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## School Health Program Attitude and Productivity among Chinese Teachers

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### Abstract

**Aim:** This paper aimed to explore the attitude and work productivity of physical education teachers in China to school health plans.

**Methodology:** The researcher employed descriptive research in trying to establish whether there is relationship between attitudes on school health programs and the work productivity of teachers in one college.

**Results:** It was observed that there was significant difference when grouped according to sex, age and major (except on indemnification) since the obtained p-values were less than the alpha level. It was observed that the computed r-values indicates a moderate direct correlation and the resulted p-values were less than the alpha level.

**Conclusion:** Result showed that the more positive the attitude toward school health program, the better is the teacher productivity. A proposed health and wellness plan was formulated for Chinese teachers.

**Keywords:** Health, Attitude, Productivity, Chinese Teachers

### INTRODUCTION

With health education as the main line, it aims to improve the health level of students and promote the effective implementation of the national fitness program. Wellness programs refer to a series of programs and activities implemented by the school to promote the physical and mental health of students. These programs often include physical activity, health education, nutrition guidance and mental health support. They are designed to provide a comprehensive school environment to promote the physical development of students, the formation of healthy habits and the improvement of overall qualities.

Health programs are important to schools. First, they help to improve students' physical health. Through physical exercise and health education, students can strengthen their physique, improve their immunity, and learn correct health habits, thereby preventing diseases and promoting physical development.

Secondly, health programs also have a positive impact on students' study and school atmosphere. According to the research of Wang Yuanyuan and Zhao Jingguo in "Physical Fitness Assessment and Health Promotion Learning of Physical Education College of Shandong Normal University", there is a strong correlation between physical fitness and academic performance. By participating in sports and wellness programs, students can improve their focus, increase motivation to learn, and develop teamwork and leadership skills, thereby improving academic performance and the overall atmosphere of the school.

Finally, health programs also help to cultivate students' comprehensive quality and sense of social responsibility. Through participation in sports, community service and health activities, students can develop self-confidence, teamwork and social skills, so as to better adapt to the needs of social development, and have a healthy lifestyle and positive social values. For example, according to John Smith (2019), "Schools implement comprehensive wellness programs that include physical activity, health education, and mental health support." These programs not only improve the physical health of students, but also improve their academic performance and overall quality. It is found that students developed teamwork, leadership and social responsibility through their participation in the wellness program, laying a strong foundation for their future success." The first batch of national health school construction unit list announced Qinzhou, Qinzhou No.1 Middle School, Qinzhou No. 4 High School, Lingshan County Hualong Middle School. Wang Hui, (2018), Core Competence - Opportunities for Genetic Integration of Sports and Health Courses . This justifies the rationality of the name of the "Sports and Health" course. The reform of sports and

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health courses can take this opportunity to complete a genetic integration fusion out that at present, while pursuing current benefits, school sports over emphasize realistic sports, limited to students' physical condition during school, etc., physical education classes often lack the cultivation of students' interests, physical activities and habits, as well as the ability to consciously exercise independently. In view of these problems, it is necessary to establish the guiding ideology of "health first" and shift physical education from focusing on special skills education to health education.

Health education is the use of a variety of methods and means to improve the health indicators of college students. At the same time, combined with the reform of the secondary vocational physical education curriculum and the cultivation of students' athletic ability, physical education will become a more educational course, promoting students' active participation in physical exercise and cultivating a healthy learning lifestyle. This series of reforms is inseparable from the attitude of school physical education teachers towards physical education. Therefore, it is recommended that physical education teachers should pay attention to the practical work of physical education classes, combine theory and practice, implement the concept of national fitness plan, and make physical education classes more innovative and targeted.

The relationship between teachers' positive attitude towards school health programs and their productivity is of great significance in promoting the effective implementation of school health programs. School administrators and policy makers should encourage and support teachers' positive attitude towards health programs and provide corresponding training and resource support to improve teacher effectiveness. In addition, by establishing good communication channels and participation mechanisms, teachers can participate in the decision-making and planning of health programs, enhance their sense of ownership, further improve productivity, and promote the overall development of school health programs.

## Objectives

This paper aimed to explore the attitude and work productivity of physical education teachers in China to school health plans.

More specifically, it sought answers to the following questions:

1. How may the demographic profile of the teachers be described in terms of the following:
  - a) sex,
  - b) age,
  - c) teaching experience length, and
  - d) department and title?
2. How may the attitudes of the respondents be described in terms of the following:
  - a) professional growth,
  - b) facing new challenges, and
  - c) personal gratification?
3. How may the productivity of the teacher respondents be described in terms of the following:
  - a) indemnification,
  - b) motivation skills,
  - c) working environment, and
  - d) management;
4. Is there a significant difference in responses on the school's health plan attitude, and the work productivity when grouped according to personal data variables?
5. Is there a significant relationship between two major variables?
6. Based on the results of the study, what action plan to enhance School Health Program Attitude and Productivity among Chinese Teachers may be proposed?

