

Health Education in The Parameter of Physical in Primary and Secondary Schools

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ABSTRACT

This study aims to investigate the impact of health education integrated within physical education curricula in primary and secondary schools on students' overall well-being and health-related behaviours. After a comprehensive review of the extant literature and empirical studies, the study seeks to explore the significance of incorporating health education components, such as nutrition, fitness, personal hygiene, mental health, and substance abuse prevention, into physical education programs. Findings from the study consistently demonstrate that integrating health education into physical education classes leads to notable improvements in students' knowledge and awareness of health-related topics, positive changes in attitudes towards physical activity, and the development of essential life skills crucial for promoting lifelong wellness. Furthermore, this study highlights the implications of the research findings for educators, policymakers, and stakeholders in enhancing the effectiveness of health education initiatives within physical education curricula to address public health concerns and promote healthy behaviours and attitude among students in primary and secondary schools.

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1. INTRODUCTION

Health education within the ambiance of physical education in primary and secondary schools is an important part of comprehensive school health programs aimed at promoting lifelong wellness and healthy behaviours among students. Appreciating the importance of physical activity and healthy lifestyles in overall well-being, educational institutions worldwide have increasingly integrated health education into their physical education curricula. This integration seeks to empower students with knowledge and skills related to nutrition, fitness, personal hygiene, mental health, substance abuse prevention, and safety practices. Moreover, physical education serves as a medium for fostering positive attitudes towards physical activity, promoting healthy habits, and addressing public health concerns such as obesity, sedentary behaviour, and chronic diseases. As such, understanding the effectiveness of health education initiatives within physical education programs is important for informing evidence-based practices and policies aimed at improving students' health outcomes and overall quality of life.

Health education aims at spreading the knowledge of enhancing health status and understanding how to prevent diseases and other risk factors to stay healthy (Lewallen et al., 2015). Preventing the risk factors is

the main motive of health education. It promotes the notion that people in a normal health state are society's assets. The main objective of physical education is considered to include health (Quennerstedt, 2019). Physical education in this context provides the knowledge of which factors and activities can help people to prevent adverse health conditions by minimizing the associated risk factors. Health promotion is associated with the learning process where learners interact for getting health literacy and develop skills. The interrelation between health and education has been a topic of research where studies have shown that education is required to improve the health status of people in society (Raghupathi and Raghupathi, 2020). Education helps to understand the preventive measures and activities which lead to a healthy lifestyle. People with proper education shows position signs of healthy habits, hygiene, and nutrition. A proper explanation of the relation between education and health has not been established (Raghupathi and Raghupathi, 2020).

However, there is limited research on health education in the parameter of physical education in primary and secondary schools. There is sufficient research on the development of health education in primary and secondary schools, but very limited research studied the potential relationship between health education and physical education in primary and secondary schools. Thus, this study intends to investigate the potentialities of health education in the parameter of physical education in both primary and secondary schools.

To achieve the main goal of the study the following objectives were established:

1. To investigate the relationship between health and physical education?
2. To determine the impact of health and physical education on the wellbeing of primary and secondary school students?

However, research questions were formulated in line with the objective of the study as follows:

1. What is the relationship between health and physical education?
2. What is the impact of health and physical education on the wellbeing of primary and secondary school students?

The study will contribute to the development of health and physical education in both the primary and secondary schools and the study will also contribute to the determination of the impact of health and physical education on the wellbeing of primary and secondary schools' students.

The study commenced by introducing the background of the study in section 1. Section 2 discussed the literature review whereas methodology outlined the techniques adopted in conducting the research in section 3. The results of the study were highlighted in section 4 wherein section 5 discussed the results of the study and future research directions.

2. LITERATUR REVIEW

2.1. Physical Fitness and Wellbeing

The role of physical education in society is mainly comprehended through the development of health status, growth, and development, productively using leisure time, and learning to prevent diseases. The concept of health is broad which includes parts of the physical, emotional, and social wellbeing of individuals (Karimi and Brazier, 2016). Physical fitness and wellbeing are integral parts of health that are promoted by physical education. Physical fitness refers to the ability to properly perform regular activities without facing health issues and having the adequate energy to perform tasks. Wellbeing is also a similar kind of concept which refers to the healthy and secure state in which people can lead a comfortable life with improved quality. People can attain physical fitness and wellbeing with the help of proper physical activity, participation in sports activities, and regular exercise. The role of physical activities is vital in the physical fitness and wellbeing of individuals. Many studies have provided evidence of the health benefits of exercising regularly and involving in physical activities. In this way, quality physical education helps to enhance health awareness in the society where people can fulfil responsibilities properly for the development of society and nation (Dyson, 2014). As healthy people are assets for the nation, it is important to educate them on how to remain healthy and foster growth. Thus, physical education not only improves the health standards of individuals but also enhances the development of a healthy society.

