

# THE MODEL OF HEALTH PROMOTION FOR STUDENTS UNDER NAKHON SI THAMMARAT PRIMARY EDUCATIONAL SERVICE AREA OFFICE 4 THAILAND

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**Abstract:** *The purposes of this research were to analyze the components of promoting student health in schools under the Office of Nakhon Si Thammarat Primary Educational Service Area 4 Thailand; to develop a model for promoting student health in schools under the Office of Nakhon Si Thammarat Primary Educational Service Area 4 Thailand, and to evaluate the patterns of student health promotion in educational institutions under the Office of Bachelor's Degree in Primary 4 Thailand.*

*The samples used in the research were 136 people consisting of school administrators and health teachers in educational institutions under the Office of Nakhon Si Thammarat Primary Educational Service Area 4 Thailand, and 7 important informants based on interviews to construct a model, 9 experts in the seminar, 15 school administrators in group discussion for evaluation and confirmation of the model. The research tools consisted of interview form, questionnaire, and expert-based seminar and group discussion.*

*Findings were as follows: 1) Elements in student health promotion in schools under the Office of Nakhon Si Thammarat Primary Educational Service Area 4 Thailand, consisted of 10 elements (1) policy formulation on number, (2) policy transfer to practice, (3) implementation of the health promotion program, (4) an environment management, conducive to health promotion, (5) school health services (6) nutrition and safe food, (7) exercise, sports and recreation, (8) social counseling and support, (9) community health promotion, and (10) continuous health development: 2) the results of the development of student health promotion model in schools under the Office of Nakhon Si Thammarat Primary Educational Service Area 4 Thailand include 4 school administration areas by PDCA quality cycle to drive/gear up all 10 elements in promoting student health in 5 dimensions: physical dimension, psychological dimension, social dimension, intellectual dimension, and spiritual dimensions, and 3) the results of the evaluation of the promotion of student wellbeing, both from expert-based seminars and discussion of school administrators indicate compatibility, appropriateness, possibility of the model with a high level of benefit.*

**Keywords:** *Model, Health promotion, Student's wellbeing, 5 Dimensions of wellbeing*

## INTRODUCTION

Health conditions are fundamental human rights and are an important factor in social and economic development. Health promotion is seen as an important component for greater health development. Health promotion is a process that allows people to be able to control and develop health. Investment and health promotion processes have a high influence on health factors. At the same time they also provide health benefits for the people in terms of reducing health inequality, promoting human rights and strengthening social capital.

The ultimate goal of health promotion is to increase health expectations and reduce the gap of international health expectations, also between various groups. The United Nations recognizes an access to the highest health standards as a pleasure and the fundamental right of every human being irrespective of whosoever the person is. Health promotion is based on important human rights. The positive and comprehensive ideas for health is proposed that health is a factor, determining quality of life and it is a concept combining mental and spiritual health [1].

The elements of the holistic health as mentioned by Panyawong and Prueksunan [2] consist of five dimensions: Physical dimension, healthy body without disease or sickness with crucial factors, that is food and nutrition, physical capability, various physical environments, residence, sufficient economic status supporting wellbeing etc., (2) the psychological dimension, a dimension of psychological or emotional condition such as cheerful and relieved mood without worries, but with happiness. Important factors in this dimension are dealing with stress, taking care not to cause emotional crisis, (3) the social dimension, the welfare of family, society, and community by having a good relationship, giving each other a helping hand, generosity, equality, justice, peace, culture, community, and good thoroughly service system, (4) the spiritual dimension, well-being caused by having hope in life, loving warmth, conviction, faith, adherence, respect, good practice with compassion, unselfishness, a sacrifice and joy to see the happiness in helping others succeed (transcendence), (5) the intellectual dimension, wellbeing in the field of being educated, intelligent with knowledge and awareness of changes. The transformation is a social immunity that can be a profession and a successful life.

In child and youth development goals must be clearly set, especially in health, a basic necessity for life. If children are with development of a strong body, wisdom and mental development with skills, they can take care of their own health and appropriate behave, ready to learn, and inevitably obtain educational achievement.

The success of learning development to the ASEAN community depends on the management process, focusing on the efficiency of the educational institutions as a leader or center of educational development in conjunction with the creation of health under the cooperation from all parties involved, starting with families of children, communities and local organizations, the basic social institutions, which are important to the development of Thai children and youth with quality standards comparable to other countries [3]. Also the National Strategies 2561-2580 B.E. (2018-2037) on the development and capacity building of human resources, focusing on important development to develop people in all dimensions and in all ages to be good and talented with quality, expecting Thais to possess physical, mental, and intellectual with good development in all aspects and good health in all ages [4].

