



IMPACT OF HOME SCHOOLING ON PHYSICAL AND MENTAL HEALTH OF PRIMARY CLASS STUDENTS

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ABSTRACT

Home school in India is a form of alternative education in which is provided to children at home by parents or by tutors rather than in govt. or private schools. Home schooling is more prominent in major urban Indian cities, like Bangalore, Chennai, Kolkata, Mumbai, New Delhi and Pune. In other parts of India, homeschooling has only a minimal presence. There are fixed rules to home education in India if a candidate appears for examinations. Parents use a curriculum prescribed by NIOS or IGCSE and then appear for the examinations. Parents may design their own curriculum by referring to syllabi of different boards. Present study is focused on finding impact of home schooling on physical and mental health of primary class students.

Keywords: Home Schooling, Physical and Mental Health, Self Study.

Introduction:

Home schooling promotes self study and provides pleasure in learning new things. Parents /tutors use practical approach to educate the child. Morals, manners, speaking, reading etc. are taught with practical examples. It is based on personalized study. Parents / teachers do not follow a structured timetable or a prescribed course. Textbooks maybe partially followed or rejected altogether. Some parents allow more attention to those subjects which are favorites or which are easy based on their kids choice. The tough ones and boring ones are given less attention to allow specialization.

Various types of course material and educational tools are used towards this effect. Some of these are educational CDs, games, magazines, television programs, websites or any other preferred, suitable material. Homeschooling students can either take NIOS (National Institute of Open Schooling) or IGCSE (International General Certificate of Secondary Education), which is equivalent to board exams.

Home schooling apart dissatisfaction with conventional system of education and is flexible according to student and parent. It facilitates disabilities, less stress, higher teacher-student ratio, online forums, attention to specialization, enjoyment in education and safety. In conventional system every child doesn't get individual attention but in home schooling is possible. Every child is unique and therefore, comprehends things differently. Home-schooling also allows blossoming of a child's creative side.

Objective of Study:

- To find impact of home schooling on physical development of primary class, male student
- To find impact of home schooling on physical development of primary class, female student
- To find impact of home schooling on mental

development of primary class, male student

- To find impact of home schooling on mental development of primary class, male student

Hypothesis:

1. There is no significant impact of home schooling on physical development of primary class, male students.
2. There is no significant impact of home schooling on physical development of primary class, female students.
3. There is no significant impact of home schooling on mental development of primary class, male students.
4. There is no significant impact of home schooling on mental development of primary class, female students.

Methodology:

Descriptive survey method was used for study. 200 boys and 200 girls of primary classes were randomly selected as sample. Among these students, 100 boys, 100 girls were students of conventional schools named as control group and 100 boys, 100 girls were getting education through home schools. In control group 50% were male and 50% were female. All the students were evaluated for physical and mental development using a self prepared test paper. Collected data was tabulated and comparatively analyzed using mean value, standard deviation and t value.

Finding and Analysis:

Table: Status of Impact of Home Schooling on Physical and Mental Development of Child

Compo nents	Gen der	Control Group	Experimen tal Group	t Val	Signif icant
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		Me an Val ue	Std. Devia tion	Me an Val ue	Std. Devia tion	ue	Level
Physica l Develo pment	Mal e	73	1.29	69	2.37	0.4 9	0.01
	Fem ale	71	1.02	66	1.34	0.8 4	0.05
Mental Develo pment	Mal e	77	1.31	71	0.98	0.9 2	0.05
	Fem ale	74	0.94	70	1.03	0.8 8	0.05

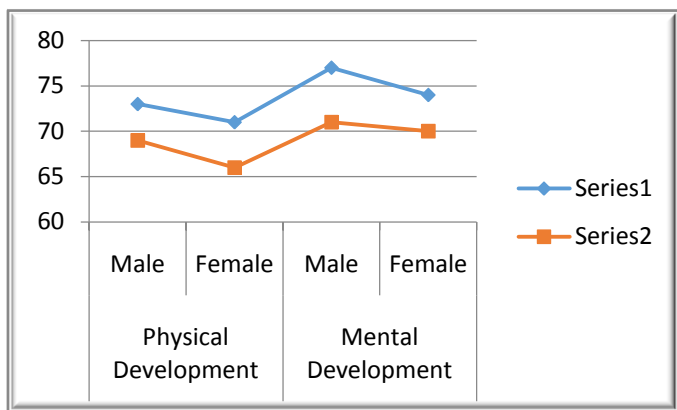


Chart: Status of Impact of Home Schooling on Physical and Mental Development of Child

Data regarding physical development shows male students of control group have mean value 73 while control group have 69. Calculated t value is 0.49 which is significant at 0.01 level. Thus hypothesis 1, there is no significant impact of home schooling on physical development of primary class, male student is rejected.

In the context of physical development of female students, control group has mean value 71 whereas experimental group has mean value 66. t value is calculated as 0.84 which is significant at 0.05 level. Hence hypothesis 2, there is no significant impact of home schooling on physical development of primary class, female student is rejected.

For mental development of male students, control group got 77 and experimental group 71 mean value with t value 0.92. Therefore, hypothesis 3, there is no significant impact of home schooling on mental development of primary class, male students is rejected.

In the matter of mental development of female, primary students control group possess 74 and experimental group possess 70 mean value. Calculated t value is 0.88 significant at 0.05 level. Thus hypothesis 4, there is no significant impact of home schooling on mental development of primary class, female students is rejected.

Conclusion:

In home schooling teacher is an important component. When teachers become facilitators, every child gets the

attention and assistance the way each one of them needs. And as they get equal care and support from parents too at home, they will be able to explore things beyond school text books. However, overall development of students is not possible through home schooling. Kids also need to be with their peers at least till the age of 16, as they influence the child positively at many instances. Therefore, physical and mental health of students found better in conventional schools rather than home schools.

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