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## A comparative study of health and wellness between government and private school boys of Haryana

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### Abstract

The purpose of the study was to compare the health and wellness between government and private school boys of Haryana. Total 200 boys (100 from government school) and (100 from private school) were selected for the study. Only High school boys were selected for the study. Sirsa, Fatehabad, Hisar and Bhiwani district was selected for the study. Only emotional health, fitness body care, environmental health, stress, nutrition and med self responsibility were selected for the study. Self maid questionnaire was used for the study. Mean and standard deviation were calculated in order to study the health and wellness between government school boys and private school boys.

**Keywords:** Health and wellness, Government school, Private school, Boys, Haryana.

### Introduction

Health is optimal well-being that contributes to quality of life. It is more than freedom from disease and illness, though freedom from disease is important to good health. Optimal health includes high-level mental, social, emotional, spiritual, and physical wellness within the limits of one's heredity and personal abilities. Health is optimal well-being that contributes to quality of life. It is more than freedom from disease and illness, though freedom from disease is important to good health. Optimal health includes high-level mental, social, emotional, spiritual, and physical wellness within the limits of one's heredity and personal abilities.

The dimensions of health and wellness include the emotional (mental), intellectual, physical, social, and spiritual. A positive total outlook on life is essential to wellness and each of the wellness dimensions. A "well" person is satisfied in his/her work, is spiritually fulfilled, enjoys leisure time, is physically fit, is socially involved, and has a positive emotional-mental outlook. This person is happy and fulfilled.

Many experts believe that a positive total outlook is a key to wellness. The way one perceives each of the dimensions of wellness affects total outlook. Researchers use the term self perceptions to describe these feelings. Many researchers believe that self-perceptions about wellness are more important than actual ability. For example, a person who has an important job may find less meaning and job satisfaction than another person with a much less important job. Apparently, one of the important factors for a person who has achieved high-level wellness and a positive life's outlook is the ability to reward himself /herself. Some people, however, seem unable to give themselves credit for their life's experiences.

The development of a system that allows a person to positively perceive the self is important. Of course, the adoption of positive lifestyles that encourage improved self-perceptions is also important. The questionnaire in the Lab 1A will help you assess yourself perceptions of the various wellness dimensions. For optimal wellness, it would be important to find positive feelings about each dimension.

Wellness is the integration of many different components (mental, social, emotional, spiritual, and physical) that expand one's potential to live (quality of life) and work effectively and to make a significant contribution to society. Wellness reflects how one feels (a sense of well-being) about life as well as one's ability to function effectively. Wellness, as opposed to illness (a negative), is sometimes described as the positive component of good health.

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**Health and wellness are individual in nature**

Each individual is different from all others. Health and wellness depend on each person’s individual characteristics. Making comparisons to other people on specific individual characteristics may produce feelings of inadequacy that detract from one’s profile of total health and wellness. Each of us has personal limitations and personal strengths. Focusing on strengths and learning to accommodate weaknesses are essential keys to optimal health and wellness.

**It is possible to possess wellness while being ill or possessing a debilitating condition.**

All people can benefit from enhanced wellness. Wellness and an improved quality of life are possible for everyone, regardless of disease states. Evidence is accumulating to indicate that people with a positive outlook are better able to resist the progress of disease and illness than those with a negative outlook. Thinking positive thoughts has been associated with enhanced results from various medical treatments and better results from surgical procedures. Because self-perceptions are important to wellness, positive perceptions of self are especially important to the wellness of people with disease, illness, and disability. The concepts of wellness and optimal health must be considered in light of one’s heredity and personal disabilities and disease states.

**Purpose of the study**

**A comparative study of health and wellness between government and private school boys of Haryana.**

**Objective of the study**

1. To compare the emotional health between government and private school boys of Haryana.
2. To compare the Fitness body care between government and private school boys of Haryana.

3. To compare the environment health between government and private school boys of Haryana.
4. To compare the stress between government and private school boys of Haryana.
5. To compare the nutrition between government and private school boys of Haryana.
6. To compare the med self responsibility between government and private school boys of Haryana.

**Hypothesis of the study**

1. For the study null hypothesis was framed for the study.

**Method and Procedure**

**Sample of the study**

- ❖ Total 200 boys (100 from government school) and (100 from private school) were selected for the study. Only High school boys were selected for the study.
- ❖ Only Sirsa, Fatehabad, Hisar and Bhiwani district was selected for the study.

**Selection of variables**

Only emotional health, fitness body care, environmental health, stress, nutrition and med self responsibility were selected for the study.

**Tool used**

- A Self maid questionnaire by the researcher was selected for the study.

**Statistical Used**

Mean and standard deviation were calculated in order to study the health and wellness between government school boys and private school boys of all the four districts of Haryana.