In the national strategy in strategic issue 4.3 related to the development and strengthening of human resources, it is clearly defined to strengthen the Thai people to have good health, covering physical, mental, intellectual and social, focusing on enhancing health management in all forms, leading to the potential for health management and support for all sectors to participate in promoting good health and good health skills [5].

The development of holistic health is valuable and contributes the greatest benefit and it needs to be developed correctly as a system to become a habit in the early childhood. However, from the condition of the educational management of the Office of the Basic Education Commission, the organization responsible for organizing education to most children and youths of the country, it was found that there is no any model to promote the health of the students by the five-dimensional holistic aspects, most of which only have the project to promote wellness.

Therefore, an innovation in education management for the development of the health of Thai children will be created, and from studying guidelines to promote health in education, under the Office of the Basic Education Commission in Nakhon Si Thammarat province, the model will be a guideline to education executives in Nakhon Si Thammarat and other provinces, as well as other affiliated schools to employ the

model in managing the health of their students as the basis of the improvement of the quality of the learners and the highest performance.

### Objectives of the study

1. To analyze the components of promoting student health in schools under the Office of Nakhon Si Thammarat Primary Educational Service Area 4 Thailand.
2. To develop a model for promoting student health in schools under the Office of Nakhon Si Thammarat Primary Educational Service Area 4 Thailand.
3. To evaluate the model of students' health promotion in educational institutions under the Office of Nakhon Si Thammarat Primary Educational Service Area 4 Thailand.

### Research Methodology

The research steps and methodology were determined to follow the research objectives, divided into 3 phases:

#### Step 1: Component analysis consisting of 4 phases:

The first phase is the preparation of research projects by studying, analyzing, synthesizing, concept, theories, academic papers, information, books, journals, and websites, local and international research. The phase 2 deals with defining variables related to research, preparing a semi-structured in-depth interview, consulting with the advisor, revising, administrating the instrument with the nine successful school executives from small, medium and large elementary school who have been awarded in the project management of health promotion, together with the study of documents of all schools. Phase 3: the construction and development of research tools were carried out by taking the results of phase 2 to develop the questionnaire and adjusted it according to the advisor's recommendation, and then content validity of questionnaire was checked by five qualified experts. Result was taken to be analyzed to find the compliance index for the purpose, then a question with had more than 0.6 value was selected and the questionnaire was adjusted, and then it was tried with 30 people of a try-out group. Then, the result was taken to find out reliability of the questionnaire to analyze the alpha coefficient according to the method of the Cronbach with 0.937, and to develop the complete questionnaire to be used to collect information in the next step. Phase 4: data collection and analysis of data were the process when the questionnaire from the step 2 was used to collect data from the sample group numbering 103 in the schools under the Office of Nakhon Si Thammarat Primary Educational Service Area 4 Thailand. Then, the obtained data were validated, analyzed and interpreted to obtain an element to promote the health of the school students in the schools under the Office of Nakhon Si Thammarat Primary Educational Service Area 4 Thailand.

#### Step 2: Model creation consists of 2 phases:

Phase 1 Model Sketch: This procedure took the elements from phase 4 in step 1 to the interview the seven experts with purposive sampling on the structure and component, as well as the details of the health promotion form in schools.

Phase 2: The creation of the health promotion model in the schools under the Office of Nakhon Si Thammarat Primary Educational Service Area 4 Thailand, using a seminar way employing 12 experts, who assessed, gave feedback, and proposed suggestions on the draft of the students' health promotion model in the school students under the Office of Nakhon Si Thammarat Primary Educational Service Area 4 Thailand. After that, the researcher evaluated views and summarized in the model of wellbeing of school students, under the Office of Nakhon Si Thammarat Primary Educational Service Area 4 Thailand for group discussion among school executives.

#### Step 3: Investigating the possibility and suitability of the model from the operators consists of 2 phases:

Phase 1: Inspecting the student health promotion model of the school students in the school under the Office of Nakhon Si Thammarat Primary Educational Service Area 4 Thailand to verify the practical possibility and suitability of the model to make it complete by using the results of the analysis of the opinion of the qualified experts and the specialists from conversation to check the possibility and suitability by interviewing 15 educational administrators from 3 sized schools with the form of possibility and suitability of the model for the group discussion.

