CHAPTER – V

SUMMARY, CONCLUSION AND RECOMMENDATIONS

V.1 Summary

Today’s children are the future citizens, future leaders of our country. Society’s responsibility is to give appropriate education to the children to make them active and creative force of the society. Role of education is very important, because children’s formation of good habits, attitude, thinking pattern and knowledge are all influenced at different levels of education. Social institutions like home, schools, politics economics etc. contribute a lot to the all-round development of the personality of the child.

It is not the fact that childhood days are free from tension, rather various social change caused by the kind of unbelievable advancement of science and technology, a revolutionary change in lifestyle compared to earlier days have put our children in the face of various challenges of the modern times. It is because of the reason that the need to bring about the necessary changes in the curriculum has become important. For the balanced development children need to go through a series of experiences which are provided to them by offering diversified aspects of a curriculum.

In order to make the children intellectually sound, emotionally balanced, physically fit and socially adjustable emphasis from the
cognitive domain, psychomotor domain and affective domain of educational field are equally important. Educational institutions at different levels should offer various exposures to the children through the curriculum to bring out their latent qualities. Curriculum is living program of the school. It neither a body of knowledge nor certain skills only; it is rather a design for a series of experiences through which the society wants the children to go in order to develop certain attitudes, interests, ideas etc. which will build personality, citizenship and character and an ability to sustain the self, the family and the society.

The school environment includes the school building and its environs, classrooms, lighting and ventilation, furniture, water supply and specially drinking water, meals waste disposal, abatement of pollution. The environment should be health promoting and also save the educational purpose, so that, appropriate ideas and habits are prompted in the users as they are greatly influenced by their interactions in the school environment.

In modern age school is considered to be not only the center for intellectual development of a child, but also a training ground for all round development of the child. The aim and objective of education is the total development of the whole person physically, intellectually, emotionally and socially and also the fulfillment of person’ potential. Therefore, along with the scheme of the intellectual development modern educationists have recommended to make provisions for ‘Health education’, ‘work Education’ ‘Moral Education’ and so on in the
Curriculum of the secondary stage of education of West Bengal. It is being thought that the knowledge of Health Education and Health Care Management for the students are related to each other and this understanding of relationship is very important in the process of total development of a child to utilize full potentialities to contribute to the well being of the community and the nation, because a healthy mind resides in a healthy body.

The health of the children and their learning are reciprocally related. Young people must be healthy to obtain optimal benefit from their school experience. Educational experiences must be provided that will enable pupils to live in a healthful manner.

Environment has a direct bearing on the health of the pupils. Boys and the girls must interact with and adjust to an environment that is physiological, biological, and social. Physical factors, such as weather and climate, housing, soil water and food supply, medicine, radiation, clean or polluted air, recreational facilities, school building, and sites, and many more physical things around us can affect health for better or worse.

Today much importance is paid to the subject on health education, however, by visiting any of the school one can observe the prevailing condition in which health education occupies a place on the fringe of curriculum as a minor subject.
Statement of Problem

In the present study an honest attempt has been made to make an assessment of how the health care services from the part of the teaching and non-teaching staff and the administrative and management levels in the schools is being followed up to ensure the healthy way of living in secondary schools of West Bengal.

In the light of the above the purpose of the study was set to ascertain:

i) How health care services are arranged, organized and managed for the students of the secondary schools of West Bengal.

ii) To suggest measures which the school authorities can take up to improve the services within the limitations of the respective schools.

Hypothesis

On the basis of the exchange of views with some Heads of the secondary schools and also the self-experience as the Head of a Higher Secondary School, it was hypothesized that the average picture of the health care services in respect of their arrangement, organization and management in the secondary schools located at both urban and rural areas under different districts of West Bengal will not fulfill the standard norms.
METHODOLOGY

Selection of Subject

Selected Secondary Schools (Boys and Girls) located in rural and urban areas covering almost all the districts of West Bengal have been randomly selected as the subjects of the study. Finally 110 schools were selected for this study. After selection of the schools, the scholar personally met and approached the Heads of the Institutions and discussed with them the objectives as well as importance of the study. The Heads of the Institutions were also requested to advise the physical education teachers of those schools to extend their assistance by way of providing necessary information in respect of health and physical education through a questionnaire in which types of information required for the study have been clearly spelt out.

Construction of the Questionnaire

The main focus of the study was to assess the health care services and their management by the secondary schools of West Bengal. In order to collect necessary information from the schools, the scholars had consultation sessions with the experts to identify the areas which will cover three important aspects like Health Information, Health Services and Health suggestion provided by school management.
Administration of the Questionnaire

Before distribution of the questionnaire the scholar had a thorough discussion over the different parts of the questionnaire with the Heads of the institutions in presence of the Physical Education Teachers. Thereafter the questionnaires were handed over to the Heads of the institution with a request to fill up the questionnaire within fifteen days. After fifteen days again the scholar and his assistants personally went to the schools, met the Heads of the institution and collected the filled in questionnaires for further analysis.

Reliability and Validity of the Test

In order to judge the validity of the questionnaire the scholar after going through some related literatures, framed the questions based on the important aspects like Health Instruction, Health services and Health supervision at school level. The set of questions thus framed were given to three experts and the supervisors to examine and give their valued opinion, suggestions and advices. The experts went through the questions carefully and keeping in mind the objectives of the study and the focus on the relevant areas, suggested some modifications in framing the questions. As per the suggestions and advice given by the experts the scholar reframed the questions and again gave the entire questionnaire to the experts for their valued opinion and approval. The experts and the supervisors finally approved the questionnaire and thereafter the
questionnaires were administered for collecting data from different secondary schools of the districts of West Bengal.

