

Introduction

Health education is a very essential topic among various groups. While it is necessary to bring awareness among people, especially children to adults. A school is a place where children learn things from a very young age; they should be trained in all aspects and should have proper knowledge in different situations. An evaluation of school health education found that schools with school health education that promotes children's health should devote at least 50 school hours per year to health education. However, in many developed countries, particularly in Southern and Eastern Europe, these standards are not met. Limited resources, such as curriculum time, make it unlikely that health promotion in schools will be realistically enhanced. Therefore, it is important to develop more efficient ways to promote children's health. For example, through complementary interventions in school health education from other sources. Community-based policies can be developed to address these issues.

Description

Family relationships shape a child's social and emotional behavior and understanding. When parents are warm, sensitive, and control their children's autonomy, children learn to trust others and regulate negative emotions. Both dissonant and supportive interactions with family members contribute to the development of social skills and social cognition. Daily recurring stressors at home increase physiological and emotional reactivity and promote maladaptive coping. Culture, socioeconomic status, and other aspects of the family's wider social context influence these important aspects of family life. A meta-analysis of recent school studies indicates that careful evaluation of programs is a necessary process. Overall, improvements in methodology and conceptualization of intervention programs are evident, but additional empirical work needs to be done to improve poor procedures

Conclusion

Over the past two decades, an increasing number of school-based mental health programs and services have been developed and implemented. This review presents a quantitative review of prevention and intervention programs targeting aggressive and violent behaviors such as obesity, drug use, smoking, alcohol use, and youth bullying. Studies on the effectiveness of comprehensive school health programs show that these programs have a positive impact on students' health behaviors. However, the conditions for initiating and maintaining an effective school-based health promotion program depend on the school-based organization and program implementation factors. Thus, there is an impact on school health programs and standards. In the Jakarta Declaration, health-related knowledge factors such as unequal

None

Conflict of Interest

The author's declared that they have no conflict of interest.