Impact of the educational system on school students' health.

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ABSTRACT :

The overview gives us how students' well-being is influenced because of their schooling. Education and wellbeing are gigantically interrelated. With an inappropriate planned scholastic burden, comes the wellbeing suggestions in students. This review focuses on how the educational foundations are not considering students' wellbeing and students being influenced differently. Also, a few students don't even have the foggiest idea of what's going on with them and do not realize that they are actually facing a few issues. It is essential to know how students face the difficulties with their day-by-day life and as assuming a significant part in students' life, educational institutions need to deal with these issues which students are confronting.

1. Introduction

Education is one of the most critical responsibilities in today's society. Educational institutions not only impart knowledge to students, but also prioritize their physical health, and prepare them for social challenges. Regrettably, 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 young people'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. As the world progresses at a breakneck pace, 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 paper 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 these primary and secondary reports.

2. Research Methodology

2.1)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. Students' health may be impacted by a variety of factors, including an imbalanced diet, excessive thinking, poor sleeping habits, homesickness, lack of physical fitness, inferiority complex, peer pressure, and above all, mental stress.

EMPATHY PHASE TOOLS:

Beginner's mindset:
Description:
A beginner's mindset is setting out our beliefs and biased ideas about something and glimpse things with an accepting mind just like a beginner ever learned something new. Beginner's mindset matters for better experiences, better relationships, less procrastination, and less anxiety.
Based on the above beginner's mindset, it is centralized upon students' health and how they are distressed due to educational and peer pressure.

STUDENT'S MINDSET:
1. Why take Stress with 8-10 hrs classes?
2. Is education all about marks?
3. Are physical activities a waste of time?
4. What is the status of our mental health?
5. Whom should I share my feelings with?
6. Am I not fit for anything?
7. Can I crack an IIT seat only if I take coaching right from class 6?
8. No regular health checkups.

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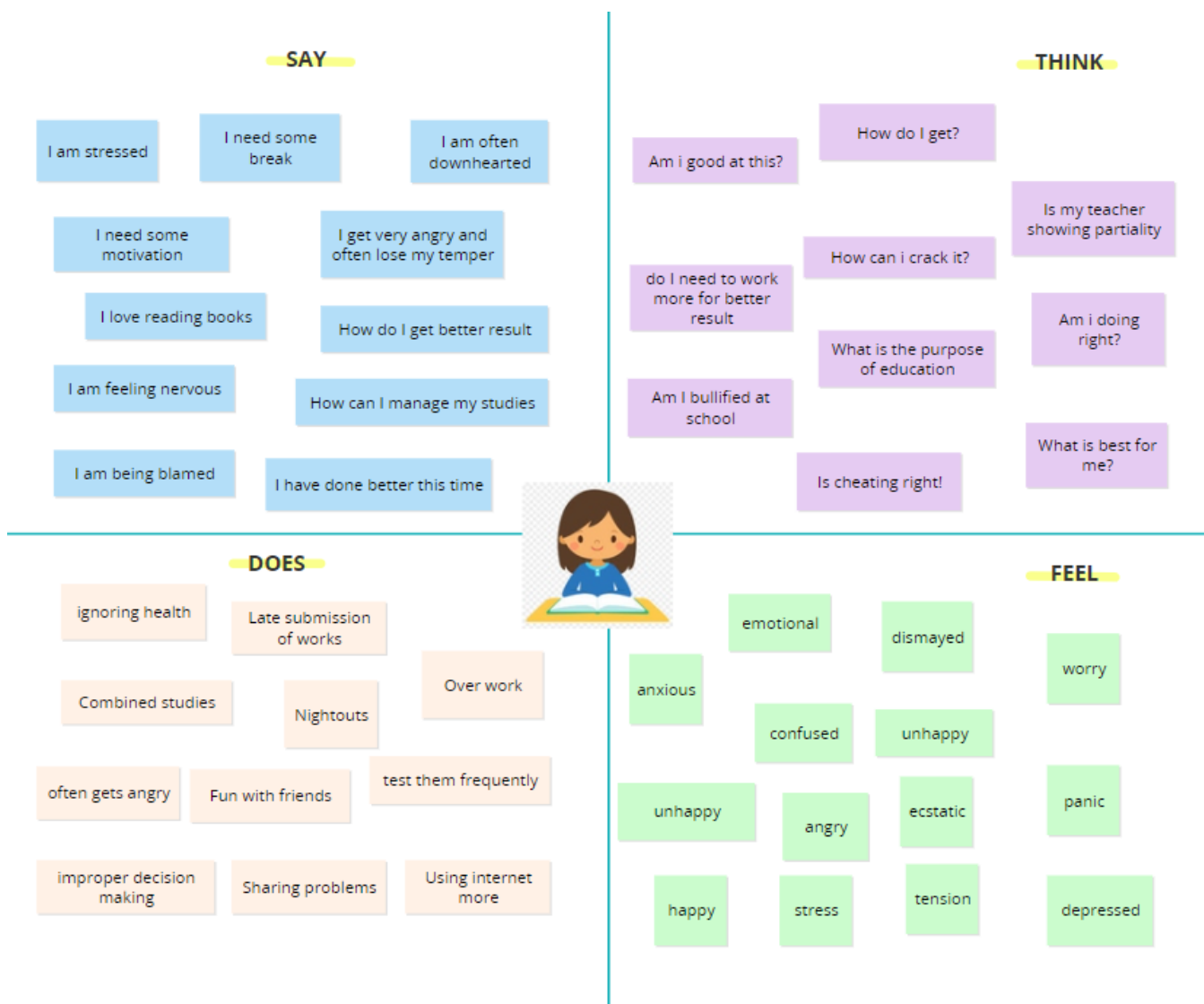
An empathy map is one of the visualization tools which is used to gain insight into a user's perspective.

