

Impact of the educational system on school students' health.

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Abstract— Education and health are largely interrelated. Students' health is being influenced during their schooling in several ways. With inappropriate planning of academic works, students' health can be affected. Unfortunately, student's health is not given necessary importance by many educational institutions. A few students don't even understand what's going on with them and do not realize that they are actually facing difficulties. It is essential to know how students face the difficulties in their daily life and give them proper support.

Keywords— Health, Education, Stress, Balance.

I. INTRODUCTION

Education is one of the most important tools in today's society but only Healthier minds reach greater heights. Educational institutions should not only impart knowledge to students, but also prioritize their physical health, and prepare them for social challenges. Unfortunately, many educational institutions and teachers are not yet fully equipped to deal with their students' health concerns. One of the most pressing issues confronting higher education today is the state of student's health. Over the last 10-15 years, analysis of scientific sources has revealed that the health of students is an understudied aspect of their lives [11]. As the world progresses at a rapid speed, competition and aspiration for accomplishments become necessary. Every parent desires for their children to be physically and mentally healthy, as well as academically successful. The high societal expectations on students to

perform various inconsistent and unachievable roles or tasks in the present socio-cultural and economic contexts of the society cause heavy stress on students leading to the imbalance of their health conditions.

In this context, a study has been initiated to evaluate the progress and research of the students' health. This report is organized into various sections as follows. Section 2 consists of the research methodology used for this study which includes the primary and secondary survey reports. Then finally the conclusion was presented based on this primary and secondary research.

II. METHODOLOGY

1. Empathy Phase

1.1) Empathy Map:

“Empathise” is the first step in the design thinking process. To develop empathy towards people, design thinkers observe the people in the natural environment passively or engage with them directly. Also, as design thinkers, we should try imagining ourselves in the users' environments, or stepping into their shoes as a popular saying goes, to gain a deeper understanding of their situations.

An empathy map is one of the visualization tools which is used to gain insight into a user's perspective.

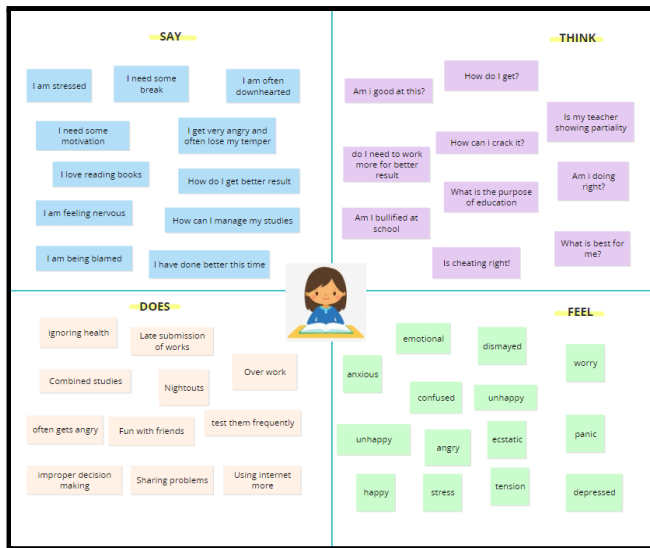


Fig. Empathy Map.

2. Primary Research

In the survey analyzing and researching the problem statement, “Impact of educational systems on the health of students”, in the current circumstances, an online questionnaire was conducted to over 100 respondents.

When enquired about how the students are being affected, we concluded from Fig. 1 that most of them are mentally stressed, faced peer pressure, lacked physical fitness, and a lot many problems like facing burden with assignments, other work as shown in Fig. 1.

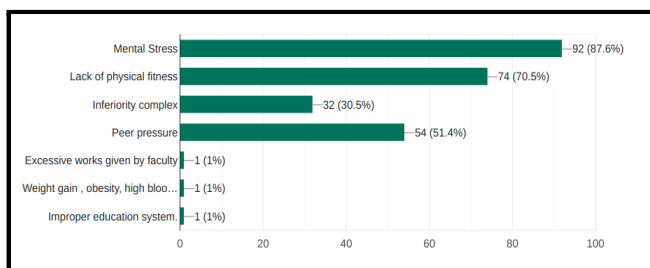


Fig. 1. Reasons affecting student's health.

We observed that most of them are expecting a better chance in the current educational system. The majority are interested in including more extracurricular activities and providing proper guidance to the students. Many also feel that the present teaching methods must be improvised and also student's welfare must be given priority as shown in Fig. 2.

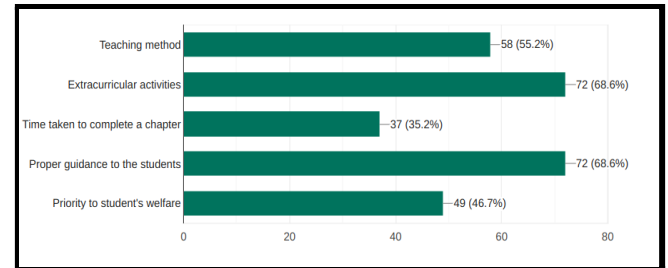


Fig. 2. Changes to be brought in the current system.

