



SCHOOL STUDENTS HEALTH PROBLEMS IN LIFE SPAN : A PSYCHOLOGICAL STUDY

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ABSTRACT

There are many diseases or health issues that commonly occur among Indians like Infectious, contagious and waterborne diseases such as typhoid, infectious hepatitis, diarrhea, worm infestations, measles, whooping cough, respiratory infections, malaria, tuberculosis, pneumonia etc. India is a country which is quite infamous for its sanitation and cleanliness. The chaotic waste management system and urban planning is responsible for the overflowing gutters and scattered waste.

School students has to suffer a lot because of this mismanagement. To add to the poor sanitary conditions, the population load is increasing each day. This has resulted in slums and poverty. The poor and unhealthy living is the primary cause for many health disorders (Mehta, 2014). The goals of the School Students Health problems continue to focus on disease prevention and health promotion, but have areas of expanded focus. First, the goals emphasize quality of life, wellbeing, and functional capacity—all important wellness considerations. Consistent with national health goals for the new millennium, this book is designed to aid all school students adopting healthy lifestyles that will allow them to achieve lifetime health, fitness and wellness. This emphasis is based on the World Health Organization statement that "It is counterproductive to evaluate development of programs without considering their impact on the quality of life of the community. School Students can no longer maintain strict, artificial divisions between physical and mental well-being (World Health Organization, 1995)." Second, the new national health goals take the "bold step" of trying to "eliminate" health disparities as opposed to reducing them as outlined in Healthy School Students.

KEYWORDS : Health problems, diseases, Life span, Psychological Analysis, School Students.

INTRODUCTION

India does not have the provision of clean water and food in many areas, especially the rural parts. The first national health goals were developed in 1979 to be accomplished by the year 1990. The focus of those objectives was on reduction in the death rate among infants, children, adolescents, young adults and adults. Except for reducing death rates among adolescents, those goals were met and the average life expectancy was increased by more than 2 years by the 1990s. The contaminated water and food increase the chances of getting infected through waterborne or food borne diseases.

First National health objectives gave way to the school students objectives designed to be accomplished by the turn of the century. The emphasis in these objectives shifted from reduction in premature death to disease prevention and health promotion. Another major cause for common health issues in India is the pollution. Pollution of air, water and soil has affected the health of many citizens. Airborne diseases are mainly caused because of polluted air. The disorders can be quite severe and precautions should be taken to avoid them. There are a few common health problems in India :

1. Diarrhoea :

In India have common health problem. The main reason is consumption of contaminated food and water. The disease affects the working of stomach and intestines. The digestion system has troubles, leading to dysentery, vomiting, nausea and dehydration. It is estimated that diarrhoea occurs more in kids and can be very serious with them. Diarrhoea can be avoided by drinking boiled water and home-cooked food. Snacks served by the roadside should be avoided.

2. Malaria:

The common areas that have a poor drainage system is mosquito-transmitted disease . Mosquitoes breed at places with piles of rotting garbage, open faeces, and wastewater puddles. Malaria can cause fever, fatigue and queasiness. The mosquitoes that cause malaria usually bite during the night time. To avoid getting infected by Malaria, keep the house and surroundings clean and use a mosquito repellent cream.

3. Hepatitis:

Hepatitis is two types - A and B. Type A is waterborne or food borne and Type B is hereditary, spread by infected body fluids. These diseases can be fatal if not given proper attention.

4. AIDS/HIV:

India increase lots of patients of AIDS, which is an extremely dangerous disease. AIDS, caused by the Human Immunodeficiency Virus (HIV), hampers the working of the body which eventually results in multiple organ failure. AIDS is caused by various reasons like unsafe sex, contact of fluids with an infected patient and using the

same needle for injection, tattoos, etc. There are many myths related to transferring of HIV/AIDS. This disease does not spread by touching, hugging or even kissing a person affected by it.

5. Typhoid:

Typhoid is one of the major health problems in India. This disease is waterborne and can be transferred if in contact with somebody affected by it. Typhoid causes high fever, nausea, dehydration and fatigue. This disease can be treated by using antibiotics, vaccinations, eating healthy and drinking good quality water.

OBJECTIVE

- To measure the impact of health problem in school students.
- To find the school students health problems in life span.

METHODS

- Personal Data Questionnaire (PDQ) : In this study PDQ is best for subject name, age, sex, SES, personal details etc.
- Well Being Scale
- Mental Health Status Scale

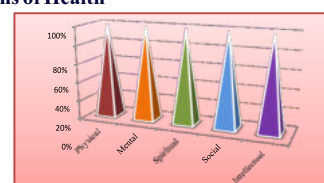
FINDING

- There are many diseases or health issues that commonly occur among Indians.
- In this study find out that school students have lots of problems in their life, they are facing so many problems.
- If we find that school students have health problems and we can try to solve the problem.

RESULT AND CONCLUSION

The National Health Policy was endorsed by the Parliament of India in 1983 and updated in 2002. The National Health Policy is being worked upon further in 2017 and a draft for public consultation has been released. The Constitution of India makes health in India the responsibility of state governments, rather than the central federal government. It makes every state responsible for "raising the level of nutrition and the standard of living of its school students and the improvement of health as among its primary duties". There are great inequalities in health between states. Infant mortality in Kerala is 12 per thousand live births, but in Assam it is 56.