Empathy maps are essential as they provide us with a deeper understanding of the user we're creating a product or business for.
We have designed our empathy map as follows,
- Firstly, we have selected our target as students.
- Then, we researched and gathered data from their perspective.
- We then started creating our empathy map by allowing ourselves to tap into a user's mind and gain their unique perspective.
- Lastly, we summarized the session and completed the empathy map.

SAY

I am stressed | I need some break | I am often downhearted

I need some motivation | I get very angry and often lose my temper

I love reading books | How do I get better result

I am feeling nervous | How can I manage my studies

I am being blamed | I have done better this time

THINK

How do I get?

Am i good at this?

Is my teacher showing partiality

How can i crack it?

do I need to work more for better result

Am i doing right?

What is the purpose of education

Am I bullified at school

What is best for me?

Is cheating right!

DOES

ignoring health | Late submission of works

Combined studies | Over work | Nightouts

often gets angry | Fun with friends | test them frequently

improper decision making | Sharing problems | Using internet more

FEEL

emotional | dismayed | worry

anxious | confused | unhappy

unhappy | angry | ecstatic | panic

happy | stress | tension | depressed

The primary survey began as follows:
The first question was, **"Are you satisfied with the current educational system?"**

From the responses received, it is primarily understood that most of the students are not satisfied with the current educational system as pictorially shown in **fig(a)**. 67.6% of students were not satisfied with the current education system whereas only a very few people i.e. 6.7% were satisfied.
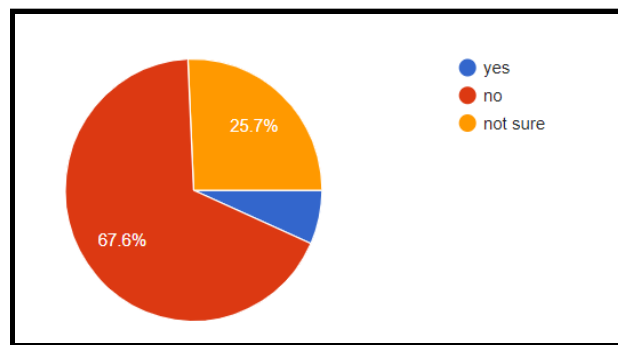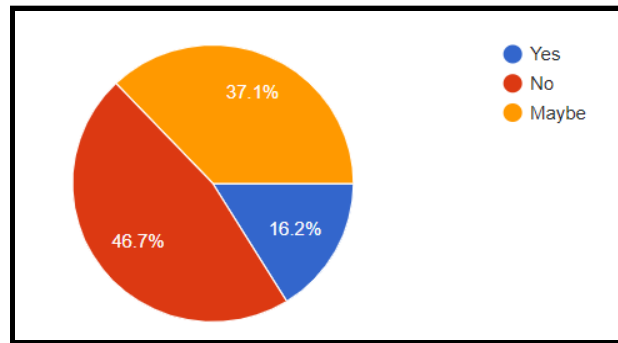

fig(a)