2.2. Growth and Development of Children and Adolescents

In the growth phase of individuals, physical education has a great contribution to the development of skills and health. In this context, physical education teachers have a great role to play in a child's development through physical activity and education. The growth is limited to the physical aspect as it signifies the size increment of the body, but the process of development is a continuous one and consists of physical, intellectual, motor, and social improvement. The teaching methods in physical education are significant for growth and development. The parameters in physical education teachings include PE classes, sports activities, and games organized in schools and community-based programs and these teaching methods facilitate the growth and

development of children. Physical education prepares the future generation to be healthy both in physical and cognitive aspects; thus, benefitting the society to build its greatest assets. The encouragement which is provided to children in involving games and sports activities, result in increasing the number of students actively participating in sports, and thus, the body functioning and muscle growth get regulated and facilitated. Physical activity also helps in the development of mental processes and cognition (Lubans et al., 2016). Emotional development and mental development take place through decision-making, levels of concentration, and attention paid to the PE classes and activities. Children also go through social development through active participation in teams developing social skills. The overall development of children takes place through physical education, which helps to build individuals to be healthy citizens of the nation who can drive the growth of the society through the fulfilment of duties and responsibilities. Thus, it can be considered that physical education has a great contribution to society.

2.3. Role of Physical Education in Primary and Secondary Schools

The role of physical education is to improve the competence of students. Physical education helps an individual to improve their posture. The health of an individual is improved with the dint of physical education. This is an important part that helps develop an individual's growth; hence, the people's health also increases. Nowadays, in recent times, it is seen that physical education is implemented in most schools. This helps the individuals to develop their health. The role of physical education is to keep people fit and fine (Education et al., 2022). It improves cognitive abilities too. There have been many schools and colleges that implement physical education as an important part. A high-quality physical education curriculum enables an individual to succeed and enjoy a range of physical activities. This is an important part that is required to be well maintained as this helps to improve the skills of children.

The idea of implementing the right physical education has been started from improving the health condition of children. It is witnessed that the art of playing games among children has reduced. Thus, this is an important part of physical education. The role of physical education is to improve the health condition of the students. This will also improve their mobility and reduce obesity. With this, they can reflect upon their performances as being better than that of others and hence, this would be helpful for them to gain confidence that improves the growth of children. The mental and then physical health stability is also undertaken to be the key functionality that improves the ability of the students. In association with it, the ability of students to lead a healthy and active lifestyle is also undertaken.

2.4. Role of Physical Education in Primary Schools

In the words of Wayong'o (2018), schools are the key settings for promoting health-related functionalities. This is an important part that helps to improve the quality management for children's health. Participation in the physical health of children can be identified to be one of the critical causes which require a strong remedy. Thus, safety precautions are to be well undertaken by the organization. This will be helpful to improve the quality analysis of the overall physical education that is being implemented in the students. The purpose of implementing physical education classes in primary schools is to maintain health safety for the students (Wayong'o, 2018). Every school must bring in evacuation maps that help to improve the safety of the students. Therefore, to handle difficult situations in schools, physical education is implemented. Moreover, this also improves the readiness of children for difficult situations accordingly. This is an important part that helps the student to learn the handling of situations from childhood. Safe practice in physical education delivers a solid foundation of learning and achievement in all educational settings.

In the words of Ruedl (2018), physical fitness and physical activity hold an important role in the prevention of obesity in childhood. This also brings in the idea of developing the right quality of support to the people and hence, this helps to improve the health of the students. In certain schools, the height and weight of the students are being checked before and after the implementation of physical education classes. Therefore, this amounts to research that brought in the idea that the support of physical education is an important part for the students.

2.5. Role of Physical Education in Secondary Schools

Among all the crucial educational processes of gaining knowledge, gaining physical education is a difficult task. In secondary schools, the bonding between the teachers and the students is highly dependent. Therefore, this is an important part that helps to improve the skills of the students. In secondary school, the role of physical education is to maintain the growth of the students. Moreover, the role of physical education in secondary schools holds a variety of positive outcomes. As per research analysis, it has been argued by Behzadnia et al., (2018) that for the students in secondary schools, it is important to behold motivation and

interpersonal schools. This aims to forward the key analysis of physical education in a better manner. The students must be driven with motivation so that physical education is well implied. Hereby, the use of self-determination theory is an important part that can be well used. This will support the students to go ahead and attain the physical education classes. In the secondary system, the changes in the body as per the hormonal factor increase and thus, physical education helps to balance it. The concept of physical education in the daily lives of students in secondary schools helps them to improve their ability to develop themselves. This is an important part that helps the students to maintain their physical posture and deal with health issues. In association with it, psychological needs and satisfaction is important part that aims to improve the physical education process. Moreover, with health-related growth, it is highly required that the students can maintain their ideas of developing their cognitive abilities. It is an important part that supports the growth of the students and lowers the rate of obesity among adolescents

