



A Study of Awareness of Students, Teachers and Parents towards Health and Sex Education

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1. Introduction

In every human there is a hidden researcher. In daily life man is always researching for new things or ways to make his life comfortable. Before much progress can be made in solving problems, men must possess accurate description of the phenomena with which they work. Hence, the early developments in educational research, as in other fields, have been made in the area of description. In Gujarat the awareness towards education is increasing day-by-day. The importance of education is increasing within the population of Gujarat. Along with this educational awareness, the awareness towards Health and Sex Education is also important. This awareness about importance of education and Health and Sex Education is seen more in urban areas compared to rural areas. In rural areas the importance of education and even Health and Sex Education is on a developing track. The rural or village community expects good academic result from their children, but due to the health and hygienic habits followed by them the expectation is not fulfilled. The educational development and progress of the rural people is mainly dependent on healthy habits and good hygiene. Then 'What is meant by Health?' Health is a state of complete physical and mental well-being. This means that both the mind and body must be completely fit for a person to be considered healthy. Proper food, hygiene, rest exercise and correct posture are essential for remaining healthy.

But among all these actors that affect the progress of an area the researcher took to 'study the awareness among the students, teachers and parents towards the importance of Health and Sex Education' as a research problem.

2. Statement of the Problem

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3. Definitions of technical terms

- Awareness: Having knowledge about something.
- Teacher: A person who opens the doors to education. A potter who gives shape to the student. An artist who actually paints the future of the student.
- Parent: The guardian of the student.
- Rural area: Area of the countryside.
- Student: A person studying at university, college or school.
- Tribal: A social group in a traditional society consisting of linked families.

4. Objectives of Research

1. To study the health and Sex Education habits among the students of Mehsana City.
2. To study the health and Sex Education habits among the teachers of Mehsana City.
3. To study the health and Sex Education habits among the parents of Mehsana City.
4. To study the awareness about the health among the students of Mehsana City.
5. To study the awareness about the health among the teachers of Mehsana City.
6. To study the awareness about the health among the parents of Mehsana City.
7. To study the awareness about the hygiene among the students of Mehsana City.
8. To study the awareness about the hygiene among the teachers of Mehsana City.

9.To study the awareness about the hygiene among the parents of Mehsana City.

5. Hypotheses of Research

The hypothesis about the awareness of health and Sex Education in Mehsana City are....

- 1.The students of Mehsana City are completely aware of the importance of health and Sex Education.
- 2.The teachers of Mehsana City are completely aware of the importance of health and Sex Education.
- 3.The parents of Mehsana City are completely aware of the importance of health and Sex Education.

6. Importance of Research Study

Any research work always becomes important for some other research work. This research work on the study of awareness toward, the importance of Health and Sex Education may be different as per the view of students, teachers and parents and to study this awareness among the students, teachers and parents the researcher has taken this problem for study.

- To know student's awareness towards Health and Sex Education.
- To know of student's awareness towards importance of Health in their academic progress.
- To know of student's healthy habits.
- To know of teacher's awareness towards importance of Health and Sex Education.
- To know of teacher's awareness towards importance of Health in their professional progress.
- To know of parent's awareness towards importance of Health and Sex Education.
- Awareness of parents towards the effect of poor Health and Sex Education on the educational progress of their children.

7. Population and Sample Selection

The present research work was carried in three schools of Mehsana City.

Sample Investigation:

Thus, the researcher has selected 30 students each from the three schools of Mehsana City as the sample, 20 teachers and 30 parents from the large population of the three schools and Mehsana City during year of 2024-25.

Table 1: Presenting the selected sample School

School	Pioneer High School	Sarda High School	St. Xavious High School	Total
Students	30	30	30	90
Teachers	7	7	6	20
Parents	10	10	10	30
Total				140

8. Research Instrument and Tools

During the research process as per the objectives of the research a tool which helps to collect the necessary data is termed as Instrument. The various instruments like psychological test, Observation, Rating Scales, Inventions test, Research employ test, Achievement test, Opinionnaire etc. One of the most useful research tools is used for the research work. In the present research work a Self-Made Questionnaire is used by the researcher.

9. Forms of questionnaire: A researcher can cast question in a (i) closed (ii) open (iii) pictorial form and can utilize one type exclusively or a combination of them when structuring the questionnaire. The nature of the problem and the character of the respondents determine which form or forms will most likely supply the desired date.