The dimensions of Health



2Physical health :

A person with physical health possesses an adequate level of physical fitness and physical wellness. A person with physical health is free from illnesses that affect the physiological systems of the body such as the heart, the nervous system, etc. Physical wellness includes good day's work and to use free time effectively. Physical fitness and the possession of useful motor skills.

Mental health :**A person with emotional health are :**

- Free from emotional-mental illnesses or debilitating conditions such as clinical depression.
- Possesses emotional wellness.

The goals for the nation's health refer to mental rather than emotional health and wellness. In this study, mental health and wellness are considered to be the same as emotional health and wellness.

Spiritual health :

Spiritual health is the one component of health that is totally comprised of the wellness dimension; for this reason, spiritual health is considered to be synonymous with spiritual wellness. Spiritual wellness is often based on a belief in a force greater than the individual that helps one contribute to an improved quality of life and carry out meaningful and constructive lifetime goals for all school students. A person with spiritual wellness is generally characterized as fulfilled as opposed to unfulfilled.

Social health :

A person with social health is free from illnesses or conditions that severely limit functioning in society, including antisocial pathologies. Social wellness is a person's ability to successfully interact with others and to establish meaningful relationships that enhance the quality of life for all school students involved in the interaction (including self).

Intellectual health :

A person with intellectual health possesses intellectual wellness. A person with intellectual health is free from illnesses that invade the brain and other systems that allow learning. A person with intellectual wellness is generally characterized as informed, as opposed to ignorant.

A particular disease or injury is often caused by more than one risk factor, which means that multiple interventions are available to target crowded housing and poor nutrition also increase the risk, which presents multiple paths for preventing the disease. By quantifying the impact of Health problems on diseases, evidence-based choices can be made about the most effective interventions to improve global health.

School students health problems disease as measured in disability-adjusted life years (DALYs) are underweight (6% of global DALYs) and unsafe sex (5%), followed by alcohol use (5%) and unsafe water, sanitation and hygiene (4%). Three of these risks particularly affect populations in low-income countries. Population-based strategies seek to change the social norm by encouraging an increase in healthy behaviour and a reduction in health problems. There are some problems:

- Improvements in medical care, which mean that children no longer die from easily curable conditions such as some disease (diarrhea).
- The ageing of the population, because non communicable diseases affect older adults at the highest rates.
- Public health interventions such as vaccinations and the provision of clean water and sanitation, which reduce the incidence of infectious diseases.

As a country develops, the types of diseases that affect a population shift from primarily infectious, such as diarrhea and pneumonia, to primarily non communicable, such as cardiovascular disease and cancers. The report provides an updated information from WHO programmes and scientific studies for exposure data and the causal associations of health problems disease and injury outcomes. The burden of disease attributable to health problems is measured in terms of lost years of healthy life using the metric of the disability-adjusted life year.

The DALY combines years of life lost due to premature death with years of healthy life lost due to illness and disability. Five leading health problem factors identified in this report (childhood underweight, unsafe sex, alcohol use, unsafe water and sanitation, and

high blood pressure) are responsible for one quarter of all deaths in the world. Disability-adjusted a common currency by which deaths at different ages and disability may be measured. "healthy" life, and the burden of disease can be thought of as a measurement of the gap between current health status and an ideal situation where everyone lives into old age, free of disease and disability. Dietary planning seems to play a role in the mechanism that facilitates fruit intake among school students. This mediation by planning was found in middle aged school students, but not in young school students. Health problems are calculated from the number of deaths at each age multiplied by a global standard life expectancy of the age at which death occurs. School students health problems in recent WHO reports, calculations an additional 3% time discounting and non-uniform age weights that give less weight to years lived at school students.

Eight Health problems (alcohol use, tobacco use, high blood pressure, high body mass index, high cholesterol, high blood glucose, low fruit and vegetable intake, and physical inactivity) account for 61% of cardiovascular deaths. Although these major Health problems are usually associated with high-income countries, over 84% of the total global burden of disease they cause occurs in low- and middle-income countries. Reducing exposure to these eight Health problems would increase global life expectancy by almost 5 years. A total of 10.4 million children died in 2004, mostly in low- and middle-income countries. An estimated 39% of these deaths (4.1 million) were caused by micronutrient deficiencies, underweight and preventable environmental risks. Health risks are in transition: populations are ageing owing to successes against infectious diseases; at the same time, patterns of physical activity and food, alcohol and tobacco consumption are changing. Low- and middle-income countries now face a double burden of increasing chronic, non communicable conditions, as well as the communicable diseases that traditionally affect the poor. Understanding the role of these Health problems is important for developing clear and effective strategies for improving global health.

Demographic patterns :

The profile of students changes considerably by age. Some risks affect children almost exclusively: underweight, under nutrition (apart from iron deficiency), unsafe water, smoke from household use of solid fuels and climate change. Few of the Health problems examined in this report affect adolescent health per se, although health problems starting in adolescence do have a considerable effect on health at later ages. For adults, there are considerable differences depending on age. Most of the health burden from addictive substances, unsafe sex, lack of contraception, iron deficiency and child sex abuse occurs in younger adults. Most of the health burden from Health problems for chronic diseases such as cardiovascular disease and cancers occurs at older adult ages.

An individual quality of life requires a pleasant and supportive community. Activity days a self-rating of the number of days (per week or month) a person feels that he/she can perform usual daily activities successfully and in good health.

- Illness is the ill feeling and/or symptoms associated with a disease or circumstances that upset homeostasis.
- Lifestyles are patterns of behavior or ways an individual typically lives.

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