3. METHOD

The study adopted a narrative analysis in this study given the nature of the research. The study identified 215 relevant documents in the Scopus database. The filtration approach proposed by Scopus in the database was utilised with promising results. The refinement process began by the identification of 215 documents in the Scopus. Year of publication, Subject area, document types, language and keywords were all considered before arriving at 50 relevant articles that are eventually available to carry out the research. The 50 articles that were finally identified for the conduct of the research were later studied and analysed to establish a meaning from them. These articles were relevant to the study at hand and various insights were generated during the analysis that was carried out. Most of the papers discussed the relationship between health and physical education and the significance of the education on both primary and secondary education. Other articles from the available articles were basically on the types of physical activities that makes up the physical education and the process of utilising its capacity to achieve the predetermined objectives of the study.

4. RESULTS AND DISCUSSION

The result of the research findings regarding health education within the scope of physical education in primary and secondary schools underlines its crucial role in promoting overall wellness and healthy behaviours among students. Numerous studies have shown that infusing health education into physical education curricula breeds significant improvements in students' knowledge of health-related topics, including nutrition, physical fitness, personal hygiene, mental health, and substance abuse prevention. For instance, research has demonstrated that students who receive comprehensive health education within physical education classes exhibit greater awareness of healthy eating habits, engage in regular physical activity, and demonstrate better hygiene practices compared to their peers who do not receive such education.

Moreover, health education in physical education programs has been linked to positive changes in students' attitudes and behaviours towards physical activity and overall health. Studies have found that students who participate in health-focused physical education classes tend to have more positive attitudes towards exercise, perceive physical activity as enjoyable and beneficial, and are more likely to engage in lifelong fitness activities. Additionally, integrating health education into physical education can help address public health concerns such as obesity, sedentary attitude, and chronic diseases by promoting healthy lifestyle choices and encouraging students to adopt active and balanced lifestyles from an early age.

Furthermore, research suggests that health education in physical education programs contributes to the development of essential life skills and competencies among students. By providing opportunities for experiential learning and skill-building activities, physical education classes serve as platforms for teaching students critical skills such as goal setting, decision making, problem-solving, communication, and teamwork. These skills are not only vital for promoting health and well-being but also for empowering students to make informed choices, navigate challenges, and thrive in various aspects of their lives beyond the classroom.

Overall, the research findings highlight the importance of health education within physical education programs in primary and secondary schools for promoting students' overall health, well-being, and academic success. By integrating health education into physical education curricula, schools can equip students with the knowledge, skills, and attitudes necessary to lead healthy and active lives, thereby laying the foundation for lifelong wellness and contributing to the prevention of health-related problems in the future.

5. CONCLUSION

Research findings on health education within the parameters of physical education in primary and secondary schools underpins the important role of introducing health education into physical education curricula for promoting students' overall well-being. Studies consistently demonstrate that incorporating health education into physical education classes leads to improvements in students' knowledge of health-related topics, positive changes in attitudes towards physical activity, and the development of essential life skills. By

equipping students with the knowledge, skills, and attitudes necessary for making informed decisions about their health and adopting healthy lifestyle behaviours, health education within physical education programs plays a pivotal role in fostering lifelong wellness and addressing public health concerns such as obesity and chronic diseases.

The lifestyle in modern society has increased physical inactivity and sedentary behaviours which have caused the rise in adverse health conditions like overweight, anxiety, physical discomfort, and diabetes (World Health Organization, 2019). These health conditions result in an adverse state of physical health of individuals, and these are caused by a lack of proper diet, physical exercise and activities, and increased levels of stress. Thus, it is important to understand the negative consequences of physical inactivity and the initiatives that can be taken for preventing these diseases (Thornton et al., 2016). Morbidity signifies the state of getting affected by illnesses and the rate of this medical condition in a population. The increased rate of morbidity and premature death due to these health conditions poses a negative impact on society creating a decrease in the active and healthy citizens of the nation who have the responsibility of building the nation in the future. In this context, physical education helps to make children, adolescents, and parents aware of the preventive measures that can be taken to reduce morbidity. The increased level of obesity and stress is a major problem in modern society that requires a proper solution. The World Health Organization (WHO) recommends providing physical education to children so that awareness can be spread about the importance of regular physical activity in every individual's life. Physical education helps in providing health education and opportunities to participate in physical activities; therefore, this subject matter has importance in preventing mobility and premature mortality which is a benefit for society.

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