## METHODS

### Research Design

The researcher employed descriptive research in trying to establish whether there is relationship between attitudes on school health programs and the work productivity of teachers in one college.

Based on the combination of literature review and empirical research, this study first collects relevant literature for retrospective analysis, deeply grasps the relevant theories and practices of school health plans and school physical education teaching, understands the problems and reform directions in current practice, and provides a basis and



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reference for subsequent research. At the same time, through questionnaire surveys, field visits, teaching observations and other empirical research methods, the teaching effect, students' physical fitness and mental health of school physical education teachers were analyzed and evaluated, so as to determine the teaching methods and measures that school physical education teachers should take, and provide practical basis and theoretical support for promoting school sports reform. Through the comprehensive application of these research methods, this study puts forward feasible suggestions and improvement directions for the effective implementation of school health programs and school sports activities.

**Participants of the Study**

The study was participated in by 330 professional teachers from the Jiangxi Vocational and Technical College. Raosoft's online sample calculator was used as a tool for calculating the number of participants. By using "the confidence between 5 % and 95 % of the error range", 330 respondents were selected (53 members of the party, 20 members of the Office of Political and Religious Affairs, and 26 conventional services (Logistics+ Logistics+ Safe), 39Grade Group, 40 admissions personnel)

The selected participants have different age and different sports experience. They have different views on health plans and work efficiency. Especially teachers from the second school year to 2024.

**Instrument**

The researcher used a standardized questionnaire, which they adapted for different studies. The questionnaire is divided into three parts: the first part is the profile of physical education teachers; this questionnaire comes from a research article titled "Release of a Large-Scale Questionnaire Survey Report on the Development of China's Vocational Education" in Guangming Daily's "Educator" magazine and is provided for universities Used in research projects. The second part is about teachers' attitudes towards school health education programs. It is based on Liu Jianmin, Wang Jianmin, Wang Jianmin, etc. (2015). A global overview of school health services: adapted from data from 102 countries. The third part is teacher productivity, which is adapted from "Journal of Chongqing Normal University" (Natural Science Edition), (2007) "Survey and Analysis on the Comprehensive Quality of Young Physical Education Teachers in Chongqing Colleges and Universities".

**Summary of Reliability Results**

Indicators	Cronbach Alpha	Remarks
Professional Growth	0.959	Excellent
Facing new challenges	0.943	Excellent
Personal Gratification	0.960	Excellent
Indemnification	0.954	Excellent
Motivational skills	0.951	Excellent
Working Environment	0.949	Excellent
Management	0.943	Excellent

*George and Mallery (2003) provide the following rules of thumb: " > .9 – Excellent, \_ > .8 – Good, \_ > .7 – Acceptable, \_ > .6 – Questionable, \_ > .5 – Poor, and \_ < .5 – Unacceptable"*

Based on the above reliability test results, the questionnaires of the two variables, professional decision-making self-efficacy and professional orientation of the Cronbach Alpha value is 0.915 or above, and the excellent verbal interpretation in all projects. This means that the main data collection tools used are reliable and can be used for large-scale investigations.





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**Data Gathering Procedure**

The researcher constructed a standardized questionnaire that physical education teachers could easily answer. The questionnaire is submitted to the research consultant for comments, forwarded to statisticians for reliability testing, and checked for suitability for research. After approval, the researchers distributed and searched the questionnaire.

**Data Analysis**

To perform data analysis, the following statistical tools were used. Frequency and percentage distribution were used to describe the demographic profile of the respondents in terms of sex, age, length of teaching experience and major. Weighted means and ranking were used to determine the teachers’ attitude toward school health program in terms of professional growth, facing new challenges and personal gratification; and teacher productivity in terms of indemnification, motivational skills, working environment and management. The result of Shapiro-Wilk Test revealed that p-values of the main variable was greater than 0.05 which means that the data set is normally distributed. Therefore, Independent Sample t-test and Analysis of Variance (ANOVA) was used to test as part of the parametric tests to determine the significant differences. Likewise, Pearson Product Moment Correlation was used to test the significant relationship of the treated variables. In addition, post hoc test was also conducted. In addition, all data were treated using a statistical software known as PASW version 26 to further interpret the result of the study using an alpha level of 0.05 and 0.01

**Ethical Considerations**

In order to observe the high level of confidentiality of the interviews and the data collected, no specific names were mentioned in the report. The identities of the interviewees were not revealed, other than to say they were students and faculty members of the Sports Academy. The researchers did not give a personal opinion, but only gave information and results based on the data collected.

