



A Study of Awareness of Students towards Importance of Health and Hygiene in Ahmedabad City

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ABSTRACT

The various sources like government, non-government program, TV. Radio, newspaper, social media etc. are always making the common man aware about the importance of health and good hygiene. These sources are making the common people aware about the various ways to remain healthy. The alertness of the sources towards various diseases with their symptoms cure and prevention is valuable duty. But still healthy habits among the people are not seen to improve. If these alertness had really made a good impact on the people then the rural area would have progressed and developed like the urban areas.

But among all these factors that affect the progress of an area the researcher took to 'study of Awareness among the students towards importance of Health and Hygiene' as a research problem.

Key words: Awareness, Students, Health and Hygiene, Ahmedabad City

Introduction:

In every human there is a hidden researcher. In daily life man is always researching for new things or ways to make his life comfortable. Before much progress can be made in solving problems, men must possess accurate description of the phenomenon with which they work. Hence, his early development in educational research, as in other fields, has been made in the area of description. In Gujarat the Awareness towards education is increasing day-by-day. The importance of education is increasing with the increase in population of Gujarat. Along with this educational Awareness, the Awareness towards Health and Hygiene is seen more in urban areas compared to the rural areas. In urban area the importance of education and even Health and Hygiene is on the developing track. The urban community expects good academic result



from their children, but due to the Health and Hygiene habits followed by them the expectation is not fulfilled.

Statement of the Problem:

A Study of Awareness of Students towards Importance of Health and Hygiene in Ahmedabad City

Objectives of Research:

- To study the Health and Hygiene Awareness of Students of Ahmedabad city.
- To study effect of zone on the Health and Hygiene Awareness of the Students of Ahmedabad city.
- To study effect of gender on the Health and Hygiene Awareness of the Students of Ahmedabad city.

VARIABLES:

In the present study, Health and Hygiene is dependent variable whereas gender and zone are independent variables.

HYPOTHESIS:

Ho1: There will be no significant difference between the mean score of Awareness of Health and Hygiene of Students residing in East zone and West zone of Ahmedabad city.

Ho2: There will be no significant difference between the mean scores of Awareness of Health and Hygiene of Boys and Girls of High school of Ahmedabad city.

Delimitation of Research:

- This study is limited to Students of XIth standard only.
- This study is limited to GSEB English medium school only.

Population of the Research:

Higher secondary school students from the population of Ahmedabad city.

Sample of the Research:



240 Students of Ahmedabad city selected by Multi-stage sampling method.

Tool of Research:

To study the Awareness among the students, self-made opinionnaire with easy, understandable statements related to the health and hygienic habits were framed. The opinionnaire was framed in a view to achieve the objectives of the research.

There are 30 positive and 30 negative statements in the opinionnaire. The positive statements are awarded as Agree-3, Not Decided-2; Disagree- 1. The negative statements are awarded as Agree-1, Not Decided-2, and Disagree-3. Thus the sample which has highest Awareness level would score 180 and the sample which has least Awareness level would score 60 marks.

Research Methodology:

To know the level of Awareness towards Health and Hygiene of Students of Ahmedabad city survey method being useful and economical in relation to time and money.

Data collection:

The researcher contacted the high schools of Ahmedabad city and took permission of the principal to administer the tool personally.

Data Analysis and Interpretation:

Mean, standard deviation, standard error of mean, and t-test.

Table – 1 Analysis of Awareness of Health and Hygiene of Students of Ahmedabad City

Range of scores	Level of awareness	No. of sample	Percentage
60-100	Low	0	0
101-140	Medium	154	64.17
141-180	High	86	35.83



From the table-1, it can be concluded that out of 240 students taken as sample, 154 students have medium level Awareness of Health and Hygiene and 86 students have high level Awareness of Health and Hygiene. Thus, 64.17% of students have medium level of Awareness and 35.83% has high level of Awareness of Health and Hygiene.

Hypothesis Testing:

Ho1: There will be no significant difference between the mean score of Awareness of Health and Hygiene of Students residing in East zone and West zone of Ahmedabad city.

Table- 2 Analysis of Awareness of Health and Hygiene of Students of East and West zone of Ahmedabad city

Zone	No.	Mean	Standard Deviation	t - test	Remarks
East	120	138.3	12.49	1.19	Not Significant
West	120	136.4	12.39		

$$T_{cal} = 1.1878 < t_{tab} = t_{0.05} = 1.96$$

From table- 2, it is evident that the $t_{cal}=1.1878$ is less than the table value $t_{0.05}$ level = 1.96 which indicates that the t-value is not significant at 0.05 level of significance. Hence the Null hypothesis that there will be no significant difference between the mean scores of Awareness of Health and Hygiene of Students of East and West zone of Ahmedabad City is not rejected at 0.05 levels. It means that there is no significant difference between the Awareness of Health and Hygiene of Students of East and West Zone of Ahmedabad City. The mean Awareness of East Zone is higher than that of West Zone Students of Ahmedabad City. It means that East zone Students have better Awareness of Health and Hygiene than West zone.

Ho2: There will be no significant difference between the mean scores of Awareness of Health and Hygiene of Boys and Girls of Ahmedabad city.



Table - 3 Analysis of Awareness of Health and Hygiene of Boys and Girls of Ahmedabad City

Gender	No.	Mean	Standard Deviation	t - test	Remarks
Boys	120	136.6	12.78	0.85	Not Significant
Girls	120	138	12.13		

$$T_{cal} = 0.3984 < t_{tab} = t_{0.05} = 1.96$$

From table- 3, it is evident that the $t_{cal} = 0.8546$ is less than the table value $t_{0.05} = 1.96$ which indicates that the t-value is not significant at 0.05 level of significance. Hence the Null hypothesis that there will be no significant difference between the mean scores of Awareness of Health and Hygiene of Boys and Girls of Ahmedabad City is not rejected at 0.05 levels. It means that there is no significant difference between the Awareness of Health and Hygiene of Boys and Girls of Ahmedabad City. The mean Awareness of girls is higher than that of Boys of Ahmedabad City. It means that Girls have better Awareness of Health and Hygiene than Boys.

Research Findings:

- Mean Awareness of Girls is higher than that of Boys of High schools of Ahmedabad City.

It means

that Girls have better Awareness of Health and Hygiene than Boys.

- Mean Awareness of East Zone is higher than that of West Zone Students of High schools of

Ahmedabad City. It means that East zone Students have better Awareness of Health and Hygiene than

West zone.



Suggestions:

- “A study of relation between the health and performance level of students of secondary class.”
- “A study of Awareness towards the importance of Health and Hygiene among the students of urban level,”
- “A study of comparison between the Awareness towards the importance of Health and Hygiene among the students of urban and rural.”
- “A study of comparison between the Awareness towards the importance of Health and Hygiene among the Parents of urban and rural.”
- “A study of comparison between the Awareness towards the importance of Health and Hygiene among the teachers of urban and rural.”
- “A study to develop a system to create Awareness of importance of Health and Hygiene among the students, teachers and Parents.”

Conclusion:

The Educational development and progress of the urban people is mainly dependent on the healthy habits and good hygiene. Then ‘what is meant by health?’ health is a state of complete physical and mental well-being. This means that both the mind and body must completely fit for a person to be considered healthy. Proper food, hygiene, rest, exercise and correct posture are essential for remaining healthy. As the healthy diet helps in the complete development of the child’s body and mind as says this proverb that “Healthy mind rest in a Healthy body.”

Researcher collected the data by using appropriate tool analysed and interpreted it by, following relevant statistical method and on the basis of the interpretation researcher presented the findings, suggestions, new areas for research.

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