

Chapter Twelve

ELEMENTS OF PERSONAL HEALTH

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Meaning of Personal Health.

Each individual is responsible for keeping himself healthy. Personal health might be seen to mean the responsibility of each individual to be able to keep him or herself physically fit so that the individual can not only make the greatest contribution to himself alone but also to the community in which he or she lives where the person can get satisfaction and happiness in doing so.

It is the means by which one keeps his body at its highest efficiency and in doing so, brings himself to his best self-realization both mentally and physically. To be able to maintain our health, each individual needs to keep his body clean and in good condition and to acquire good health habits and outlook. For personal health to be promoted in the life of every individual, great emphasis must be laid on personal hygiene such as care of the teeth, the skin, the hair, the body, the finger nails, the ears and clothes.

Meaning of Mental Health

Just as it is not easy for medical doctor to define physical health, so also is it difficult for any health specialist or psychologist to define mental health.

What appears like a mental problem to one person may not be for the other. Take for example, a pedestrian talking with all seriousness as he goes along the street.

To the passers-by this person is insane or someone whose insanity is just starting.

If however, the man is given the opportunity to analyze the reason why he was talking alone, probably he may have a number of reasons for his behaviour which may include the following.

- Just heard a sad news of the death of a very close relatives.
- Bad home problems.
- Lost property either to armed robbery or to fire.

- Lost a case in court or
- Failed an examination.

Schiffereis (1960) Udoh Fawde, Ajala, Okafor and Nwana (1987) described mental illness as the exaggeration

of personal feelings and consequent behaviour, the point where it strikes other people as odd, abnormal, annoying or dangerous. He noted further that a person is mentally ill if he cannot love and work. Udoh et al (1987) described mental health as that which suggests a balance between personal capacities and the demands made on those capacities by oneself and the environment, which enables the individual to lead a satisfying and productive life. Mental health may also be defined as the quality of emotional well being which provides the individual with effective and enjoyable living. It is a positive life of accepted accomplishment that gives consuming satisfaction and enjoyment resulting from successful handling and overcoming of emotional problems with a minimum of friction and conflict either within the individual or between the individual and others about him.

Meaning of Emotional Health.

Emotion is that which is connected with feelings than physical emotion are basic primeval forces of great power and influence designed by nature to enable organism to cope with circumstances which demand the utmost effort for survival, success and to add colour and spice to our living. If there have been no emotion in the organism, the life would have been without any aspiration. In the absence of emotions, social life and family life would have ceased and progress would have been checked. Samuel (1989) described emotional health as the ability to adjust satisfactorily to various strains of the environment we meet in life.

Similarly, Udoh et al (1987) described emotional health as the ability to understand and channel one's emotion and impulsive drives in such a way as to express one-self in a positive and constructive way. It assumes confidence in, control and acceptance of oneself.

Basically, human beings are creatures of feelings or emotion. Emotion is expressed in form of love, fear, anger, laughter, joy, hate, grief, tears etc it involves feelings of Jubilation or stress and depression. Emotion could be

broadly classified into two.

a. Negative emotion.

b. Positive emotion.

- Negative emotion:- These are feelings that are unpleasant and upset the body's chemistry (homeostasis) and effect the person's relationship with others. They manifest in the form of stress, depression, anger, fear, hate, jealousy, grief, sadness, cry etc.

- Positive Emotion:- These are pleasant feelings of satisfaction and pleasure resulting from success or accomplishment. Positive emotions are manifested in the form of joy, happiness, laughter, love, kindness, friendliness.

One's ability to effectively handle negative emotion would promote him/her emotional well-being, while an inability to handle negative emotion could after a long period of accumulation result in lightened emotionally, which progressively, may affect mental health and eventually, results in form of mental illnesses.

It must be noted that mental and emotional health are often used interchangeably.

Meaning of Health.

To many people being healthy or in a state of good health means not being under a doctors care and not suffering from a disturbing ailments.

But health is much more than the absence of illness, health is a positive "force". It is the presence of the ultimate physical and emotional functioning rather than the absence of disease. Health is conceived of any being that quality of physical, mental and emotional well-being which enable one to live effectively and enjoyable.

