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The Effect of Education on a Healthy and Clean Life

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Abstract: When it comes to the institutions that provide health services in the world, the first ones that come to mind come to mind for the organizations for medical organization. However, together with these organizations, it provides health services in organizations operating for economic, cultural, social and educational purposes. The point to be discussed here should be the form and level of healthcare provision, rather than determining the institutions that provide healthcare services. In determining and evaluating these levels, it can be said that the effect of the education that the individuals who are administrators of the organizations receive and try to implement come to the fore. Individuals need to be educated in a multidimensional way in order to raise awareness about every situation they will encounter in their education life and future life. The importance of this requirement has emerged during the epidemic that has affected the world for the last year. In order to facilitate the struggle with this and similar processes, the individual should receive training around the discipline or learning areas with the theme of healthy and clean life at all educational levels starting from preschool education. In this study, a meeting was held with university lecturers, who are field experts, through an interview form regarding the effect of education on healthy and clean life, and the results were presented in figures after being evaluated with content analysis. Looking at the results of the study, it can be said that different perspectives on the subject have emerged.

Keywords: Health, Cleanliness, Wellness, Education.

Introduction

Many changes in human life throughout history have been realized through education. It can be said that this change is sometimes planned and sometimes unplanned. The main purpose of human struggle for life is to live a comfortable life by meeting their needs. Within the framework of this aim, it is to be involved in a planned education process in some periods of his life. This process is long in some individuals and limited to compulsory education levels in others. During these training processes, one of the needs to be met is to learn what needs to be done for a healthy life. It can be said that the individual who learns what needs to be done in the education process can comprehend the relationship between education and health concepts in a more qualified manner.

Education and health are the basic elements that make up human capital. Considering the human capital theory; Education and health show their effects on the economy with their positive contributions both individually and on each other. Individuals with a higher education level earn higher wages due to their increased productivity (Gençoğlu & Kuşkaya, 2017). Likewise, an increase in the level of health that will increase productivity positively affects the income of the individual. In addition; Better health is a factor in achieving better education, school attendance, and education retention. In terms of education, highly educated individuals have higher knowledge to protect and improve their health. In short, there is a positive relationship between education and health (Grossman, 1976; Gençoğlu & Kuşkaya, 2017). This positive relationship emerges when the increased level of education raises the level of health or the higher level of health enables higher education level.

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Apart from these two situations, physical and mental capacity, genetic structure and preferences of the family have an impact on both health and education (Gençoğlu & Kuşkaya, 2017).

It is clear that the experiences acquired by the individual during the education process regarding the things to be learned for a healthy life will have a positive impact on the individual's future life. However, the important thing is that the individual learns about healthy living conditions during the education process and has the awareness of applying them. It should not be forgotten that theoretical knowledge cannot be learned without putting it into practice. While income and other factors are constant, the positive effect of education on health emerges in two ways (Kenkel, 1991; Gençoğlu & Kuşkaya, 2017). First; through education, individuals have knowledge about health inputs and outputs. This helps individuals choose a healthier lifestyle. Secondly, thanks to the knowledge possessed, awareness about bad habits harmful to health increases, and the awareness that they should be avoided. It is possible to list the effects of education on health as follows (Yardimcioglu, 2013; Gencoglu & Kuskaya, 2017).

- Individuals' level of knowledge and education in the field of health reduces the use of harmful substances such as cigarettes, alcohol, and drugs.
- Education is effective in maintaining physical health. As the level of education increases, the sensitivity of individuals to obesity will increase. Briefly; Education reduces the risk of obesity.
- In addition to physical health, education also has an impact on the mental health of individuals.
- Education is also effective on health in being more conscious of communicable diseases.
- Education increases the tendency of individuals towards sports activities to protect and improve their health.

In this study, it is aimed to evaluate the effect of education on a healthy and clean life in line with the opinions of field experts. For this purpose, study findings were obtained by interviewing 50 faculty members working at different universities in Turkey.

