



Health problems among primary school children as perceived by parents and teachers in Anambra state Nigeria

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Abstract

For any nation to protect its future there must be an increased focus on issues that affect children's physical, mental and emotion; it is against this idea that this study was designed to determine health problems and awareness of the preventive measures among primary school children by parents and teachers in Anambra State. Six research questions as well as four hypotheses guided the study; descriptive survey research design was used in the study; the area of the study was Nnewi North in Anambra State. The population of the study consists of 198 parents and teachers also the sample of the study consist of 112 and 86 parent and teachers respectively. The instrument for data collection was a research developed instrument titled Health Problems of Primary School Children and Awareness of the Preventive Measures Questionnaire (HPPSCAPMQ). It was validated by three experts; Kuder Richardsm (K-R 20) method was used to check for the reliability of the instrument and it got reliability co-efficient of 0.59. Frequencies, percentage, mean was used to answer the research question while Chi-Square analysis was used to test the hypothesis at 0.05 level of significance. The results of the study among others showed that parents and teachers in both public and private primary schools in Nnewi North are knowledgeable of both physical and mental health problems among primary school children in Anambra State. Conclusions and recommendation were made based on the findings of the study that continuous health education and promotion should be provided for teachers, parents and children for the prevention and complete eradication of physical and mental health problems among primary school children generally.

Keywords: Health problems, primary school children, parent and teacher

Introduction

Children are important to the nation's present and its future. It is important that parents, grandparents, aunts, and uncles are usually committed to providing every advantage possible to the children in their families and also children at the school and also ensure that they are healthy and have the opportunities that they need to fulfill their potential. For any nation to protect its future, there must be an increased focus on issues that affect children's health and how best to improve their health.

Health according to World Health Organization (2006) ^[5] health is a state of physical, mental and social well-being in which disease and infirmity are absent. Children health also includes physical, mental and social well-being. Most parents and teachers know the basics of keeping children healthy, like offering them healthy foods, making sure they get enough sleep and exercise and also ensuring their safety both at school and at home. Children's health needs are also significantly different from those of adults. By nature, children grow and develop at rapid rates, placing them at special risk of being affected by illness and injury. Therefore, if the health problems are not identified and treated, there are chances that it could affect the child's cognitive, physical, behavioural, and emotional development. For this reason, identification and treatment and also prevention of each child's health problem early enough could help prevent and reduce the impact on the child's growth and development.

Some of the growth and developmental health problems of primary school children includes asthma, learning

disabilities, back to school, cultural competence, depression, diabetes, emergency care, food allergies, head lice, infectious diseases, medication management, vision, and oral health (The Center for Health and Health Care in Schools 2020) ^[3]. Children could experience some mental health problems which affect the growth and development these includes, Anxiety disorder, Attention-deficit hyperactivity disorder (ADHD), Autism Spectrum Disorder (ASD), eating disorders, and mood disorders. According to CBHS Health Fund (2020) ^[1], there are eight common children's health problems they include; Respiratory Syncytial Virus that is infection of the lungs and breathing passages, Ear infections, Gastroenteritis that is a bowel infection that causes inflammation of the stomach and intestines, Roseola a viral infection that usually occurs in babies and children between 6 months and 2 years old, conjunctivitis (pink eye), asthma, hand, food and mouth disease and threadworm or pinworm. The truth is that some of these health problems seen among children can be prevented because all children have the right to survive and thrive. Yenny (2018) ^[7] also advised that some of these diseases or health problems could be prevented by either vaccine or simple hygienic practices. Due to the various health problem experienced among primary school children, World Health Organization stipulated that school health programmes should include HIV/AIDS and sexually transmitted diseases, violence and injury, unintended pregnancy and poor reproductive health, helminth infection, poor nutrition and food safety, poor sanitation and water control, lack of immunization, poor oral health, malaria,

respiratory infections, psychological problems alcohol, tobacco and illicit drug abuse (WHO, 2020) [6].

According to World Health Organization series on school Health (2020), the school should create an environment for emotional and social well-being which when neglected contributes to the health problem experienced by a school child. Since schools bring large numbers of school children together, there is need that a system must be put in place to deal with such issues as first aid, medical emergencies and detection of contagious conditions that could spread. Also a system must be established in schools to provide routine administration of medications, since students, especially primary school children may not be able to assume the responsibility of taking care of their health problems. Schools also provide special education for primary school children with wide range of disabilities, including mental retardation, hearing, visual, and speech impairment; serious emotional disturbances; orthopedic impairments; and learning disabilities. (The National Academics of Sciences, Engineering and Medicine, 2002).

