

# A comparative study of health consciousness among the students of private and Government school of Haryana

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## ■ ABSTRACT

The purpose of the present study was to find out the comparison of health consciousness among the students of private and Government school of Haryana. The study was confined on 100 male and female students of private and Government school. The age ranged between 13 to 18 years. Monitoring and energy factor was tested through (Health consciousness scale, made by N.V.V.S Naryana) (March, 2009) standardized data was analysis by “t” test. After comparing the present data it was found that private school student had better monitoring and energy factor was same than Government school students. In the end of the study it was concluded that private school students have more effects on monitoring and energy factor.

■ **Key Words** : Study of health, Consciousness, Among

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Health, like love or happiness, is a quality of life that is difficult to define and virtually impossible to measure. Health is defined differently among experts, but all delimitations have a common theme: self-responsibility and adopting a healthy life style. Ask people what they mean by being healthy or feeling well we probably will get variety of answer. Most people usually think of health as the absence of disease. But what about sometime who has a relatively harmless genetic disorder, such as an extra toe. Health is the level of functional or metabolic efficiency of a living organism. In humans, it is the general condition of a person's mind and body, usually meaning to be free from illness, injury or pain (as in “good health” or “healthy”). The World Health Organization (WHO) defined health in its broader sense in 1946 as “a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.” Although this definition has been subject to controversy, in particular as lacking operational value and because of the problem created by use of the word “complete,” it remains the most enduring. Other

definitions have been proposed, among which a recent definition that correlates health and personal satisfaction. Classification systems such as the WHO Family of International Classifications, including the International Classification of Functioning, Disability and Health (ICF) and the International Classification of Diseases (ICD), are commonly used to define and measure the components of health.

## Purpose of the study:

A comparative study of health consciousness among the students of private and Government school of Haryana.

To achieve the objectives of the present study 100 male and female students of private and Government school of Haryana were taken. The age ranged between 13 to 18 years who constituted the subjects of the study. The data was collected by (Health consciousness scale, made by N.V.V.S Naryana) (March, 2009). The standardized data was statistically analyzed by “t” test method.

It is evident from Table 1 that private school students

**Table 1: Monitoring factor of health consciousness**

Players	N	Mean	S.D.	SED	"t" ratio
Private school	25	30.14	5.38	0.62	2.50
Government school	25	27.38	4.44	0.76	

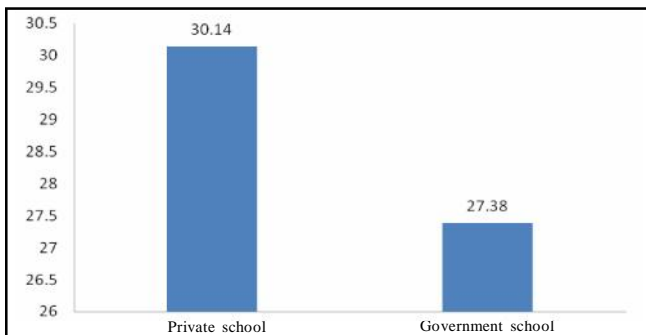
Significant at 0.05 level

**Table 2 : Energy factor of health consciousness**

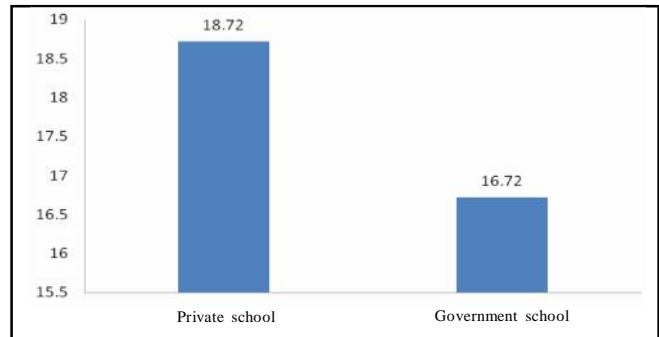
Players	N	Mean	S.D	SED	"t" ratio
Private school	25	18.72	3.13	0.44	3.061
Government school	25	16.72	2.95	0.41	

Significant at 0.05 levels

were better in monitoring factor of health consciousness. The mean score of private school student was 30.14 where as in Government school student it was 27.38 The SD was 5.38 and 4.44 and SED was 0.62 and 0.76 the 't' value was 2.50 (Fig. 1).

**Fig. 1: Monitoring factor of health consciousness**

It is evident from Table 2 that private school students were better in Energy factor of health consciousness. The mean score of private school student was 18.72 where as, in Government school student it was 16.72 The SD was 3.13 and 2.95 and SED was 0.44 and 0.41 the 't' value was 3.061 (Fig. 2).

**Fig. 2: Energy factor of health consciousness**

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