The World Health Organization (WHO) (1997) defined health as a state of complete physical, mental and social well-being and not merely the absence of disease or

infirmity. Further more health educationist described health as a working together in harmony of the body and mind at their highest capacities. Health is assessed by the degree of equilibrium that exists in the physical, emotional, social and mental aspects of the individual. It therefore, follows that the health of the individual is influenced both by his internal environment and external environment.

Characteristics (Attributes) of Mentally, Emotionally, Healthy

Persons: Mental or emotional health is far more than freedom from mental disease.

Byer and Stainbery (1991) gave the following characteristics of emotionally or mentally healthy persons.

- i. Ability to live comfortably with oneself and others.
- ii. To understand and accept one's own feeling.
- iii. To make mature and appropriate (not childish).
- iv. Emotional responses to situations
- v. To be creative
- vi. To deal with anxiety and stresses
- vii. To gain satisfaction from constructive achievement.
- viii. To endure frustration
- ix. To use leisure time profitably
- x. To be able to give and receive love.
- xi. To have appropriate balance between self-sufficiency and willingness to accept help.
- xii. To have relative freedom from tension and anxiety.

Some authors have grouped the attributes or characteristics of mentally or emotionally healthy persons under the following three heading.

1. Ability to live comfortably with oneself
2. Ability to get along effectively with other,
3. Ability to adjust to new situations.

Ability to live Comfortably with Oneself

1. The emotionally healthy individual get, along with themselves; They understand themselves and feel comfortable with or about themselves either at home, school, community, work or at play, they demonstrate this quality by knowing and recognizing their limitation strength and weaker, what they can do and what they cannot do without over estimating or under estimating their abilities.

2. Ability to guide one's emotional experiences of fear, anger, worries, love, Jealousy, guilt, etc without allowing themselves to be lover powered.

3. Facing difficulties without losing hope.

4. Doing things for personal satisfaction not just to please someone else.
5. Adjusting to condition that cannot be corrected in one's life such as getting comfortable with hereditary defects and personal disabilities.
6. Doing what needs to be done timely and well without waiting for the master before doing what need to be done.
7. Appreciating their own things such as one's possession irrespective of how lowly they seem as compared with those of others.
8. Developing self-respect such as demonstrated in honesty, truth-fullness, hard work, diligence and sincerity.
9. Using leisure time wisely and profitably.
10. Appreciating the importance of time, such as avoiding procrastination (punctuality).
11. Coping with personal problems by identifying the problem, that cause and ways of solving that problem.

Ability to Get Along Effectively with Others: The emotionally healthy individual gets along with others in any group, either at work or at play by:-

- i. Taking part in the home activities and thus demonstrating their responsibilities as member of the families.
- ii. Having a sense of responsibility to their friends, neighbours and fellow men. They, act as their brother's keepers.
- iii. Make friends easily with both sexes.
- iv. Respecting the differences in other not being ethnocentric that is not judging others by their own yardstick, personal belief and values.
- v. Ability to work and play with others when called for sharing partnership as required.
- vi. Respect for the feeling or emotional needs of others-being sensitive to the feelings of others.
- vii. Giving and taking not- being selfish.
- viii. Waiting to take turn of at home, school, bus stop etc.
- ix. Ability to have and accept being loved.
- x. Doing to others what he expect others to do to him.

Ability to Adjust to New Situation/Environment: The ability of emotionally healthy person to adjust to new situations or environment is demonstrated in the following ways: Adjust easily to life's

situations or conditions, in other word they are able to meet the demands of life and face new challenging situations at any given time or place.

- ii. Their lives are characterize by their ability to welcome new ideas and experiences by their readiness to examine and try new ways of life of doing things or alternatives.
- iii. Realizing that there is time for everything in life.
 - a. A time to be born and time to die,
 - b. A time to plant and a time to harvest.
 - c. A time to save and a time to kill.
 - d. A time to tear down and a time to build.
 - e. A time to weep and a time to laugh.
 - f. A time to mourn and a time to dance,
 - g. A time to be silent and a time to speak,
 - h. A time to have and a time to mate, A time to work and a time to play or rest,
 - j. A time to agree and a time to disagree
 - k. A time to gain and a time to loss, A time to praise and a time to blame,
 - m. A time to be alone and a time to be together.
 - n. A time for war and a time for peace.