Method

This study, in which the effect of education on a healthy and clean life in Turkey was evaluated in line with the opinions of field experts, was carried out with the case study model. Case study is a methodological approach that involves an in depth examination of a limited system by using multiple data collection to gather systematic information about how and how it works (Chmiliar, 2010 cited in Subaşı & Okumuş, 2017). Merriam (2013) defines the case study as an in depth description and examination of a limited system. On the other hand, according to Creswell (2007) case study; It is a qualitative research approach in which the researcher examines one or a few situations limited in time with data collection tools (observations, interviews, audio-visuals, documents, reports) that include multiple sources, and defines situations and themes depending on the situation. Case study; it is a model in which a single situation or event is examined in depth, longitudinally, data is collected systematically and what is happening in the real environment (Subaşı & Okumuş, 2017).

Participant

50 faculty members contributed with their views to this study, in which the impact of education in Turkey on a healthy and clean life was evaluated in line with the opinions of field experts.

Data Collection

Tool A semi structured interview form prepared by the researcher was used to obtain the findings of the study. While preparing the interview form, attention was paid to the principles of preparation, such as clarity and clarity of questions, from easy to difficult. The questions in this prepared form;

- What do you understand when you say a healthy and clean life?
- What do you think is the most important contribution of education to a healthy and clean life?
- What are your suggestions for the process of acquiring a healthy and clean life skill in education?

Analysis of Data

In this study, Tool A semi structured interview form prepared by the researcher was used to obtain the findings of the study in Turkey. Content analysis technique was used to analyze the data obtained in the virtual environment (mail) with semi structured interview form. The responses given by the teachers in the study group were classified as themes around common views and given in the findings with figures.

Results and Discussion

The data obtained in the study were analyzed by content analysis, and the findings were classified as themes and given under 3 headings.

Perceptions of Healthy Living

"What do you understand when you say a healthy and clean life?" was asked through a semi-structured interview form to the participants whose opinions were used in the study. The answers given by the participants to the question in the form of, were analyzed with the content analysis technique, and the data obtained were classified into themes and given in Figure 1.

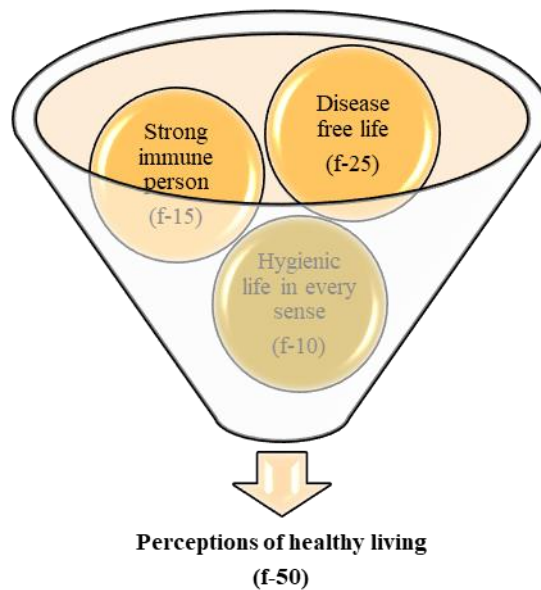


Figure 1. Perceptions of field experts regarding a healthy and clean life

Looking at Figure 1, in which the findings obtained in the study are given, it can be said that the participating experts have strikingly different perceptions about a healthy and clean life. When the themes of findings are examined, it is observed that the theme of living away from diseases comes to the forefront as a frequency ratio.

Contribution of Education to a Healthy and Clean Life

What do you think is the most important contribution of education to a healthy and clean life? was asked through a semi-structured interview form to the participants whose opinions were used in the study. The answers given by the participants to the question in the form of, were analyzed with the content analysis technique, and the data obtained were classified into themes and given in Figure 2.

Looking at Figure 1, It can be said that field experts have remarkable perceptions about the contribution of education to a healthy life. It is seen that the finding that stands out especially in terms of the contribution of education to a healthy and clean life is social information.

