

Effectiveness of a Health Promotion Intervention to Reduce Aggressive Behavior of School Students in Walisinghe Harischandra Maha Vidyalaya, Sri Lanka

06 Nov.

MHS31

Dilini S. Ranasinghe^{1(*)}, N. Sewwandi¹, R. Kanapathy¹, S. Viyasan¹,
N. Rathnayake¹, S. Prithika¹, S. Kumara¹, G. N. Duminda Guruge¹

¹*Department of Health Promotion, Faculty of Applied Sciences, Rajarata University of Sri Lanka, Sri Lanka*

(*)E.mail :dilranasinghe94@gmail.com

The aggressive behavior of students in classroom leads to lower academic performances. The aim of this study was to reduce the aggressive behavior of students in classroom. This health promotion study was conducted in above secondary school setting with a randomly selected sample of 150 students in grades 6, 7 and 8 for a period of one year. Discussions were conducted with students about their aggressive behaviors such as bullying, fighting, assaulting, and stigmatization, which were identified as one of the major problems through group activities. The underline factors for these behaviors were then discussed and the students were empowered to take actions. Accordingly, students created a 'Punishment Book' called 'Danduwapotha' - a common book for class, which students noted down aggressive behavior of students in the classroom. At the end of the month, those who behaved aggressively were given healthy punishments. Data was collected through focus group discussions and behavioral changes were analyzed by using qualitative and quantitative methods. The average aggressive behavior of students in classroom was reduced by 31.4% according to the 'Danduwapotha'. Responsibilities were given to students who behaved more aggressively as healthy punishments. These actions changed the opinions of teachers about those students, which improved the relationships among students through it. The study results show that, this intervention was effective to reduce the aggressive behaviors of school students in the classroom. Therefore, this health promotion approach can be suggested as an effective method to empower school students to reduce aggressive behavior in classrooms in secondary schools of Sri Lanka.

Keywords: Academic performance, secondary school, punishment book