An individual who possess the above qualities may never be weighed down by emotion or stress.

Indices (Characteristics) of a Healthy Person.

The indices of healthy individuals serve as a sufficient guide in the programme of self improvement and can indicate any significant decline in health status most importantly they point out the significance of physical vitality and social adjustment as attribute of positive health.

The Healthy Individual Include has the Following:-

1. **Freedom from Disease and Disabilities:-** A first essential of normal health is an absence of disease and defects that hinder effectiveness and enjoyment in living. The presence of even a mild illness and a minor defect can have an adverse effect on the health of individual.
2. **Lack of Consciousness and Existence of the Body:-** A healthy individual is not aware of his body's existences unless if is called to his attention. When an

organ or any part of the body becomes diseased or disordered, a person is then likely to become aware of the existence of that organ or party of the body. When a general toxic condition exist, the associated fatigue and irritability produced are awareness of the body's existence.

3. Feelings of Bouyancy:- Normal health is characterized by a feeling of highest or minimum of body weight. A healthy student, feels as though he has little physical restriction. He almost feel as though he is floating whenever in fatigue or in illness, the body, feels heavier and is likely in contrast, normal youth has a pronounced feeling and air of buoyancy.

4. Adequate Vigour:- An individual with normal health has sufficient vitality, to meet the demands of every day living. Great muscular strength is now necessary but a student must have sufficient vitality to carry out the customary activities of life, more important than strength is the physiology condition and endurance of the student.

5. Zest in Daily Living:- A youth with normal health, exhibits keep enjoying in day to day activities. Daily physical, mental and social experiences are more stimulating than fatiguing, and provide personal gratification highly enjoyable to the individual. A lack of zest for living is an indication of inadequate quality of well being.

6. General Ease and Relaxation:- To be relaxed and at ease is an indication of wholesome adjustment to the immediate situation and to life in general. In every life, there would be occasion where tension is created, but a healthy individual recovers rather quickly and soon displeased then with ease and relaxation. A student who is unable to relax or is constantly tense is in need of adjustment.

7. Wholesome appetite is customarily an indication of wholesome health. People in poor health usually suffer from lack of appetite. The poor appetite when Continuous may lead to down ward spiral as well as to even poorer level of health.

8. Stability of Weight:- Small variations in weight are normal and to be expected, but pronounced fluctuation is abnormal. Stable body weight is an indication of general constitutional stability. A college age, all gradual increase in weight is quite typical, pronounced variation in weight not a normal state and merits the immediate attention of a physician.

9. Regularity in Sleep and Adequate rest:- The ability in sleep well, is both

an indication of normal health and a factor contributing to a normal health. After usual night sleep should be adequately rested to starting at maximum efficiency

10. **Emotional Stability:-** A well integrated individual may occasionally expending some disintegration, but will mobilize his resources and will prove rather than quickly from disturbing experiences. A requirement of congenislit empower and a poise that can meet the frustration and arises of life.

11. **Social Adequacy:-** No one is as well adjusted or he would want to be, not is necessary to be perfectly adjusted socially in order to attain normal level of health. A confidence and ease of the socially adjusted individual is the result of apply and expressing his interest in day-to-day social experiences.

Personal Hygiene. Care of the Body.

The body is always involved in various activities, which act it to be dirty. Dirty and state sweat encourage many skin infect. To ensure good health the body should always be kept clean. Bath must be taken with clean water and soap at least twice a day.

It opens up the hair poles, stimulates circulation, refreshed the skin, prevents repulsive body odour and promotes general feeling of well being. The folds especially the armpit, the going the private parts should be given special attention. Do not towel, sponge or comb with another person. Avoid the application of cosmetics especially the bleaching types on the skin, care of the body include regular bath, care of skin, teeth, nails, ears and eyes.