School Health Programme has been established to address some of these health problems among primary school children as stated by World Health Organization (2020), also workshops and seminars have also been organized for teachers to help them handle or address the issues of health problems arising among primary school children because of the stage, they cannot make proper decisions for themselves they are either depending on their teacher at school or parents and guidance at home. These children spend most of their hours in schools. More than they do at home also coming together with and in contact with different children from various background and setting exposes the children to different health problems. Therefore, because of the dangerous effect of these health problems if not identified and prevented or treated on time, there is need to determine if the parents and teachers fully understand some of these health problems as well as here preventive measures.

Research questions

The following research questions guided the study:

1. What are the physical health problems among primary school children in Nnewi North Local Government Area of Anambra State?
2. What are the physical health problems among primary school children as perceived by teachers and parents in Nnewi North Local Government Area of Anambra State?
3. What are the physical health problems among primary school children in Nnewi North Local Government Area of Anambra State based on their School type?
4. What are the mental health problems among primary school children in Nnewi North Local Government Area of Anambra State?

5. What are the mental health problems among primary school children as perceived by teachers and parents in Nnewi North Local Government Area of Anambra State?
6. What are the mental health problems among primary school children in Nnewi North Local Government Area of Anambra State based on their School type?

Hypotheses

The following hypotheses was formulated and tested at 0.05 level of significance;

1. There was no significant difference in the physical health problems among primary school children as perceived by both teachers and parents in Nnewi North Local Government Area of Anambra State.
2. There was no significant difference in the physical health problems among primary school children in Nnewi North Local Government Area of Anambra State based on school type.
3. There was no significant difference in the mental health problems of primary school children as perceived by teachers and parents in Nnewi North Local Government Area of Anambra State.
4. There was no significant difference in the mental health problems of primary school children in Nnewi North Local Government Area of Anambra State based on their School type.

Methods

The design of the study was a descriptive survey research design. The area of the study is Nnewi North L.G.A. The population of the study 198 consist of primary school teachers and parents who attend P.T.A. meetings in both government owned schools and private owned schools in Nnewi North they 10 in number all together. The sample of the study will consist of 112 and 86 primary school teachers and parents respectively. The instrument for data collection will be a researcher developed instrument titled Health Problems of Primary School Children Questionnaire (HPPSCQ). The reliability of the items on Section B, C, D, and E was analyzed using Kuder Richardson (K – R 20) method and the value were 0.73, and 0.70, respectively which was very high therefore it was acceptable for use. The data collected was analyzed using statistical package for social sciences version 20 (SPSS). Frequency, percentage, Means and standard deviation was used to answer research questions. Also Chi-square analysis was used to test all the hypotheses stated in the study at 0.05 level of significance.

Result and discussion

Research question one

What are the physical health problems among primary school children in Nnewi North Local Government Area of Anambra State?

Table 1: Percentage Responses on Physical Health Problems among Primary School Children in Nnewi North LGA

Physical Health Problems	Yes		No		Remark
	N	%	N	%	
1. Presence of allergies	120	60.6	78	39.4	Agree
2. Frequent experience of cold and flu	132	66.7	66	33.3	Agree
3. seasonal experience of conjunctivitis (pink eye)	84	42.4	114	57.6	Disagree
4. problems related to gastroenteritis	86	43.4	112	56.6	Disagree
5. frequent occurrence of hand, foot, and mouth disease	70	35.4	128	64.6	Disagree
6. Impetigo	54	27.3	144	72.7	Disagree

7. Developing hair lice	108	54.5	90	45.5	Agree
8. Presence of worms	116	58.6	82	41.4	Agree
9. Physical Disabilities	102	51.5	96	48.5	Agree
10. Asthma	86	43.4	112	56.6	Disagree
11. Malnutrition	114	57.6	84	42.4	Agree
12. Urinary Tract Infection	64	32.3	134	67.7	Disagree
13. Iron Deficiency	76	38.4	122	61.6	Disagree
14. Diabetes	56	28.3	142	71.7	Disagree
15. Diarrhea	106	53.5	92	46.5	Agree
16. Frequent Headache	118	59.6	80	40.4	Agree
17. Mononucleosis	52	26.3	146	73.7	Disagree
18. Overweight	86	43.4	112	56.6	Disagree
19. Obesity	66	33.3	132	66.7	Disagree

Percentage responses presented in Table 1 shows that out of the 19 possible physical health problems, 8 (42.1%) were identified as physical health problems that among primary school children in Nnewi LGA. The physical health problems were; allergies (60.6%), cold and flu (66.7%), hair lice (54.5%), worms (58.6%), physical disabilities (51.5%),

malnutrition (57.6%), diarrhea (53.5%) and frequent headache (59.6%).