The majority of students felt "51-75%" of students' health is being affected by educational institutions shown in **fig(b)**. There is only a "**1.0%**" difference between the students who opted "**25-50%**" and "**51-75%**".
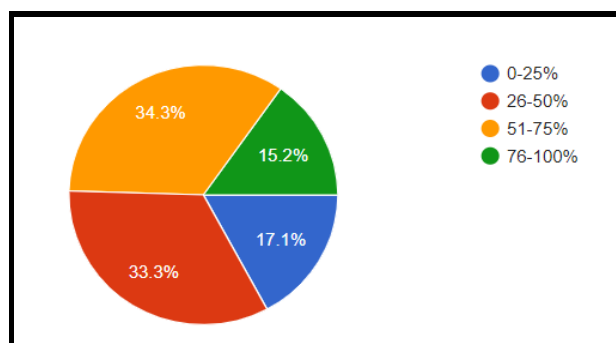

fig(b)

Most of the respondents agreed that their educational institutions are not really concerned about their students' health as shown in **fig(c).**

fig(c)

When enquired about how the students are being affected, we concluded from fig(d) 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(d)**.
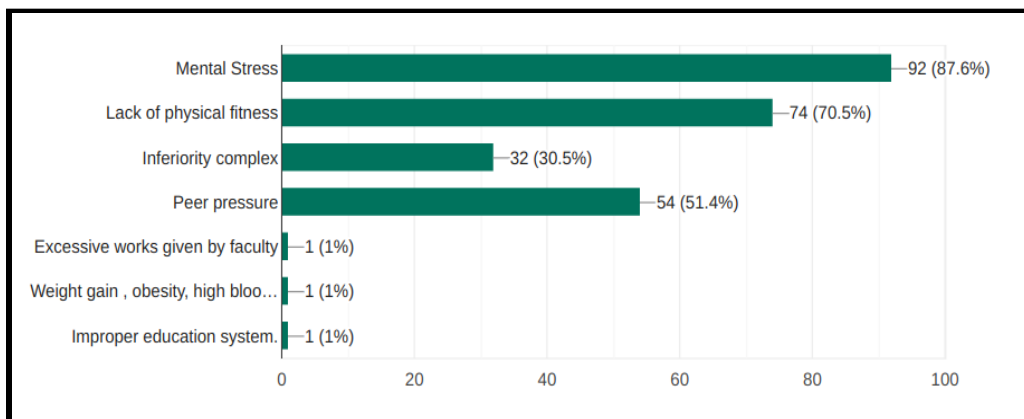

fig (d)

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 priority must be given to the student's welfare as shown in **fig(e)**.
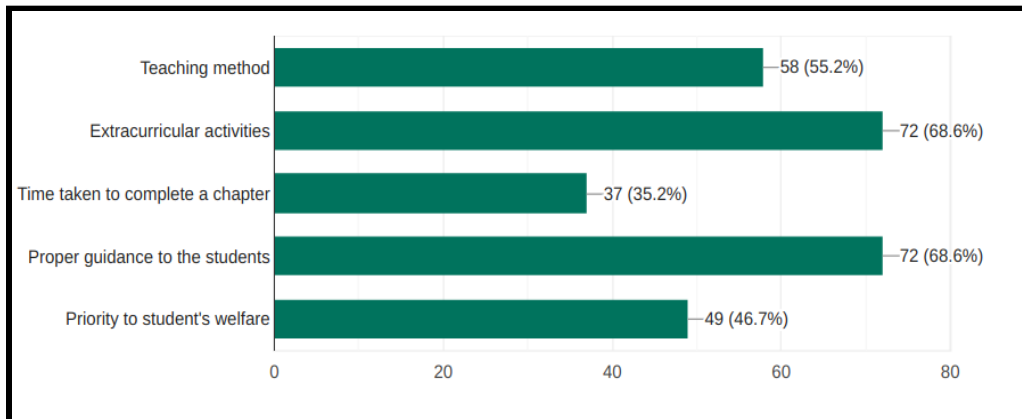

fig (e)