Care of the Eyes:-

1. One must use very clean water to wash the eyes.
2. One should not attempt to clean the eye once they should signs of diseases because they are delicate organs.
3. They should be referred without delay to the appropriate officer for consultation and treatment.
4. Dirty handkerchiefs should never be used to clean the eyes since such may introduce bacteria or sores of gungi and other micro-organisms into the eyes.
5. Read with proper light which should come from the back.
6. Do not read tiny prints or strain eyes unnecessarily.

7. Do not remove objects in the eyes or apply drugs without the advise of an optician.
8. Go for periodic eye check up.

Care of the Ears:-

1. Use very clean water to wash the ear.
2. They should be referred without any delay to the appropriate
3. Use cotton wool to remove doest and excessive way.
4. Apply appropriate ear drops on medical advice.

Signs of Ear Ache:-

1. Itching
2. Headache
3. Watery discharge

Care

An ear trouble can indicate itself by one or more of these signs: Itching in the ear. Ear-ache due to inflammation, the ache may correspond to the. Ear discharge.

of the Teeth:

An unhealthy condition of teeth and mouth can affect the whole body. Teeth must be kept clean because food seraps remain in the spaces between them and microbes breed in this food to produce decay of the teeth, and general ill-health.

To take adequate care of the teeth the following steps should be considered or taken:

1. The teeth should be brushed at least twice a day and after every meal if possible with a moderately hard teeth brush.
2. Use a smooth, non-gritty tooth paste so that the protective layer of enamel covering the teeth is not scratched.
3. Brush all the teeth from the gums to avoid brushing the gun.
4. Brush all the surfaces of the teeth, not only those that show.
5. Visit the dentist regularly that he can inspect them and give any treatment that is necessary.
6. Mothers should eat food rich in vitamin B and calcium e.g. milk etc.
7. Addition to small quantities of fluorine to the drinking supply increases the resistance of the enamel to decay.

8. Infants should be encouraged to exercise their Jaws with hard to stimulate the growth of Jaws to a large enough size to mold the Jaw.

Causes of Dental Problems:-

Poor parental care of environment e.g. where the mother's body is lacking in calcium and vitamin D.

The intake of diet deficient in calcium and vitamin during infancy and childhood can lead to poor development of enamel intake of water and food which are deficient in fluoride, poor Jaw exercise which leads to poor Jaw development, collection of starchy, sugary and sticky food on teeth particularly at night, "if food remains", it is decomposed by bacteria. The acid produced will destroy the enamel and expose the dentine's to the action of bacteria's.

Poor dental hygiene

Preventions of Dental Problems:

1. Mother should be encouraged to eat food rich in vitamin D calcium e.g. eggs and milk.
2. Intake of food rich in calcium and phosphorus during the infant and childhood.
3. Provision of jaw exercise by chewing hard foods such as biscuits, roasted yam and brown bread.

Flouridation of water

Avoidance of sugary and sticky food.

dental hygiene e.g. cleaning mouth after food, before sleep and early in the morning.

Care of the Skin:-

The habits that, one should develop in connection with air the skin are:-

1. Wash the skin frequently, the parts that get mostly dirty such as the belly must be washed most often.
2. Wash the whole body with hot water every day, if possible certainly not less than twice a week.
3. Wash the face and neck at the beginning of the day and again before going to bed.
4. Wash the feet every night and dry thoroughly between the toes to prevent

- skin diseases developing.
5. Wash the hands before meals, before handling food often visiting the toilet and whenever they are dirty.
 6. Dry all parts of the body very carefully.
 7. Rub a soft cream into the hands to keep the skin smooth and prevent it from cracking.
 8. Cover cuts with a light bandage to prevent microb's from the air entering them.

Care of the Hair.

There are reasons why the hair must be kept clean. These reasons are:-

- a. The hair is not often covered and so quickly get dirty.
- b. It provides warm, comfortable home for fleas and lice.
- c. The habits connected with care of the hair include the following.
 1. Wash the hair once a week to remove dirty and microbes.
 2. Brush and comb it easily to remove dirty and microbes. Brushing also increases the inoculation of blood in the scalp and improves the growth of the hair.
 3. The scalp and hair should be kept enough clean by washing with soap and warm water at interval of a week. The frequent washing of hair is undesirable as it tends to remove the natural oil in the hair.