Research question two

What are the physical health problems among primary school children as perceived by teachers and parents in Nnewi North Local Government Area of Anambra State?

Table 2: Teachers’ and Parents’ Percentage Responses on Physical Health Problems among Primary School Children in Nnewi North LGA

Physical Health Problems	Teachers (n=112)		Rmk*	Parents (n=86)		Rmk
	Yes	No		Yes	No	
	N (%)	N (%)		N (%)	N (%)	
1. Presence of allergies	64(57.1)	48(42.9)	A	56(65.1)	30(34.9)	A
2. Frequent experience of cold and flu	62(55.4)	50(44.6)	A	70(81.4)	16(18.6)	A
3. seasonal experience of conjunctivitis (pink eye)	34(30.4)	78(69.6)	D	50(58.1)	36(41.9)	A
4. problems related to gastroenteritis	42(37.5)	70(62.5)	D	44(51.2)	42(48.8)	A
5. frequent occurrence of hand, foot, and mouth disease	40(35.7)	72(64.3)	D	30(34.9)	56(65.1)	D
6. Impetigo	34(30.4)	78(69.6)	D	20(23.3)	66(76.7)	D
7. Developing hair lice	48(42.9)	64(57.1)	D	60(69.8)	26(30.2)	A
8. Presence of worms	48(42.9)	64(57.1)	D	68(79.1)	18(20.9)	A
9. Physical Disabilities	48(42.9)	64(57.1)	D	54(62.8)	32(37.2)	A
10. Asthma	42(37.5)	70(62.5)	D	44(51.2)	42(48.8)	A
11. Malnutrition	48(42.9)	64(57.1)	D	66(76.7)	20(23.3)	A
12. Urinary Tract Infection	34(30.4)	78(69.6)	D	30(34.9)	56(65.1)	D
13. Iron Deficiency	40(35.7)	72(64.3)	D	36(41.9)	50(58.1)	D
14. Diabetes	30(26.8)	82(73.2)	D	26(30.2)	60(69.8)	D
15. Diarrhea	48(42.9)	64(57.1)	D	58(67.4)	28(32.6)	A
16. Frequent Headache	54(48.2)	58(51.8)	D	64(74.4)	22(25.6)	A
17. Mononucleosis	34(30.4)	78(69.6)	D	18(20.9)	68(79.1)	D
18. Overweight	52(46.4)	60(53.6)	D	34(39.5)	52(60.5)	D
19. Obesity	44(39.3)	68(60.7)	D	22(25.6)	64(74.4)	D

*A = Agree; D = Disagree

Table 2 displays percentage responses on physical health problems among primary school children as perceived by teachers and parents. Physical health problems among primary school identified by both Teachers and parents were two, namely; presence of allergies (teachers = 57.1%; parents = 65.1%), and frequent experience of cold and flu (teachers = 55.4%; parents = 81.4%). However, majority of the parents identified additional nine (9) physical health problems among primary school children. These included; seasonal experience of conjunctivitis (58.1%), gastroenteritis (51.2%), hair lice (69.8%), worms (79.1%), physical disabilities (62.8%), asthma (51.2%), malnutrition

(76.7%), diarrhea (67.4%), and frequent headache (74.4%). These indicate an obvious differences in identified physical health problems of primary schools between teachers and parents. Teachers identified two health problems jointly with the parents while parents identified additional nine (9) physical health problems which they believe exists among primary school children.

Research question three

What are the physical health problems among primary school children in Nnewi North Local Government Area of Anambra State based on their school type?

Table 3: Percentage Responses on Physical Health Problems among Primary School Children in Nnewi North LGA Based on School-type

Physical Health Problems	Public (n=108)		Rmk*	Private (n=90)		Rmk
	Yes	No		Yes	No	
	N (%)	N (%)		N (%)	N (%)	
1. Presence of allergies	62(57.4)	46(42.6)	A	58 (64.4)	32(35.6)	A
2. Frequent experience of cold and flu	66(61.1)	42(38.9)	A	66(73.3)	24(26.7)	A