Phase 2: the research report was done by the researcher by collecting result of data analysis, the model promoting health in school students, under the Office of Nakhon Si Thammarat Primary Educational Service Area obtained from developed and improved model, then summary of research findings was carried out along with discussion and suggestions to write a complete research report.

**Research findings were as follows:**

1. The results of the analysis of the components in promoting health in the school students, under the Office of Nakhon Si Thammarat Primary Educational Service Area 4 Thailand, showed that the health promotion model of education in the school was based on the management principles using a quality circle, with a total of 4 dimensions, 10 elements as follows:

(1) Plan for the student's health including Element 1 policy formation and element 2 policy transfer to action.

(2) Implementation dimension consisting of Element 3 in implementing a holistic health promotion project and 4<sup>th</sup> element, environmental management, conducive to promoting health.

(3) The creation of a habit of strengthening students including the 5<sup>th</sup> component, school Health Service, the 6<sup>th</sup> Element, the safe nutrition and food, the 7<sup>th</sup> Elements, exercise, sports and recreation, the 8<sup>th</sup> Element, counseling and social support, and component 9 promoting community health.

(4) Systematic and continuous development of student's health, consisting of the 10<sup>th</sup> component, systematic and continuous health development.

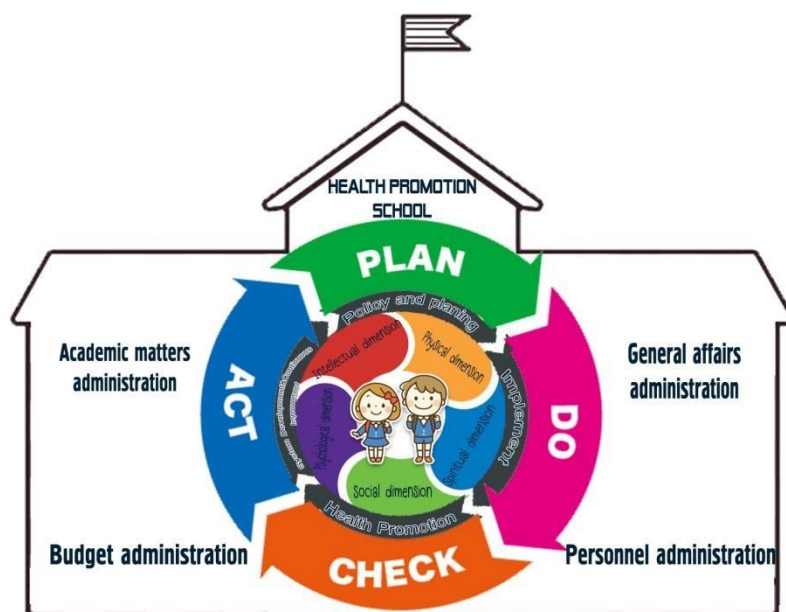
2. The results of the development of student health promotion model in schools under the Office of Nakhon Si Thammarat Primary Educational Service Area 4 Thailand consist of significant aspects as shown below:

(1) The objectives of the model were (1) to promote student health in schools under the Office of Nakhon Si Thammarat Primary Educational Service Area 4, (2) as a guideline for promoting student health in schools under the Office of Nakhon Si Thammarat Primary Educational Service Area 4 Thailand.

(2) Principles, concepts and data used in the design of model, include the concept of holistic health promotion, concept of school management, quality management concepts by the P D C A quality cycle, concepts about model and model development.

(3) Concepts and core values of the model, consisting of (1) management system to promote the health of learners, must be an procedure with an objective aiming at developing a healthy, comprehensive 5 dimensions of wellbeing, physical, psychological, mental, social, spiritual, and intellect, (2) an organizing the school system starts from those who are related to school, parents, community, school committee, school administrators and teachers who are regarded as the owner of the school, and the main goal is mainly on students, (3) management system to promote the health of learners must be one of the processes of school management and is required by all sectors. It is important mission to continue to be a vital mission to ensure the lifestyle and wellbeing culture of the organization.

5) The system components and mechanisms of the model critical lie on the development of the overall health of students in the five-dimensions, by which the school must build a health school in 4 dimensions and 10 elements, namely, the dimension of wellbeing planning, consisting of 1) policy formulation, 2) policy transfer to practice, action dimension, 3) and action on holistic health programs, 4) the environment management for health and safety with the dimension of student health, 5) school health services, 6) good nutrition and food, 7) fitness, sports and recreation, 8) social counselling and support, 9) fostering a healthy, systematic, and continuous development of the health and safety of students, and 10) the development of systematic and continuous health combined with the four aspects of school administration according to the PDCA quality cycle, which can be summarized as a diagram shown below.



