

STRUCTURE OF HEALTH EDUCATION AND COMMON PROBLEMS AT THE UNIVERSITY LEVEL

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At college level, girls and boys feel sudden change in the environment related to them. This stage is important in their physical, mental and social development. This stage plays a vital role in the whole life development of the individual.

Dr. G. Fox emphasized this stage plays decisive role in setting future disunion of then live. If in the colleges students are made aware of the health and other problems of this stage, as large as 70% of the students can be successful in achieving their aims in life and can develop a stronger personality. According to studies of Dr. G. Fox 60-50% students at this stage have knowledge of their field but have no knowledge of health affecting factors like negative emotions, social, mental, physical, physiological health.

At this stage youth wants to fulfill his needs, and desires. The impact of which is clearly seen on his behavior and health. If students are provided knowledge of health and basic behavior problems, students can make their golden future with healthy personality development at the university level. December 2003 Dr. Williams Arthur – New York following are the main points of health- physical, mental, Sociological intelligence, social health with the comparative study of the different dimensions of health Dr. Viginira New York in 1999-2003 made it clear that those students who were provided health education their Io –Intelligent quotient E- Emotional quotient – S – Spiritual quotient – are better than others.

At the college level health education has been described in American Medical Association 535 North Dearborn Street Vol III as Follows.

Structure of Health Education in University Level:- Today's youth lose their working capacity when they have low standard of health.

Every person will feel happy and comfortable when his health permits him to enjoy the life many parents are unable to provide adequate health facilities out of ignorance or due to economic reasons.

In order to improve the university health program following area should be given serious through—has described the characteristics of health person and elements of health determination and factor affecting good health.

High Education Health Services: -

A. To keep health records of the students should be

maintained by the university education.

- B. Highly education teachers and other staff members must discussion about primary hygienic requirements.
- C. Today's lecturer should have the basic knowledge of nutrition, health problem and changing physical needs.
- D. Sometimes students suffer from inferiority complex mental stress, mental refardness, and complexes due to many physical problems. If Psychological counseling is offered by the University.

Health education : - Health education is important through the use of books, films, charts, posters, etc. The ministries of education develop health education syllabus.

Healthy Institute Living :- Healthy Institute Living not situated in crowded and noisy Surroundings, Unhealthy, Water supply, Traffic hazards, Unhygienic surrounding andante social atmosphere, Inadequacy of classrooms, proper ventilation, proper lighting, Laboratory should be cleaned regularly.

Feeding Programme : - Both colleges and family members should be made aware of the rules of health, recreational necessities and nutritional requirement, proper eating habit, good manners and proper food habits, nutrition management and nutritional status.

It is important that University education should provides proper health facilities so that the students all round development is safe guarded. Emphasis should be laid down upon the development of a students personality mental as well as emotional. American medical Association – has described the characteristics of Healthy person and element of Health determination and factor affecting good health.

These are constant research, Survey, Studies and investigation going on to improve health science. But a healthy person should possess following characteristics.

- A. Sense of well-being.
- B. Ability of work efficiently and activeness.
- C. Self-confidence and self-control.
- D. Positive mental attitude and absence f disease.
- E. Free from amity and courage.
- F. Sense of cooperation and adjectives nature.
- G. Cheesflilness and Patience or tolerance capacity.

Complete health is a mental concept, which can be attained

Through the proper utilization of resources in an effective manner.

Determinates of Health :-

Determinates of our health are as follow: -

- A. Physical Structure of body.
- B. Environment.
- C. Standard of living.
- D. Economic Factor.
- E. Health Services.

Factors that Influence Health :- Health of an individual depends on the body built, general physical condition and inherited qualities. It is chiefly a standard, which is maintained through adjustment and readjustment with the atmosphere. The life style and the method of living a person adopts must include.

- Wholesome nutritious and balance food, which meets an individual's daily readjustment.
- Physical activity, Exercise, Play games.
- Bowel movement and regular excretion of urine and faecus.
- Cleanliness of teeth, hair, feet, cloths and regular bath.
- A suitable occupation.
- Proper use of leisure time and positive mental attitude forwards life.

Perfect health is an abstraction and a mental condition in which a person feels happy and enjoy life wholesomely for college students health education is important is helpful in establishing the personality of University students there are common problems of the students which effect the personality – Dr. Williamsons made study on this problems in the

year 1995-98 on 600 students their problems and the negative effect were studies and highlighted the problems and suggested ministry of health education committee to take up the problems and educate the students at the University level. So that healthy personality can be made strong and determined.

- Main Problems of student at the University level.
- Tobacco, Drugs, Alcohol, cigarette, Drinks habits.
- An Accident defined.
- Complexity and ambiguity.
- Managing Freedom.
- Inimical and time management problems.
- Home Spare, Self some wrong way of self satisfaction.
- Staying Healthy.
- Measuring up Academically.
- Measuring up Socially.
- Measuring up As a Human Being.

Summary :-

From the above study it is clear that for good Health is essential Physical, Mental, Intellectual, Self-dependence became According to Dr. G.Fox. 70% of the personality, development is determined by good health.

Health education should be given keeping in mind characteristics of good health it's major element and the factors effecting it Elements given by the Health committee a should also be involved in the health education at the University level.

Students student should be made by Dr. Willimus New York. It should be made a part of syllabus by the ministry of health education. Because good health is essential to maintain and establish strong personality.

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