THE IMPORTANCE OF STUDENTS' HEALTH IN LEARNING

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Learning requires a body that is strong enough to withstand any adversity and a mind that is unruffled, which enables to perceive data and transforming into information and knowledge. Learning entails a body that is relaxed and composed. To enhance one’s knowledge is to satisfy body’s needs.

According to Abraham Maslow on his Motivation Theory, human beings have hierarchy of needs in which they need to satisfy the basic needs before satisfying the other needs. It emphasizes that physiological needs must be satisfied first to form physical stability in order to gratify the succeeding needs to feel good about themselves. Certainly, it is important to fulfill people’s hunger and thirst to realize their full potentials.

Now the question is: Why is students’ health essential to learning? Many forget how it affects the way they learn. That is why they experience difficulty in grasping knowledge. Students’ complexion becomes colorless leading to a weak body and their movements are tentative. They become tired most of the time and they are not willing to participate in classroom discussion. Students’ ability to concentrate is becoming unsteady. They cannot control their body, and emotions are unstable. The ability to quickly hold knowledge is deteriorating that makes learners lose interest to study. Remember that no students are seen actively participating if they have an empty stomach and eventually will result to an unhealthy body.

Now the challenge on the teachers is on how they can open the mind of the learners to maintain a healthy and a bright mind. Teachers should encourage students to eat in the morning before coming to school. There are students who did not take breakfast,
because they are not used to it. Teachers should explain the health benefits of eating nutritious food in the morning, because in this way students will understand the value of breakfast and its health benefits. Teachers must also explain the negative effects of avoiding it on the health as well as on the performance of the learners in the school to lighten them and to prevent this unbecoming habit sooner than the soonest. Teachers must also remind students to sleep early in the evening. There are students who slept late and needed to wake up early in the morning to attend classes. As a result, students feel dizzy and are not motivated to participate. Teachers must observe this situation and must do appropriate actions to avoid this routine.

Another way to help learners maintain their good health and a healthy mind is through daily exercise. Many students are stationary and do not want to move. They like to be in front of the computer most of the time every day. Let the teachers engage these students into activities like stretching, jogging, and a 200-meter walk inside the school campus to boost their physical strength. This way, teachers can help students flex their muscles. It also releases tension and stress that bring back their poise. Let these people involve in games and sports. These activities toughen the body and activate the brain in making moves and plays.

These are only some of the things that teachers can do to help learners maintain good health. It is essential for the students to have a rigorous body and a healthy mind to conform on their studies. It is important to keep a good health, because it motivates them to do activities that will add to their knowledge. At the need, it guarantees learning.

Reference: