



## Evaluation of Relationship between Education and Human Health

### KEYWORDS

Educational status, human health

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**ABSTRACT** Education has the power to eradicate all evils from society. The purpose of this study was to know the relationship between the educational status of individuals and human health. Data on literacy and health collected during the door to door survey of nearby villages of Gwalior city namely Sirol colony, Sirol village, Sheetla Nagar, Prithvi Nagar, Shiv Nagar, Dongarpur, Alapur, Nainagarh, Ramaua, Jarga village by cohort of N.S.S. Unit of Boston College for Professional Studies Gwalior. Study was done to examine the relationship between educational status and health awareness associated with rural people. It was observed that 40.35% population was educated while rest 59.65% persons were uneducated. Total 15.42% persons were suffering from different health problems out of which 32.27% persons were educated while 67.73% were uneducated. These evidences show the direct relationship between formal education and health exist. Educated people are healthier than uneducated people.

### INTRODUCTION :

In recent years the relationship between education and health considered as a measure of socio economic status (Samir et.al 2010, Aron Antonvsky 1967). Kitagawa and Haus- (1973) showed that higher educated people have lower mortality (in both male and female).

Everyone knows that without a good education, one cannot attain good health. Education can influence health in many ways. Researchers have found supporting evidence for each of the following interrelated path ways:-

- Education can lead to improve health by increasing health knowledge and health behavior. Education can increase people's knowledge and cognitive skill, enabling them to make better informed choice among the health-related options available for themselves and their families, including those related to obtaining and managing medical care (Cutler and Lleras-Muney 2006). Greater education attainment has been associated with health-promoting behaviors including increasing consumption of fruits and vegetables and other aspects of healthy eating, engaging in regular physical activity, and refraining from excessive consumption of alcohol and from smoking (Mirowsky J and Ross C.1998).
- Greater educational attainment leads to better employment opportunities and higher income jobs providing the necessary income to live in neighborhoods that are less stressful, have stores with affordable healthy foods, and provide access to recreational facilities (Almeida 2005). In other words, people with more education are more likely to live in health-promoting environments that encourage and enable them to adopt and maintain healthy behaviors. ( Leganger A and Kraft P.2003)
- Education is linked with Social Psychological factors including sense of control, social standing and social support(Cohen S, Kaplan GA and Salonen JT 1999). These factors can improve health through reducing stress, influencing health related behaviors and providing practical and emotional support.( Grossman M and Kaestner R.1997 )
- Parents' educational attainment is linked to their children's educational attainment both of which influence their children's health and as adults (Chen,et.al.2002).The

differences between the more and the less educated are significant.

At a World Economic Forum meeting in New Delhi, Prime Minister Manmohan Singh focused to spend more on health care and education and make it easier for foreign investors to participate in India's \$1.2 trillion economy. The government "should have done a lot in both areas" in recent years. Findings of National Poverty Centre, United States stated that better educated people have lower morbidity rates from the most common and acute chronic diseases. Life expectancy is increasing for everyone in the United States, yet differences in life expectancy have grown over time between those with and without a college education. Health behaviors alone cannot account for health status differences between those who are less educated and those who have more years of education.

WHO in its report of 2012 said good health is essential to human welfare and for economic and social development. We know too, that the education of girls brings an especially high payback for health. In this sense, education and health are a sisterhood. As just one example, educated girls have fewer babies. Educated girls also make better mothers. A literate girl or woman is also far more likely to be health literate. As we say, "EK NARI PADAGI SAT PIDI TAREGI" (only one educated girl can reform seven generation).

### METHODOLOGY AND DATA SOURCE:

This study was conducted with the help of N.S.S unit of Boston college for Professional studies, Gwalior. The data was collected by door to door survey of nearby villages of Gwalior city namely Sirol colony, Sirol village, Sheetla nagar, Shiv nagar, Prithvinagar, Alapur, Dongarpur, Nainagarh, Ramaua and Jarga villages. Information related to age, sex, education level, sanitation and health problem were collected, and data was analyzed to evaluate the relation between individual education and health exist in this analysis, we assume at least 8<sup>th</sup> standard pass person is educated (whether he or she may be child or adult or old person).

### RESULTS AND DISCUSSION:

The data collected in the survey (Table 1) show empirical link between education and health. Results show that out of to-

tal 4570 people contacted during the survey although only 15.42 percent persons were found to have health problems 67.73% of them were un-educated. Among the 40.35 percent educated persons only 32.27% were having health problems. Whereas, 67.73 percent uneducated persons were reported to have health problems of some kind. Data show that in Sirol village 38.60% population was educated and 16.77% population was suffering from different health ailments out of which 69.70% population was uneducated. Like this, in Sirol colony also 18.77% persons were suffering from health problems out of which 82.97 % persons were uneducated. Similarly in Shivanagar, Sheetla nagar, Prithvinagar, Dongarpur, Alapur, Ramaua, Nainagarh, and Jarga villages, percent of uneducated persons suffering from different health problems were 57.70%, 58.16%, 50.82%, 73.34%, 71.47%, 77.48%, 71.29%, 64.29% respectively. Results indicate that number of un-educated persons suffering from different health ailments was higher than the educated person in all the villages under study. The environment of uneducated person significantly affects the public health.

In the human race today it has become vital to stay as hygienic as possible. In fact most of diseases like bird flu, swine flu, malaria, asthma have been attributed to lack of hygiene and education. Hygiene is a habit that needs to be focused on and should be inculcated in children at an early age. And it need not only to be maintained in our bodies alone, it needs

to be maintained in our surroundings as well.

Surrounding covers proper sanitation, arrangement for drainage of rain water & effluents, collection & disposal of garbage and excreta. India faces high burden of disease because of lack of environmental sanitation and safe drinking water, under-nutrition, poor living conditions, and limited health services. Lack of education, gender inequality and explosive growth of population contribute to increasing burden of disease. Expenditure on health by the Government continues to be low. It is not viewed as an investment but rather as a dead loss! States under financial constraints cut expenditure on health. Growth in national income by itself is not enough, if do not access to health and education.

#### FUTURE PROSPECTS OF STUDY:

As health and hygienic problems are increasing day to day due to population growth and urbanization this study become more significant. Number of illiterate person is greater than the literate person in semi-urban & village area. Uneducated people (mostly who are poor) are not aware of hygienic problems, suffered from different diseases (economically they can't afford medical expenses).

For the Healthy and developing India, there is need to educate people ,need to aware about health ,need to set up dispensaries , need to organized free health camp

**Table.1 Distribution of individuals having health problems.**

| S. No | Name of Villages | No. of surveyed person (a) | Total % of educated person (b) | Un-educated person (100-b) | % of Person having health problem | % of educated person having health problem | % of Uneducatd person having health problem |
|-------|------------------|----------------------------|--------------------------------|----------------------------|-----------------------------------|--|---|
| 1     | Sirol village    | 391                        | 38.60                          | 61.40                      | 16.77                             | 30.30                                      | 69.70                                       |
| 2     | Sirol colony     | 719                        | 26.80                          | 73.20                      | 18.77                             | 17.03                                      | 82.97                                       |
| 3     | Shiv nagar       | 354                        | 60.45                          | 39.55                      | 22.03                             | 42.30                                      | 57.70                                       |
| 4     | Sheetala nagar   | 376                        | 88.00                          | 12.00                      | 14.21                             | 41.84                                      | 58.16                                       |
| 5     | Prithvi nagar    | 298                        | 52.68                          | 47.32                      | 16.44                             | 49.18                                      | 50.82                                       |
| 6     | Dongarpur        | 651                        | 38.40                          | 61.60                      | 4.60                              | 26.66                                      | 73.34                                       |
| 7     | Alapur           | 449                        | 11.58                          | 88.42                      | 5.79                              | 28.53                                      | 71.47                                       |
| 8     | Ramaua           | 333                        | 24.32                          | 75.68                      | 12.61                             | 22.52                                      | 77.48                                       |
| 9     | Nainagarh        | 299                        | 29.00                          | 71.00                      | 25.07                             | 28.71                                      | 71.29                                       |
| 10    | Jarga village    | 700                        | 33.71                          | 66.29                      | 18.0                              | 35.71                                      | 64.29                                       |
|       | Mean             | 457                        | 40.35                          | 59.65                      | 15.42                             | 32.27                                      | 67.73                                       |

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