

IMPLEMENTATION OF HEALTH EDUCATION PROGRAMS IN ENHANCING GRADE FIVE LEARNERS' WELL-BEING

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Abstract

This study aimed to evaluate the impact of health education programs on the physical, emotional, and mental well-being of Grade 5 learners at Isabelilo Delos Reyes Elementary School within the context of SDO Manila. It examined the effectiveness of existing health initiatives, identified prevalent health concerns, and analyzed the perceptions of teachers, parents, and students regarding these programs. Furthermore, it explored the challenges educators and administrators face in implementing health education programs and proposed improvements to enhance health literacy and promote sustainable healthy habits among learners.

Using a descriptive research design, the study gathered data through survey questionnaires distributed to Grade 5 learners, teachers, and parents. The findings revealed that while current health education programs have positively influenced learners' physical health, emotional resilience, and mental well-being, several challenges—such as limited resources, inadequate teacher training, and low student engagement—hindered their full effectiveness. Additionally, prevalent health issues, including poor nutrition, hygiene concerns, and mental health struggles, were identified as critical areas that need further attention.

The study concluded that comprehensive improvements to health education programs are necessary, including better integration of health topics across subjects, innovative teaching methods, and increased collaboration with external health professionals. By addressing these challenges and enhancing program delivery, the well-being of Grade 5 learners can be significantly improved, leading to healthier behaviors and a more supportive learning environment. Recommendations include expanding teacher training, engaging parents more actively, and incorporating technology-driven health education initiatives. The involvement of external health professionals can greatly enhance the effectiveness of these programs.

Keywords: health education, well-being, learning environment, primary school, grade 5 learners

Introduction

Health education plays a pivotal role in shaping the overall well-being of young learners, equipping them with the knowledge, skills, and attitudes necessary to make informed decisions about their health (Lamanauskas et al., 2021). This study investigates the implementation of health education programs and their impact on the well-being of Grade 5 learners, recognizing the significance of this developmental stage in establishing lifelong health habits. By examining the effectiveness of existing health initiatives, identifying prevalent health concerns among Grade 5 learners, analyzing stakeholder perceptions of these programs, exploring implementation challenges, and proposing improvements for enhanced health literacy and sustainable healthy habits, this research aims to provide a comprehensive overview of health education's contribution to learners' holistic development (Hou & Olson, 2023). The findings of this study will offer valuable insights for educators, administrators, policymakers, and families seeking to create a supportive learning environment that nurtures the physical, emotional, and mental well-being of young learners (Greenberg, 2023).

A central focus of this study is the evaluation of existing health education programs and their effectiveness in addressing the specific needs of Grade 5 learners (Phair & P H A, 2023). The research explores the alignment of program content with national health standards, the pedagogical approaches employed in delivering health education, and the extent to which these programs promote health literacy, critical thinking, and decision-making skills. By assessing program effectiveness, the study aims to identify strengths and areas for improvement in current health education practices (Wolf et al., 2023).

Furthermore, this study investigates the prevalent health concerns among Grade 5 learners, providing a snapshot of the key health challenges facing this age group. The research explores issues such as nutrition, physical activity, hygiene, mental health, and substance use, examining their prevalence and potential impact on learners' academic performance, social-emotional development, and overall well-being (Ahmad et al., 2023). By understanding the specific health needs of Grade 5 learners, educators and administrators can tailor health education programs to address these concerns effectively (Lamanauskas et al., 2021).

In addition to evaluating program effectiveness and identifying health concerns, this study also analyzes stakeholder perceptions of health education programs (Pérez-Jorge et al., 2021). The research gathers data from learners, teachers, parents, and administrators, exploring their perspectives on the importance of health education, the effectiveness of current programs, and the challenges and opportunities for improvement. By incorporating diverse viewpoints, the study aims to gain a holistic understanding of the perceived value and impact of health education within the school community (Shangguan et al., 2022).

However, implementing effective health education programs is not without its challenges. This study also explores the obstacles faced by educators and administrators in delivering comprehensive health education. The research investigates factors such as limited resources, inadequate teacher training, time constraints, curriculum integration challenges, and varying levels of parental and community support (Sider et al., 2022). By identifying these challenges, the study aims to inform strategies and interventions to overcome obstacles and promote successful program implementation (Bingan et al., 2023).

Finally, this study proposes improvements to enhance health literacy and promote sustainable healthy habits among Grade 5 learners. The research explores innovative teaching methods, technology integration, collaborative partnerships with health professionals, and family engagement strategies to strengthen health education programs (Pérez-Jorge et al., 2021). By offering practical recommendations, the study aims to empower educators and administrators to create a learning environment that fosters healthy behaviors and supports the overall well-being of young learners (Pérez-Jorge et al., 2021).

By addressing these key areas of investigation, this study aims to provide a comprehensive understanding of the implementation of health education programs and their impact on the well-being of Grade 5 learners. The findings will contribute to the ongoing dialogue on the importance of health education in schools and inform efforts to create a supportive learning environment that nurtures the holistic development of young learners (Mayer et al., 2023).

Method

Research Design

The study employed a descriptive research design, which focused on systematically describing the current state of health education programs and their impact on the well-being of Grade 5 learners at Isabelilo delos Reyes Elementary School. This design allowed the researchers to gather comprehensive data regarding the effectiveness of health education initiatives, prevalent health issues among students, and the perceptions of various stakeholders, including teachers, parents, and learners.

