Chapter I

INTRODUCTION

Man has conquered the famine by skillful production and storage of food. He has learned to protect himself from the in clemencies of weather. He has subdued or exterminated animal which were once his mortal enemies. His battle against disease in all its form in one phase of continuing struggle to improve the security and the quality of existence. The knowledge which he has collected concerning a cheerful life is related to health knowledge.

The human structure is very complex multicellular organisation in which the maintenance of life depends upon a vast number of physiological and bio-chemical activities. The sum of these activities enable the human being to live in an utilise his environment and to maintain the species by reproducing.¹

The human structure has its ultimate base on a molecular scale. The biological molecules are arranged in a complex aggregation, multiples of different types of organisms are further combined in specific membrane bound units or cells. The cell is an important

units, since it is the smallest aggregation to show all the major features of living organism. Multiples of cells are grouped together, with spartial differentiation of different regions, to perform particular roles such as digestion, reproduction etc. These may be the form of single co-operative layers are further grouped together to carry out more complicated co-operative actions, These constitute the organs of the body. Finally the whole consortium of organs, co-ordinated and unified by specialised communication systems, is capable of the directed and self-directing activities which characterize human life.²

Knowledge of health invokes universal interest. It has been observed that the study and research work on the subject of health, physical fitness, diet, strain-stress, has considerably increased in recent years. Health education councils and sports agencies in India have initiated several mass media campaigns which are directed to make people aware of the hazards inherent in unhealthy life style.

Of late there has been a reawakening that health is one of the basic human rights and a world wide social goal. Health has been

traditionally defined as "Absence of disease and deviation from a biochemical norms."³

Feeling healthfulness is the birth right of an individual. Therefore health is supposed to be the quality of life that render an individual to "Live longer and serve best."⁴ Healthfulness is the result of living in accordance with natural laws of health pertaining to body, mind and environment. Besides, it is a glaring fact that a person devoid of knowledge can hardly live a happy life in the real sense even when he has been provided with living in fresh air, adequate sunlight, proper diet, regular exercise, rest as well as sleep. Therefore it is aptly recognise that the development of right attitude and compatible behaviour patterns are equally important for healthful living.

India is land of religious and mystic philosophies. As a result of which our traditions and customs sometime do not permit development of positive attitude towards health and its practices. People are not able to attain a positive health due to lack of proper health practices and infavourable attitude. School education happens

to be the most effective instrument of social change. It is therefore essential that personal health courses may be introduce at the school level in a integrated manner rather than fragmentary and incidental one.

Majority of the physical educationists conform to the view that the study of human body is invaluable for physical education students. According to Parrott⁵ "No military commander would attempt to fight a battle without the previous knowledge of the terrain ....... "names of muscles arteries and bone matter little to the physical educationist but it is their Function and Position that are the be - all and end-all of movement ......."

The survey supported the positive effect state wide wellness conferences can have on health practices of participants. A Girvan and Cottrell⁶ noted, the contribution of educational personnel as role models represents an important factor in the motivation of students to choose to positive health behaviours. States across the nation should make the implementation and/or continuation of state wide wellness conferences a top priority.

The need was felt for education for healthful living, the focus in this instance is on the body of knowledge with which health education is concerned. Many experts complain health education as the process involved in bridging the gap between supplying the people with information about health and teaching them how to use it in solving and preventing health problems.

According to Paideia proposal, the goals of general education are those also of health education and achievement of the concept and skills of one contributes to those of other.

Health practices in life of an individual or in community are expression of a number of factors including habits and attitudes as well as knowledge. In everyday living most people fall below what they know to be the best in health practices.\(^7\)

The term 'health practice' and 'health habits' as sometimes used interchangeably. There are differences among them, however, that need to be recognised and adhered to in use. Health practices are ways coping with or satisfying immediate health needs (e.g. as in food selection, care of teeth and gums, personal grooming, maintaining

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balance among sleep, rest and recreation, use and abuse of harmful substances etc.).

Health practices are not always consistent but whether their effect is health enhancing or health compromising, each action is taken deliberately. A decision has been made one way or the other. For example, a person may choose a candy bar for a snack, although fresh fruit is also available and was the choice the day before or visit a dentist for scheduled check-up rather than spent a day at the beach.

Health habits are learned and consistent way of coping with health related urges or needs. A health practice can become a health habit and often does. A transition occurs when the individual carries out the practices without giving in any thought at all. Habits differs from health practices precisely in that way. Habits are actions taken at an unconscious level. For example, often smokers are so accustomed to a cigarette as an accompaniment to coffee drinking that no decision is necessary or made. They simply reach for a cigarette as a part of the coffee drinking patterns.

In the preparation of people for living successfully in a democratic society, the teacher plays the most important part. The
teacher is the basic factor in the educational process and the quality of
the teacher largely determines the quality of results. An intelligent,
well prepared teacher with a good personality and sound philosophy
of education has a greater opportunity than any other members of the
society to prepare boys and girls to become good citizen.

