

THESIS ABSTRACT

CHILDREN'S HEALTH PRACTICES: A BIBLICAL HEALTH EDUCATION PROGRAM FOR NAZARENE SUNDAY SCHOOLS IN METRO MANILA, PHILIPPINES

Sunday School is a major avenue for Christian education. A well-developed Sunday school program needs to be holistic in its approach because the body, the mind, and the spirit are interrelated. An improvement in one area leads to an improvement in other areas. But most Sunday School curriculums do not include health in their educational program. Therefore it is the purpose of this study to develop a Biblical Health Education Program for Sunday Schoolchildren based on an assessment of their health practices through the use of questionnaires.

The study surveyed the health practices of Sunday School children in ten different churches of the Nazarene in Metro Manila. Descriptive research techniques were applied for gathering data, namely, the review of related literature and studies.

The finding of this study in the area of health practices of Sunday School children are as follows:

a. **Food Selection, Composition, and Preparation**

The children are described as "usually" practiced in this area. The three lowest mean values are the practices of: 1) Drinks 6-8 glasses of water daily, 2) Eats green vegetables like pechay, malunggay, etc., and 3) Uses fork and spoon when eating.

b. Personal Hygiene

The children received the total mean value described as “usually” practiced in this area of personal hygiene. The only “seldom” practiced is: “Uses personal comb and hair brush.”

c. Household Sanitation and Elimination

The children received the total mean described as “usually” practiced in this area. The lowest mean value is: “Throws waste in the compost pit.”

d. Care for the Eyes, Ears, Nose, and Throat

The children received the total mean value which fell under “usually” practiced. The lowest mean value is: “Avoids rubbing eyes when irritated.”

e. Sleep, Rest and Relaxation

The children have the practices which are described as “usually” done in this area. The health practice that needs to be strengthened is: “Avoids sleeping with wet hair.”

f. Activity and Physical Exercise

The children have the practice which are described as “usually” done in this area. The health practice that needs to be strengthened is: “Avoids playing firecrackers especially on New Year’s Eve.”

The results of this study show : (1) The children have the practice which described as “usually” done in all areas of healthful living. It means that the children have obtained average health habits but these health habits should be, at least, maintained or strengthened so that the children can achieve the higher level,

described as “always” practiced. (2) The areas that need to be strengthened are: (a) Drinks 6-8 glasses of water daily; (b) Eats green vegetables; (c) Uses a fork and spoon; (d) Uses a personal comb and hair brush; (e) Throws waste in the compost pit; (f) Submits herself/himself to a dental check-up at least every year; (g) Avoids rubbing eyes when irritated; (h) Avoids sleeping with wet hair; (I) Avoids playing with firecrackers.

The researcher has formulated a health education program for Sunday School based on these findings and resources. The curriculum consists of five units, twenty lessons, namely: (1) A biblical view of our bodies and sickness (a) God created us wonderfully; (b) God wants us to take care of our own bodies; (c) God wants us to help those in need; (d) God has compassion for the sick; (e) God can use sickness for His purposes; (f) The best medicine is the joy of the Lord; (g) Mistaken view of sickness. (2) Learning to make right choices; (h) Help for making right choices; (I) When the right choice is the hard way; (j) My greatest choice. (3) Nutrition; (k) God provides us food; (l) Food for good health. (4) Personal hygiene; (o) Personal comb; (p) Nails; (q) skin; (r) Sanitation and Elimination. (5) Dental hygiene; (s) Visiting a dentist; (t) Brushing teeth and using dental floss properly. (6) Healthful living; (u) Sleep, Rest, and Relaxation; (v) Exercise and activities; (w) Care for eyes, nose, and throat.

The goal of health education is to bring about desirable behavior. The motivation to break a habit must be stronger than the pleasure derived from certain practices. The spiritual dimension can be highly influential in this process, and indeed has been seriously considered by the World Health Organization and other health educators. There is a relationship between Sunday School and health education,