3. seasonal experience of conjunctivitis (pink eye)	54(50.0)	54(50.0)	U	30(33.3)	60(66.7)	D
4. problems related to gastroenteritis	40(37.0)	68(63.0)	D	46(51.1)	44(48.9)	A
5. frequent occurrence of hand, foot, and mouth disease	36(33.3)	72(66.7)	D	34(37.8)	56(62.2)	D
6. Impetigo	34(31.5)	74(68.5)	D	20(22.2)	70(77.8)	D
7. Developing hair lice	56(51.9)	52(48.1)	A	52(57.8)	38(42.2)	A
8. Presence of worms	62(57.4)	46(42.6)	A	54(60.0)	36(40.0)	A
9. Physical Disabilities	52(48.1)	56(51.9)	D	50(55.6)	40(44.4)	A
10. Asthma	50(46.3)	48(44.4)	D	54(60.0)	36(40.0)	A
11. Malnutrition	32(29.6)	76(70.4)	D	32(35.6)	58(64.4)	D
12. Urinary Tract Infection	32(29.6)	76(70.4)	D	32(35.6)	58(64.4)	D
13. Iron Deficiency	38(35.2)	70(64.8)	D	38(42.2)	52(57.8)	D
14. Diabetes	36(33.3)	72(66.7)	D	20(22.2)	70(77.8)	D
15. Diarrhea	58(53.7)	50(46.3)	A	48(53.3)	42(46.7)	A
16. Frequent Headache	66(61.1)	42(38.9)	A	52(57.8)	38(42.2)	A
17. Mononucleosis	30(27.8)	78(72.2)	D	22(24.4)	68(75.6)	D
18. Overweight	42(38.9)	66(61.1)	D	44(48.9)	46(51.1)	D
19. Obesity	38(35.2)	70(64.8)	D	28(31.1)	62(68.9)	D

*A = Agree; D = Disagree; U – Undecided

Table 3 presents the percentage responses on physical health problems among primary school children based on school-type (public and private). In public primary schools, six (6) physical health problems were identified, namely; allergies, cold and flu, hair lice, worms, diarrhea, and frequent headache. On the other hand, private schools, in addition to six listed above, identified three (3) more physical health problems; namely, gastroenteritis, physical disabilities and

asthma. This shows that private schools identified more physical health problems among primary schools in Nnewi North LGA compared to public primary schools.

Research question four

What are the mental health problems among primary school children in Nnewi North Local Government Area of Anambra State?

Table 4: Percentage Responses on Mental Health Problems among Primary School Children in Nnewi North LGA

Mental Health Problems	Yes		No		Remark
	N	%	N	%	
1. Experiencing anxiety	152	76.8	46	23.2	Agree
2. Depression and mood disorder	152	76.8	46	23.2	Agree
3. Attention-deficit/ hyperactivity disorder (ADHD)	70	35.4	128	64.6	Disagree
4. Obsessive-compulsive disorder (OCD)	84	42.4	114	57.6	Disagree
5. Eating disorders	112	56.6	86	43.4	Agree
6. Post-traumatic stress disorder	110	55.6	88	44.4	Agree
7. Autism spectrum disorder(ASD)	96	48.5	102	51.5	Disagree
8. Schizophrenia	60	30.3	138	69.7	Disagree
9. Disruptive behaviour disorder	112	56.6	86	43.4	Agree
10. Learning and communication disorder	138	69.7	60	30.3	Agree

Table 4 presents the percentage responses on mental health problems among primary schools. The following six (6) out of the 10 listed mental health problems were identified by most of the respondents; anxiety (76.8%), depression and mood disorder (76.8%), eating disorders (56.6%), post-traumatic stress disorder (55.6%), disruptive behaviour

disorder (56.6%), and learning and communication disorder (69.7%).

Research question five

What are the mental health problems among primary school children as perceived by teachers and parents in Nnewi North Local Government Area of Anambra State?

Table 5: Teachers’ and Parents’ Percentage Responses on Mental Health Problems among Primary School Children in Nnewi North LGA

Mental Health Problems	Teachers (n=112)		Rmk*	Parents (n=86)		Rmk
	Yes	No		Yes	No	
	N (%)	N (%)		N (%)	N (%)	
1. Experiencing anxiety	76(67.9)	36(32.1)	A	76(88.4)	10(11.6)	A
2. Depression and mood disorder	82(73.2)	30(26.8)	A	70(81.4)	16(18.6)	A
3. Attention-deficit/ hyperactivity disorder (ADHD)	42(37.5)	70(62.5)	D	28(32.6)	58(67.4)	D
4. Obsessive-compulsive disorder (OCD)	48(42.9)	64(57.1)	D	36(41.9)	50(58.1)	D
5. Eating disorders	46(41.1)	66(58.9)	D	66(76.7)	20(23.3)	A
6. Post-traumatic stress disorder	62(55.4)	50(44.6)	A	48(55.8)	38(44.2)	A
7. Autism spectrum disorder(ASD)	44(39.3)	68(60.7)	D	52(60.5)	34(39.5)	A
8. Schizophrenia	40(35.7)	72(64.3)	D	20(23.3)	66(76.7)	D
9. Disruptive behaviour disorder	50(44.6)	62(55.4)	D	62(72.1)	24(27.9)	A
10. Learning and communication disorder	68(60.7)	44(39.3)	A	70(81.4)	16(18.6)	A