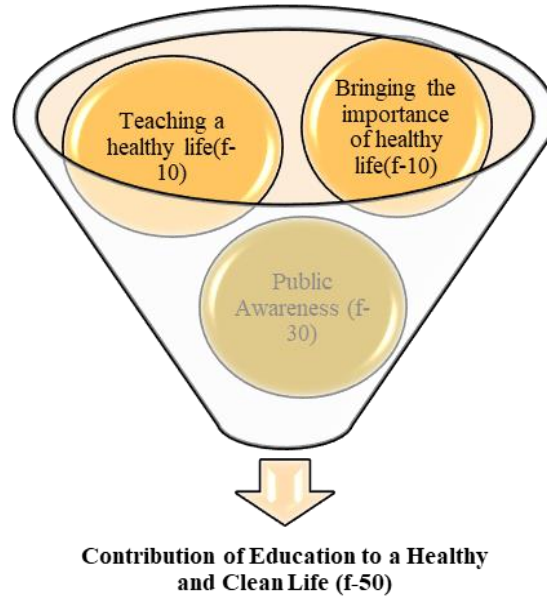


Figure 2. Perceptions of experts on the contribution of education to a healthy life

Suggestions for Acquiring Healthy and Clean Living Skills through Education

What are your suggestions for the process of acquiring a healthy and clean life skill in education? was asked through a semi-structured interview form to the participants whose opinions were used in the study. The answers given by the participants to the question in the form of, were analyzed with the content analysis technique, and the data obtained were classified into themes and given in figure 3. Considering the findings in Figure 3, it can be said that the level of perception of the participating field experts in the form of their suggestions regarding the triangle of education, healthy and clean living is remarkable. Although all of the field experts are under different themes, it is observed that they emphasize that a healthy and clean life should be given in the education process, in which the student is active in the process.

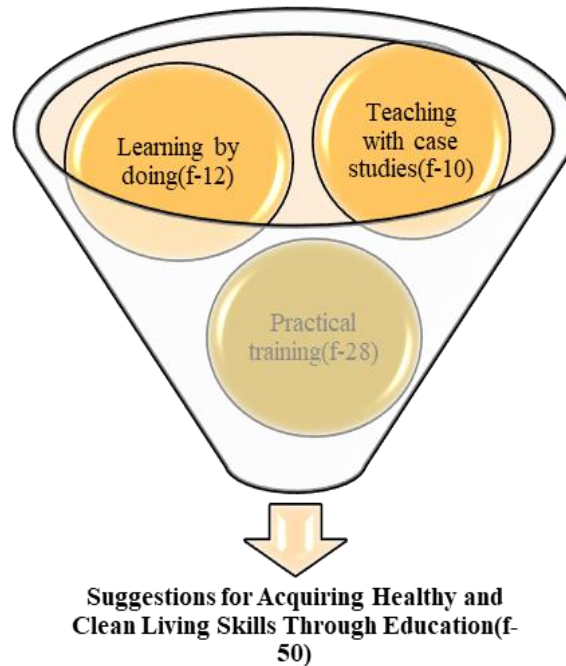


Figure 3. Perceptions of field experts regarding healthy and clean living

Conclusion

In this study, in which the effects of education on a healthy and clean life in Turkey were evaluated in line with the perceptions of field experts working at universities, it is seen that original and remarkable results were obtained (figures 1, 2, 3). Considering these results, it is seen that field experts focus on the necessity of education in order for human beings to lead a healthy and clean life throughout their lives. It can be said that field experts focus on the necessity of education in the process, the individual's knowing and learning a healthy and clean life, and acquiring practical learning for the continuation of his life. Based on these results obtained in the study;

Recommendations

Since the individual is important in the education process, gains, content and activities that will contribute to the struggle of the individual for a healthy and clean life should be included. For a healthy and clean life, practical exercises should be carried out in educational institutions. The impact of educational institutions on a healthy and clean life should be explained to the society through different activities, recommendations can be made.

Scientific Ethics Declaration

The author declares that the scientific ethical and legal responsibility of this article published in EPHELS journal belongs to the author.

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