Physical education teacher can probably have more influence in
developing the attitudes and shaping the ideals of their pupils than the
teacher of classroom subjects. These opportunities combine with
those for the increase in validity through development of the organic
systems of the body and preparation of individuals in leisure time
activities placed the teachers of physical education in most ideal
position. Studies in such subjects as sports medicine, dietetics,
growth and development, anatomy, physiology, to health education
etc. have become necessary and from the irreducible minimum of
training for physical education teacher.\textsuperscript{8}

But attitudes may be changing. According to school council
inquiry, many younger physical education teachers are giving great
priority to the social consideration of their subjects and may be more

susceptible to an extension of their role in the school to include consideration of the personal and social developments of the total school population. The emphasis is given on the fitness and health, in the fitness of the physical education curriculum and stressed in the importance of making an effort to acquire the necessary knowledge first.

The education of health knowledge, attitude and behaviour, personal knowledge of human structure has become an integral part of modern health and physical education curriculum in the schools and colleges.

It helps to (1) indicating areas needing emphasis on the instructional programme; (2) pointing up strength and weakness in teaching procedures; (3) security evidence useful in determining the need for instituting a health instruction programme; (4) determining the proper placement of students in physical and health classes; (5) determining the changes in knowledge, attitude and behaviour.9

There can be no general education without the inclusion of health education. It is the most basic of all the basic studies. There

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may come a time when health education and general education become fully integrated. It may be hard to tell where one leaves off and the other begins.\(^{10}\)

The research scholar was interested to know regarding the knowledge of human structure, health knowledge and practices of general teachers and physical education teachers. Therefore, such study was undertaken.

**Statement of the Problem**

The purpose of this study was to compare the knowledge of human structure, health knowledge and practices of general teachers and physical education teachers.

**Delimitations**

1. The study was delimited to general teachers (only science teacher) and physical education teachers from districts of Bankura, Purulia and Midnapore in West Bengal.

2. The study was further delimited to human structure, health knowledge and practices only.

3. The study was restricted in questionnaire method only.

Limitation

To assess the human structure, health knowledge and practices only questionnaire method was used and that was considered as a limitation of the study.

Hypothesis

It was hypothesized that there will be no significant differences between general teachers and physical education teachers regarding their knowledge of human structure, health knowledge and practices.

Definition and Explanation of the Terms

Knowledge

Knowledge refers to pure and simple information imparted calling for exercise of recall, recognition and reproduction.\textsuperscript{11}

Human Structure

Human structure is a very complex multicellular organism. it is not possible for all the cells of the multicellular human animal to be in close contact with the environment. So, in order survive, specialisation of cells has evolved. Functional specialisation has

\textsuperscript{11} B.S. Bloom et al., Taxonomy of Educational Objectives, Hand Book 1, (Cognitive Domain 1956), p.39.
taken place in parallel with structural specialisation. A cell is smallest functional unit of an organism. Groups of cells which have the same physical characteristics tend to have similar specialized functions are described as tissue. Organs are made of number of different types of tissue and systems consists of a number of organs and tissues. Each system contributes to one or more of the vital functions of the body.\textsuperscript{12}

**Health Knowledge**

Health state as being hale and sound in body, mind and sound, especially from physical disease or pain.\textsuperscript{13}

It is defined as assured information in matters of health and logical reasoning based on scientific facts involved in it.

**Practice**

Practice means the customary action which one pushes with reference to some phase of life. It encompasses the term habit, since habit is also an action but more limited tendency or disposition to action.\textsuperscript{14}


Health Practice

Health practices are the way of coping with or satisfying immediate health needs.  

General Teacher

General teachers are those who teach only classroom subjects other than physical education.

Physical Education Teacher

Physical education teacher is a person who guides children, youths, adults in the pursuit of knowledge and skills, to prepare them in the way of democracy and to help them to become happy, useful, self-supporting citizens by virtue of his knowledge.

Significance of the Study

1. The study will reveal the existing awareness of the knowledge of human structure, health knowledge and practices of general teachers and physical education teachers.

2. The study will unearth the effectiveness of the present system of imparting health knowledge to the educational field and

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facilitating people's access to health and health related information.

3. The study will help as a guideline to physical education teacher for bringing about optimum possible improvement in health knowledge and practices of students.

4. The study will help the administrator to take proper steps to prepare curriculum and to popularize the value of healthful living among teachers, athletes and students.

5. The findings of the study will further help the people to set their own targets and then translate them into simple, understandable, realistic and acceptable goals which will be monitored by the communities.

6. On the basis of the present study the general teachers and physical education teachers may be approached for the fullest utilisation of all resources in the process of awakening the ideas of hygienic practices among students and players.