

# A Study on Difficulties faced by 10<sup>th</sup> std Students of Thakur School of Global Education, Kandivali West in Maintaining a Healthy Lifestyle

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**Abstract:** *The present study aims to study difficulties faced by 10th std students of Thakur School of Global Education, Kandivali West in maintaining a healthy lifestyle. For the present study, a questionnaire is used to collect data from Thakur School of Global Education, Kandivali West Mumbai students. This research was conducted to understand the poor hygiene practices and inadequate sanitary conditions that play major roles in the increased burden of communicable diseases within developing countries. This study evaluated the knowledge, attitudes, and practices of hygiene among school children and assessed the extent to which proper knowledge of hygiene was associated with personal hygiene characteristics*

**Keywords:** Study, Difficulties, Students, Healthy, Lifestyle, School

## I. INTRODUCTION

The primary objective of educational institutions is to achieve educational standards. However, research evidence reveals a significant relationship between academic achievement and the health status of students. Health problems such as vision and oral health problems, asthma, teen pregnancy, malnutrition, obesity, chronic stress and inattention and hyperactivity disorders, and risk-taking behaviour such as aggression and violence, unsafe sexual activity, unhealthy eating, physical inactivity, and substance use are associated with low scholastic performance. Considering that health problems have a significant influence on the overall performance of students, there is a need to look at the various health determinants and how they affect students. Identifying health factors that impact student performance is essential because of the relationship between health and academic performance.

So, this study was done to assess the knowledge and practices regarding personal hygiene among students of 10th Class at IGCSE school

### 1.1 NEED OF THE STUDY

The value of excellent health in a student's life cannot be overstated, and there are many ways that it can enhance a student's quality of life. Though their school curriculum and school health services provide health education, clinical assessment and monitoring of nutritional status, strong and sustained reinforcement through health education camps, participatory techniques, increasing emphasis on hygiene promotion in the school curriculum, and setting up rallies, competitions, and posters that increase awareness along with the school health services will help to improve the child health, self-esteem, life skills, and behaviour.

### 1.2 RESEARCH QUESTION

What are the measures taken by “A study on difficulties faced by 10<sup>th</sup> std students of Thakur School of Global Education, Kandivali West in maintaining a healthy lifestyle.”

- What do the students understand about personal hygiene?
- What effect does personal hygiene have on the students?
- What are the difficulties faced by the students while practicing good personal hygiene?
- What is the significance of health and hygiene in today's time?

### 1.3 TITLE OF THE PROBLEM

“A study on difficulties faced by 10<sup>th</sup> std students of Thakur School of Global Education, Kandivali West in maintaining a healthy lifestyle.”

### 1.4 OPERATIONAL DEFINITION

- **Study:** The devotion of time and attention to gaining knowledge of an academic subject, especially by means of books.
- **Difficulties:** The State or condition of being difficult.
- **Student:** A person formally engaged in learning, especially one enrolled in a school or college
- **School:** An institution for educating children.
- **Maintaining:** To make something continue at the same levels.
- **Healthy:** The World Health Organization says that health is a state of complete mental and social well-being physical, and not merely the absence of disease.
- **Lifestyle:** How an individual lives in a classic way.

### 1.5 OBJECTIVE OF THE STUDY

- To provide healthy eating environment to nurture students to sustain good eating habits.
- To strike a proper balance in outdoor and indoor activities.
- To increase students brain health and memory, as well as make you feel more energized throughout the day.
- To encourage students to have organic vegetables and fruits.
- To promote healthy lifestyle.

### 1.6 SCOPE OF THE STUDY

- The researcher selected the target population as students aged of 15 years and above.
- The target population of students includes men and women living in the suburbs of Mumbai.

### 1.7 DE-LIMITATION OF THE STUDY

- The study is limited to Mumbai region only.
- The study is limited to students of a specific age group only.
- The study is limited to English medium school.
- The study is limited to IGCSE board school.
- The study is limited to the Kandivali West area only.
- The study is limited to students who are currently enrolled in educational institutions.

