

Role of the Teacher in Health Care

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Abstract :

Teacher have an important role as health promoters. School based health education helps adolescents acquire functional health knowledge & strengthen attitudes, belief & practice skills needed to adopt and maintain health behavior throughout their lives. The specific content & skills addressed in health education, including sexual health and other related topic areas, e.g violence prevention, mental & emotional health, food & nutrition. Teacher role is very important in promotion of healthy behavioral problems in students at school level. School going children are spending most of the time in school, the school authorities and teachers have to play a vital role in developing healthy behavior in students helps in getting good academic results.

Introduction :

Health & wellness teaching is rapidly become a vital part of the school day. More and more children & youth are coming to school with conditions that are negatively impacting their lives. Health is important for everybody life. All must have good & strong health. Children are the future of citizen. If the child's health is protected & maintained properly, they surely become healthiest people of this country. School going children spending most of the time in school, so the school authorities & teachers have to play vital role in developing healthy behavior in students. Develop & promoting healthy behavior also is a part of curriculum. Healthy behavior in students helps in getting good academic result.

Educational implications of physical development:

To bodily or physical health of children is indispensable for their success and efficiency in all fields of life. The psychologist have reiterated that the aspects of development should be paid the attention by all those persons who deal with the education and welfare of the children.

For this purpose the school must have a regular programme of health education , adequate facilities for liberal participation in sport & games & other physical exercise appropriate to the level of growth should be provided to the students. We should give them practical Information concerning physical growth, personal hygiene, food habits etc. It is hoped that a brief interesting & easily understandable task, introducing them to various development stages, would certainly help them to form a correct picture in their own minds regarding their own changing nature and their roles in life. This may also serve as safeguard against the possibility of their developing irrational worries regarding abrupt development

taking place in their bodies. A teacher can successfully accomplish this task if he has a sound knowledge of the physical development of children.

The obvious roles health education teachers play in the community are those that are entrenched within a school setting. They may be teaching in classroom about topics related to proper nutrition, safe sex, or exercise or personal hygiene or they may be available as a counselor one on one for students to ask private or specific hygiene or they may be available as a counselor one on one for student to ask private or specific questions.

Additionally health education teachers be they within a school or a community center, can lead discussions among their students on the latest & most pressing issues with their community & the nation as a whole. For example, such teachers can hold a meeting with the community about childhood obesity & what can be done within schools at home, or even on public land such as the creation of an increased no of playground where children can exercise. School health programmes are said to be one of the most efficient strategies that a nation might use to prevent major health & social problems next to the family school are the major institutions for providing the instruction & experiences that prepare young people for their roles as healthy, productive adults. School can & invariably do play a powerful role in influencing students health related behaviors.

Health behavior plays a major part in impressions overall well being. Since health related behaviours are both learned & amenable to change, formal health education usually begins when a child is most flexible in primary school. Basic to health education is the principal of preventive care. Health educators attempt to teach people to be responsible for their own health & health care.

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