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5) In terms and limitations of the model in implementing the model for optimum performance, the school executives and teachers who are responsible for health jobs in schools are very important, so they should have the following characteristics: (1) understanding the health-promoting school project of the Ministry of Public Health and health promotion criteria, (2) possessing knowledge of the strengthening process of Thai people of the Office Thai Health Promotion Foundation (Thai Health) ,(3) commitment to work to accomplish and achieve the goals, listening to other people's opinions and manage their participation.

3. Findings of an evaluation of the model to promote student health from seminars based on specialists and group discussion indicated that the model is consistent, appropriate, and possible with a high level of benefits.

### Discussion

Components to promote health in school students with 4-step quality cycle, planning, action, review, and improvements consist of 4 dimensions and 10 components, namely, the dimension of wellbeing planning, consisting of 1) policy formulation, 2) policy transfer to practice, action dimension, 3) and action on holistic health programs , 4) the environment management for health and safety with the dimension of student health, 5) school health services, 6) good nutrition and food, 7) fitness, sports and recreation, 8) social counselling and support, 9) promoting community health and systematic, and continuous dimensional development of health healthy, and 10) the development of systematic and continuous health, in which each dimension and constituent has a consistent process, as well as an education management that does not give an additional burden to the teacher and executives, but it is for the sake of learners' development, focusing on the system, aiming at continuing work. Actions are periodically tracked. The plan can be adjusted in accordance with the situation, including the summary of the lessons. This makes it possible to learn the right patterns and use them a guideline in a new implementation, making it a constant improvement in the development of health promotion activities

[6].

2. The model of promoting health in the schools, under the Office of Nakhon Si Thammarat Primary Educational Service Area 4 Thailand is a model aiming at to developing a holistic health development of students in 5 Dimensions of wellbeing: physical, psychological, mental, social, spiritual, and intellect, through the management of schools by 4 departments, the management of academic, human, administrative, budgeting and general administration. In the gearing components of the development of the 4-dimensional students in 10 components under the PDCA quality cycle, experts and operators agreed that the model was appropriate, possible, and useful as the model is not only intended for the learner. Consequently, the operation must be carried out in connection with the learners, school environment,

family and community. This is accorded with findings by Chamchuen and Chomya [7] who studied the a guideline for School of Health for schools under the Office of Primary Education Area Udonthani District 1, and findings indicated the guideline for the health development of educational schools affiliated to the Office of Primary Education Area Udonthani District with 7 guidelines for a happy learner, 6 guidelines for a happy school, 6 guidelines for environments, 6 guidelines for happy family, and 5 guidelines for a happy community. And this innovative educational administration model help promote the National strategy, 2561-2580 B.E. in developing and strengthening human resource potentials. This can lead to the practice of enhancing Thai children's health.

#### **Suggestions to the Office of Nakhon Si Thammarat Primary Educational Service Area 4 Thailand.**

1. The Office of Nakhon Si Thammarat Primary Educational Service Area 4 Thailand should develop a health-promoting school project as an educational school project as an educational prototype to develop a holistic health of students by coordinating operations with the Office of the Basic Education Commission (OBEC) and the Thai Health Promotion to contribute to the development of the project and continue to all affiliated schools throughout the country.
2. The Office of Nakhon Si Thammarat Primary Educational Service Area 4 Thailand should be aware of the development of educational institutions as a healthy school to promote well being to the school executives, personnel, and people involved. That may be designated as a zone policy to drive this matter in a concrete and clear manner.

#### **Suggestion for affiliated schools**

1. In operation of the health promotion model in the school under the Office of Nakhon Si Thammarat Primary Educational Service Area 4 Thailand, the school executives must have a full-field management system and the components and responsible staff, operation and supply of resources should be provided as part of the school's management to ensure a culture of health throughout the schools.
2. The implementation of the health promotion model in the school student in a fully effective way, an importance should be given to parents, community, and networks. Therefore, schools should provide educational activities to promote the right people in the community and encourage the community to participate in the activities of the health development of students. Because of the development of quality, education and health, students must be encouraged and moved by the school as a community learning center.

#### **Suggestion for further research**

1. Research and development of indicators as a health promotion school
2. The research and development system of the School of Health promotion
3. A development of causal model of the successful Health promotion school
4. Qualitative research: Case study of successful schools in Health promotion school management.

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