We can observe from the pi chart that most of the students keep track weekly while 34% of students take care of their health regularly. This shows how students are concerned about their health where the education system has failed to give importance to students' health by ignoring physical activities and giving them a stress-free life as shown in **fig(f).**
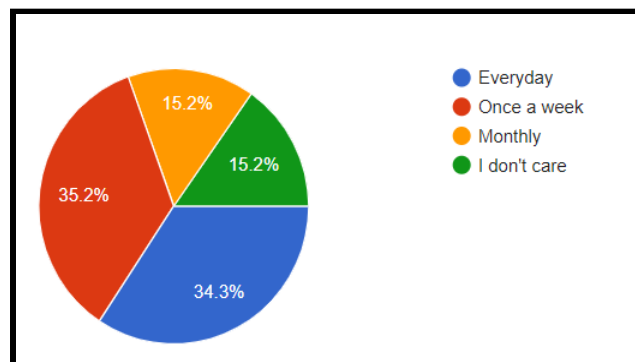

fig (f)

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(g).**
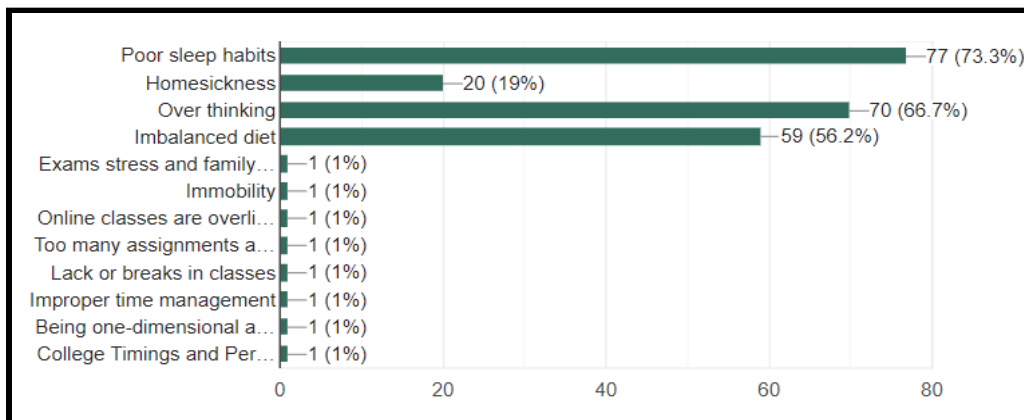
fig (g)

After we got to know 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 us stay fit both mentally and physically as shown in **fig(h).**
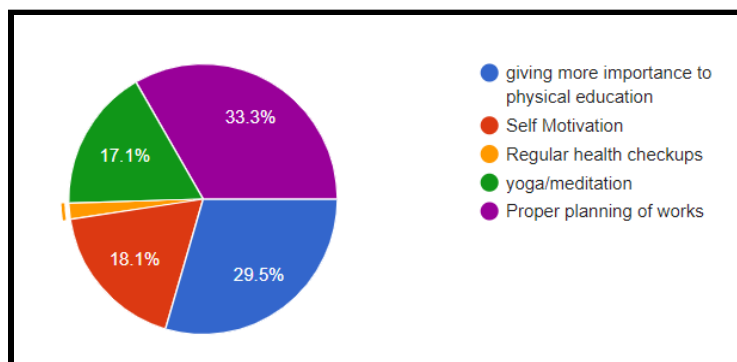
fig (h)

2.2)Secondary Research:

As a part of secondary research, various pages on different databases were visited and there were not many posts that fit our depiction. All the ideas were then assembled and nearly 100 articles began to be referred to, of which 60 articles could be utilized for further development. Youngsters think that it's extreme to stay alive with disappointment in assessments and vocations and neither families nor other social organizations offer satisfactory help or comfort.
What might be said about the individuals who don't comprehend what's going on with them? How might they get the necessary assistance on the off chance that they don't have the idea how to request it? [4]
It is crucial that schools give an environment that makes it functional for their students to thrive and to achieve, educationally just as in all ways that relate to their overall prosperity[5]. It is consistently simpler to scrutinize the youngster's home life, or even the kid's capacity to find out about scholarly issues as opposed to perceiving that something extraordinary may be going on and the kid may be needing assistance[4]. Emotional well-being issues in kids may be hard for guardians to recognize. Not exclusively do numerous guardians not have a clue about the manifestations of psychological sickness, yet changes in conduct are ordinary in developing youngsters.[4]
Primary Factors Influencing School Student's Health are Behavior and Living Style, Environment Factors, Biological Factors, Health Care Factors - Unhealthy conduct and way of life are one of the main considerations that lead to understudies medical issues like an unfortunate eating way of life, unreasonable admission of fat, undesirable relaxation style of intemperate diversion, keep awake until the late, absence of rest, long time sitting in front of the TV, PC game dependence, undesirable game style like the absence of activity or unnecessary exercise, undesirable passionate existence of opposing sensations of guardians, guardians ruin their youngsters and aloofness with others, unfortunate mental exercises of egotistical, forlornness, discouragement, desire, narrow-mindedness, utilitarianism, realism, and another undesirable method to make companions, all of which bring about work corruption, low opposition, and sub-wellbeing age and spread[6]. Other reasons incorporate academic pressure, the biological issues since students are living in gatherings and are defenseless against irresistible illnesses and pandemics[6]. Financial pressure in auxiliary school students, coming about because of financial obligation for students needing to pay for their educational expenses, has been related with "higher general uneasiness, sadness, rest troubles, self-detailed pressure, and diminished actual wellbeing"[7].

The necessitous environmental conditions at schools including packed study halls, poor air circulation, insufficiency of clean drinking water, unhygienic or messy dress put on by students, under-nourishment, absence of vegetation in the school area, schools close to main streets causing air contamination are likewise central point influencing the student's wellbeing.[6]

Health Effects:
Mental Stress brings down the immunity of students and can have genuine health implications. Momentary impacts of weight on students are Headache, Fatigue, Difficulty dozing, Difficulty concentrating, Upset stomach, though long haul impacts are Depression, High pulse, Weight gain or misfortune, Flare-ups of asthma, or joint pain[8]. In ultimate cases, they may even end in suicides.
India has one of the world's highest suicide rates for youth[1]. A 16-year-old female student from West Bengal State hanged herself to death since she was in a fear of failing in the last, important test [9]. In July 2020, a 14-year-old female student from Tamil Nadu State ended it all since she couldn't pay tuition fees [9]. Conversations with counselors uncovered that youngsters think that it's hard to stay alive with disappointing summons and assessments and neither families nor other social organizations offer sufficient help or comfort. Discovering proficient assistance is troublesome on the grounds that India perseveres through an 87% deficiency of psychological well-being experts. [9]

Health Statistics :
As indicated by the Association for Children's Mental Health (ACMH), nearly 1 out of 5 kids and youth have some sort of diagnosable emotional, behavioral, or lunacy. Furthermore, 1 in every 10 adolescents has a mental health issue sufficient to weaken their working at home or in school [4].
In a specific review, 554 out of 620 (87%) students aged 12–18 years, the universality of unfortunate dietary dispositions and body size was high: 61% detailed high current soda consumption, 18% were overweight, and 31% were moderate-seriously hindered. In multivariable relapse models, being food-shaky was possibly connected with being underweight/hindered (OR = 1.95, 95%CI = 0.95–4.0). [10]

India's Health budget :
India's health budget plan has persevered between 1.2 to 1.6% of the GDP from 2008 to 2020, which is one of the most minimal in the world. Tragically, just 0.06% of the whole health spending has been designated solely to determine psychological wellness issues. With regards to the safe-keeping of a single mentally ill individual yearly, India

spends just around one USD, which depicts the persistent absence of cash to handle the comprehensive emotional well-being plan in the world's largest democracy. [9]

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

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]

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]

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]

Do instructors hurt or help?

The significance to consider is that if educators are uninformed of mentalities and practices which intrude with emotional development, they may unnecessarily make enthusiastic challenges for their students. Some instructing strategies or mentalities appear to be useful in improving academic performance but are undesirable because of their tendency to retard emotional development and produce psychological conflict. For instance, consider the youngster who has reliably been inspired by somebody remaining over him startling him into exhibitions that are considered adequate.

