Chapter V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

Summary

In the preparation of people for living successfully in a democratic society the teacher plays most important role. Teacher is the basic factor in the educational process and the quality of teacher largely determines the quality of results. Personal health of the students, sportsmen and non sportsmen are of the major concerns to school administration. In maintaining good health it is important to know about the body, human structure, how it works and how to maintain it in good condition by applying healthy life style. In India it has become the responsibility of the teachers to impart the knowledge of health and its practical utilization in their pedagogical situation. An intelligent and prepared teacher with a balanced personality and sound philosophy of education had a greater opportunity than any other members of the society to prepare boys and girls to become a good citizen.
The purpose of the study was to compare the knowledge of human structure, health knowledge and practices of general teachers and physical education teachers.

A total of two thousand general education teachers and physical education teachers were selected as the subjects for the study. All the subjects were divided into two groups, each group comprising one thousand general teachers and one thousand physical education teachers. Only science teachers were selected from the general teachers and all the teachers were permanent approved staff at the Government recognised high schools of three adjacent district namely Bankura, Purulia and Midnapur in West Bengal.

To assess the knowledge of human structure two different questionnaires were used for the knowledge of human structure Turner's personal and community health appraisal form prepared by Brooks and Brooks with a little modification was made. The second questionnaire administered to assess health knowledge and practices. Eleven questions were retained in knowledge of human structure and thirty one in health knowledge and practices questionnaire.
To compare the knowledge of human structure health knowledge and practices of general teachers and physical education teachers 'chi-square' was used and the level of significance was set at .05 level of confidence.

Analysis of data revealed that the responses of general teachers and physical education teachers were almost identical, in case of knowledge of human structure these issues namely (values of chi-square are placed within the bracket towards each item), human body as a whole ($x^2 = 0.04$), skeletal system ($x^2 = 0.81$), muscular system ($x^2 = 2.88$), digestive system ($x^2 = 3.2$), circulatory system ($x^2 = 1.78$), respiratory system ($x^2 = 0.04$).

Analysis of data revealed that general teachers possess better knowledge in human structure towards these items such as excretory system ($x^2 = 11.02$), nervous system ($x^2 = 47.26$), sense organ and its function ($x^2 = 27.12$), skin and its function ($x^2 = 7.12$), endocrine system ($x^2 = 32.54$). In case of knowledge of health and practices the following questions there was no significant differences between general teachers and physical education teachers namely nutrition ($x^2 = 0.80$), alcohol and drug control ($x^2 = 3.2$), safety at classroom ($x^2 = 1.18$), blood pressure management ($x^2 = 1.58$), safety at home
(x^2 = 0.44), need for physical exercises (x^2 = 5.08), backbone problems (x^2 = 2.22), smoking, drug control and alcohol cessation of players (x^2 = 4.8), disadvantage of over and under weight (x^2 = 3.72), medical check-up (x^2 = 5.58), blood cholesterol (x^2 = 1.28), first aid (x^2 = 0.82), dental problem (x^2 = 4.42), drugs and medical devices in common use (x^2 = 3.41). Analysis of findings also reveals that physical education teachers had better knowledge on health knowledge and practices towards the items namely physical fitness (x^2 = 62.08), healthy life style (x^2 = 14.8), body posture (x^2 = 27.86), personal hygiene (x^2 = 8.72), maternity and child health (x^2 = 2.34), stress management (x^2 = 13.42), emotional and behaviour problem and their management (x^2 = 11.8), mental health (x^2 = 40.02), eye and ear problem (x^2 = 17.18), conditioning exercises (x^2 = 98.46), safety at play fields (x^2 = 38.08), calisthenics exercises (x^2 = 31.82), aerobic exercises (x^2 = 17.46), recreation activities (x^2 = 20.18), flexibility and stretching exercises (x^2 = 25.82), walking and jogging exercises (x^2 = 27.68), health awareness programmes (x^2 = 6.86).

**Conclusions**

Within the limitations recognised and on the support of the results of the study the following conclusions may be drawn:
1. General teachers and physical education teachers possess almost uniform knowledge on human structure over some common issues.

2. General teachers had adequate knowledge in case of some intricated area on human structure in comparison to physical education teacher.

3. Both the groups had approximately equivalent knowledge over some fields on health knowledge and practices.

4. Physical education teachers had better knowledge on health knowledge and practices than general teachers in case of some latest health practices questions.

**Recommendations**

In the light of conclusions drawn, the following recommendations have been made:

1. General education teachers had better knowledge in case of some questions regarding health structure whereas physical education teachers had adequate knowledge in case of health knowledge and practices so, it is recommended that appropriate in service orientation
programmes need to be organised to equip teachers to extend contributions towards curriculum.

2. It is strongly recommended that all schools and colleges should pursue coherent schemes of structured physical education and health education programmes for all round development of the individual.

3. A similar study may also be undertaken among physical education teachers and other subject teachers except science group.

4. A study may also be conducted to establish relationship and differences regarding knowledge of human structure and knowledge of health practices between sportsmen and non sportsmen.