



A Effect of Health of Students Studying at Higher Secondary Level on their Academic Achievement

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Abstract: In general, the progress of a nation depends on the health of its citizens. If the citizen is healthy then surely that country can also reach the pinnacle of progress. Many people do not fully understand the meaning of health. Some people consider health only to stay away from diseases. Some consider the beauty of the body to be health. Some people think that health is simply the ability to do work, but it is a narrow concept of health. Generally, the cause of malaise and sufferings is such a narrow approach towards health. Therefore, there is a need for a comprehensive and correct approach which can lead to real health, because health includes sufficient stock of physical strength, ability and endurance and also mental balance to meet the needs of daily life. We can clarify its meaning with the following definitions.

In the present study to know about health on academic achievement, health level of students, attention to food by family, effect of health on study, regular health check-up by family, regular health check-up in school, suffering from some serious disease The effect of absence from school on study, feeling of difficulty in studies, providing regular iron and calcium tablets in school, cleanliness campaign in home and school and taking leave etc. effect on study or to know their academic achievement on study.

Keywords: Higher Secondary, Academic Achievement, Health.

I. INTRODUCTION

Health is the natural state of a person. A healthy person remains physically and mentally happy. The level of progress of any nation depends on the health of the citizens of that nation. Only that nation can attain the form of greatness and reach the highest peak of progress, the nation whose citizens are healthy. Emerson also supports this saying that "Health is the first wealth." And done in the context of Wholeness. The word pleased It was an option. It has always been taken from Safe and Sound. Even in today's time it is a common belief that health means absence of disease and people consider a healthy body to be health. Some people call a beautiful body health. Some health is called physical ability by which they take more work from the body, take less rest or live longer and do good service.

This definition presents three aspects to us - physical, mental and social prosperity. But at the same time, the aspects which have been omitted here, due to which this definition has faced criticism, are also important. Such as spiritual prosperity and pure health, etc.

To understand this definition of the World Organization in detail, we describe its three dimensions mentioned above - When we talk about physical (physical) and mental well-being, it also becomes clear that we consider mental health as the deciding factor. It is believed, because no matter how well a person is physically (healthy) if he is not mentally healthy then he will be considered sick or unwell. Thus health is understood to be both mental and physical condition in which a person makes internal adjustments related to different parts of the body and establishes externally with his surroundings. Therefore, the level of social health of any human being is not measured on the basis of his personal feelings, but is evaluated by the criteria of the effects on the happiness of others, so we can say in brief that these three factors are one - They are complementary to each other, not separate from the other.

Therefore, health is a state of complete physical, mental and social well-being. A healthy person remains physically and mentally happy only then he is able to perform social duties.

II. IMPORTANCE OF HEALTH

In general, the progress of a nation depends on the health of its citizens. If the citizen is healthy then surely that country can also reach the pinnacle of progress. Health includes adequate stock of physical strength, ability and endurance and also mental balance so that the needs of daily life can be met. Health is not only physical health but it also includes social, mental and emotional health.



Health has an important place in human life. Health is the priceless treasure of a person. It does not affect only a particular individual, but it affects the entire society in which he lives. Only a healthy person can efficiently discharge social responsibilities. Therefore, this proverb shows the importance of health in the society. "If wealth is lost nothing is lost, if character is lost nothing is lost, but if health is lost everything is lost."

Health is indeed a priceless gem of life. Everyone can get this. If every person takes proper care of his body keeping his attitude towards health positive, then 90 percent of diseases can be prevented.

The health of man is considered like the capital of the bank. This is the account of our physical bank, if we do not take care of the body, then some disease, sorrow and disorder comes to the body and the person takes expenses from the physical bank to remove them, but if there is no capital in the bank in the form of health. So man gets into trouble. Therefore, the person who is physically, mentally and socially healthy, the same person is physically fit, full of vitality, emotionally tolerant and worry-free and socially cooperative, benevolent, selfless and respectful to others. It happens. He not only makes his life full of happiness and joy, but while leading a happy life, he can also make an invaluable contribution to the society and the nation.

III. CHARACTERISTICS OF A HEALTHY BODY

A healthy body has the following characteristics -

1. **Self Consciousness** - The first characteristic of a healthy body is self consciousness, a person is not really what he thinks about himself, but a person is one who knows what others think of me, this is self consciousness? Self-consciousness develops only in a healthy body.
2. **Activity** - The second characteristic of a healthy body is activity. A healthy body is always development oriented and this process of development continues till death in a healthy body. Activity requires physical strength. We can get physical strength only through a healthy body.
3. **Body Formation** - The third characteristic of a healthy body is physical formation. The physical formation of a person with a healthy body is strong and well-organized.
4. **Mental health** - Control of emotions, balanced behavior, reasoning and thinking, etc., depend on good mental health. Having a healthy body is very important for good mental health.
5. **Sociability** - Man is a social animal. Man cannot be imagined as a separate person from society because he has no existence outside the society. While living in the society, he also has to follow the social beliefs, traditions, values and beliefs and customs. A person with a healthy body can easily perform these tasks.
6. **Strong will power** - A person with a healthy body has a strong will power. Due to this power, he works diligently and faces the struggles in life with patience.
7. **Self-satisfaction** - A person with a healthy body is self-satisfied. A self-satisfied person cannot do any work in the state of aimlessness. Fixed objectives give self-satisfaction to each of his actions and behaviour.

IV. FINDINGS

The findings of the research were found as follows. No significant differences were found in the areas of home, health, and school, etc. of highly creative, moderately creative and low creative individuals. High and low creative students were almost identical in feelings of security and insecurity. Analysis and explanation of the study done regarding the effect of health on educational achievement.

According to the students, they are taking nutritious and balanced diet. And according to 4% of the students their family is not serious about food. For the overall development of the student, it is necessary to have nutritious green vegetables, salad, essential calcium, iron and vitamins in the food given to them so that all these have a positive effect on their memory and concentration.

Students believe that poor health has a bad effect on studies, while 31.67 percent students believe that health has no effect on studies.

Students say that regular health check-up is done by their family which has a positive effect on their academic achievement. Whereas, regular health check-up is not done by the family of 20 percent of the students.



Regular health check-up is done in the school of 70 percent of the students while regular health check-up is not done in the school of 30.0% of the students. There are students who are finding it difficult to read. That is, it is necessary to get the eyesight of these students checked, otherwise this effect may be on their interest and concentration towards studies, due to which their achievement may also be affected.

V. CONCLUSION

The health of 63.33 percent of the students is perfect while the health of 31.67 percent of the students is average and 5 percent of the students are unwell and weak. 78.33 percent of the students are taken care of by their families, whereas 16.67 percent of the students believe that whatever food is available is given to them. 5% of the students believe that their food is not taken care of. 68.33 percent of the students believe that poor health has an effect on the study, while 31.67 students say that poor health does not affect the study. Regular health check-up is done by the family of 80 percent of the students and by the school of 70 percent of the students.

5.3.33% students are suffering from some kind of serious illness. 30 percent of the students say that being absent from school due to ill-health affects the study work, while 70 percent of the students believe that being absent from school does not affect the study. 11.67 percent students experience difficulty in reading while 88.33 percent students do not experience any difficulty in reading. Iron and calcium tablets are given regularly in the school of 66.67% of the students. Whereas 33.3 percent of the students do not have such facilities in their schools. Almost (98. 33 %) of all students have a focus on cleanliness in their family. 78.33 percent students take leave when necessary, while 21.67 percent students do not like to take leave.

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