What happens to him? He may become unable to sustain efforts apart from some external authority figure or fear stimulus or he may develop a personality structure that

is flagged by fear, hostility, and anxiety. Teachers, therefore, who attempt to motivate students by threats, run the risk of contributing to maladjustment.[3]

Gap analysis:

FOCUSSED AREAS	PAST STATE	CURRENT STATE	IDENTIFIED GAP	ACTION PLAN
What are you focused on	What was it like earlier?	What is it now?	Difference between the desired state and current state	Projects you will undertake to bridge the gap
HEALTH OF STUDENTS	A Center for Collegiate Mental Health concentrate from the 2012-2013 school year tracked down that 48% of students had looked for direction for emotional well-being worries, up from 42% during the 2010-2011 school year. The majority of the students in the prior days were healthier and stress-free.	40% of understudies with passion, conduct and psychological wellness problems move on from secondary school, contrasted with the normal public of 76%. Nowadays students are taking a lot of academic pressure and are being mentally affected	There is about a difference of 40% of students who face mental health disorders. The health of students has severely degraded over the years due to improper planning of work, lack of guidance, poor sleeping and food habits, and absence of physical activities in their daily curriculum.	Developing an interface to interact with students and find effective solutions for their problems and also report the health status of students regularly.

STANDARD OF EDUCATION AND TEACHING METHODS	*There was not much technological equipment. * ditto machines, filmstrip or reel to reel projectors, radios, and televisions were common instruments that teachers used in their teaching lessons. * Flogging that predominantly existed in the beginning of education. *There were no summer programs or even educational review programs for school starters. *Not many resources were available for reference to the students after the class hours.	*Many technological methods have evolved making students lazier. *Today computers have become the dominating factor in education. The use of blackboards, whiteboards and chalk have been replaced with smart boards, LCD projectors, video streaming and document scanners. . * Now there are not many punishments and the students are becoming reckless. *Review and summer programs have been presented at a youthful age to shape and recognize a youngster's capacities. *accessibility of Academic assets like school library, additional time, and reasonable method of instructing has been remembered for the present training framework.	*Technology and development have drastically evolved over the years and both teachers and students are making use of them. *Not many were aware of using even a basic phone in the earlier days but now almost every house has a smartphone, tv, or computer and is making the best use of online teaching mode. *The punishments imposed on the students might have created a feeling of fear for students but ultimately was beneficial for them making them more responsible but today there are no punishments and students are turning out to become reckless. *Many schools are now introducing and encouraging summer camps for recreation and self-development of students. *More resources like libraries, the internet, e-books are now available to the students for reference even in the absence of mentors. *Enhancing practical knowledge through lab experiments and field trips were now introduced in the curriculum of many schools.	project
PRESSURE ON STUDENTS	More than 30 percent of student report that they were under a lot of pressure at some point in their lives, up from about 24 percent in 2010	61% of teens 13-17 years old say they are under a lot of pressure to produce good grades.	The difference is about 60%. It is observed that students nowadays are taking a lot of pressure regarding their academics and are unable to handle it properly due to the absence of proper guidance, an imbalanced diet, improper sleeping habits etc.	project

SUICIDE RATE	In the period 1995-1999, the total no. of suicides in India were 27,359 In the period 2000 to 2004, the total no. of suicides in India were 27,880 In the period 2005-2009, the total no. of suicides in India were 30,064 In the period 2010 to 2014, the total no. of suicides in India were 38,220	In the period the year 2015-2019, the total no. of suicides in India was 48,537 Consistently one understudy perpetrates self-destruction in India, with around 28 such suicides detailed each day, as indicated by information incorporated by the National Crime Records Bureau (NCRB).	The suicide rate among youngsters is increasing over the years because most of them are taking this academic pressure and societal expectations to the heart and are feeling depressed if they don't live up to those expectations. Ultimately they decide that ending their lives is the only solution to escape this situation. In the past, not many stressful academics were there so the suicide rate was relatively lower. Now there is a lot of gap and change in how students think and handle these pressures.	project

Conclusion:

The main finding of this subjective explanatory research is that students believe that illness is most common and that the overall health of students must be focused on. Students highly acknowledge that their tutors do not place a priority on their health. The pupils are experiencing a variety of feelings, thoughts, and activities that are detrimental to their health. It has been stated that educational institutions should place a greater emphasis on student development rather than being sources of deterrence for pupils. All stakeholders identified depression, anxiety, stress, suicidal thoughts, and suicide attempts as serious issues, and many tragic examples were provided. It's also been noted that pupils are eager for a change in this distressing situation. Students, instructors, and guardians all should participate in lessening scholarly pressing factors in improving the psychological well-being of students, teaming up with specialists, networks, and schools to plan viable intercessions.

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