



The Role of Health in the Development of Children

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Abstract

The main objective of this study was to study the development of children and to examine the role of health in the development of children. In this research, the study of the development of children through anthropometry, observation methods and survey methods was conducted in Mukundwadi and Aurangabad district 50 children from Anganwadi and 50 children from Municipal school selected randomly. Even after implementing so many schemes for the children, the status of the children in the municipal school is worth considering. They found physical, mental and intellectual backwardness, because their parents are not financially, socially and economically competent, they cannot pay attention to the children. The effects of this are found on children. Also ten percent of children in Anganwadi are malnourished. This is due to lack of balanced diet, the mother neglect ion of diet during pregnancy, lactation and poverty.

Key Words: Child Development, Health, Balanced Diet.

Introduction

The present little children are the future residents, that is, the seeds of development of the nation. In the event that the general development of the child is great, at that point the development of the nation will positively be, on the grounds that solid and healthy children are the foundation of the country. Be that as it may, we have an altogether different view at the present time. While white collar class guardians don't have the opportunity to focus on their children, some working class and privileged guardians focus on child, yet once in a while they

put the weight of their desires on their children, and they bring down their children. Along these lines, there are restraints on what children would prefer not to create. Because of the passing of a bound together family framework, a unique way of life doesn't enable guardians to secure and support their children.

The idea of child welfare is antiquated and has been referenced by the scholars like Socrates, Plato and Aristotle in the pre-Christian time. In this manner, Pestalotsi, Froebel, Robert Owen, Oboardin, and soon have attempted to welfare the child through the newborn child planet. As per them, "child development is the expansion in the passionate, scholarly and social capacities of a child". Along these lines, on the off chance that the child is completely created at this stage, at that point there can be further human development.

Late Childhood Girls and Boys Height and Weight Table

Age/Years	Height (C.M.)		Weight (K.G.)	
	Boys	Girls	Boys	Girls
6	108.5	107.4	16.3	16.0
7	113.5	112.8	18.0	17.6
8	119.3	118.2	19.7	19.4
9	123.7	122.9	21.5	21.3
10	128.3	128.4	23.5	23.6
11	133.4	133.6	25.9	26.4
12	138.3	139.2	28.5	29.8

Outer factors, for example, absence of clean water for children to drink, absence of sufficient air and light, absence of wholesome supplements, immunization at unseemly occasions, care for pregnant ladies and breastfeeding moms and children are influencing the lives of children. It is significant for children to comprehend these inquiries and to be always making progress toward open mindfulness.

Through different government associations and plans like UNICEF, ICDS, WHO, NIN, ICMR, the administration is endeavoring to keep the health of the children healthy. Different projects of

child welfare are actualized through the administration, proclamations are presented, child laws are presented, yet even today, children are confronting different issues, for example, ailing health, infected children, appetite and weight because of extreme number of children. Be that as it may, because of different government activities, not many things are leveled out.

Objectives

- 1) To study the development of children.
- 2) To examine the role of health in the development of children.

Limitations

This study is limited to the children of the municipal school in Aurangabad city and some children in Anganwadi in Mukundwadi.

Review of Literature

1 Physical Activity and Cognitive Functioning of Children: A Systematic Review, Ilona Bidzan-Bluma and Malgorzata Lipowska,(2018) Results recommend that it is advantageous to take part in sports in late childhood since it decidedly impacts psychological and enthusiastic capacities.

2 Importance of early childhood development, (2011) The enthusiastic, social and physical development of little youngsters directly affects their general development and on the grown-up they will turn into. That is the reason understanding the need to put resources into exceptionally little youngsters is so significant, in order to expand their future prosperity.

3 Nourishment and Health in Children and the Role of the Healthcare Worker, James Graham (2016),Nutrition assumes a significant job in the development and development of children, with a healthy diet synergistically improving physical and mental capacities. Ailing health in children is inconvenient to the development of their physical development, psychological capacities, and psychosocial aptitudes, with various downstream impacts for the time being and long haul. Healthcare experts are undeniably set to have a straight to the point, open, and deferential discussion with guardians about child sustenance, and ought to be urged to do as such.

4 According to WHO, childhood years are a time of incredible chance yet in addition extraordinary weakness. Responsive consideration giving and sustaining, balanced nourishment, and safe condition are significant for children to live, learn, develop, and create to their maximum capacity.

Methodology

The study of the development of Some 50 children from Anganwadi in Mukundwadi, Aurangabad and The development of 50 children in fifth and sixth class in the school of the municipality was studied.

In this research, the study of the development of children through Anthropometry, observation methods and survey methods was collected to collect facts.

Result and Conclusion

While studying children in Anganwadi, it was found that 10% of children aged 0 to 3 years were malnourished. Their symptoms of height, weight loss and face were dull. Sometimes their physical, intellectual, emotional and mental development was not properly done. This is because of their inadequate diet, inappropriate diet of mothers was found at birth and during lactation. Also, some children were found to be disadvantaged due to neglect of parents, lack of balanced diet and wrong eating habits and practices.

Similarly, 70% of the children belonging to the 6 to 7th class (12 to 13 year olds) in the municipal school are not fully developed. The reasons for this are due to poverty, neglect of children, lack of balanced diet, wrong dining times, wrong practices, parental ignorance, poor living standards, lack of adequate lighting, poor schooling. Also, children who are on a balanced diet have been found to have developed physical, mental, emotional and intellectual well-being.

Recommendations

1. Appropriate breastfeeding and inoculation, great ceremonies, love from relatives, clean air at home and school, a lot of daylight, play offices will profit the children in the event that they get

full development. It is basic for the general population to know about this inquiry by concentrating on the whole society.

2. The subject of health ought to be instructed at the school level as it makes a healthy age.

3. It ought to be finished by instructors or guardians for their children by giving them time for Surya Namaskar, yoga, practice and different games for the physical, mental, scholarly, enthusiastic development and health of the understudies.

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