

The Role of Nursing in Promoting School Health for Students

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Abstract

This study aims to ,the impact of nursing in promoting student health, the impact of nursing in motivating students to pay attention to their health, the role of nursing in encouraging school students to take vaccines, A questionnaire was prepared via Google Drive and distributed to the population aged 25-55 years, men and women, in the city of Mecca. As for the questionnaire, it was distributed via the social networking program (WhatsApp) for the purpose of distancing for fear of the presence of the Corona virus, 390 questionnaires were distributed, and 380 responses were obtained via email to the principal researcher.

Keywords: The role of nursing ,in promoting, school health, for students.

1. Introduction

School nursing (in English: school nursing) is a specialized specialty in public health nursing that protects and promotes health, facilitates normal development, and promotes academic success. School nurses, whose work is based on legal and evidence-based practice, are those who link health care and their education, including agreement and coordination. Caring, advocate for students' well-being, and collaborate in designing on their own and for communities to develop them fully. ⁽¹⁾ The current health and development challenges of children and adolescents pose multiple challenges for health professionals, especially during these times of rapid socioeconomic, political, cultural, epidemiological and health system changes that are occurring nationally and globally. The growing burden of noncommunicable diseases (NCDs), mental

health problems and injuries are not only related to modifiable risk factors, including changes in diets, physical activity and smoking, but evidence also suggests

a shift of the burden of NCDs to poor and marginalized populations ^(2; 3). The health promoting schools' approach and accompanying national models, regional and global initiatives, provide a mechanism for integrating health promotion and core nursing functions into schools and communities, contributing to the achievement of the United Nations Millennium Development Goals while preventing premature morbidity and mortality from chronic and debilitating conditions. Health promoting schools support school, community, health and education partnerships which continuously strengthen their capacities as healthy settings for living, learning and working ⁽⁴⁾. Health promoting schools serve as ideal settings to address the multiple and varied factors influencing health. Health promoting schools, while serving as positive settings for health protection and promotion, put into action the principles of the Ottawa Charter for Health Promotion ⁽⁵⁾, which describes health promotion as a process of enabling people to increase control over, and to improve, their own health. The Ottawa Charter is based on three basic strategies applied to five key actions areas for health promotion (WHO): build healthy policy; create supportive environments; strengthen community; develop personal skills; and reorient health services.

2. Material and Methods:

The study began in (the city of Mecca in the Kingdom of Saudi Arabia), and the study ended with writing the data collection in September 2024. The researcher used descriptive analysis, an approach that uses quantitative or qualitative description of the social phenomenon (The role of nursing in promoting school health for students). The independent variable (rates of attention to student health globally) and the dependent variable (rates of attention to student health in Mecca). This type of study is characterized by analysis, reason, objectivity, and reality. It is also concerned with individuals and societies, as it studies the variables and their impact on the health of the individual, society, and the consumer, and the spread of diseases and their relationship. For demographic variables such as age, gender, nationality, and marital status. Status and occupation ⁽⁶⁾, and use the Excel 2010 Office suite pie chart to sort the results ⁽⁷⁾. The questionnaire is a wonderful and useful tool for collecting a huge amount of data, but the researchers were not able to conduct personal interviews with the participants in the online survey, due to social distancing rules at the time to prevent infection between participants and researchers and vice versa (Coronavirus sharing has not completely disappeared. of the community), and the questionnaire was only answered electronically, because the questionnaire consists of fifteen questions, all of which are closed-ended.

3. Results and discussion:

The percentage of approval to participate in the questionnaire for the scientific paper entitled (The Role of Nursing in Promoting the Health of School Students) was 100%, and the percentage

of ages of male and female participants was as follows: 25-34 years 12.5%, 35-44 years old 37.5%, and 45-55 years old. year, it amounted to 50%. As for their gender, the participation rate for females was 87.5%, while males were 12.5%. As for their nationalities, they were all Saudi (men and women) 100%. As for their educational status, it was as follows: holders of a university degree, 12.5%, holders of a certificate. Master's degree: 37.5%, diploma holders: 50%. As for the questionnaire questions, their answers were as follows: First question: Vaccination services have been developed in many ways around the world, but their basis has remained constant, which is early detection, correction and prevention? Yes 100%. The second question: One of the goals of promoting school health for students, dealing with injuries and accidents and providing medical support for emergency cases? Also 100%, the third question: The School and University Health Department seeks to achieve its vision towards a school and university generation that is physically healthy, mentally and psychologically sound, academically distinguished, and socially interactive? Also 100%, the fourth question: The goal is to achieve and provide a safe, health-promoting educational environment that enables students to increase academic and practical achievement? yes 100%. Question five: School nursing was provided, with the aim of improving the health of students, providing promotive and preventive care, and improving the quality of services provided through the development of the workforce? yes 100%. Question Six: Within the framework of the Ministry of Health's five-year plans, the School and University Health Department has developed a national plan to implement various programs and activities to enhance the health of school students, the health of adolescents, and university and college students? Yes 100%. Question Seven: Current school and university health services aim to spread health awareness among students and provide them with healthy behavioral patterns, and thus this knowledge and behavioral patterns reach their families and communities? Yes 100%. Question Eight: School health services aim to strengthen the partnership between the Ministries of Health and Education? Yes, 100%. Question nine: Involving the community and private sector institutions to improve students' health, in addition to cooperating with school administrations to provide the appropriate healthy environment for students? Yes 100%. Question ten: The required goals are achieved through preventive and health care services, as preventive and health promotion programs include many programs? Yes 100%. Question eleven: The role of nursing is very important in schools to build a healthy environment that is aware of risks and diseases to prevent them? Yes 100%. Question 12: One of the components of (promoting school health for students) is that it increases students' exposure to nursing and its importance. What are educational programs or training courses? Yes, 87.5%, no, 0%, and I don't know, 12.5%. Question thirteen: Arranging trips for students to hospitals or health centers that increases their awareness? Yes 100%. The penultimate question: Does attending training or educational courses increase students' education in effective and appropriate ways? Yes 100%. Last question: Setting health instructions in schools for students and repeating them to them increases their knowledge of the dangers and avoidance or necessity of doing some of them? Yes 100%. (table no.1).

Table:no-1: The role of nursing in promoting student health, according to the opinions of participants in the questionnaire

The role of nursing in promoting student health, according to the opinions of participants in the questionnaire	Yes	No	I don't know
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School nursing was provided, with the aim of improving the health of students, providing promotive and preventive care, and improving the quality of services provided through developing and cultivating the workforce.	100%	0%	0%
The role of nursing is very large in schools to build a healthy environment aware of risks and diseases to prevent them?	100%	0%	0%
One of the components of (promoting school health for students) is that it increases students' familiarity with nursing and its importance. What are the educational programs or training courses?	87.5%	0%	12.5%

There is an article entitled (Working Together: Health Promoting Schools and School Nurses) in 2007, For Kathleen Fritsche mentions that I mentioned that they are in special focus. Building an alliance, or a team of three, via Professions, whether within the school or the community will strongly enhance cooperation, as well as expanding sustainable future operations Necessary to influence public behaviour Options are essential in schools and educational systems Communities.

4. Conclusion:

This study concludes the importance of nursing in the governorate and enhancing the health of school students by providing promotive and preventive care and improving the quality of services provided through developing and cultivating the workforce by 100%, and also building a healthy environment that is aware of risks and diseases to prevent them by 100% as well, and through educational programs or training courses. 100% According to the opinions of the participants Therefore, health promotion is very important for school students.

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