As shown in Table 5, teachers in primary schools in Nnewi North Local Government Area identified four (4) mental health problems which they believe exists among primary schools. These were; anxiety (67.9%), depression and mood disorder (73.2%), post-traumatic stress disorder (55.4%), and learning and communication disorder (60.7%). On the other hand, majority of the parents in addition to the four identified by teachers, included three (3) more mental health problems, namely, eating disorders (76.7%), autism spectrum disorder (60.5%), and disruptive behaviour

disorder (72.1) as mental health. This implies that parents identified more mental health problems than the teachers which they believe primary school children in Nnewi North LGA experience.

Research question six

What are the mental health problems among primary school children in Nnewi North Local Government Area of Anambra State based on their School-type?

Table 6: Percentage Responses on Mental Health Problems among Primary School Children in Nnewi North LGA By School-type

Mental Health Problems	Public(n=108)		Rmk*	Private (n=90)		Rmk
	Yes	No		Yes	No	
	N (%)	N (%)		N (%)	N (%)	
1. Experiencing anxiety	82(75.9)	26(24.1)	A	70(77.8)	20(22.2)	A
2. Depression and mood disorder	88(81.5)	20(18.5)	A	64(71.1)	26(28.9)	A
3. Attention-deficit/ hyperactivity disorder (ADHD)	42(38.9)	66(61.1)	D	28(31.1)	62(68.9)	D
4. Obsessive-compulsive disorder (OCD)	50(46.3)	58(53.7)	D	34(37.8)	56(62.2)	D
5. Eating disorders	60(55.6)	48(44.4)	D	52(57.8)	38(42.2)	A
6. Post-traumatic stress disorder	62(57.4)	46(42.6)	A	48(53.3)	42(46.7)	A
7. Autism spectrum disorder(ASD)	54(50.0)	54(50.0)	U	42(46.7)	48(53.3)	D
8. Schizophrenia	30(27.8)	72(64.3)	D	30(33.3)	60(66.7)	D
9. Disruptive behaviour disorder	60(55.6)	48(44.4)	A	52(57.8)	38(42.29)	A
10. Learning and communication disorder	74(68.5)	34(31.5)	A	64(71.1)	26(28.9)	A

As shown in Table 6, perceived mental health problems in public primary schools in Nnewi North Local Government Area were five (5), namely, anxiety (75.9%), depression and mood disorder (81.5%), post-traumatic stress disorder (57.4%), disruptive behaviour disorder (55.6%), and learning and communication disorder (68.5%). However, private schools in addition to the five mental health problems identified by public primary schools, mentioned eating disorders (57.8%) as a mental health problem primary school children experience. Of the total 10 possible mental

health problems, five (5) was identified by respondents in public primary while six (6) was identified by respondents from private primary schools in Nnewi North LGA.

Hypothesis one

There was no significant difference in the physical health problems among primary school children as perceived by both teachers and parents in Nnewi North Local Government Area of Anambra State.

Table 1: Chi-square Analysis on Physical Health Problems of Primary School Children Identified by Teachers and Parents Nnewi North LGA

Physical Health Problems			Status		X ² (1)	p	Decision
	Yes	N (%)	Teachers (N=112)	Parents (N=86)			
1. Presence of allergies	Yes	N (%)	64(57.1)	56(65.1)	1.30	.255	NS*
	No	N (%)	48(42.9)	30(34.9)			
2. Frequent experience of cold and flu	Yes	N (%)	62(55.4)	70(81.4)	14.84	.000	S*
	No	N (%)	50(44.6)	16(18.6)			
3. seasonal experience of conjunctivitis (pink eye)	Yes	N (%)	34(30.4)	50(58.1)	15.37	.000	S
	No	N (%)	78(69.6)	36(41.9)			
4. problems related to gastroenteritis	Yes	N (%)	42(37.5)	44(51.2)	3.16	.055	NS
	No	N (%)	70(62.5)	42(48.8)			
5. frequent occurrence of hand, foot, and mouth disease	Yes	N (%)	40(35.7)	30(34.9)	0.02	.904	NS
	No	N (%)	72(64.3)	56(65.1)			
6. Impetigo	Yes	N (%)	34(30.4)	20(23.3)	1.24	.266	NS
	No	N (%)	78(69.6)	66(76.7)			
7. Developing hair lice	Yes	N (%)	48(42.9)	60(69.8)	14.21	.000	S
	No	N (%)	64(57.1)	26(30.2)			
8. Presence of worms	Yes	N (%)	48(42.9)	68(79.1)	26.29	.000	S
	No	N (%)	64(57.1)	18(20.9)			
9. Physical Disabilities	Yes	N (%)	48(42.9)	54(62.8)	7.74	.005	S
	No	N (%)	64(57.1)	32(37.2)			
10. Asthma	Yes	N (%)	42(37.5)	44(51.2)	3.70	.055	NS
	No	N (%)	70(62.5)	42(48.8)			
11. Malnutrition	Yes	N (%)	48(42.9)	66(76.7)	22.87	.000	S
	No	N (%)	64(57.1)	20(23.3)			
12. Urinary Tract Infection	Yes	N (%)	34(30.4)	30(34.9)	0.46	.500	NS
	No	N (%)	78(69.6)	56(65.1)			