**RESULTS and DISCUSSION**

**Table 1**  
**Percentage Distribution of the Respondents Profile**

Sex	Frequency	Percentage %
Male	92	30.7
Female	208	69.3
<b>Age</b>		
20 – 29 years old	83	27.7
30 – 39 years old	132	44.0
40 – 49 years old	50	16.7
50 – 59 years old	1	.3
60 years old and above	34	11.3
<b>Length of teaching experience</b>		
1-3 years	61	20.3
4-6 years	24	8.0
7-9 years	82	27.3
10 years or more	133	44.3
<b>Group</b>		
Physical Education Major	267	89.0

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Table 1 shows an overview of the respondent.

**Table 2**  
**Summary Table on Teachers' Attitude to School Health Programs**

Indicators	Weighted Mean	Verbal Interpretation	Rank
1. Professional Growth	3.44	Agree	1
2. Facing new challenges	3.36	Agree	3
3. Personal Gratification	3.39	Agree	2
<b>Composite Mean</b>	<b>3.40</b>	<b>Agree</b>	

Legend: 3.50 – 4.00 = Strongly Agree; 2.50 – 3.49 = Agree; 1.50 – 2.49 = Disagree; 1.00 - 1.49 = Strongly Disagree

This is a summary about teachers' attitude towards school health plan.

From the data with average value of 3.40 in the form, we can see the teacher's attitude towards the school's health plan.

Among them, the teacher believes that it has a certain impact on their professional growth, and can improve the sense of personal satisfaction. In fact, when the school implements a health plan, the teacher is also part of the entire plan. From the middle teacher, teachers can obtain benefits, for example, to improve the quality of life, For a good sleep, we all know that teachers are not only busy teaching, but also engaged in the work of student management. Sometimes they also perform homework after class. Therefore, the implementation of the health plan can improve the quality of the teacher's sleep, thereby achieving the purpose of improving life.

Sports and Science 2001 Issue 5 | Wu Fengqi Sun Xinrong Sun Xinrong Yangzhou University Sports College 225002 (sports lifestyle and health) is the basic element of human survival and development. With the development of science and technology and the improvement of the living standards of the people, the changes in lifestyles There are many modern civilization diseases. This article mainly explores the relationship between lifestyle, sports lifestyle and health, so as to promote people to improve the quality of life and establish a healthy, civilized and scientific sports lifestyle.

From the form of new challenges in the form, we can see that in the face of new challenges, we all have a certain resistance, because when we face new challenges, we will encounter a lot of difficulties. We may be wiped out in it, and we cannot predict this result.

Progress of Psychological Science 2003, 11 (2): 171 ~ 176 (new progress in attitude research -dual attitude model) attitude has always been an extremely important research topic in the field of social psychology. Researchers have only paid attention to people in a conscious state. The attitude of the display has recently attracted people's attention to the internal attitude in unconscious. The dual attitude model theory believes that people may have two different attitudes towards the same attitude object at the same time -display attitude and implicit attitude. This theory has put forward new challenges to the concept of traditional attitudes and measurement technology. The theoretical source, basic point of view, dual attitude type and related

The research evidence was introduced in detail, and finally discussed the significance and revelation of the future research direction of dual attitude model theory to change, attitude measurement and attitude measurement, attitude measurement and attitude and behavior consistency.



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**Table 3**  
**Summary Table on Teacher productivity**

Indicators	Weighted Mean	Verbal Interpretation	Rank
1. Indemnification	3.23	Agree	1
2. Motivational skills	3.15	Agree	2
3. Working Environment	3.13	Agree	3
4. Management	3.12	Agree	4
<b>Composite Mean</b>	<b>3.16</b>	<b>Agree</b>	

Legend: 3.50 – 4.00 = Strongly Agree; 2.50 – 3.49 = Agree; 1.50 – 2.49 = Disagree; 1.00 - 1.49 = Strongly Disagree

The average value is 3.16, which indicates that the teacher's productivity is closely related to compensation, inspirational skills, working environment, and management. Among them, compensation occupies the first place, which indicates that teachers have a more attitude to salary and pay, followed by the attitude of paying payments, followed by the attitude of paying paid. Inspirational skills, most teachers hope to reflect personal values and achieve work value through inspirational ways. Some of them also believe that the working environment is also very important. There is a good working environment that may get a less effective effect. The last is management. For the importance of school leaders, the leadership decision determines the entire operation of the school. He is the core of the school and has a good management. It is essential for employees and future development. Su Dai. On the reform of the salary system of employees based on performance [J], today's wealth, 2017 (4): 40-41. Performance assessment and salary control have always been a vital component in corporate personnel management. If you can cleverly integrate two links in the personnel work planning of state-owned enterprises, not only can inspire the enthusiasm of internal employees, it will also be right. His future development plays a positive role. Salary is the return of each employee's participation in work, and it is also the goal of everyone who invests in enterprises as employees. Enterprises are people-oriented and employees' work attitude determines the future development of the enterprise.