Care of the Nails:-

Dirty can easily lodge under and around the nails, for breeding places for microbes. The habits connected with care of nails include:-

1. Keep the nails short, smooth edged and clean by attending to them regularly.
2. The nails should be cleaned with a wooden instrument and cut short to prevent them from harboring germs the nails should receive as much attention as finger nails.

Clothing and Care of Clothing:-

Clothes are warm for several reasons. These reasons are:

1. They protect the body from injury.
2. They keep the body's own heat and so allow its temperature to remain constant.

3. To protect the body from sun, wind, rain, etc. good clothing for people in hot climates;
- Light weight clothes should be used and should cover the areas, it is meant to protect.
 - Clothes should be light in colour so as to absorb less heat from the sun than dark coloured ones.
 - Clothes should be loose and not tight fitting so that the respiratory and digestive functions of the body may not be hindered.
 - Materials should be washable so that sweat, insect vermin and disease organisms may be easily washed away.
 - Materials should be porous so that heat loss through evaporation of sweat, radiation and conduction would not be interfered with.
 - The clothes should give comfort and fit.
 - The materials should be pleasing to the wearer and those with whom he is in contact that is the clothes should not be flimsy nor transparent.
 - The material should be durable.
 - The material should not shrink.
 - When clothes have eggs of fleas, or mites, or bed bugs, they should be exposed to sunshine before and after washing with soap and water.

Care of Clothes:-

Dirty clothes allow lice to breed and they look and smell unpleasantly. Habits associated with care of clothes include the following:-

1. Wash all clothes or have them cleaned as frequently as possible. This is particularly necessary in the case of socks, stockings and underwear, which should be changed several times a week.
2. If vest is worn at night as well as during the day, keep separate ones for night wear.
3. Do not borrow other people's clothes unless they have been carefully washed.
4. Coloured clothes should be not worn next to the skin as they can cause irritation.
5. Clothing should be loose fitting to allow free blood circulation as well as free air circulation.
6. Clean water should be used for washing as dirty water infects clothing with

- prose of fungi and bacteria, which they lead to skin infection.
7. Clothes should be disinfected then infected with the eggs of fleas, mites or bed bugs so as to kill them.
 8. Clothes after washing should be pressed with hot iron so as to kill any source of infection.
 9. When clothes become saturated, they should be changed so as to avoid causing irritation to the skin.

Care of School Surrounding:-

General Care of School:-

It is very important that adequate supply of drinking water provided schools that are situated in rural areas where the water is constantly not laid on, a supply of drinking water should be carried to the school each day; tanks may be built in the school compound. The pupils should come to school with their own cups and these school should as a matter of urgency provide towels and wash basics. The school surrounding and classrooms should be swept every morning and this should be kept in good order.

Any materials that will spoil the good out look of the school should be properly taken care of, such as leaves paper and any or matter should be picked up and burned or left in the compost bin while inorganic matter should be buried. Classrooms should be regularly swept and dusted and there should be proper removal of cobwebs. Playing areas should be properly taken care of, where there are a lot of grass. They should be cut low and all holes closed. Flowers should be trimmed from time to time.

Care of the Classrooms:-

1. The teacher should make sure that the classrooms accommodating the students for their academic instruction is safe for habitation.
2. The materials used should be of high quality that can withest any sort of severe weather.
3. There the school has stair ways, the teacher should make sure that they are not slippery. The floor should be of concrete types that will not disturb those studying in the group floor.
4. The equipment in the classrooms should be safe type and should be arranged so as to allow for free movement.
5. It will be an ideal thing if each classroom is provided with fire

extinguisher.

6. Where electric appliances are available, it is the duty of the teacher to instruct the students on their usage and should advise them not to temper with them when the teacher is not in the classroom.
7. The classrooms should be furnished that they may be readily adapted for various forms of activities.
8. Tables, chairs, desks and some other furniture should be moveable in nature and should be of suitable size for child.
9. The plank used should be of good quality should be swept clean and be placed orderly.
- 10.. A good library should be provided and the materials should be such that will draw the attention of the children.