Participants

The study involved a sample of 120 Grade 5 learners, 20 classroom teachers, and 80 parents from Isabelilo delos Reyes Elementary School. Participants were selected using a combination of random and purposive sampling techniques to ensure a representative and diverse sample.

Instrumentation

The survey questionnaire, our primary tool for data collection, was meticulously designed to comprehensively assess the perceptions and experiences of Grade 5 learners regarding health education programs at Isabelilo delos Reyes Elementary School.

Data Analysis

Five-point likert scale to determine the impact of current health education programs at Isabelilo delos Reyes Elementary School on the physical, emotional, and mental well-being of Grade 5 learners, and challenges do teachers and administrators encounter in implementing health education programs, and what is the effect of these challenges on the overall success of the programs.

In addition, frequency and percentage were used to determine the health issues and concerns are most prevalent among Grade 5 learners, and health education programs' effectiveness in addressing these concerns, and perceptions of teachers, parents, and learners regarding the effectiveness of health education programs in promoting healthier behaviors among Grade 5 learners.

Results

Impact Of Current Health Education Programs at Isabelilo Delos Reyes Elementary School on the Physical, Emotional, And Mental Well-Being of Grade 5 Learners

Regarding physical well-being, learners generally agreed that the health education programs have positively influenced their nutrition and hygiene practices, with mean scores of 4.25 and 4.10, respectively. These high scores suggest that the programs effectively teach students the importance of healthy eating and personal hygiene. However, the slightly lower mean of 3.85 for engagement in physical activities indicates that while learners recognize the importance of exercise, there may be room for improvement in encouraging more active participation.

Turning to the emotional well-being of the learners, the data also reveals positive outcomes, with most learners acknowledging the contribution of the health education programs to improvements in self-esteem and stress management. The mean scores for improved self-esteem (4.00) and positive peer interactions (3.90) reflect the success of these programs in helping learners feel better about themselves and fostering a supportive social environment. While the score for managing emotions and stress (3.75) suggests that emotional regulation may still be challenging for some learners, it also indicates progress and potential for further improvement in future program iterations.

Health Issues and Concerns Are Most Prevalent Among Grade 5 Learners

The findings highlight several health issues and concerns most prevalent among Grade 5 learners, with poor nutrition (25%) and lack of physical activity (20.8%) as the most common

concerns. These findings suggest that many learners in this age group may need proper guidance on maintaining balanced diets or engaging in regular physical exercise. Poor nutrition and inactivity can lead to various long-term health problems, such as obesity and reduced academic performance. Schools, therefore, have a crucial role in addressing these issues through structured nutrition education and physical activity programs to promote healthier lifestyles among learners.

Challenges of Teachers and Administrators Encounter In Implementing Health Education Programs

Based on the survey responses, the most significant challenges faced by teachers and administrators in implementing health education programs at Isabelilo delos Reyes Elementary School. The mean scores indicate that limited resources for teaching health education and inadequate teacher training are significant obstacles, with a mean of 3.8.

Moreover, the challenges related to time constraints within the curriculum and balancing health education with academic requirements received a mean score of 4.0 and 3.6, respectively. This indicates that teachers feel pressured to prioritize core subjects, often at the expense of health education.

To address these challenges, the school administration and policymakers should consider allocating more resources for health education, providing comprehensive training for teachers, and integrating health education more seamlessly into the overall curriculum to ensure its consistent implementation.

Discussion

This study's findings highlight the significant impact of health education programs on the overall well-being of Grade 5 learners at Isabelilo delos Reyes Elementary School. The results demonstrate that these programs have been effective in improving learners' physical health, emotional well-being, and mental health, as evidenced by the positive perceptions and experiences reported by the participants.

However, the study also identifies several areas where improvements can be made to further enhance the effectiveness of these programs (Lobo et al., 2023). First, the relatively lower score for learners' engagement in physical activities suggests a need to strengthen the physical activity component of the health education curriculum. This could involve incorporating more interactive and enjoyable physical activities, as well as ensuring adequate resources and facilities for these activities (Zhang & Qian, 2022).

Second, the challenges faced by teachers and administrators in implementing health education programs, such as limited resources and inadequate teacher training, underscore the necessity for a more comprehensive and well-supported approach to health education (Mayer et al., 2023).

To address these challenges, the school administration and policymakers should consider several key recommendations. First, augmenting funding and resources for health education programs is crucial. This includes providing sufficient teaching materials, equipment, and facilities to support physical activity and promote overall wellness (Pate & Dowda, 2024). Second, prioritizing comprehensive training for teachers is essential to equip them with effective health education pedagogies and strategies to actively engage learners (Baena-Morales et al., 2021). Moreover, health education should be more seamlessly integrated into the overall curriculum, ensuring it receives adequate emphasis alongside core academic subjects (Hamilton-Ekeke et al., 2020). Finally, establishing stronger partnerships with local health organizations and community resources can further enhance school-based health education programs by providing additional support, expertise, and resources to address students' diverse health needs (March et

al., 2022). These measures aim to establish a more robust and effective health education framework within schools.

By implementing these recommendations, Isabelilo delos Reyes Elementary School can further enhance the effectiveness of its health education programs and contribute to the overall well-being and academic success of its Grade 5 learners.

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