13. Iron Deficiency	Yes	N (%)	40(35.7)	36(41.9)	0.78	.378	NS
	No	N (%)	72(64.3)	50(58.1)			
14. Diabetes	Yes	N (%)	30(26.8)	26(30.2)	0.29	.593	NS
	No	N (%)	82(73.2)	60(69.8)			
15. Diarrhea	Yes	N (%)	48(42.9)	58(67.4)	11.82	.001	S
	No	N (%)	64(57.1)	28(32.6)			
16. Frequent Headache	Yes	N (%)	54(48.2)	64(74.4)	13.87	.000	S
	No	N (%)	58(51.8)	22(25.6)			
17. Mononucleosis	Yes	N (%)	34(30.4)	18(20.9)	2.23	.135	NS
	No	N (%)	78(69.6)	68(79.1)			
18. Overweight	Yes	N (%)	52(46.4)	34(39.5)	0.94	.332	NS
	No	N (%)	60(53.6)	52(60.5)			
19. Obesity	Yes	N (%)	44(39.3)	22(25.6)	4.11	.043	S
	No	N (%)	68(60.7)	64(74.4)			

*NS = Not Significant; *S = Significant

The chi-square (X^2) result presented in Table 11 shows that there was no significant difference in the responses of teachers and parents on physical health problems of primary school children in Nnewi North LGA of Anambra State, X^2 values for 10 out of the 19 items which ranged from 0.02 and 3.16, and p-values were greater than 0.05. Therefore,

the null hypothesis was rejected.

Hypothesis two

There was no significant difference in the physical health problems among primary school children in Nnewi North Local Government Area of Anambra State based on school type.

Table 12: Chi-square Analysis on Responses in Public and Private Schools on Physical Health Problems of Primary School Children in Nnewi North LGA

Physical Health Problems			School Type		$X^2(1)$	p	Decision
	Yes	N (%)	Public (N=108)	Private (N=90)			
1. Presence of allergies	Yes	N (%)	62(57.4)	58(64.4)	1.02	.313	NS
	No	N (%)	46(42.6)	32(35.6)			
2. Frequent experience of cold and flu	Yes	N (%)	66(61.1)	66(73.3)	3.30	.069	NS
	No	N (%)	42(38.9)	24(26.7)			
3. seasonal experience of conjunctivitis (pink eye)	Yes	N (%)	54(50)	30(33.3)	5.58	.018	S
	No	N (%)	54(50)	60(66.7)			
4. problems related to gastroenteritis	Yes	N (%)	40(37)	46(51.1)	3.96	.047	S
	No	N (%)	68(63)	44(48.9)			
5. frequent occurrence of hand, foot, and mouth disease	Yes	N (%)	36(33.3)	34(37.8)	0.42	.515	NS
	No	N (%)	72(66.7)	56(62.2)			
6. Impetigo	Yes	N (%)	34(31.5)	20(22.2)	2.12	.145	NS
	No	N (%)	74(68.5)	70(77.8)			
7. Developing hair lice	Yes	N (%)	56(51.9)	52(57.8)	0.70	.404	NS
	No	N (%)	52(48.1)	38(42.2)			
8. Presence of worms	Yes	N (%)	62(57.4)	54(60)	0.14	.712	NS
	No	N (%)	46(42.6)	36(40)			
9. Physical Disabilities	Yes	N (%)	52(48.1)	50(55.6)	1.08	.299	NS
	No	N (%)	56(51.9)	40(44.4)			
10. Asthma	Yes	N (%)	50(46.3)	36(40)	0.79	.373	NS
	No	N (%)	58(53.7)	54(60)			
11. Malnutrition	Yes	N (%)	60(55.6)	54(60)	0.40	.529	NS
	No	N (%)	48(44.4)	36(40)			
12. Urinary Tract Infection	Yes	N (%)	32(29.6)	32(35.6)	0.79	.375	NS
	No	N (%)	76(70.4)	58(64.4)			
13. Iron Deficiency	Yes	N (%)	38(35.2)	38(42.2)	1.03	.311	NS
	No	N (%)	70(64.8)	52(57.8)			
14. Diabetes	Yes	N (%)	36(33.3)	20(22.2)	2.99	.084	NS
	No	N (%)	72(66.7)	70(77.8)			
15. Diarrhea	Yes	N (%)	58(53.7)	48(53.3)	0.00	.959	NS
	No	N (%)	50(46.3)	42(46.7)			
16. Frequent Headache	Yes	N (%)	66(61.1)	52(57.8)	0.23	.634	NS
	No	N (%)	42(38.9)	38(42.2)			
17. Mononucleosis	Yes	N (%)	30(27.8)	22(24.4)	0.28	.596	NS
	No	N (%)	78(72.2)	68(75.6)			
18. Overweight	Yes	N (%)	42(38.9)	44(48.9)	2.00	.157	NS
	No	N (%)	66(61.1)	46(51.1)			
19. Obesity	Yes	N (%)	38(35.2)	28(31.1)	0.37	.545	NS
	No	N (%)	70(64.8)	62(68.9)			