While coming to the reasons affecting students' health, most of the students feel poor sleeping habits as the main reason to affect their health. Lack of a minimum 6-8 hours of sleep causes several health issues. Also, a fair amount of students overthink about their academic progress or other factors which affect their health to a large extent. Imbalanced diet, homesickness, stress, too many assignments, improper management of workload are also some reasons for their health disturbances as shown in Fig. 3.

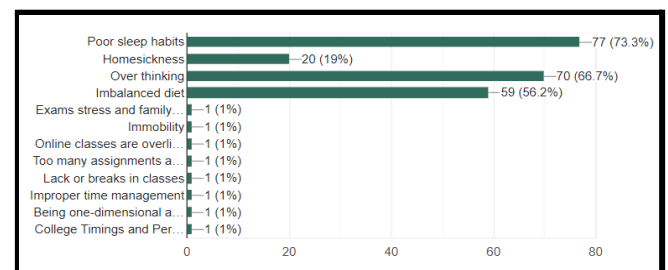


Fig. 3. Reasons affecting student's health.

After realizing that many health issues are being faced by the students, we asked them to suggest a few possible solutions and most of them felt that through proper planning of work and giving more importance to physical education, one can maintain a balance between their mental and physical health. Some advised that self-motivation is one major criterion to help maintain good health. Also, yoga/meditation can help students stay fit both mentally and physically as shown in Fig. 4.

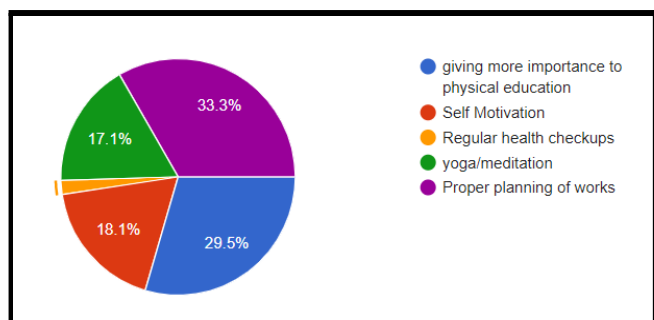


Fig. 4. Possible solutions to reduce stress.

3. Secondary Research

As a part of secondary research, nearly 100 journals, articles, and publications on different databases were referred to, of which 70 articles were utilized for further development and all the ideas were then gathered.

After referring to the databases, we realized that students are undergoing different types of pressures excluding academic pressure like peer pressure, financial pressure e.t.c.

It is crucial that schools give an environment that makes it possible for their students to thrive and to achieve, not only educationally but in all ways that relate to their overall prosperity^[5].

Factors Influencing Student's Health are unhealthy conduct and way of life that lead to issues like poor eating habits, obesity, night outs, absence of rest, long time sitting in front of the TV, PC game dependence, absence of exercise. Financial pressure in secondary school students because of financial obligation to pay for their educational expenses has been related to "sadness and pressure"^[7].

The environmental conditions at schools including packed study halls, poor air circulation, no provision of clean drinking water, are main points influencing the student's health.^[6]

3.1) Perspectives of students, parents, and teachers on health problems:

3.1.1) Parents perspective:

A few guardians blamed instructors for being uninvolved in the well-being of students.

As a mother expressed it,

"In schools, teachers lack concern for their pupils. There is poor teaching capacity and schools do not create suitable recreation grounds including sports facilities for students to help reduce their stress." ^[2]

3.1.2) Students' perspective:

A girl explained as:

"My parents put pressure on me like I have to do better than other people. My parents also want me to be exceptional and better than my brother who is outstanding at school work. When my results did not reach my parents' suppositions, they were very angry, sad, and discontented so that made me feel very sad too." ^[2]

3.1.3) Teachers perspective:

Educators are compelled to follow the guidelines of the Ministry of Education and Training. In addition, the hefty academic schedule squeezes instructors as well. This tension on educators is also increased due to the low compensations they get.

A female teacher explained:

"Salaries are too low. They often had to find supplementary jobs or run extra classes at home to support themselves. If teachers' salaries were high enough, maybe then they could pay more attention to teaching."

A teacher from TDN stated:

"We can create a forum for students to exchange ideas and a psychological counseling group to support students during problems." ^[2]

4. Define phase

4.1) Point of view :

Students who go through a great deal of pressure and mental obligations need some diversion and break to revive themselves from the hectic academic burden caused because of the minimal significance to students' health in educational institutions.

4.2) How might we:

Amp up the good: How might we use educational institutions' not to affect students' health?

Remove the bad: How might we modify the hectic academic schedule to bring some recreation among students?

Explore the opposite: How should we make learning enjoyable to students?

Question an assumption: How might we entirely remove the academic burden on students?

Go after adjectives: How might we make the academic schedule more lively instead of being stressful?

