

# IMPACT OF EDUCATIONAL PROGRAMS ON PERSONAL CLEANLINESS AND MEDICAL HEALTH OF TRIBAL STUDENTS

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## Abstract:

The present paper is to study the impact of educational programs on personal cleanliness and medical health of tribal students in the Melghat region of Vidarabha, Maharashtra. Appropriate and qualitative food consumption helps in development of mental ability, health, attractive personality, physical fitness. The present study focuses on personal cleanliness and medical health of tribal students in tribal residential schools and impact of health education on their personal cleanliness and medical health. The samples of 500 tribal students from 15 tribal residential schools were selected for the study. Clinical signs were scored 1 to 4 or 1 to 9 as per the standard score suggested by earlier researchers. The Educational programs has significant positive effect on personal cleanliness of students in tribal residential schools and are benefited by the program. It concludes that health education program has significance positive effect on medical examination conducting.

## Keywords:

Personal cleanliness, medical cleanliness, yoga, health, education, tribal.

## Introduction:

Human health totally depends on the type and quality of food consumed. Not only Ayurved and Bhagwatgeeta provided its evidence, but also Science proved it in modern age. The students of today are the future and the strength of tomorrow India. Over all development of future India depends on physical, mental and complete fitness of students. Melghat, the tribal region of Maharashtra still continuously to be away from main stream of the world and hence, the benefits of development have not changed their life. It is proved that Diet, Sleep and Physical fitness through yoga are keys of overall development. Food consumed reflects on mental ability and thereby physical appearance and fitness of human beings. Appropriate and qualitative food consumption helps in development of mental ability, health, attractive personality, physical fitness. The mentally able person possesses ability of reproduction of good generation. So, produced become all-rounder, brilliant and competitive.

After diet the major role played in human mental and physical fitness is of sleep. The physical work of the whole day associated with calm and quite sleep. Refreshment refreshes every one physically and mentally with new zeal and enthusiasm. Yoga keeps body fit internally and externally. Every part of body is exercised through yoga. Children's physical and mental growth solely depends on diet, health, sleep and yoga. Tribals in Melghat are not able to grow their children because of their poor economic condition and social background.

The present study focuses on personal cleanliness and medical health of tribal students in tribal residential schools and impact of health education on their personal cleanliness and medical health.

**Objective:**

The study is conducted with following objectives-

1. To study the personal cleanliness of tribal residential school students.
2. To study the medical health of tribal residential school students.
3. To study the impact of health education on personal cleanliness and medical health of tribal residential school students.

**Review of literature:**

1. Baren et al (2003) conducted study in England. Sampled students were 9 to 14 years old. Nutritious diet, physical exercise, sleep were the parts of program. The resulted in changing weight and increase in overall activities of participating students.
2. Chora and Puran (2003) conducted study on tribal student in Delhi schools. Researcher felt need of teaching healing habits to tribal student health education program was organized on balanced diet, physical exercises, sleep. Benefits of health program were explained and post program survey concluded that balanced diet resulted in physical and mental activeness of tribal student. Physical cleanliness and mental cleanliness improvement was observed.
3. Mariyan Pokorney (2005) conducted study on school going children in Malesiya for health education program. Nutritious diet, yoga, sleep were the key points of education. The study resulted in attitude change in creating activeness of weight of children.

**Methodology:**

The study was conducted in Chikhaldara and Dharni tahsil of Melghat, tribal region, Maharashtra. The samples of 500 tribal students from 15 tribal residential schools were selected for the study. Clinical signs were scored 1 to 4 or 1 to 9 as per the standard score suggested by earlier researchers. The personal cleanliness was measured on hair, eyes, teeth, nail, nose, bathing, hand cleaning, skin, ear and tongue. Medical examination was based on normally hair, face, eyes, lips, tongue, teeth, gums, skin and nails. Observations were recorded on above before health education program and 90 days after health education program.

**Result and Discussion:**

Present study finding are based on observations recorded on students in tribal residential school before and after the launch of educational program.

**Table 1**

Personal Cleanliness Score of Tribal Residential School Students  
Before and After Educational Program.

Sr. No.	Cleanliness Measure	Before		After		Z Values
		Average	SD	Average	SD	
1	Hair	1.78	0.42	2	0	23.43**
2	Eyes	1.47	0.33	2	0	17.62**
3	Teeth	1.55	0.49	1.77	1.42	10.81**
4	Nail	1.57	0.49	1.78	0.34	16.36**
5	Nose	1.84	0.36	2	0	21.68**
6	Bathing	1.73	0.44	1.99	0.06	23.25**
7	Hand Cleaning	1.54	0.50	1.78	0.41	11.79**
8	Skin	1.71	0.45	2	0	28.82**
9	Ear	1.82	0.38	2	0	21.18**
10	Tongue	1.86	0.38	1.99	0.06	13.21**
		17.31	2.25	19.41	0.79	30.89**

Increase in average score of each personal cleanliness parameter and significance of Z Value at 1% level of significance. Consider as half. Educational program has significant positive effect on personal cleanliness of students in tribal residential schools and are benefited by the program.

Following table present the medical examination score based on measurements made before and after health education program.

**Table 2.**

Medical Examination Score Before and After Program.

Sr. No.	Medical Examination	Before		After		Z Value
		Average	SD	Average	SD	
1.	Hair	3.60	0.72	3.74	0.60	4.74**
2.	Face	3.53	0.69	3.80	0.55	9.74**
3.	Eyes	3.37	0.78	3.96	0.29	24.66**
4.	Lips	3.69	0.59	3.79	0.42	4.43**
5.	Tongue	4.62	0.88	4.92	0.39	10.56**
6.	Teeth	1.66	0.47	1.83	0.38	8.94**
7.	Gums	1.90	0.34	2	0	13.15**
8.	Skin	3.14	1.02	3.46	0.90	7.45**
9.	Nail	1.96	0.27	1.99	0.08	3.83**
		27.49	2.80	29.49	1.92	18.95**

The analysis of score on Medical examination for medical signs Hair, Face, Eyes, Lips, Tongue, Teeth, Gums, Skin, Nail present about the difference in mean score. It is shown in last column of above Table as Z-value. It shows the significance of Z-value at the 1% level of significance. It concludes that health education program has significance positive effect on medical examination conducting. Health educational program benefited to tribal residential school students in upgrading their medical test symptoms. For better benefits conducting health educational program has significant positive effect on medical examination of tribal residential school students.

### Conclusion

1. Tribal residential school student personal cleanliness score was 1.49 to 1.86 before health education reached 1.99 to 2.00 after program implementation
2. Medical examination score before and after health education ranges between 1.90 to 4.02 and 1.99 to 4.90.
3. Health educational program has significant positive effect on Tribal residential school student's personal cleanliness and medical examination score.

### References:

1. Baren et al (2003) – School based healthy eating and physical activity intervention for efficiency.
2. Chona and Puran (2003) – ‘Bimar Hota Bachpan, Bighadati Sehat,’ India Today edition 2003.
3. Marlyan Pokorney (2005) – Weight loss, the solution to healthy weight loss.