10. Preliminary framing of questionnaire

In the present research study to prepare a self-made questionnaire was being prepared by the researcher at the initial stage. In order to prepare the questionnaire, the following conditions were carried out –

- Prior Preparation
- Framing of Ideas
- Framing of Prefatory
- Framing of Preliminary questionnaire
- Framing of secondary questionnaire
- Framing of final questionnaire.

The screening of items.

Keeping in the mind the sample to be tested, the questions were framed in such a way that the students could answer as per the option given as agree, partially agree and disagree. In the same way the questions framed for the teacher and parents could answer the questions in the option like agree, partially agree and disagree.

11. Data collection technique

In order to collect the data for the analysis, statistical interpretation and testification of the hypothesis listed in the research, the researcher surveyed about “the awareness towards the importance of Health and Sex Education among students, teachers and parents” with a self-made questionnaire as a means of tool for the selected sample within the three schools of Mehsana City.

The researcher visited the schools on three different days, with the permission from the head of the institution, the researcher carried on the collection of data through questionnaire.

Firstly, the data was collected from the students for this survey, the researcher made 30 students of Upper Primary School sit in the hall separately and motivated them with warming words and gave the instructions in an easy language about what students had to do during answering the questionnaire. With the help of a teacher of that particular school the researcher-maintained silence and discipline during the survey and care was taken that the students answered the questionnaire without discussing. The researcher gave forty minutes for the filling of a questionnaire and at the end of the time the questionnaire was collected and the researcher expressed thanks to the students and the teacher who gave her cooperation and assistance.

Then the researcher surveyed the views of the teachers of three selected schools of Mehsana City about awareness towards the importance of Health and Sex Education by making seven teachers answer the questionnaire separately in the hall. The researcher welcomed the seven teachers and gave them the instructions about the survey and filling of questionnaire in simple language and made them fill the questionnaire separately without discussing. The teachers were also given forty minutes time and after completion the questionnaire were collected by owing thanks to their cooperation and valuable time.

In the same way the researcher surveyed ten parents of Mehsana City specially whose children were surveyed. The researcher personally met the parents in the Mehsana City and made them personally fill the questionnaire after explaining the instructions in an easy language and gave them forty minutes one – by – one or more wherever available in the same society or neighbourhood. After thanking them for their valuable answers the questionnaire was collected back and the researcher was ready with the data which further required to be analysed, classified and interpreted which was done.

In the remaining chapters a challenging work of research started in which statistical calculation was done to testify the hypothesis, objectives and concluded the research work.

12. Research Findings

The Research findings of the research work are listed below.

Health and Sex Education awareness among the students of Mehsana City.

The students of the Mehsana City are 44% completely aware towards the importance of Health and Sex Education, 30% are partially aware towards the importance of Health and Sex Education and 26% of the students are unaware. Thus, the students of Mehsana City are not completely aware towards the importance of Health and Sex Education.

Health and Sex Education awareness among the teachers of Mehsana City.

The teachers of the Mehsana City are 51% completely aware towards the importance of Health and Sex Education, 26% are partially aware towards the importance of Health and Sex Education and 23% unaware towards the importance of Health and Sex Education. Thus, the teachers of Mehsana City are not completely aware towards the importance of Health and Sex Education.

Health and Sex Education awareness among the parents of Mehsana City.

The parents of the Mehsana City are 40% completely aware towards the importance of Health and Sex Education, 25% are partially aware towards the importance of Health and Sex Education and 35% unaware towards the importance of Health and Sex Education. Thus, the parents of Mehsana City are not completely aware towards the importance of Health and Sex Education.

*From the Ratio Scale and Percentage of the data it is observed that the teachers practically used the knowledge about Health and Sex Education in day-to-day life than the students and the parents.

*The effect of the teacher's awareness is more on the student's healthy and hygienic habits than the parents.

13. Hypothesis testing and findings

The hypothesis listed in the research study by the researcher are been tested as below.

Conclusion H₁

"The students of Mehsana City are completely aware of the importance of Health and Sex Education" is accepted.

Conclusion H₂

"The teachers of Mehsana City are completely aware of the importance of Health and Sex Education" is rejected.

Conclusion H₃

"The parents of Mehsana City are completely aware of the importance of Health and Sex Education" is rejected.

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