

## **Total Health of the Students**

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### **Introduction**

“It is in the context of today's new experience of behaviour related diseases and misery that Susan Boe has had the insight to undertake the writing of a guidebook about what she calls TOTAL HEALTH: CHOICES FOR A WINNING LIFESTYLE. To her, and to me also, total health means that our behaviour matters to our health and to our happiness. It means that we are not just bodies, attacked by germs and waiting for medicines. We are body, mind, and spirit, and we cannot be truly healthy or happy unless we follow the laws of God who made us”. Health is one of the main factors which affect young students' learning capability.

Students of all ages are faced with many challenges inside and outside the classroom. Circumstances may demand more than everyday abilities and resources. In this challenging world, students need to be healthy and problem-free. We have five fingers which is very important for us; if one finger is injured, the whole palm loses its grip, the same way a total health is connected with. Five important aspects of health are: Physical, Mental, Emotional, Social, and Spiritual Health.

### **Physical Health**

The Physical aspect is about fitness, general health, Diet, and looking after oneself in these areas. Physical fitness is commonly defined as the capacity to carry out the day's activities, pursue recreational activities, and have the physical capability to handle emergency situations. Students' Physical fitness is associated with their academic performance.

**Diet:** Diet plays a very vital role in physical fitness; one should take a balanced diet to keep themselves fit because their diet enhances their energy level. It keeps them away from pains, headache, tension, illness, as like cold, flu, or fever. Complete diet does not allow them to feel weak and restless. As you know, an apple a day keeps the doctor away. Usually, students do not take breakfast. They like to eat in a school canteen; they always opt for a junk food rather than a regular meal.

**Exercise :** It is another important factor in an adolescent young adults, both male & female benefit from physical activities. Exercise need not be strenuous to be beneficial. Moderate amount of daily physical exercise such as brisk walking, jogging, outdoor games & Yoga Exercise are also beneficial. It helps students to build and maintain healthy bones, muscle, and joints. It controls weight reduction. It reduces blood pressure in some adolescents with hypertension; that is why Physical health is connected to mental health.

### **Mental or Intellectual Health**

Mental health cannot be defined. The World Health Organization defines mental health as “A State of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make or contribute to his or her community.” It means that mental or Intellectual health enhances the motivational level of the student; he or she is able to make decisions with sound judgement; they keep themselves motivated and wanting to be open to learn and

develop a variety of interests and challenges. They can able to concentrate on the tasks and stimulate their mind at work. Good mental health shows clear and accurate memory and feel mentally alert .To limit unhealthy mental habits students should try to avoid negative thoughts about themselves do not feel inferior , avoid feelings like anxiety,fear ones and depression .In order to improve and strengthen your mental health.its important to pay attention to their own needs and feelings try to maintain a balance between their daily responsibilities and things you enjoy.

### **Emotional health**

A person Physical and mental health is related to emotional health ,emotional health refers to overall psychological well-being .It includes the way they feel about themselves the quality of their relationships and their ability to manage your feelings and deal with difficulties . People who are emotionally healthy are in control of their emotions and their behaviour they are able to handle life inevitable challenges build strong relationship and lead productive fulfilling lives.When bad things happen they are able to bounce back and move on Unfortunately many people take their emotional and mental health for granted .But as they take effort they should to build or maintain their physical health take care of their mental and emotional health. If a person cannot able to improve his or her emotional health . They should seek professional help which can motivate them to overcome their emotions.

### **Social Health**

Social health is generally define as an ability to interact with others and fit in social setting .It can also refer to the health of a society in general and how the the members of that society are treated and behave towards each other .Social health is often considered of great importance in regards to individual health. Along with physical and mental health ,social health is equally important equally for a person. It often indicates how the person interact with others.Social health actually deals with socialization means friendship, relationship mingal with other etc. but many students cannot able to do this they keep themselves isolated from the group .If you reason out you will find that his or her environment has influences on them for Example abusing, bullying , negative or stressful life experiences, single parent child ,step mother, socio economic background , lack of single cohesion , problem linked migration , new school , new teacher, different cultures etc Physical , mental ,emotional and social health is connected with each other

### **Spiritual Health**

Spiritual health is an important component of an individuals well being and an integral aspect of the holistic health philosophy. Physical, mental and spiritual health are deeply connected with each other. This truth can be seen when someone who is sad on the emotional level experiences fatigue, a loss of energy and/or decreased appetite on the physical level and on the spiritual level they feel out of touch with their true self and disconnected from the world. when spiritually we feel lost and unbalanced, this may cause us to be moody and discontent with life, perhaps we grow emotionally distant from our loved ones and on the physical level we may experience stress or fatigue. When we feel spiritually connected and fulfilled, everything in our life including physical and emotional pain are easier to deal with. We feel lighter and happier. When we feel connected and balanced spiritually we feel better physically and emotionally. However, even if complete healing is not attainable, our physical health and

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over all sense of well being can be greatly enhanced by enriching our spiritual health. This is an extremely helpful asset for anyone living with a chronic health condition. You may not be able to cure your illness, but the spiritual support can be used to help you feel better, cope with pain, symptoms and to face daily challenges. When things get really rough it gives us the strength to carry on. Most of the students are unaware of the importance of spiritual health, they connect spirituality with their religion actually it means to discover yourself thoroughly, improve your inner strength the comfort hope an inner peace . There are ways to enhance your spiritual health like daily ritual such as meditation yoga, watching the sunset, taking a walk community service, art, music or dance. Your spiritual health as well as your emotional and physical health may be improved by cultivating more humor and gratitude in your life. Remembering to appreciate the simple things in life and not taking yourself too seriously. So, on the whole we can say that physical , mental , emotional and spiritual health is connected with each other which helps and individual to show good academic performance

**Objectives**

- 1 To assess interrelationship between academic achievement and total health
2. To prove that physical , mental, emotional, social, and spiritual health is connect with each other.