ID unexpected resources: How might we make school a place meant only to play and enjoy?

Create an analogy from need or context: How might we remove the marking system at the school level?

Play against the challenge: How might we make the schools a place that the students want to visit?

Change a status quo: How might we make stressful students enthusiastic and less burdened?

Break POV into pieces: how might we reduce pressure and mental obligations among students?

5. Ideate phase

5.1) 2x2 Matrix:

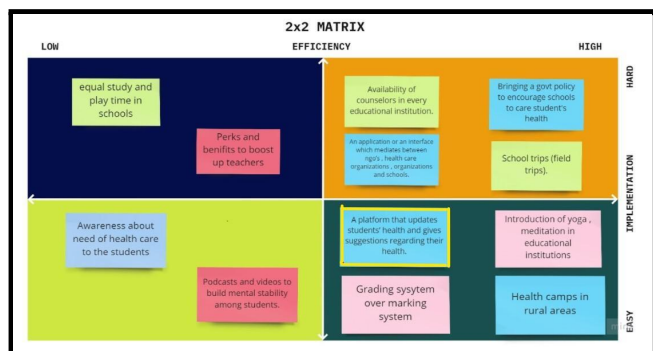


Fig. Possible solutions in the form of 2x2 matrix.

For the 2x2 matrix, the efficiency of the idea is considered on the x-axis and the ease of implementation is considered on the y-axis, and the ideas are mentioned in the particular quadrants on the basis of their difficulty levels of implementation and how effective the ideas would be after implementing. From this, it is easier to pick the idea for an absolute solution.

From the above matrix, the ideas which are easy to implement and which are more efficient and useful are focussed, and an idea - "A platform that updates students' health and gives suggestions regarding their health" is

chosen from them to bring a perfect solution to the problem statement.

III. RESULT

1. Prototype

In order to implement the idea of maintaining a balance between health and education among students, a website has been designed that can be accessed by students undergoing pressure or those who need some recreation or a break from the daily hectic schedule. For this, the prototype of the website is presented to show how one can access it, and also details of how it is developed in the backend is included in the form of a video. This website helps students to know about their health progress and also suggests some health tips in order to balance their health and education simultaneously. In case of any queries regarding their health, we help reach their problems to the stakeholders from which they can get a clear idea of how to overcome them and lead a balanced life.

Here is the link to our prototype created using Animaker :

<https://drive.google.com/file/d/1okJI6ggVdzkB-17Q4ILMgmEBEhP83sKh/view?usp=sharing>

2. Testing

In order to test the prototype designed we have conducted a survey and collected various responses from stakeholders as follows :

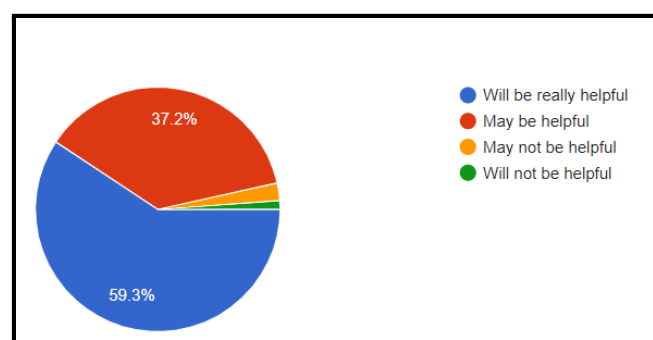


Fig.2.1. If the website would be helpful or not.

The question asked was if the website would actually be helpful to students or not. Out of all the responses obtained,

about 59.3% of the respondents feel that the website would be helpful to high school students. The other 37.2% of the people also feel that the website might be helpful to the students as shown in fig.2.1.

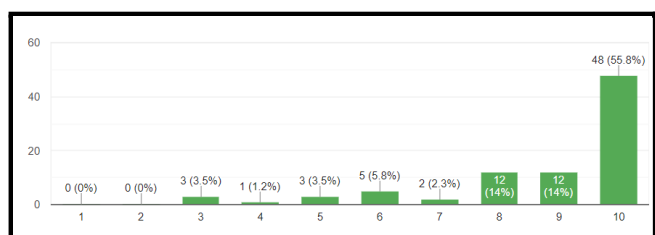


Fig.2.2. On what scale they would recommend the website to family or friends.

When asked about how they would recommend the website to family or friends, most of the respondents felt that website is really useful and are willing to share with their near ones who are in need as shown in fig.2.2.

After testing the prototype, we felt many students are happy with our idea and are willing to make the best use of it!

3. Conclusion

This research has led to the following conclusions. In the present competitive world, educational institutions are not able to give priority to the students' health. Many students are facing various health problems due to continuous academic pressure. It's also been noted that pupils are longing for a change in this distressing situation. Instructors and guardians all should participate in lessening the pressure and improving the well-being of students.

Students must also be encouraged to give their best in the fields of their own interests which keeps them mentally happy and satisfied. Once the students are able to manage both their academics and health then there would be no pressure, only pleasure !!

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