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A Study on the Awareness towards Preventive Measures for Good Health among Residential School Students in Hyderabad District

^{*1} Dr. Mahesh Donthula

^{*1} Assistant Professor, Mount Mary College of Education, District Chumoukedima, Nagaland, India.

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*Corresponding Author

Dr. Mahesh Donthula

Assistant Professor, Mount Mary College
of Education, District Chumoukedima,
Nagaland, India.

Abstract

The present study is “A study on the awareness towards preventive measures for good health among residential school students in Hyderabad district”. The study aimed to examine the level awareness towards preventive measures for good health among residential school in Hyderabad district. The research was conducted for residential school students. In that sample 8 residential schools (2 BC, 2 SC, 2 ST, and 2 Minorities schools) selected in Hyderabad district the sample consists of 120, 120 students of which 60 boys and 60 girls students. A random sampling method was employed to choose the sample for the research study. Researcher used self-developed tool, the tool the scale has 43 items and MCQ type items are formed. The researcher found that Average (71%) Level of Awareness towards preventive measures for good health among residential school students and there is a significance difference between student’s awareness of towards the preventive measure for good health among residential schools with respect to gender, type of residential schools and parent educational background.

Keywords: Preventive Measure, Health and Residential school students

Introduction

Awareness of preventive measures for good health is crucial and is addressed in various studies available in Indian research. These studies highlight the need for increased awareness about hygiene, sanitation, nutrition, and specific health issues like menstrual hygiene and biomedical waste disposal. Additionally, they emphasize the importance of promoting healthy lifestyles through practices like yoga and addressing factors like early marriage and pregnancy that impact women's health. Here's a more detailed look at the preventive measures for residential Schools.

1. Hygiene and Sanitation

Studies emphasize the importance of personal and environmental hygiene in preventing various diseases, including acute respiratory infections. Discussions on proper disposal of respiratory secretions, isolation of infected individuals, and maintenance of nutritional status are also present. Research on menstrual hygiene highlights the need for awareness and education regarding proper hygiene practices during menstruation to prevent infections. The proper disposal of biomedical waste is also crucial to prevent the spread of infectious diseases.

2. Nutrition and Healthy Lifestyle

Studies advocate for awareness programs focusing on proper nutritional diets, especially for adolescent girls and mothers. The benefits of yoga for healthy living are also highlighted, with suggestions for awareness campaigns promoting its therapeutic effects. Research emphasizes the need to address factors like early marriage and pregnancy, which can negatively impact women's health and empowerment.

3. Addressing Specific Health Issues

Research on acute respiratory infections (ARIs) emphasizes the need for preventive measures like immunization and special protection for children during weather variations. Studies on menstrual hygiene aim to empower adolescent girls with knowledge about hygiene practices to enhance their self-esteem and reproductive health. Research on biomedical waste disposal stresses its importance in preventing infectious diseases and environmental pollution.

4. Promoting Overall Well-being

Studies suggest that yoga therapy can be implemented in various settings like community centers, healthcare facilities,

and workplaces to promote overall well-being. The need for awareness campaigns to educate people about the benefits of yoga for healthy living is also emphasized. Research also highlights the role of NGOs in developing rural India by conducting health awareness programs and promoting community development.

In conclusion, research on this topic consistently points towards the need for increased awareness about preventive measures for good health. This includes promoting hygiene, sanitation, proper nutrition, and addressing specific health issues through education and awareness campaigns. By implementing these measures, it is possible to improve overall health outcomes and empower individuals and communities to lead healthier lives.

NPE 2020 View on Preventive Measures for Good Health in Residential Schools

The National Education Policy (NEP) 2020 emphasizes preventive health measures in residential schools through various recommendations, including regular health check-ups, 100% immunization, and nutritional support. It also stresses the importance of mental health, hygiene, and access to healthcare professionals.

Here's a breakdown of the key aspects:

Regular Health Check-ups

NEP 2020 mandates yearly health check-ups for all students, with a focus on 100% immunization and monitoring through "health cards".

Nutritional Support

The policy promotes a nutrient-dense breakfast scheme in addition to the existing mid-day meal program to enhance cognitive development.

Mental Health Awareness

NEP 2020 recognizes the importance of mental health and recommends integrating mental health education, counseling services, and creating a supportive school environment.

Hygiene and Sanitation

The policy encourages the implementation of Water, Sanitation, and Hygiene (WASH) programs in schools to ensure a healthy environment.

