



*Review Article*

## **Effect of School Environment on Children's Health in Government and Private School in Agra City.**

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### **Abstract**

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*Government school students have more health problems than the private school. Government schools don't have the standard classrooms, adequate sports facilities, safe drinking water, and adequate light and ventilation in place, when compared to private schools. The government school has limited budget and resources when compared to private school. Most of the lower and lower middle class family children are studying in government school. The government should apportion special budgets to the government schools, for the allocation of resources and facilities such as good ventilation, limited students numbers per class, and more awareness among teachers and parents. Among the government school, majority of the respondents were found healthy (74.47%) but private school, majority of the respondents were found healthy (77.36%). It means healthy children in private school is more than the government school. Last but not the least, these types of programs will be helpful in preventing, or at least minimizing, environmental health hazards.*

**Keywords:** School, Environment, Health, Government, Children.

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### **Introduction**

“The strength and wealth of a nation are its children.” School going children, our future citizen form an important segment of the Indian population. Nutrition in childhood is the basis for survival and good health in adulthood. “The strength and wealth of a nation are its children.” “A healthy environment is fundamental to life, and attention to the effect of the environment on human health is imperative if we are to attain the goal of health for all.” WHO said that environment create a important role for the health, physical, chemical, and biological. “Environmental health holistic approach of preventing or controlling disease.

Most of the parents in our country prefer private schools over government schools. In private schools the quality of education is good than the government school. Children of rich people are sent to private schools to display their high status and showoff and poor people also don't want their children to go to govt schools, because they also don't want their children to be set back in society. Also private schools are well known for their discipline. Teachers mentality in govt: schools is also another main factor, they will get there salary even if they don't teach the students.

Private schools are definitely better than government schools as they would provide

better infrastructure, better teacher to student ratio, have a clean and hygienic facility, provide better environment for students with options of personality development and extracurricular activities. Government schools may not be able to offer all these features but for those who cannot afford private schools, getting their children in government schools is better than no schooling at all..

### **Causes Which Effect the Health of children**

**Diet** Diet plays a important role in children's life. Food is a very important substance which gives the energy and change the child's behavior and mood. Diet and Body Mass Index (BMI): Diet is the greatest factor in lifestyle and has a direct and positive relation with health. Poor diet and its consequences like obesity is the common healthy problem in urban societies. Unhealthy lifestyle can be measured by BMI. Urban lifestyle leads to the nutrition problems like using fast foods and poor foods, increasing problems like cardiovascular .

**Sanitation:** In school Children have a basic facilities such as toilets, clean drinking water, clean surroundings and knowledge on hygiene. Safe and clean water, sanitation and hygiene in schools environment which secure life of children's , safety, and physical health which effect the attendance of children in classes. A healthy environment gives the good health of children and achieved a better place in society

**Socio-economic status** Socioeconomic status is devided into three levels (high, middle, and low). Which is largely depened on income, education, and occupation. Socioeconomic status refers to the social and financial structure of individuals in society. Children socioeconomic status, from before birth and through your early years of life, is based on their parents and their parents are financially responsible for his/her early development and health.

Parents' socioeconomic status will determine many things like- how child view the world; what, how much and how often they eat; type of early childhood education; their overall health. It also impacts their later success or failure in throughout the life. Literacy Children learns most of the words from their parents, so the parents socio economic status have a critical role in their language development. Many parents with a lower socio economic status are typically less educated than a higher socio economic status.

They may not be able to teach their children. They also may not use words properly that allow for proper language development within their children. Children often speak the way their parents speak, which means if a parent uses improper language, then the children may as well. Lifestyle: Lifestyle is a way used by people which effect the children's and it is an important factor of health . Malnutrition and unhealthy diet are very common in low socioeconomic families.

### Objective

To assess the environmental effect on health of the students in government and private school.

**Statistical Analysis** Multistage systematic sampling technique was used for selecting the sample. for present study. The sample

### Result

#### Distribution of respondents according to health status in government and private school.

Health status	Government school		Private school	
	No.	%	No.	%
Healthy	35	74.47	41	77.36
Diseased	12	25.53	12	22.64
Total	47	47.00	53	53.00

Above table shows the Distribution of respondents according to health status in government and private school. Among the government school, majority of the respondents were found healthy(74.47%), followed by diseased (25.53%). Among the private school, majority of the respondents were found healthy (77.36%), followed by diseased (22.64%).

#### Distribution of respondents according to food habits in government and private school.

Food Habits	Government school		Private school	
	No.	%	No.	%
Vegetarian	36	76.60	39	73.58
Non-vegetarian	11	23.40	14	26.42
Total	47	47.00	53	53.00

Above table reveals the Distribution of respondents according to food habits in government and private school. Among the government school, majority of the respondents were found healthy(76.60%), followed by diseased (23.40%). Among the private school, majority of the

comprised of 200 students belonging to one government and one private school. A questionnaire was formulated to elicit information regarding the Onsite observations and health check ups, along with interview with students and teachers, were carried out.

Gupta *et al.* (2012) in their study Percentage of diseased was higher in Govt. School children in compare to private school children. Similar finding was also reported by Dr.Panda.P. et al – Health status of school children, Ludhiana city.

respondents were found healthy (73.58%), followed by diseased (26.42%). Mukherjee and Chaturvedi (2016) in their study they observed around 50% of the children were non-vegetarians and only around 6% were vegetarians.

**Distribution of respondents according to number of meal intaken in a day in Government and private school.**

Number of Meals taken in a Day	Government school		Private school	
	No.	%	No.	%
2	3	6.38	1	1.89
3	13	27.66	18	33.96
4	27	57.45	22	41.51
5	4	8.51	12	22.64
Total	47	47.00	53	53.00

Above table highlights the distribution of respondents according to number of meal taken in a day in government and private school. Among the government school, majority of the respondents were having 4 meals taken in day (57.45%), followed by 3 meals taken in day (27.66%) and minimum 2 meals in a day(6.38%). Among the private school, majority of the respondents were having 4 meal taken in day (41.51%), followed by 3 meals taken in day (33.96%) and minimum 2 meals in a day(1.89%).

**Conclusion**

Thus, we can conclude that the main causes which affect the health status are poor socio-economic status, illiteracy of parents, negligence, physically demanding housework for children, disease, malnutrition, incomplete immunization and lack of health education. The poor environmental conditions at school include crowded classrooms, poor ventilation, shortage of clean drinking water, unhygienic or untidy clothing worn by students, poor nutrition, lack of greenery in the school area, location of schools close to main roads, air pollution and lack of environmental awareness among teachers and parents. The government school have limited budget and resources

when compared to private school. Most of the lower and lower middle class family children are studying in government school. Government schools don't have the standard classrooms, adequate sports facilities, safe drinking water, and adequate light and ventilation in place, when compared to private schools.

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