trainees with respect to the Type of Management of College.

OBJECTIVES OF THE STUDY

1. To find out the Level of Health Awareness of Teacher Trainees at Secondary Level.
2. To compare whether there is any significant difference in the Mean scores of Health Awareness of Teacher Trainees at Secondary Level with respect to Gender. (Male/Female)
3. To find out the Level of Health Awareness of Male and Female Teacher Trainees at Secondary Level.
4. To compare whether there is any significant difference in the Mean scores of Health Awareness of Teacher Trainees at Secondary Level with respect to Locale. (Urban / Rural).
5. To find out the Level of Health Awareness of Teacher Trainees at Secondary Level of Urban and Rural areas.
6. To compare whether there is any significant difference in the Mean scores of Health Awareness of Teacher Trainees at Secondary Level with respect to the Type of Management of College. (Aided/ University Centre).
7. To find out the Level of Health Awareness of Teacher Trainees at Secondary Level of Aided and University Centre colleges.

OPERATIONAL DEFINITIONS OF KEY TERMS

Health

Health is that state in which the individual is able to mobilize all his resources – intellectual, emotional, and physical, for optimum daily living.

Awareness

The state of being conscious of a situation or object without direct attention to it or definite knowledge of its nature.

METHODOLOGY

In the present study, normative survey method was used to find out the Health Awareness of Teacher Trainees at Secondary Level. The representative sample consists of 300 Teacher Trainees at Secondary Level. Stratified Random sampling technique was used for collecting the data giving due representation to factors such as Gender, Locality and The Type of Management of college. The tool used for the present study was the “**Health Awareness Scale**”, which was prepared and standardized by the investigator in consultation with the supervising Teacher.

Variables Selected for the Study

Variables are the conditions or the characteristics that the experimenter manipulates, control or observes. In the present study the variable taken in to consideration is the ‘**Health Awareness of Teacher Trainees**’.

Population of the Study

In the present study, the population consists of B. Ed Teacher Trainees of various colleges of Kottayam district.

Sample of the Study

Sample of the present study consists of 300 B. Ed Teacher Trainees of four Teacher Training Colleges in Kottayam district selected by stratified random sampling method giving proper representative to Gender, Locality and the Type of Management of the College.

ANALYSIS AND INTERPRETATION OF THE DATA

ANALYSIS BASED ON THE LEVEL OF HEALTH AWARENESS OF TEACHER TRAINEES AT SECONDARY LEVEL

Table 1: Descriptive Statistics of Health Awareness of Teacher Trainees at Secondary Level

Group	Number	Mean Value	Standard Deviation
Male	150	220.89	17.27
Female	150	216.12	18.54
Urban	150	221.53	18.39
Rural	150	215.61	17.18
Aided	150	219.5	16.38
University Centre	150	217.09	19.29
Total	300	218.57	18.02

The mean score obtained for the Health Awareness of Total Teacher Trainees at Secondary Level was 218.57; the standard deviation of the total sample was 10.47. The values of these measures show slight variations for the sub sample.

ANALYSIS BASED ON THE HEALTH AWARENESS OF MALE AND FEMALE TEACHER TRAINEES AT SECONDARY LEVEL

Table 2: Comparison of Health Awareness of Teacher Trainees at Secondary Level with respect to Gender

Gender	No. of students	Mean	SD	t-value	Level of significance
Male	150	220.89	17.27	2.3042*	P > 0.05 Significant
Female	150	216.12	18.54		

(*denotes significant at $P > 0.05$ level)

From the table 2, it was clear that the obtained 't' value 2.3042 is greater than the table value i.e. (1.97) at 0.05 level of significance. Hence the null hypothesis was rejected. That is there is significant difference between the Mean scores of Health Awareness of Teacher Trainees at Secondary Level with respect to Gender. Thus, it can be concluded that the Health Awareness was significantly high among Males Teacher Trainees as compared to Female Teacher Trainees.

ANALYSIS BASED ON THE HEALTH AWARENESS OF TEACHER TRAINEES AT SECONDARY LEVEL OF URBAN AND RURAL AREAS

Table 3: Comparison of Health Awareness of Teacher Trainees at Secondary Level with respect to Locale

Locale	No. of students	Mean	SD	t-value	Level of significance
Urban	150	221.53	18.39	2.88*	P > .05
Rural	150	215.61	17.18		Significant

(*denotes significant at $P > 0.05$ level)

From the table 3, it was clear that the obtained 't' value 2.88 is greater than the table value i.e. (1.97) at 0.05 level of significance. So, the null hypothesis was rejected. That is there was significant difference between the Mean scores of Health Awareness of Teacher Trainees at Secondary Level with respect to Locality. Thus, it can be concluded that, at Secondary level the Health Awareness of Teacher Trainees of Urban area is significantly higher than that of the Health Awareness of Teacher Trainees at Secondary Level of Rural area.

ANALYSIS BASED ON THE HEALTH AWARENESS OF TEACHER TRAINEES OF AIDED AND UNIVERSITY CENTRE COLLEGES AT SECONDARY LEVEL

Table 4: Comparison of Health Awareness of Teacher Trainees at Secondary Level with respect to the Type of Management of college.

The type of management	No. of students	Mean	SD	t-value	Level of significance
Aided	150	219.5	16.38	0.1073	Not significant
University Centre	150	217.09	19.29		

From the table 4, it was clear that the obtained 't' value 0.1073 was lesser than the table value (1.97) at 0.05 level of significance. Hence the null hypothesis was not rejected. That is there is no significant difference between the Mean scores of Health Awareness of Teacher Trainees at Secondary Level with respect to the Type of Management of college.

Findings and Conclusions

1. . Assessment of Health Awareness of Teacher Trainees at Secondary Level.
2. Compare the Mean scores of Health Awareness of Teacher Trainees at Secondary Level with respect to Gender.
3. Assessment of Health Awareness of Male and Female Teacher Trainees at Secondary Level.
4. Compare the Mean scores of Health Awareness of Teacher Trainees at Secondary Level with respect to Locale.
5. Assessment of Health Awareness of Teacher Trainees at Secondary Level of Urban and Rural areas.
6. Compare the Mean scores of Health Awareness of Teacher Trainees at Secondary Level with respect to the Type of Management of Colleges.
7. Assessment of Health Awareness of Teacher Trainees at Secondary Level of Aided and University Centre colleges.

EDUCATIONAL IMPLICATIONS

1. The Teacher Trainees are the future upcoming Teachers, so they should aware about the health habits then only they can inculcate health habits to their students.
2. The topic of Health Awareness must be included in the curriculum of schools and colleges and special emphasis must be given to education for the importance of maintaining healthy food habits, balanced diet, physical fitness, and control of diseases etc.
3. Use education to build a global awareness about Health surveillance and prevention and control of the major communicable diseases.
4. Health consciousness should be fostered through Health education and by providing opportunities for the participation of all the pupils in the health programme.
5. The school and colleges should give importance to the physical, mental, and social well-being of each pupil.

CONCLUSIONS

Good health is a prerequisite to human productivity and the development process. It is essential to economic and technological development. A healthy community is the infrastructure upon which to build an economically viable society. From the study it is concluded that majority of Teacher Trainees have average level of health awareness and this study may help them to inculcate the knowledge of Health components and good Health habits in their lives and to lead a quality life for future.

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