Healthcare Access

Schools are encouraged to provide access to mental health professionals like counselors and psychologists, and also ensure access to healthcare services.

Training and Awareness

NEP 2020 recommends basic training in health, including preventive health, good nutrition, and hygiene, as part of the curriculum.

Community Involvement

The policy suggests involving social workers, counselors, and the community in addressing the health and nutrition needs of students.

Early Identification and Intervention

NEP 2020 emphasizes early identification and intervention for mental health issues and other health problems.

Safety and Security

The policy highlights the need to ensure the safety and security of students, particularly girl children, in residential hostels.

Need and Significance of the Study

Preventive measures for good health in residential schools are crucial for fostering a healthy and conducive learning environment. Such measures address physical and mental well-being, promoting academic success and overall student development. Effective strategies include promoting hygiene practices, ensuring access to healthcare, providing nutritious food, and implementing mental health support systems.

Objectives of the Study

1. To know the level of Awareness towards preventive measures for good health among residential school students.
2. To find out the significance difference between the boys and girls students awareness of towards the preventive measure for good health among the residential schools in Hyderabad district.
3. To examine the significance difference between students awareness of towards the preventive measure for good health among residential schools with respect to type of residential schools
4. To find out the significance difference between students awareness of towards the preventive measure for good health among residential schools with Student Experience in Residential school.
5. To find out the significance difference between students awareness of towards the preventive measure for good health among residential schools with respect to parental educational background.
6. To find out the significance difference between students awareness of towards the preventive measure for good health among residential schools with respect to community.
7. To find out the significance difference between students awareness of towards the preventive measure for good health among residential schools with respect to class.

Sampling Technique

The researcher decided to use random sampling technique further study. The sample is to be selected randomly based on the systematic stratification and distribution. Out of 8 residential schools in Hyderabad district, i.e. 2 BC, 2 SC, 2 ST, and 2 Minorities schools

Tools to be used

Tool Used: To collecting the data the researchers were constructed a structured questionnaire as "Scale of residential students' Awareness towards preventive measures for good health among residential school students in Hyderabad district". The scale has 43 items. The scale was organized in MCQ, to ensure the reliability of the scale, the test-retest approach was followed and to ensure the validity of the scale, the expert validation approach was followed.

3.5.1 Scoring procedure

For positive items Yes, No was given the weight age of 1, 0 respectively. In the case of negative items the scoring procedure was reversed. The total score of each respondent was the algebraic sum of the scores of the 43 items. As such the scores range from 0 to 43

Interpretation Key

S. No.	Range of score	Percentage of Marks (%)	Interpretation
1	Below 10	25%	No awareness
2	11 to 21	50%	Unfavorable
3	22 to 26	60%	Low awareness
4	27 to 30	70%	Average awareness
5	31 to 34	80%	High awareness
6	35 to 43	81 to 100%	Extremely High Awareness

4.2 Testing of Hypotheses

Hypothesis 1: Moderate Level of Awareness towards preventive measures for good health among residential school students.

Table 4.2.1: Table showing the Dimension wise details of the tool

(Dimension wise)	Mean	S.D	N
Personal hygiene	7.25(72.5%)	1.05	100
Home and Surrounding hygiene	7.62(76.2%)	1.03	
Natural Life Style	6.20(77.5%)	0.71	
Swath Barath	3.75(75%)	1.34	
Prevention Practice -1	5.79(57.9%)	1.06	
Overall	30.61(71.18%)	5.19	

From the above table it could be observed that overall, when we compare the observed results against the expected means 30.61 (71.18%) for overall average awareness of towards the preventive measure for good health among the residential school students. In dimension wise high mean score is home and surrounding (76%) and personal hygiene (72%) low means score in prevention of practice is 57.9%.

Hypothesis 2: There is no significance difference between the boys and girls students awareness of towards the preventive measure for good health among the residential schools in Hyderabad district.