**Sample:** A sample comprising of 20 girls and 20 boys from junior college was taken on the basis of simple random sampling techniques.

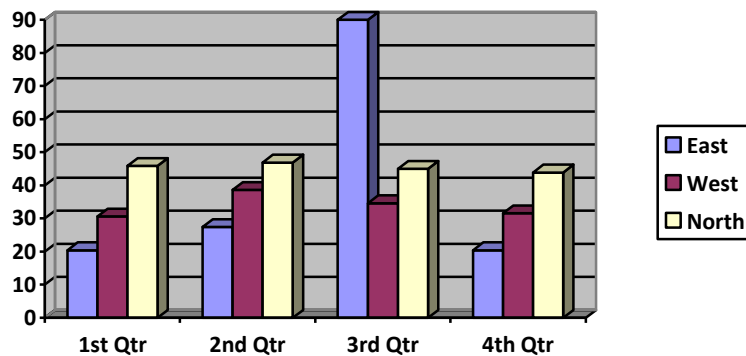
**Tools:** No specific standardized scale has been used for the measure of total health only questionnaire has been used for measuring total health of the students.

**Findings:**

**Physical Health**

1. 80% of boys takes balanced diet then girls (65%)
2. 75% Boys get quality sleep then girls (55%)
3. 85% boys and 75% girls do not exercise regularly
4. 68% of girls experience pains headache tension then boys (5%)

Physical Health	BOYS	GIRLS
Balance Diet	80%	65%
Quality Sleep	75%	55%
Exercise	85%	75%
Pain/Headache	5%	68%



### Mental health

1. 35% girls don't think about their mental health then boys (8%)
2. 25% girls cannot take decision with sound judgement but 70% boys can take decision.
3. 90% boys and 95% girls can able to concentrate as their tasks
4. 90% boys have interest in performing activities then 75% of girls

MENTAL HEALTH	BOYS	GIRLS
MENTAL HEALTH	8%)	35%
JUDGEMENT	70%	55%
CONCENTRATION	90%	95%
PERFORMANCE	90%	75%

### Emotional health

1. 90% boys and 95% of girls have positive outlook on life
2. 90% girls can able to open with others easily then boys 35%
3. 40% girls and 45% of boys take less interest in normal activities
4. 30% both girls and boys have trouble in relaxing

EMOTIONAL HEALTH	BOYS	GIRLS
POSITIVE OUTLOOK	90%	95%
EXTROVERT	35%	90%
INTEREST	45%	40%
RELAXATION	30%	30%

### Social health

1. 80% of boys can spend time with people whom they like then girls 60%
2. 75% boys can able to manage their social commitment where only 50% of girls can able to manage social commitment
3. 80% of girls and boys can able to enjoy others success

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4. 100% of girls feel they wanted voluntary by others then boys 75%

SOCIAL HEALTH	BOYS	GIRLS
SPENDING TIME	90%	95%
SOCIAL COMMITMENT	35%	90%
OTHERS SUCCESS	45%	40%
WANTED BY OTHERS	30%	30%

### **Spiritual health**

1. 100% of boys do meditation /prayers then girls 85%
2. 85% girls accept the beliefs of other then boys 50%
3. 50% boys abd 70% girls get distract while praying
4. 100% boys and girls both offer support to do things

SPRITUAL HEALTH	BOYS	GIRLS
MEDITATION	100%	85%
BELIEFS	50%	85%
DISTRACT WHILE PRAYING	50%	70%
OFFERING SUPPORT	100%	100%

This study shows that boys are more physical fit them girls. Girls are not aware about their mental health then boys .Boys can take decision faster then girls. Boys are more strength then girls .Both girls and boys are having positive outlook on their life. Here I found boys feel more shy then girls they donot take interest in normal activities they are emotionally disturbed as they cannot able to relax properly girls social health is better then boys as girls feel they are wanted and value by others .Spritual health is better in boys then girls as compare to boys.Girls get disturbed very fast this shows that if you are physically, mentally sound, socially accepted , emotionally not disturbed and spiritually perfect then your total health is perfect.

### **Conclusion**

Health is one of the main factors which affects the students learning capability. Therefore it is the responsibility of the principals, teachers, guardian and community to provide the complete positive outlook, thinking and knowledge about total health to the students. The goal of the total health is to help the students to have the basic health care, knowledge, and a good behaviour towards others. To have faith in others and judge them correctly.To strengthen the ability to appraise themselves in a society. Good total health may affect not only the individual but also the family and and the society. Health and academic education builds the good foundation for their life time.

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