## II. RESEARCH DESIGN AND METHODOLOGY

The researcher has selected the descriptive survey method for her present study.

**Population:** In this study, 10<sup>th</sup> std students of Thakur School of Global Education, Kandivali West have participated.

**Sample:** The sample comprises 45 male and female students from Thakur School of Global Education, Kandivali West.

**Sampling technique:** The researcher has selected a random sampling method for her present study.

**Tools:** All data for the present study was collected through a questionnaire prepared to conduct the study. This had a statement-type question in all. There were 20 number statements in all distributed under four sections. Three parameters were used for each statement for giving the answer that is yes, no, and sometimes.

Procedure of data collection:

The researcher studied different articles in magazines and newspapers, searched different sites, and then noted down a few titles for the study. She then took guidance from her research guide and finalized a title on which the researcher has completed this research

After finalization of the title the researcher under the guidance of her guide prepared around 40 statements for the survey that was required for the research. The guide then selected 20 statements for the study. Once the statements were selected, the researcher prepared a questionnaire, distributed it among the 10<sup>th</sup> std students of Thakur School of Global Education, Kandivali West, and completed her survey.

The survey tool consisted of the following directives:

Please read each sentence carefully and answer in terms of how well it describes you in the situation.

There are no right or wrong answers.

Select any one more suitable option.

The survey was completed with the full cooperation of the respective guide teacher, and parents as well as teachers of 10<sup>th</sup> std students of Thakur School of Global Education, Kandivali West.

The name of the data collection center and count of the respondents are given in the table below:

Name of the School	No. of respondents
Thakur School of Global Education, Kandivali West	45

### III. ANALYSIS OF DATA

Once the data collection process was completed, it was required to be analyzed scientifically. Since the survey conducted is short, the researcher decided to proceed with percentage analysis. The researcher used a pie chart for graphical representation.

The technique used by the researcher for analyzing the data is percentage-based. The data collection process can be conducted using various tools. The researcher selected the questionnaire as a tool for the collection of data where the information collected from the 10<sup>th</sup> std students of Thakur School of Global Education, Kandivali West.

The researcher has used a descriptive survey method for analysis. Descriptive analysis is used to describe the characteristics of each sample.

Major findings

All the findings are about the objectives of the study and data analysis performed in this study are mentioned in the following paragraphs.

In this study of the students from grades 10 at Thakur School of Global Education, we assessed the knowledge, attitudes, and practices of hygiene.

Of the students surveyed, more than 80% were classified as having proper knowledge of hygiene. This knowledge is necessary for the practice of proper hygiene in the school environment.

Almost 86.7% of the students washed hands after defecation on regular basis.

Although the students know that washing hands after defecation is important, they may be negatively influenced by factors such as laziness, the rush to play with friends, or even the lack of hand-washing facilities close to the latrines.

We also found that out of the personal hygiene characteristics assessed, students having proper knowledge of hygiene were more likely to have clean clothes.

The most common hygiene practices, in order of rank, were:

- washing fruits and vegetables before eating (93.3%),
- washing hands before eating (90%) and
- Wear a clean uniform to school (90%).

It can be concluded from this present study that knowledge of personal hygiene, knowledge about body and clothes hygiene, teeth brushing, regular clothes washing, washing hands hygiene, and cutting nails regularly, was very good for children but knowledge about changing clothes after playing for a long time and about not eating homemade food was not found very good.

### IV. CONCLUSION

The study has gone through the length and breadth-wise analysis of the topic "A study on difficulties faced by 10<sup>th</sup> std students of Thakur School of Global Education, Kandivali West in maintaining a healthy lifestyle."

World Health Organization (WHO) asserted that health is not merely the absence of diseases, but a complete state of well-being. To this effect, various theories and models have been postulated in trying to define health as a complex concept.

Therefore, schools need to come up with health intervention strategies and provide healthy environments for students. School health services, which comprise components such as health services, health education, healthy environment, physical activity programs, counseling, psychology, social services, nutrition services, improving employee well-being, and family-society involvement approaches, are said to contribute to the academic performance of students in various ways

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