

The Role of School Health Education in the Promotion of Community Health

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Abstrak :

Tulisan ini merupakan uraian singkat mengenai peranan pendidikan kesehatan di sekolah dalam meningkatkan kesehatan masyarakat. Sesungguhnya tanggung jawab utama dalam mengajarkan perihal hidup sehat kepada anak-anak adalah para orang tua. Tetapi diakui bahwa pada saat ini umumnya perilaku sehat di masyarakat sebagai orang tua masih memprihatinkan. Banyak penyakit yang timbul akibat hidup tidak sesuai dengan norma kesehatan. Oleh karena itu diharapkan peran guru sebagai pengganti untuk mengajarkan dan menumbuhkan perilaku dan kebiasaan hidup sehat tersebut. Ada tiga hal utama yang ditekankan dalam program pendidikan kesehatan sekolah yaitu : 1) . Peningkatan pemahaman, sikap dan praktek hidup untuk mencapai derajat kesehatan tertinggi baik perorangan, keluarga maupun masyarakat. 2). Pelayanan kesehatan yang meliputi kegiatan yang bertujuan untuk melindungi dan meningkatkan kesehatan. 3). Kesehatan lingkungan sekolah yang meliputi perencanaan, prosedur, fasilitas dan perlengkapan yang dapat meningkatkan kesehatan baik fisik maupun emosional.

INTRODUCTION

HEALTH education deals specifically with health, the specific nature of diseases, their treatment and especially their prevention, and is directed towards every type of the target population. School health and health education represent an important part in the promotion of the health of children as well as the community. It is the relationship between the teacher and the individual child. The school exists to provide for the child those organized learning experiences which will best develop the concepts, knowledge, skills, habits, attitudes, physical and mental health, personality and character needs for desirable citizenship.

Primary responsibility for the health of the child rests of course with the home but the responsibility is shared by the school and the community. Outside the home only the teacher is with the child constantly enough to promote

habit formation effectively. In respect to the future mental health of the society depends upon the role of the school as a society unit and upon the teacher as a leader in the unit. The school helps pupils and students to feel secure, appreciated, courageous and resourceful.

RESPONSIBILITY FOR SCHOOL HEALTH

The Ministry of Health recognises its responsibility to protect and promote the health of the nation. This responsibility is met in 2 ways :

1. Through health services or what is done for people to protect health.
2. Through health education which develops intelligent responsibility on the part of the individual for maintaining personal, family and community health.

The Ministry of Education with the collaboration of the Health Authorities can

carry the basic governmental responsibility for the protection and promotion of the health of the population which is of school age, which in turn shares the responsibility for protecting the health of others and their families.

School health education is needed so as to be able to explain the its needs and it's values to parents, because at the present health practices are poor. Many instances reveal the development of both organic and communicable disease as a result of unhygienic living or lack of hygienic precautions.

The attitude towards health has not led to hygienic living. God has been blamed for the illnesses which their own negligence has caused. They think of health as merely not being sick in bed, but act as though the responsibility for their health is the doctor, instead of themselves.

Knowledge of nutrition, of immunizations and of many other phases of public health is growing rapidly, and such information needs to become the possession of the average individual. Habits affect the health of a person and schools can help to develop good health habits.

SCHOOL CAN IMPROVE HABITS

The youth age is the time of habit formation and health habits are formed in the school. Also the school furnishes the kind of training that is needed for habit formation by repetition of desirable practices in the school, and that the school works harmoniously with the home. Moreover, it reaches the whole population and can use the force of public opinion.

THE TEACHER'S ROLE IN SCHOOL HEALTH

Both the Ministry of Health and the

Ministry of Education should work closely together in summing up the role and responsibility of elementary schools for the health of the children, a place of potential influence where the school teacher deals with some of the most sensitive years, a time when knowledge, attitudes and behaviour may be substantially affected. because the teacher sees children and communicates with them for more hours each day than do their parents. What the teacher can do with this opportunity is influencing the thinking and behaviour of the pupils, depends upon whether the teacher is ready, willing and able to assume the rightful role in the school health programme.

The teacher must understand that the school health programme is not merely an appendage to the overall elementary school programme, but rather it is an integral part of the educational role. The component of the school health programme are :

1. Health education which taught health teaching, one can develop understandings, attitudes and practices that contribute to the highest possible level of personal, family and community health.
2. Health services which include all those activities aimed at conserving, protecting and improving pupil health.
3. Healthful school environment involves all of the school's plans, procedures, facilities and equipment that can affect the physical and emotional health of pupils.

TEACHER AS A LINK WITH THE COMMUNITY IN SCHOOL HEALTH

In all three aspects of the programme, health education, health services and health school environment, the teacher has many occasions to work with resource people in the community. The teacher must establish good relationship with parents, cafeteria personnel if

relationship with parents, cafeteria personnel if any, walking restaurants, social workers who can influence on the health programme in the school.

Community organizations and people who capable of providing co-operative assistance such as, medical societies and individual physicians, dental societies, and individual dentists and dental hygienists, local and district health centres, voluntary health agencies, parent-teacher associations, police and fire departement, community health and safety councils, child guidance clinics, Ministry of Education, youth councils, religious groups.

School health councils should be set up so as to fully use the personnel resources of the community. The school health council can include representatives from the following groups : teacher, pupils, parents, dental and medical groups, health departmet, voluntary agencies, food and service people, school principal and school health administrators, school nurse and physicians. On the other hand in a small rural community, the school health council can include the school principal, parents, pupils, teachers and others available. Regardless of the size of the school health council its main functions should include :

1. Discover health and safety problems of pupils and school personnel.
2. To study the problems.
3. And to make recommendations to the school adminstration for solutions to the problems.

It is now important to help pupils and students develop big ideas, or reach conclusions about health that will enable them to take positive action and to make wise decisions regarding their own, their families and their community's health.

GOALS OF HEALTH EDUCATION

The present aim of health education, by planned efforts to health promotion and changes in people's behavior is to develop practices and attitudes of safe and healthy living through the understanding of scientific health information. It is important that children obtain correct understanding about health. Attitudes also affect health habits.

Possession of understanding by itself does not necessarily result in good health habits. Knowing how to brush the teeth does not mean that this practice will be followed. The gap between knowing and the doing in health must be fully understood. In any event, attitudes are significant in health education, and although knowing may not always lead to doing, there will be not doing without knowing.

Behavioral and attitudinal changes in health do not take place immediately and are extremely difficult to change within a short period of time. Therefore it is very important that health should be started in the school where good habits can be formed and the pupils can carry these habits to their homes. Parents should also be responsible to believe their own children of what they are taught in the school and see that they help them to carry out those habits of cleanliness, personal hygiene, good food, changes in attitudes and behavior.

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