

WELL-BEING OF STUDENTS

Suresh G. Isave

Associate Professor, Tilak College of Education, Pune

1.Introduction

The well-being goal in the SDGs is encompassed by SDG 3: Good Health and Well-being i.e. Ensure healthy lives and promote well-being for all at all ages. This goal goes beyond just physical health. It aims for a state of complete physical, mental and social well-being for people of all ages. The World Health Organization (WHO) defines well-being as a state where an individual can:

- i) Realize their own potential: This refers to feeling capable and motivated to pursue their goals and interests.
- ii) Cope with normal stresses of life: Everyone faces challenges, and well-being involves having the tools to manage stress in a healthy way.
- iii) Work productively: Well-being allows individuals to be engaged and effective in their work or studies.
- iv) Contribute to their community: Feeling connected and able to give back to others is an important aspect of well-being.

2.Meaning of students' well-being

Student wellbeing represents the holistic state of health, happiness, and fulfilment experienced by students within educational environments. It encompasses various interconnected dimensions, including physical health, mental and emotional resilience, social connections, academic engagement, safety, and a sense of purpose.

A nurturing environment that prioritizes students' physical and mental health, fosters positive relationships, supports academic success, and ensures safety is essential for promoting overall wellbeing. By addressing these multifaceted aspects of student life, educators and communities can create environments that empower students to thrive academically, emotionally, and socially, enabling them to reach their full potential and lead fulfilling lives.

3.Need and Importance of Well-being of students

- Encouraging healthy behaviours like good nutrition and physical activity.

- When students feel happy, supported, and well-rested, they're naturally more engaged in learning. They can focus better, retain information more easily, and have the energy to participate actively in class.
- Schools should be places where students feel safe and connected. Well-being programs can help foster positive relationships between students, teachers, and families, creating a more supportive learning environment.
- Academic pressure, social anxieties, and personal challenges can take a toll on students. Well-being initiatives can equip students with coping mechanisms to manage stress, build resilience, and navigate difficult emotions.
- Healthy habits like good sleep, physical activity, and balanced nutrition are all part of student well-being. By promoting these habits, schools can contribute to students' physical and mental health, which in turn benefits their academic performance and overall well-being.
- The skills and mindsets students develop through well-being programs – like stress management, communication, and emotional regulation – are valuable not just in school but throughout their lives. They become better equipped to handle challenges, build healthy relationships, and thrive in all aspects of life.

4. Challenges faced by students for well-being:

- i) Academic Pressure: The pressure to excel academically, get good grades, and perform well on standardized tests can be immense. This can lead to stress, anxiety, and even burnout.
- ii) Social Issues: Students may struggle with social anxiety, peer pressure, bullying, or feelings of isolation. These challenges can have a significant impact on their mental and emotional well-being.
- iii) Mental Health Concerns: Depression, anxiety, and other mental health issues are on the rise among students. These conditions can make it difficult to concentrate, participate in school activities, and maintain healthy relationships.
- iii) Technology and Social Media: While technology offers many benefits, it can also be a source of distraction and negativity. Social media can lead to feelings of inadequacy, envy, and isolation.
- iv) Work-Life Balance: Balancing schoolwork with extracurricular activities, part-time jobs, and social commitments can be overwhelming for students. This lack of balance can lead to fatigue, stress, and difficulty managing priorities.

v) Financial Stress: Financial worries about tuition fees, living expenses, or helping support their families can be a significant burden for students. This stress can affect their ability to focus on school and their overall well-being.

vi) Lack of Sleep: Between academic demands, social activities, and screen time, students often don't get enough sleep. Chronic sleep deprivation can negatively impact their mood, concentration, and overall health.

vi) Fear of Failure: The pressure to succeed can lead to a crippling fear of failure in some students. This fear can prevent them from taking risks, trying new things, and ultimately, reaching their full potential.

5. Techniques to Promote Student Well-being in Your Classroom:

i) Create a Positive and Supportive Environment:

- Greeting: Start the day with a warm greeting for each student.
- Respectful Interactions: Treat all students with respect and value their contributions.
- Positive Reinforcement: Acknowledge and praise good behaviour and effort.
- Safe Space: Foster a classroom environment where students feel comfortable making mistakes and asking questions.

ii) Integrate Movement and Relaxation Techniques:

- Short Breaks: Schedule short breaks throughout the lesson for students to stretch, move around, or take a few deep breaths.
- Mindfulness Activities: Introduce simple mindfulness exercises like guided meditations or mindful breathing to help students manage stress and improve focus.

iii) Promote Collaboration and Social Connection:

- Group Activities: Incorporate group work and activities that encourage teamwork and communication.
- Positive Interdependence: Structure activities where students rely on each other's success to achieve a goal.
- Community Building Activities: Plan activities that help students get to know each other better and build positive relationships.

iv) Make Learning Engaging and Relevant:

- Varied Teaching Methods: Use a mix of teaching methods like lectures, discussions, group work, and hands-on activities to keep students engaged.
- Connect Learning to Real Life: Show students how the concepts they are learning are relevant to their lives and future goals.
- Offer Choices: Provide students with some choice in their learning whenever possible.

v) Open Communication and Support:

- Check-Ins: Incorporate informal check-ins with students to see how they are doing and if they need any support.
- Open Door Policy: Let students know your door is always open if they need to talk about something personal or academic.
- Direct Students to Resources: Be familiar with school resources like counsellors, social workers, or student support groups, and direct students there when needed.

6. Conclusion :

In conclusion, student well-being is intricately linked to achieving Sustainable Development Goal 4 (SDG 4) – ensuring quality education and promoting lifelong learning opportunities for all. While academic achievement is a pillar of SDG 4, it cannot stand alone. We must recognize the well-being of students as the foundation for a truly quality education.

By addressing the challenges students face and implementing well-being strategies that align with SDG 3 (ensuring healthy lives and promoting well-being for all at all ages), we can cultivate a learning environment that fosters not just academic success, but also mental, social, and physical health. This holistic approach empowers students to become not just strong learners, but also resilient individuals who can contribute meaningfully to their communities and the world, ultimately contributing to the broader goals of sustainable development.

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