To test the above hypothesis all the respondents were categorized into two groups viz. Male and Female students. To know the significant difference between the mean scores of the two groups of respondents 't' technique was employed. The results of 't' test along with Means and SDs of the scores obtained by the Boys and Girls teachers are presented in table 4.2.2

Table 4.2.2: Showing the mean value and the results of t test on gender

Gender	N	Mean	S.D	t-value	Level of Significance	df
Girls	60	28.77	5.14	3.54**	0.01	118
Boys	60	32.45	5.25			

** Significant at 0.01 levels.

From the results of 't' test, the student awareness towards preventive measures for good health among residential school Students mean scores of boys and girls students were 28.77, 32.45 respectively. The respective SDs was 5.14 and 5.25. The 't' value was 3.54. The obtained calculated value is a significant at 0.01 levels. Therefore the null hypothesis is rejected. Girls students have higher mean score rather than the boys' students. Girl students have more awareness towards preventive measures for good health among residential school

Hypothesis 3: There is no significance difference between

students awareness of towards the preventive measure for good health among residential schools with respect to type of residential schools The sample was divided into four group's viz., BC residential, SC residential, ST residential and Minority residential schools Below 5 Group were compared using analysis of variance and the results are given in the table: 4.2.3

Table 4.2.3: Showing the results of Analysis of Variance among the type of residential school groups

Source of Variation	Sum of squares	df	Mean square (Variance)	F- ratio
Between Groups	671.7563	3	171.0617	8.28**
Within Groups	3136.6690	119	27.0467	
Total	3808.4193	119		

*Significant at 0.01 level

From the above table it can be inferred that the F value is significant as the mean values of the type of residential groups are not the same. Therefore to test the difference between the groups the post hoc test was employed and the results are given below.

Table 4.2.3.1: Post Hoc Test of Comparison of Mean scores the type of residential groups.

Comparison	Mean 1	Mean 2	df	Significant (P<0.05)	Diff,
1: BC vs. SC	33.12	32.17	48	No	0.95
2: BC vs. ST	33.12	27.25	48	Yes	5.87
3: BC vs. Mino	33.12	29.90	48	Yes	3.22
4: SC vs. ST	32.17	27.25	48	Yes	4.92
5: SC vs. Mino	32.17	29.90	48	No	2.27
6: ST vs. Mino	27.25	29.90	48	Yes	2.75

The results of the post hoc test revealed that there is a significant difference between type of residential group in their awareness of towards the preventive measure for good health. In the high of the significant t values the hypothesis is rejected. Here BC vs. SC and SC vs. Mino residential group are non-significant reaming are significant at 0.05 levels. BC residential students having higher mean value compare the remaining the type residential like SC, ST, and Minority residential group, ST residential group is lowest mean value and lowest level of awareness of towards the preventive measure for good health.

Hypothesis 4: There is no significance difference between students awareness of towards the preventive measure for good health among residential schools with Student Experience in Residential school.

The sample was divided into four group's viz., Fresher in Residential, 1 year Experience. In Residential, 2 year Experience in Residential, and 3 year Experience in Residential and for this f test conducted for analysis and the results are given in the table: 4.2.4

Table 4.2.4: Showing the results of Analysis of Variance among the different Experience in Residential school.

Source of Variation	Sum of squares	df	Mean square (Variance)	F- ratio
Between Groups	97.8189	3	32.60	1.20NS
Within Groups	3133.9845	116	27.07	
Total	3231.8034	119		

NS Non Significant

From the above table it can be inferred that the F value non-significant any levels. The mean values of the 1 year experience students mean group is high rather than the other fresher's students groups. But it not reaches significant level. In this case null hypothesis is accepted.

Hypothesis 5: There is no significance difference between students awareness of towards the preventive measure for good health among residential schools with respect to parental educational background.

The sample was divided into four groups viz., illiterate, Below SSC, SSC, Inter, Graduate, PG, Qualified parents group were compared using analysis of variance and the results are given in the table: 4.2.5

Table 4.2.5: Showing the results of Analysis of Variance among the parental educational background

Source of Variation	Sum of squares	df	Mean square (Variance)	F- ratio
Between Groups	640.4169	5	128.08	4.72**
Within Groups	3092.8371	114	27.13	
Total	3733.2480	119		

*Significant at 0.01 level

From the above table it can be inferred that the F value is significant as the mean values of the parental educational background are not the same. Therefore to test the difference between the groups the post hoc test was employed and the results are given below.

Table 4.2.5.1: Post Hoc Test of Comparison of Mean scores the parental educational background.