The chi-square (X^2) result presented in Table 12 indicates that there was no significant difference in the responses from public and private primary schools on the physical health problems of primary school children in Nnewi North LGA of Anambra State, X^2 values for 17 out of the 19 items ranged from 0.00 and 3.30, and p -values were greater than 0.05 level of significance. Since the p -values were greater

than 0.05, the null hypothesis was not rejected.

Hypothesis three

There was no significant difference in the mental health problems of primary school children as perceived by teachers and parents in Nnewi North Local Government Area of Anambra State.

Table 13: Chi-square Analysis on Responses of Teachers and Parents on Mental Health Problems of Primary School Children in Nnewi North LGA

Mental Health Problems			Status		X ² (1)	p	Decision
			Teachers (N=112)	Parents (N=86)			
1. Experiencing Anxiety	Yes	N (%)	76(67.9)	76(88.4)	11.48	.001	S
	No	N (%)	36(32.1)	10(11.6)			
2. Depression and Mood Disorder	Yes	N (%)	82(73.2)	70(81.4)	1.83	.177	NS
	No	N (%)	30(26.8)	16(18.6)			
3. Attention-deficit/ hyperactivity disorder (ADHD)	Yes	N (%)	42(37.5)	28(32.6)	.520	.471	NS
	No	N (%)	70(62.5)	58(67.4)			
4. Obsessive-compulsive disorder (OCD)	Yes	N (%)	48(42.9)	36(41.9)	0.02	.88	NS
	No	N (%)	64(57.1)	50(58.1)			
5. Eating Disorder	Yes	N (%)	46(41.1)	66(76.7)	25.20	.000	S
	No	N (%)	66(58.9)	20(23.3)			
6. Post-traumatic stress disorder	Yes	N (%)	62(55.4)	48(55.8)	0.00	.949	NS
	No	N (%)	50(44.6)	38(44.2)			
7. Autism spectrum disorder (ASD)	Yes	N (%)	44(39.3)	52(60.5)	8.74	.003	S
	No	N (%)	68(60.7)	34(39.5)			
8.Schizophrenia	Yes	N (%)	40(35.7)	20(23.3)	3.58	.059	NS
	No	N (%)	72(64.3)	66(76.7)			
9. Disruptive Behaviour Disorder	Yes	N (%)	50(44.6)	62(72.1)	14.92	.000	S
	No	N (%)	62(55.4)	24(27.9)			
10. Learning and Communication	Yes	N (%)	68(60.7)	70(81.4)	9.85	.002	S
	No	N (%)	44(39.3)	16(18.6)			

The chi-square result displayed in Table 13 shows that there was significant difference in the responses of teachers and parents regarding the five (5) mental health problems of primary school children, X^2 ranged 8.74 and 25.20; and p -value were less than 0.05. On the other hand, there was no significant difference in the responses of teachers and parents in five (5) other aspects of mental health problems of primary school children, X^2 values which ranged 0.00

and 3.58, and p -values were greater than 0.05. Therefore, the null hypothesis was neither supported nor rejected.

Hypothesis four

There was no significant difference in the mental health problems of primary school children in Nnewi North Local Government Area of Anambra State based on their School type.