Care of the Latrines:

1. The school latrines should be properly disinfected, swept well and covered everyday.
- 2... Breeding of flies should be totally discovered.
3. The urinals should always be good state of repair and should always be kept clean.

Proper Ventilation:-

For proper ventilation of the school the following should be strictly observed.

1. Give provision for adequate cross ventilation.
2. Make sure that latest half to three quarters of the windows are made in such a way that they may be opened.
3. Make sure that there is the possibility of controlling the among of air entering the class.
4. Provision should be made for powerful fans.

Care of the Home:-

1. The home must provide for enough space for all inmates.
2. It must be free from dampness.
3. Should have proper light and ventilation
4. Should have proper drainage and provided with adcquate conveniences.

5. Adequate washing accommodation needed.
6. Should have proper storage area.
7. Should be dry and water proof.

Living Room Setting: The living rooms should be constructed in such a way that constitute accident free areas...

- ii. The doors should not be made of waxed which can be slipnor, and causes accident

The Bathrooms:

- a. There should be firm hand grips provide so as to avoid and provide safety while getting into or out of a bath take or shower.
A rubber mat should always be placed on the cotton of the tube or shower stall before taking a bath or a shower

The Kitchen:

- i. Fire outbreak may occur if some of the equipment especially the gas cooker is carelessly handled.
- ii. Who ever uses the cooker should make sure that it is put off immediately after use.
- iii. Where gas cylinders are kept inside the buildings,,the children should be warned against tempering with them.
- iv. Before striking matches to set fire the gas cylinder should be properly checked to ascertain that it is switched off and not tempered with.
- v. It is essential that people working in the kitchen are capable of using the tools and equipments in a manner which will not harm themselves nor those with whom they work.
- vi. The kitchen should be the cleanest part of the house.
- vii. The cushion should be excellent.
- viii. When cleaning the oven it would be advisable to use a good cleaner such as vim.

Causes of Emotional Problems:-

People encounter a vast array of emotional problems that upset their mental equilibrium most of these problems may be relatively long and/or of short duration specifically, some factors that cause emotion set include the followings:

- The home
- The society and social conditions

- School condition.

A The Home:-

Physique:- The physique and appearance of an individual play an important role in the emotional and social development of the child. If the child is physically weak, ugly and have some handicapped he may be shunned by others as well as parents.

ii. **Poverty:-** There is a positive correlation between poverty and emotional problems in children. Highest percentage of maladjusted children came from low-social economic conditions. But it is not necessarily true that all children who came from under privileged are maladjusted. Frustration of needs leads to emotional upset.

iii. **Broken Home:-** All research studies have established beyond doubt that children who come from broken homes on as a result of death of parents divorce, often suffer mental maladjustment then children from more stable home.

iv. **Parental Attitudes:-** Child who is rejected by his parents may suffer untold hardship of emotional problems. The rejected may develop feeling of insecurity, helplessness and loneliness.

v. **Value placed on any of the child:-** It is very unfortunate that out African society, parents differentiate between their daughters. Some are often preferred to daughters in our society. This partial preference may lead to emotional problems.

vi. **Personal inadequate:-** There are certain other inadequacies in children which frustrate their needs and create constant anxiety. Parents who are over ambitions and set high goals for their children irrespective of their physical and mental abilities create frustration in the children.

(B) Society and social conditions:-

Religious Beliefs:- Divers contradictory and conflicting religious are today being examined critically by the youths who do not want to adopt family religion but make rational decisions based on empirical finding and convictions when the youths do not find rational principle in containing in a particular family religion, they apt out for their choice. This always attract pesonation from the family, thus resulting in emotional problem.

ii. **Class Differences:-** Nigeria is a class society where some at privileged

class and some are under privileged on the basis of these, the under privileged may be subjected to emotional problems because they feel they are reduced to nonentity.

iii. **Lack of employment opportunity and employment of insecurity:-** Youths are very ambitious for their future career. They look ahead to which they will become independent economically in the form of getting a job, but when they find no opportunity to get job, they become restless, anxious and emotionally disturbed.

iv. **Lack of clubs and recreation:-** Children need physical and mental recreational activities to fulfill their physical and mental need if these needs are not met, the resultant effect may be emotional problem or crises.