The scholar himself being the Head of a Higher Secondary School has to face various types of health problems of the students, which often disturb their academic activities. Proper care of help by this school and the family may solve many such health problems. The scholar felt the curiosity in his mind to look into the state of affairs of health care management of the Secondary Schools of West Bengal. He has made an effort to go through the literature and see whether such an investigation of student health care management has been taken up by any investigator, but he has come across with no such work taken up by any scholar in West Bengal. This fact motivated and prompted the investigator to take up the present study.

The statistical analysis of data collected on 110 (one hundred and ten) secondary schools located at rural and urban areas under different districts of West Bengal has been presented in chapter IV. Relevant tables and figures have been shown in chapter IV.

The total number of questions in the questionnaire are 54 grouped under seven distinct categories (C₁ to C₇) and framed to assess the health care management of the secondary schools of West Bengal.

Each question has four options – ‘Yes’ or ‘No’ or ‘sufficient’ or ‘minimum’. Each response carries a weightage in a scale from 1 to 4. The weightage (which has been given after discussion with the guide) is given 4 for ‘yes’ option, 3 for ‘sufficient’ option, 2 for ‘minimum’ option, and
1 for ‘No’ option except question no. 5 of category (C₂) which is opposite in order.

**Computation procedure**

Number of favourable responses was calculated according to different options.

Weighted favourable percentage is calculated by dividing the product of favourable percentage and appropriate weight by 4.

Pearson’s Product Moment correlation was applied to see the relationship of responses related to 7 categories respectively.

**Level of Significance**

The level of significance to check the relationship obtained by Pearson’s Product Moment correlation was set at 0.05 level of confidence which was considered appropriate for the purpose of this study.

**V.2 Conclusions**

On the basis of the analysis of data and the results of the study, following conclusions have been drawn.

1. The percentage of favourable responses related to Healthy School Environment (Category C₂) and provision for Physical Fitness (Category C₃) against the option “Yes” are highest among four
options in regard to health care management in secondary schools of West Bengal.

2. The percentage of favourable responses of other five categories (i.e., Health Care Program in school (C2), Health Services to Appraise, Protect and Promote Health (C4), Counselling and Psychological Services to Improve Students’ Mental, Emotional and Social Health (C5), health Care Provision for Staff for pursuing healthy life style (C6) and Parent/Family/Community involvement for health awareness and health care (C7) against option “NO” are highest among four options in regard to health care management in secondary schools of West Bengal.

3. In regard to health care management in secondary schools of West Bengal, Health Care Program in schools (C1) is significantly related to the Provision for Physical Fitness (C3).

4. In regard to health care management in secondary schools of West Bengal, Health Care to Appraise, Protect and Promote health (C4) is significantly related to Counselling and Psychological Service to improve students’ mental, emotional and social health (C5) and Health care Provision for Staff for pursuing healthy life style (C6).

5. In regard to health care management in secondary schools in West Bengal, Counselling and Psychological service to improve students’ mental, emotional and social health (C5) is significantly related to Parent/family/community involvement for health (C7).

6. Out of seven categories of questions, categories (C2), (C3) and (C4) appear to have satisfactory condition while other four categories (C1), (C5), (C6) and (C7) need more positive attention for development in respect to the health care management in secondary schools of West Bengal.
V.3 RECOMMENDATIONS

On the basis of the experience and observation of the research scholar during the period of collection of data by administering the questionnaire through the heads of the secondary schools located in urban and rural areas in different districts of West Bengal with the objective of knowing the present state of affairs in respect of the health care management prevailing in schools, the research scholar intends to make the following recommendations which may help to take up appropriate measures for the improvement of the existing health care management in the schools and also motivate the future researchers to take up further studies.

1) As the health care management system of the secondary schools of almost all the districts of West Bengal appears not satisfactory, appropriate steps need be taken by the schools to improve the system to ensure healthful living of the students.

2) Schools should take care to provide necessary infrastructure in respect of safety measures, indoor and outdoor sports and games facilities, periodical health checkup etc.

3) Government should set up an inspection team comprising health experts to checkup the functioning of the health care system in secondary schools at regular intervals and sanction required funds to make the system effective and operative.

4) The West Bengal Board of Secondary Education and the West Bengal Higher Secondary Council may jointly make a venture by
deploying a team of experts to assess the health care management
system of the schools at regular intervals and suggest ways and
means to develop the system for the benefits of the students, staff
and the community as a whole.

5) Similar studies may be undertaken by researchers to evaluate the
existing status of the health care management separately for girls’
schools of West Bengal.

6) A study may be taken up to compare the health care management
system for the schools of the state of West Bengal with the same
being managed for the secondary schools of other states.

7) Similar studies may be undertaken to assess separately the present
situations prevailing in the schools in respect of each of the
categories of school health care management.

8) A study may be taken up to compare the health care facilities
available between the schools located in rural, semi urban and
urban areas of West Bengal.

9) A study may be conducted to assess the status of health care
management for the primary schools located at both rural and urban
areas of West Bengal.

10) A study may be conducted to compare the status of health care
management of the Govt. aided primary and secondary schools with
that of the privately managed primary and secondary schools of
West Bengal.