Table 14: Chi-square Analysis on Responses in Public and Private Schools on Mental Health Problems of Primary School Children in Nnewi North LGA

Mental Health Problems			School Type		X ² (1)	p	Decision
			Public (N=108)	Private (N=90)			
1. Experiencing Anxiety	Yes	N (%)	82(75.9)	70(77.8)	0.09	.759	NS
	No	N (%)	26(24.1)	20(22.2)			
2. Depression and Mood Disorder	Yes	N (%)	88(81.5)	64(71.1)	2.96	.085	NS
	No	N (%)	20(18.5)	26(28.9)			
3. Attention-deficit/ hyperactivity disorder (ADHD)	Yes	N (%)	42(38.9)	28(31.1)	1.30	.254	NS
	No	N (%)	66(61.1)	62(68.9)			
4. Obsessive-compulsive disorder (OCD)	Yes	N (%)	50(46.3)	34(37.8)	1.46	.227	NS
	No	N (%)	58(53.7)	56(62.2)			
5. Eating Disorder	Yes	N (%)	60(55.6)	52(57.8)	0.10	.753	NS
	No	N (%)	48(44.4)	38(42.2)			
6. Post-traumatic stress disorder	Yes	N (%)	62(57.4)	48(53.3)	0.33	.566	NS
	No	N (%)	46(42.6)	42(46.7)			
7. Autism spectrum disorder (ASD)	Yes	N (%)	54(50.)	42(46.7)	0.22	.640	NS
	No	N (%)	54(50)	48(53.3)			
8.Schizophrenia	Yes	N (%)	30(27.8)	30(33.3)	0.72	.397	NS
	No	N (%)	78(72.2)	60(66.7)			
9. Disruptive Behaviour Disorder	Yes	N (%)	60(55.6)	52(57.8)	0.01	.753	NS
	No	N (%)	48(44.4)	38(42.2)			
10. Learning and Communication Disorder	Yes	N (%)	74(68.5)	64(71.1)	0.16	.693	NS
	No	N (%)	34(31.5)	26(28.9)			

The result displayed in Table 14 indicates that there was no significant difference in the responses from public and private primary schools on the mental health problems of primary school children in Nnewi North LGA of Anambra State, the X^2 values ranged from 0.01 and 2.96, and all p-values were greater than 0.05. The null hypothesis was not rejected since the p-values were greater than 0.05 level of significance.

Discussion of findings

The findings of the study were discussed under the following sub-headings;

1. Physical Health Problems among Primary School Children.
2. Mental Health Problems among Primary School Children.

Physical health problems among primary school children

The study revealed that out of the nineteen physical health problem listed in the instrument, eight of them is mostly experienced by the primary school children; they include allergies, cold and flu, developing hair lice, worms, physical disabilities, malnutrition; diarrhea and frequent headache. The result was expected because of the characteristics of these set of school children; they share items in school such as their personal belongs and personal eating and drinking items which could lead to allergies in the body. Infection is very common with them because of their sharing characteristics. The study was supported by the work done by Ram, Renuka and Venkata (2019); that one of the health problems of school children was nutritional health problem as can be seen on malnutrition from the study. The study also showed a no significant difference in the responses of teachers and parents both in public and private schools on the physical health problem among school children. Therefore the null hypothesis was rejected. While based on school was not rejected.

Mental health problems among primary school children

The results of the study showed that the mental health problems among primary school children were; experiencing anxiety, depression and mood disorder, eating disorders, post-traumatic stress disorder; disruptive disorder and learning and communication disorder. The result of the study was expected because; for anxiety; children who are education cautious would be worried about their academic achievement, they would like to be the best and nobody should be above them in class this situation could produce an anxiety situation in them; children usually feel depressed when they could not perform their best also when they could not have what other children of the age have. The findings of this study were supported by the study conducted by Gerd (2016) ^[2] that primary school children have learning disorder such as dyscalculia and dyslexia. The null hypothesis of no significant difference based on school type was not rejected.

Conclusion

Based on the findings, of the study, the following conclusions were made;

Physical health problems as well as mental health problems outlined in the study were mostly experienced by the primary school children. Although some physical health

problem like gastroenteritis and physical disabilities were experience by only private school children as responded by teachers and parents. Also regardless of the school type, parents and teachers in primary school had very high awareness of preventive measures of both physical and mental health problem but the findings showed that teachers and parents of public primary school children were more aware than those in private school.

Recommendations

Based on the findings of the study, the following recommendations were made.

1. Continuous health education should be provided for teachers, parents and children for the prevention and complete eradication of physical and mental health problems.
2. Parents and teachers should create conducive learning environment for primary school children both at home and in the school.

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