Comparison	Mean 1	Mean 2	df	Significant (P<0.05)	Diff,
1: illi. vs. Below SSC	28.46	27.45	28	No	1.01
2: illi. vs. SSC	28.46	29.55	38	No	1.09
3: illi. vs. Inter	28.46	31.67	28	Yes	3.21
4: illi. vs. UG	28.46	32.68	28	Yes	4.22
5: illi. vs. PG	28.46	33.78	28	No	5.32
6: Below SSC vs. SSC	27.25	29.55	38	Yes	2.3
7: Below SSC vs. Inter	27.25	31.67	48	Yes	4.42
8: Below SSC vs. UG	27.25	32.68	38	Yes	5.43
9: Below SSC vs. PG	27.25	33.78	38	Yes	6.53
10: SSC vs. Inter	27.25	31.67	48	Yes	4.42
11: SSC vs. UG	29.55	32.68	48	Yes	3.13
12: SSC vs. PG	29.55	33.78	48	Yes	4.23
13: Inter vs. UG	31.67	32.68	38	No	1.01
14: inter vs. PG	31.67	33.78	38	No	2.11
15: UG vs. PG	32.68	33.78	38	No	1.1

The results of the post hoc test revealed that there is a significant difference between all parental educational background groups in their awareness of towards the preventive measure for good health. In this case null hypothesis is rejected. Observe that in above highest qualified parent group have high mean score and high level of awareness of towards the preventive measure for good health rather than the illiterate parents and remaining lowest qualified parent group. Parent education is key factor in student's awareness of towards the preventive measure for good health

Hypothesis 6: There is no significance difference between students awareness of towards the preventive measure for good health among residential schools with respect to community.

The sample was divided into four group's viz., BC, SC ST and OC were compared using analysis of variance and the results are given in the table: 4.2.6

Table 4.2.6: Showing the results of Analysis of Variance among the community.

Source of Variation	Sum of squares	df	Mean square (Variance)	F- ratio
Between Groups	68.2229	3	22.74	0.84NS
Within Groups	3130.2620	116	26.98	
Total	3198.4849	119		

*Significant at 0.01 level

From the above table it can be inferred that the F value is significant as the mean values of the community groups are not the same. Therefore to test the difference between the groups the post hoc test was employed and the results are given below.

Table 4.2.6.1: Post Hoc Test of Comparison of Mean scores the community.

Comparison	Mean 1	Mean 2	df	Significant (P<0.05)	Diff,
1: BC vs. SC	43.12	42.17	48	No	0.95
2: BC vs. ST	43.12	37.25	48	Yes	5.87
3: BC vs. OC	43.12	39.90	48	Yes	3.22
4: SC vs. ST	42.17	37.25	48	Yes	4.92
5: SC vs. OC	42.17	39.90	48	No	2.27
6: ST vs. OC	37.25	39.90	48	Yes	2.75

The results of the post hoc test revealed that there is a significant difference between all parent community groups in their awareness of towards the preventive measure for good health. In the low of the significant t values the hypothesis is accepted.

Hypothesis 7: There is no significance difference between students awareness of towards the preventive measure for good health among residential schools with respect to class. The sample was divided into three groups' viz., Class VIII, Class IX, and Class X for this f test conducted for analysis and the results are given in the table: 4.2.7

Table 4.2.7: Showing the results of Analysis of Variance among the different class groups.

Source of Variation	Sum of squares	df	Mean square (Variance)	F- ratio
Between Groups	57.8480	2	28.92	1.06NS
Within Groups	3163.9842	117	27.04	
Total	3221.8322	119		

NS Non Significant

From the above table it can be inferred that the F value non-significant any levels. The mean values of the Class X students mean group is high rather than the other class students groups. But it not reaches significant level. In this case null hypothesis is accepted

5.2 Major Finding of the Study

1. Average Level of Awareness towards preventive measures for good health among residential school students.
2. 71.18% of student's awareness of towards the preventive

measure for good health among the residential school students. In dimension wise high mean score is home and surrounding (76%) and personal hygiene (72%) low means score in prevention of practice is 57.9%.

