

A COMPARATIVE STUDY OF HEALTHFUL LIVING OF PUBLIC AND PRIVATE SECONDARY SCHOOLS

Submitted by

Karishma Shrestha

Roll Number: 2180169/2071

T.U. Regd. No. 9-2-218-4

A Thesis

Submitted to Health Education Department in

Partial fulfillment for the Requirements of Master Degree in Health Education

TRIBHUVAN UNIVERSITY

FACULTY OF EDUCATION

HEALTH AND PHYSICAL DEPARTMENT

JANATA MULTIPLE CAMPUS

ITAHARI, SUNSARI

2021

DECLARATION

I hereby, declare that this thesis has not been submitted for candidature for another degree.

Karishma Shrestha
Med 2nd year
Janata Multiple Campus
Itahari, Sunsari

ACKNOWLEDGEMENT

I would like to express my gratitude to the Department of Health and Population Education for providing me an opportunity to conduct thesis on A Comparative Study of Healthful Living of Public and Private Secondary School. This study is undertaken as partial fulfillment for the Master's Degree in Health Education.

I am greatly indebted to Mr. Sanjib Kumar Yadav, Department Head of Health and Population Education and thesis supervisor for his encouragements, excellent supervision and creative academic suggestions. I also thank to Mr. Birendra Karki Lecturer of Department of Health and Population Education for his encouragements, creative academic suggestions and all sorts of administrative supports for the completion of this thesis.

Thanks are due to all the teachers and staffs of Department of Health and Population Education, Janta Multiple Campus for their valuable suggestions and kind help during preparation of this thesis. Again, I owe a lot to the people of Sundarharaincha municipality, Morang, who gave me time and information to make this study meaningful.

I am indebted to all my friends who gave valuable time and support for the preparation of this thesis and special thanks to Mr. Dharmendra Dulal for computer typing and setting.

Karishma Shrestha

ABSTRACT

The study entitled A Comparative Study of Healthful Living of Public and Private Secondary School was conducted in based on eight private schools (Bright future school, Siddartha boarding school, Subijimur school, Balprati secondary school abd so on and eight public schools (Janata secondary, Sukuna secondary, Panchayat secondary and Haraicha secondary school) of Sundarharaicha Municipality at Morang district. The main objectives of the study were to find out to compare the physical environment of public and private secondary school, to compare social environment of public and private secondary school and to identify the relationship of healthful school living of public and private secondary school.

The study sample size and populationat the time of research, eight private secondary schools and eight public secondary schools was taken as a research study of Sundarharaicha Municipality Morang district. The research study was taken with eight head masters, eight health teachers and twenty students respondent from public secondary school as well as eight headmasters, eight health teacher and twenty eight students was respondents from private secondary school.

The total percentage of students in the comparison to both public and private school more students found in the private school than the public school. That is 49% is public school and 53% is private school. Likewise 51% students found in the public school and 47% found in the private school. 46% students cut their nail once a week in the public school , whereas 63% is in the private school.13% students trim their nail in the public school but only 12% children cut their nail once a month in the private school.

After the research on A Comparative Study of Healthful Living of Public and Private Secondary School habit of hair washing hair combing, bathing and cloth washing also prove the low level of conscious on importance of personal hygiene but as all of sampled school was good for different health related activities in the public and private school. In the comparison to both public and private school good status found in the private school and children of private school because of consciousness of parents.

TABLE OF CONTENT

S.N.	Topic	Page No.
	<i>Declaration</i>	<i>ii</i>
	<i>Recommendation</i>	<i>iii</i>
	<i>Approval</i>	<i>iv</i>
	<i>Acknowledgement</i>	<i>v</i>
	<i>Abstract</i>	<i>vi</i>
	<i>Table of contents</i>	<i>viii</i>
	<i>List of Table</i>	<i>ix</i>
	<i>List of figure</i>	<i>x</i>
	<i>Abbreviations</i>	<i>xi</i>

CHAPTER - I

INTRODUCTION

1.1	Background of the study	1
1.2	Statement of the problem	4
1.3	Significance of the study	6
1.4	Objectives of the study	6
1.5	Delimitations of the study	7
1.6	Definition of the terms used	7

CHAPTER - III

REVIEW OF RELATED LITERATURE

2.1	Review of the related literatures	9
2.2	Review of the related literatures	9
2.3	Implication of the review for the researcher	11
2.4	Theoretical / conceptual framework	11

CHAPTER - III
METHOD AND PROCEDURE

3.1 Research design	13
3.2 Population and sample	13
3.2.1 Criteria of sample selection	13
3.2.2 Sampling method	14
3.3 Sources of data	14
3.4 Data Collection Tools	14
3.5 Data collection procedure	14
3.6 Data analysis Procedure	14

CHAPTER IV
ANALYSIS AND INTERPRETATION OF RESULTS

4.1 Personal hygiene	18
4.1.1 Population distribution by education	20
4.1.2 Personal Hygiene and Sanitary Practice in the public and private school	20
4.1.3 Duration of Nail- Cutting:	21
4.1.3 Size of Playground:	23
4.1.4 Source of drinking water in the public and private Schools	25
4.1.5 Type of latrine in the public and private school	26
4.1.8 Counseling service at school	27
4.1.9 Method to control conflict at public and private school	29
4.1.10 Teacher behavior with the students	30
4.1.10 Students go to school	30
4.1.13 Hand Washing Practice	31
4.1.15 Games organized at school	32
4.1.16 General Problem of Poor Personal Hygiene and Sanitation	33
4.2 Summary	34
4.3 Findings	36

CHAPTER-V

CONCLUSIONS AND RECOMMENDATIONS

5.1 Conclusions	38
5.2 Recommendations	38
5.2.1 Policy Related	38
5.2.2 Practice Related	39
5.2.3 Further Research Related	39

REFERENCES

APPENDIX

List of Tables

S.N.	Topic	Page No.
1.	Population distribution by education	19
2.	Duration of Nail Cutting	21
3.	Size of Play Ground Found	22
4.	Drinking water in the public and private Schools	24
5.	Larvae in the public and private school	25
6.	Teacher behave with the students	29
7.	Students go to school	30
8.	Used to Washing Hands.	31
9.	General Problem of Poor Personal Hygiene and Sanitation	34

List of Figures

S.N.	Topic	Page No.
1.	Size of play ground	22
2.	Drinking water in the public and private Schools	24
3.	Larine in the public and private school	26
4.	Counseling service at school	27
5.	Method to control conflict at public and private school	28
6.	Used to Washing Hands.	32

ABBREVIATIONS

FRESH	:	Focusing Resources of Effective school health
HPPE	:	Health Physical and population Education
NSF	:	National Sanitary Foundation
SHP	:	School Health Program
TU	:	Tribhuvan University
UNICEF	:	United Nations Children Fund
USA	:	United States of America
WHO	:	World Health Organization