C. School Conditions:- No doubt, there are many conditions which may expose students to emotional problems. Some of these problems include:- Poor relationship between administrators teachers.

Teacher- teacher and student teacher relationship:- The pattern of relationship among the inmates of the school commonly play an important role in creating conducive environment on the campus.

If there is cooperate, mutual understanding the brotherhood, then, definitely it will improve the emotional health of the inmates. Hardly, there are schools such climates exists there is favouritism and partiality on the basis of creed, tribe etc.

ii. **Examination systems:-** Examination is a necessary evil in our educational system. Examination period often create strain and stress in the mind of students. A constant anxiety and emotion are produced by it.

iii. **Lack of recreational facilities:-** Children who do not get recreational facilities after classroom work, in form of play, debates, discussions, or library etc may manifest emotional problems.

iv. **Teachers attitude:-** Teacher's partiality and automatic leadership style are very important factor which create tension and anxiety in students. Teachers who are harsh and inhuman to students can create emotional problems instead of promoting emotional health.

Other causes of emotional problem in the school include:

- a. The presence of secret cult on campus.
- b. Drug abuse and alcoholism.

- c. Lack of financial support from sponsors (parents).
 - d. Constant examination failure leading to carry-over or overlaps.
 - e. Inability to cope with certain subjects such as P.E., Math's, Physics, Chemistry, etc.
 - f. Breaking of girl-friend and boy-friend relationship.
 - g. Lack of progress in life.
- There are some ways of achieving emotional and social adjustment:-
1. Develop objectivity towards problems:- Learn to accept just criticism without rejecting the person who takes it.
 2. Improve skills in dealing with other people show appreciation to others members of the family and of the group strengthen friend should where problems can be shared. Do not let worried and cloud your contacts with other problems.
 3. Face responsibilities:- Worrying about them will not drive them away. We have all had the experiences of dealing with others and findings it position exhilarating once we get at it. Avoid spending more time to shortcut them it would take to do the work thoroughly. Do not dolge the responsibilities.
 4. Set appropriate Goals:- Set short term and long-term goals capabilities neither the easy nor impossible difficult experiences.
 5. Develop great interest:- In the world of knowledge and in the world, activity and recreation, develop many interest. Many new subjects in college seem dull in the beginning but the more one learns about them the more interesting they become.
 6. Seek constructive outlets for anger and frustrations:- These emotions stimulate the body through the nervous systems to prepare for fight or flight, neither of which is acceptable in modern society. Vigorous exercise with help adjust the s~stem.
 7. Accept that which cannot be change:- In the words of turner I have work with many persons, struggled by polio, among whom have found some of the most cheerful and delightful person "I have ever met" . Their mental health was determined not by their misfortune, but by the way they accepted it. In contrast to their attitude was that of a man will have lost his left hand when he was a boy. His parents, instead of helping him to feel that it were a disgrace. He becomes a lawyer and a judge but all through

college, law school, and professional life he tried to hide the fact restlessly embarrassed and pains himself.

8. A sound philosophy of life:- A sound philosophy of life, being optimistic thinking positively of situations, things and of people promote one's emotional well being.

Health Appraisals and Understanding of Health Problems: An appraisals of health is an evolution of the current health status of an individual. It is much more than are static inventory since it deals with the relationship of an individual's health attainment to his basic hereditary endowment and with his adjustment to his life's needs. Health appraisal, has therefore been described as a process which seeks to determine the total health status of a pupil through such means as:

- i. Parent, teacher and nurse observations.
 - ii. Screening tests for visual and auditory acuity.
 - iii. Physical fitness tests.
 - iv. Health history
 - v. Medical as well as dental examination.
- i. Health Observation:- The teacher occupies a very strategic position to observe the student's physical and emotional health as well as academic achievement. This is because the schoolboy or girl spends more of his working hours with the classroom teacher than with any other adult except the parent. The teacher sees the child on his "rainy day as well as on his sunny day". Witnesses his success and failures, observes his actions and interactions with other children, and he is warned of the changes to behaviour and appearances. The teachers sensitivity to the developmental needs of children reflected by his health observation of children under his care the scope of teacher's observation is call extensive. The following list, though incomplete includes conditions that may be observed or not far teacher parent or teacher-nurse conferences, which may lead to referral.
- i. General appearance:- Too fat, too thin, too tired, too drowsy, noticeable change in weight poor posture, poor coordination etc.
 - ii. Eyes:- Cross yes (strabismus), inflamed or watery eye holding books either too close to, too far from the eyes inability to read well (blurring vision).