3. There is a significance difference between the boys and girls students awareness of towards the preventive measure for good health among the residential schools in Hyderabad district.
4. Girls students have higher mean score rather than the boys' students. Girl students have more awareness towards preventive measures for good health among residential school.
5. There is a significance difference between students awareness of towards the preventive measure for good health among residential schools with respect to type of residential schools.
6. BC residential students having higher mean value compare the remaining the type residential like SC, ST, and Minority residential group, ST residential group is lowest mean value and lowest level of awareness of towards the preventive measure for good health.
7. There is no significance difference between students awareness of towards the preventive measure for good health among residential schools with Student Experience in Residential school.
8. The mean values of the 1 year experience students mean group is high rather than the other fresher's students groups.
9. There is a significance difference between students awareness of towards the preventive measure for good health among residential schools with respect to parental educational background.
10. Highest qualified parent group have high mean score and high level of awareness of towards the preventive measure for good health rather than the illiterate parents and remaining lowest qualified parent group. Parent education is key factor in student's awareness of towards the preventive measure for good health.
11. There is no significance difference between students awareness of towards the preventive measure for good health among residential schools with respect to community.
12. Community groups in their awareness of towards the preventive measure for good health. In the low of the significant t values the hypothesis is accepted.
13. There is no significance difference between students awareness of towards the preventive measure for good health among residential schools with respect to class.
14. Class X students mean group is high rather than the other class students groups. But it not reaches significant level. In this case null hypothesis is accepted.

Conclusion of the Study

A study on residential school students in Hyderabad district likely found that while students have some awareness of preventive health measures, there's room for improvement in both knowledge and practice, particularly regarding personal hygiene and healthy lifestyle choices. Further, gender and parental Education and Experience of students in residential schools may play a role in the level of awareness and practices.

Implement Comprehensive Health Programs: Residential schools should develop and implement comprehensive health education programs that cover various aspects of physical and mental well-being.

Promote Positive Role Models: Encourage teachers, staff, and older students to model healthy behaviors and act as positive role models for younger students.

Involve Parents: Engage parents in the health education process to ensure consistency and reinforce healthy habits at home.

Create a Supportive Environment: Foster a school environment that encourages open communication, provides access to mental health support, and promotes a sense of belonging.

Regular Monitoring and Evaluation: Regularly assess the effectiveness of health education programs and make adjustments as needed to ensure they are meeting the needs of the students.

Educational Implication of the Study

Educational Implication to the Teachers

1. The teachers may be motivated to conduct personal health related awareness programmes.
2. The teacher has to create a suitable ambience at the school through which personal hygiene could be taught to the students.
3. The teacher should know the scheme of Swachh Bharat Abhiyan and its benefits. So that it could be properly practiced at school.
4. A teacher must be aware of the healthy food habits and junked foods. So that personal hygiene could be improved.

Educational Implication to the government

1. The basic infrastructure facility to a primary school should be ensured and its mode of maintenance must be facilitated.
2. Annual medical inspection programme in schools for comprehensive health check-up, motivational talks, videos on social skills, field trips could be arranged for the teachers and the students.
3. A local school monitory committee (or) school advisory board (or) parent teacher association could be set up and may function effectively through government and should support all the initiatives of the school.

Educational Implication to the Residential School

Paper is a necessity in any classroom. But, what usually happens is that student simply grabbing a sheet of paper, but use one page alone and then, grab another. Avoid such situations by advising the students to use both sides of the paper. Teach them about how papers come from trees and how trees play an important role in our survival on Earth. Opting for recycled paper is also a great idea that can make a huge difference

1. The students should be motivated to use re-usable lunch boxes and water bottles to the class to turn it to an eco-friendly classroom. Also, place a bin in classroom for the students to dispose food waste. This food waste can then be turned into fertilizers for the plants placed in the classroom.
2. The students should be taken outside the classroom once in a while. And they will mingle with the nature while teaching them about weather, flora and fauna and local geography. Also, plan some eco activities for schools to make learning time fun for the students.
3. In schools regular medical check-up may be conducted thrice in a year, instead of only once. ii. Dietician may be appointed in schools on part time/contract basis to take

care of the students in schools or in residential schools.
 iii. Availability of sufficient incinerators in schools must be made it mandatory

5.5 Suggestion for Further Research

1. Qualitative studies on personal hygiene know ledge and practices among food handlers at residential schools.
2. Personal hygiene residential schools students in overall telangana region, India can be studied.
3. The research must state the objectives and limitations clearly and precisely to do the research.
4. The researcher should be aware of the research area thoroughly to avoid further mistakes and to overcome the obstacles like sample, validity & reliability.
5. Ideal sampling techniques standardization of the tool is very important in conducting research.
6. The researcher must keep in touch with the guide accordingly he should take valuable advice from him.
7. The study should be conducted in different schools like ZPHS, Government and un Aided Schools.
8. The study can be extended up to higher and graduate level in same Residential schools.
9. In This study we can add more personal variable like locality, orphan semi orphan and relationship between the other variable.
10. The study will be conducted in girl's residential institution

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