

**ASSESSMENT OF  
HEALTH KNOWLEDGE AND PRACTICES  
BASED ON 'LIFE SKILL EDUCATION'  
AMONG MIDDLE SCHOOL STUDENTS IN  
HLAINGTHARYAR TOWNSHIP, YANGON**

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## **ABSTRACT**

Life Skill Education“ is a major approach to develop and to maintain healthy lifestyles and behaviors through the development of knowledge, attitudes and skills.

The cross-sectional descriptive study was carried out among 200 middle school students (Grade VII) in Hlaingtharyar Township, Yangon. The aim of the study was to assess their health knowledge and practices based on „Life Skill Education“ and to find out their socio-demographic characteristics as well as regularity of teaching hours and teaching methods of LSE. Self-administered, pretested structured questionnaires were used for the assessment of health knowledge and practices based on LSE guidelines and check-list was used to assess the personal hygiene status of the students.

Regarding health knowledge of the middle school children on LSE, the study showed that nearly half of the students had good knowledge on pubertal changes, nutrition, substance abuse, communicable diseases and environmental sanitation. Concerning health practice based on LSE and personal hygiene status, two-third of the study group had good practice scores.

From the study, significant associations were found out between regularity of teaching, teaching methods of LSE and health knowledge and practices obtained from LSE. Presence of health activities in the school and attending the health talks in the school are also influencing factors and significantly associated with health knowledge and practices of the students. Experience of listening to health education programs from radio is also an associated factor for good practice level of the students. It was found out that there was no significant association between knowledge level of school children and socioeconomic status of their parents such as education, occupation.