- iii Ears: Ear aches discharge from ears, inability to hear discussions or questions, irrelevant answers, a tendency to tilt the head to one side.
- iv. Nose and Throat:- Persistent mouth breathing, persistent nasal discharges or sniffing, unusual~ noises made in nose and throat, wheezing shortness of breath or difficult in breathing.
- v. Teeth and Mouth:- Irregular teeth influenced or bleeding gums, tooth-aches, sensitivity to cold, inability to chew hard foods, persistent foul breath.
- vi. Skin and scalp:- Rash on face or body, sore on face or body, numerous pimples, excessive dry or oily skin, ring-worms, excessive dandruff.
- vii. Behaviour at Play:- Easily tired, becomes breathless following mild activity, lack of interest or loss in interest in sports and games: unusual clumsiness or poor coordination.
- viii. General Behaviour:- Docile and exclusive drowsy, aggressive, depressed and unhappy, nervousness such as biting finger nails or pencil, inability to concentrate frequent accidents.
- ix. Health practice:- Being unclean and unkempt:- evidence of poor sleeping and eating habits, lack of interest in helping to maintain a healthful environment inability to put health knowledge into practice.
- x. Attendance at school:- Frequent absences because of allergies; cold toothaches, upset stomach, accidents; feeling sick generally: feeling too tired to come to school lack of interest in school.

2. Screening tests:- Screening tests are part of health appraisal and are preliminary assessments of the state of development and function of the various body organs. The exercise which is performed by teachers nurses, technicians etc screen out those children who need diagnostic examination by professionals. The screening tests most commonly used are those, which measure height and weight and determine visual and hearing acuity. The purpose of all screening procedures are to secure a better understanding of the pupil, help him attain greater physical effectiveness and increase his understanding of ways of living health fully.

Growth and development screening measurement of weight and height provide, information about growth including variation due to sex, age and individuality of growth patterns authorities in child care recommend that height and weight assessment be taken three times during each school year.

- ii. **Vision screening:-** The initial responsibility for vision screening is that of the school personal rather than the practitioners since the purpose of the exercise is not diagnostic but to establish a basis for referral. Screening test eyes diseases which may be evidenced need by swelling of the eyes, inflammation and redness, blinking more than usual, stumbling over small objects and other observable problems.

Observations that may lead a teacher to suspect that these might be visual problem include:-

- a. Holding a book too far, or too close to the face,
- b. Inattention during pleading period chalkboard, chart or map work.
- c. Lack of desire to participate in games requiring distance vision.
- d. Poor alignment in written work, closing or covering one eyes when reading
- e. Titling head to one side or thrusting head forward when looking at near or distant object.

It is absolutely important too note that school tests for visual acuity are merely screening test and are not intended to diagnose the nature of eye defects they are merely to establish whether or not a child sees well and to refer a child for proper diagnostic testing which, will lead to an appropriate correction where the need arises.

- iii. **Screening for hearing acuity:-** There are many ways of obtaining information about the hearing ability of pupils. Parents may be the first to discover that their child does not hear well. Sometimes the teacher learns about pupils with hearing difficulties by observing their behaviours in classroom and noting their reactions to situations.

Hearing impairment may be revealed in many different ways a teacher should have a strong suspicion that a child has difficulty in hearing, if he observes one or more of the following actions.

- a. Failure to respond to his name when called.
- b. Cocking the head to one side.
- c. Failure to respond to conversation
- d. Failure to follow directions.
- e. Frequent requests for repetition of words or sound.
- f. Faulty pronunciation of common words.
- g. Difficulty in locating the source of sound