**Table 1:** Comparison of health and wellness between Government and Private school boys of Haryana

Game	N	Factors	Mean	S.D	't'
Government School Boys	29	Emotional health	19.17	1.55	.269
Private School Boys	29		19.03	2.00	
Government School Boys	29	Fitness body care	19.79	1.71	2.36
Private School Boys	29		18.62	2.06	
Government School Boys	29	Environment health	19.97	2.11	1.31
Private School Boys	29		19.28	1.64	
Government School Boys	29	Stress	19.31	2.14	2.35
Private School Boys	29		17.82	2.50	
Government School Boys	29	Nutrition	19.25	2.63	0.53
Private School Boys	29		18.97	2.41	
Government School Boys	29	Med self Responsibility	19.90	2.36	1.32
Private School Boys	29		19.70	2.45	

Significant at 0.05 level

Table 1 shows that the mean scores, standard deviation and t-ratio of the emotional of government and private school boys they have obtained the mean value of 19.17 and 19.03 respectively which are given in table 1 reveals that the significant difference was found out in (t= .269 P < 0.05) government school boys was found to have got more emotional health as compared to private school boys of Haryana.

Table 1 shows that the mean scores, standard deviation and t-ratio of the fitness body care of government and private school boys they have obtained the mean value of 19.79 and 18.62 respectively which are given in table 1 reveals that the significant difference was found out in (t= .236 P < 0.05) government school boys was found to have got more fitness

body care health as compared to private school boys of Haryana.

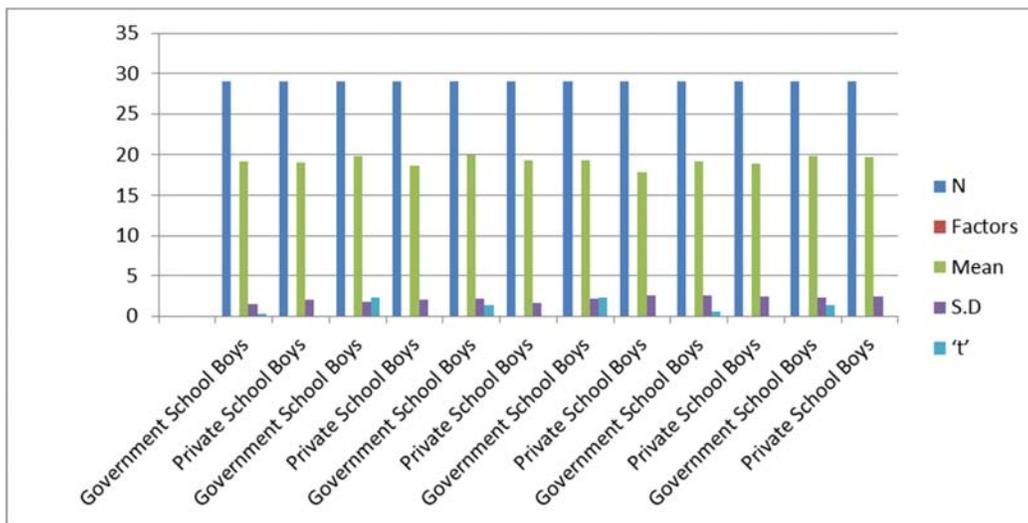
Table 1 shows that the mean scores, standard deviation and t-ratio of the environmental of government and private school boys they have obtained the mean value of 19.97 and 19.28 respectively which are given in table 1 reveals that the significant difference was found out in (t= 1.31 P < 0.05) government school boys was found to have got more emotional health as compared to private school boys of Haryana.

Table 1 shows that the mean scores, standard deviation and t-ratio of the Stress between government and private school boys they have obtained the mean value of 19.31 and 17.82 respectively which are given in table 1 reveals that the

significant difference was found out in ( $t = .235$   $P < 0.05$ ) Private school boys was found to have got more Stress health as compared to private school boys of Haryana.

Table 1 shows that the mean scores, standard deviation and t-ratio of the Nutrition of government and private school boys they have obtained the mean value of 19.25 and 18.97 respectively which are given in table 1 reveals that the significant difference was found out in ( $t = 0.53$   $P < 0.05$ ) Private school boys was found to have got more nutrition health as compared to G school government school boys which means the private school boys of Haryana.

Table 1 shows that the mean scores, standard deviation and t-ratio of the Med self responsibility between government and private school boys they have obtained the mean value of 19.90 and 19.70 respectively which are given in table 1 reveals that the significant difference was found out in ( $t = 1.32$   $P < 0.05$ ) government school boys was found to have got more Med self responsibility as compared to private school boys which means the private school boys in significantly less value orientation intelligence.



Graph 1: Graphical representation of health and wellness between Government and Private school boys of Haryana

**Conclusion of the study**

Finally the following conclusions were drawn in their present study.

- ❖ Government school boys were found to have got more emotional health as compared to private school boys of Haryana.
- ❖ Government school boys were found to have got more fitness body care health as compared to private school boys of Haryana.
- ❖ Government school boys were found to have got more environmental health as compared to private school boys of Haryana.
- ❖ Private school boys were found to have got more Stress health as compared to Government school boys of Haryana.
- ❖ Private school boys were found to have got more Stress health as compared to Government school boys of Haryana.
- ❖ Government school boys were found to have got more Med self responsibility health as compared to Government school boys of Haryana.

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