

INTERNATIONAL JOURNAL OF PHYSICAL EDUCATION AND APPLIED EXERCISE SCIENCE**A PILOT STUDY: THE EFFECT OF HEALTH EDUCATION ON THE ACADEMIC EXCELLENCE OF COLLEGE STUDENTS****Ankan Sinha (Orchid Id- 0009-0009-7203-3059)**¹Department of Physical Education, Government Degree College, Dharmanagar, Tripura (N), India.**Abstract:**

This study investigates how health education affects students' academic achievement at Govt. Degree College in Dharmanagar. There is growing evidence that there is a connection between academic success and health, with health-related issues affecting students' capacity for concentration, stress management, and academic success. This study examines the relationship between students' Cumulative Grade Point Average (CGPA) and health education in areas such as physical activity, mental health awareness, diet, and sleep hygiene using a combination of surveys and interviews. According to the results, students who participate in health education programs report gains in their ability to concentrate, handle stress, and think clearly, which dramatically raises their CGPAs. In order to promote academic achievement, the study emphasizes the necessity of incorporating health education into college courses.

Keywords:

Health education, academic excellence, college students, CGPA, mental health, physical health, nutrition, sleep hygiene.

1. INTRODUCTION

Like many other students in the area, students at Govt. Degree College, Dharmanagar, struggle to balance their academic obligations with physical and mental health issues. Students' health is frequently jeopardized as they work to achieve academic success due to things like stress, poor eating habits, little sleep, and little physical activity. Although intellectual prowess has historically been used to evaluate academic performance, the influence of physical and mental health on academic results is becoming more widely acknowledged. The purpose of this study is to investigate how health education affects students' Cumulative Grade Point Averages (CGPAs) at Govt. Degree College in Dharmanagar.

2. Literature Review**2.1 Health Education and Academic Performance**

Studies reveal a robust correlation between academic achievement and well-being. CGPAs are often higher for students who focus their mental and physical well-being, eat a balanced diet, and get enough sleep (Hillman, Erickson, & Kramer, 2008). Education about mental health has been associated with lower levels of stress and anxiety, which enhances academic achievement (Eisenberg, Golberstein, & Gollust, 2007). This study examines the potential effects of particular health education programs at Govt. Degree College, Dharmanagar, on students' academic performance.

2.2 Physical Health and Academic Success

Academic achievement is significantly impacted by physical health. Regular exercise and physical well-being help students focus and retain information better, two skills that are essential for academic success (Singh, 2012). Cognitive function is influenced by nutritional education as well; pupils who eat a balanced diet perform better academically (Benton, 2008).

2.3 Mental Health and Academic Excellence

In college, when students must deal with personal struggles, social shifts, and academic pressure, mental health care is especially important. Increased academic achievement can result from programs that teach children how to deal with stress, anxiety, and other mental health issues (Misra & McKean, 2000). Participants in these mental health initiatives at Govt. Degree College, Dharmanagar, should see an increase in their CGPA.

2.4 Sleep Hygiene and Cognitive Function

Although it is sometimes disregarded, good sleep hygiene is essential for both academic success and cognitive function. Lack of sleep has been demonstrated to affect college students' memory, focus, and problem-solving skills (Walker, 2017). Students' sleep habits and, consequently, their academic performance can be improved by participating in health education programs that stress healthy sleeping habits.

3. Methodology

A mixed-method approach was used in this study, which included both qualitative interviews and quantitative questionnaires. The study involved 200 students from various academic areas at Govt. Degree College, Dharmanagar. Students' academic performance (CGPA) and health behaviors (such as physical activity, sleep patterns, nutrition, and mental health) were assessed by a quantitative survey. A subgroup of fifty students participated in the qualitative interviews, which investigated how they felt health education initiatives affected their academic achievement.

4. Results and Discussion

4.1 Physical Health and Academic Performance

According to the survey results, students who regularly participated in physical activity had higher CGPAs than their less active counterparts. In particular, only 48% of students who exercised less regularly attained comparable academic outcomes to 76% of students who exercised at least three times per week, who reported a CGPA of 3.5 or above. According to a correlation analysis, students' CGPA and the amount of time they spend exercising each week had a moderately good link ($r = 0.42$). Additionally, 64% of students who took part in the college's physical fitness programs said that their ability to concentrate during study sessions had increased, which helped them perform better academically.

4.2 Mental Health Awareness and Academic Success

Students' academic progress was also significantly influenced by mental health education. Seventy percent of students who participated in workshops on emotional resilience and stress management reported feeling less stressed and having better mental health, which they linked to their higher CGPA. By contrast, only half of students who did not participate in these activities reported feeling less stressed. Furthermore, the CGPA increased by 0.3 points for 60% of students who sought counseling during stressful times.

4.3 Sleep Hygiene and Academic Performance

Students' academic performance was significantly impacted by their sleep hygiene. After attending health education seminars, students who improved their sleeping patterns saw notable increases in their CGPA. The average CGPA increased by 0.4 points (from 3.2 to 3.6) for those who slept for 7-8 hours per night (after attending sleep hygiene sessions), while the CGPA dropped by 0.2 points (from 3.3 to 3.1) for those who slept for fewer than 6 hours. Furthermore, 68% of students who adhered to the sleep hygiene guidelines said they were more attentive and focused in class, which helped them do better academically.

5. Recommendations for Health Education Programs

The following suggestions are put out for incorporating health education into the curriculum of Govt. Degree College, Dharmanagar, in light of the findings:

•**Promoting Physical Activity:** To improve cognitive performance and lower stress, the college should encourage regular physical activity through sports groups, fitness programs, and leisure facilities.

• **Increasing Mental Health Education:** To assist students in efficiently managing both personal and academic demands, the college should keep providing mental health courses that emphasize emotional resilience, stress management, and mindfulness.

• **Offering Nutrition Education:** To help students make better dietary choices that will improve their academic performance, the college can offer workshops on the significance of nutrition for cognitive health.

• **Encouraging Sleep Hygiene:** To inform students about the value of getting enough sleep and how it affects academic performance, the college could hold workshops and campaigns on sleep hygiene.

6. Conclusion

This study shows that students' academic performance at Govt. Degree College, Dharmanagar, is significantly impacted by health education. Students' CGPAs significantly improved after taking part in health education courses that addressed mental health, physical activity, and sleep hygiene. For instance, just 48% of students who exercised less frequently had a CGPA of 3.5 or higher, compared to 76% of students who exercised consistently. Similarly, there was an average 0.4-point rise in CGPA for students who practiced good sleep hygiene. These results imply that health education initiatives can significantly improve pupils' academic achievement. To help students succeed academically, colleges ought to think about include such activities in their curricula. To determine the long-term impacts of health education on students' academic achievement and the efficacy of various interventions across a range of student populations, more study is required.

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