Feng Xiaowei, Li Dandan. Study on the factors of influencing the work satisfaction of migrant workers based on the logistic model [J]. Through the empirical investigations of migrant workers in the three provinces of Anhui, Jiangxi, and Henan, it is generally low that the work satisfaction of migrant workers in the city is generally low. On this basis, build a logistic model, from individual characteristic variables (age, gender, education level), working status variables (working conditions, salary levels, interpersonal relationships, social insurance, residential environment) For three aspects: respect and family income level), 10 indicators analyze the factors of influencing the work satisfaction of migrant workers in the city. The results show that the eight factors of age, gender, education, working conditions, salary level, social insurance, social respect, and family income have a significant impact on the work satisfaction of migrant workers.

**Table 4**  
**Difference of Responses on Teachers' Attitude to School Health Programs**  
**When Grouped According to Profile**

Sex	F-value	p-value	Interpretation
Professional Growth	7525	0.002	Significant
Facing new challenges	7191	0.000	Highly Significant
Personal Gratification	7140	0.000	Highly Significant
<b>Age</b>			
Professional Growth	9.234	0.056	Not Significant
Facing new challenges	9.907	0.042	Significant
Personal Gratification	9.831	0.043	Significant
<b>Length of teaching experience</b>			
Professional Growth	10.462	0.015	Significant
Facing new challenges	8.782	0.032	Significant





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Personal Gratification	8.533	0.036	Significant
<b>Major</b>			
Professional Growth	3674	0.104	Not Significant
Facing new challenges	3398.5	0.028	Significant
Personal Gratification	3244	0.010	Significant

Legend: Significant at  $p$ -value < 0.05

Table displays the comparison of responses on teachers attitude when grouped according to profile. It was observed that there was significant difference when grouped according to sex, age (except on professional growth), length of teaching experience and major (except on professional growth) since the obtained  $p$ -values were less than the alpha level. This means that there was significant difference exists and based on the post hoc test conducted, it was found out that male, with an age bracket of 40 to 49 years old, working for more than 10 years and from non-sports major have better attitude than others.

People aged 40 to 49 have already formed their own understanding of skills, basically cannot be changed, and new skills are not so important due to the growth of year's growth. The influence of the age in the form is less important, so no matter how old, the professionalism has a certain scope of ability. This includes the main professional ability. Because now students are all directed at all, students must learn their respective skills, even if they are just a small skill, they are affirmed by the ability of teachers.

**Table 5**  
**Difference of Responses on Teacher Productivity When Grouped According to Profile**

Sex		F-value	p-value	Interpretation
Sex	Indemnification	8260	0.057	Not Significant
	Motivational skills	6999.5	0.000	Highly Significant
	Working Environment	7197.5	0.001	Highly Significant
	Management	7274	0.001	Highly Significant
<b>Age</b>				
Age	Indemnification	6.438	0.169	Not Significant
	Motivational skills	12.401	0.015	Significant
	Working Environment	13.509	0.009	Significant
	Management	13.537	0.009	Significant
<b>Length of teaching experience</b>				
Length of teaching experience	Indemnification	5.032	0.169	Not Significant
	Motivational skills	7.282	0.063	Not Significant
	Working Environment	7.587	0.055	Not Significant
	Management	6.36	0.095	Not Significant
<b>Major</b>				
Major	Indemnification	3780	0.18	Not Significant
	Motivational skills	3074	0.004	Significant
	Working Environment	3356	0.024	Significant
	Management	3475.5	0.044	Significant

Legend: Significant at  $p$ -value < 0.05

Table shows the comparison of responses on teachers productivity when grouped according to profile. It was observed that there was significant difference when grouped according to sex, age and major (except on indemnification) since the obtained  $p$ -values were less than the alpha level. This means that there was significant difference exists and based on the post hoc test conducted, it was found out that male, with an age bracket of 40 to 49 years old and from non-sports major are more productive than others. This shows that my country's technical teachers are generally younger, gender, age and main (except compensation) all affect the productivity of this teacher. They have strong adaptability for young teachers to endure hardships and stand hard work, so as to achieve higher adaptability, so as to reach higher level. The productive forces, however, are mainly distributed between 40 and 49 years of non-competitive majors. This requires senior teachers, because for senior teachers, they have



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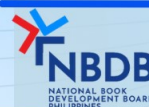
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limited ability to receive new things. Among them, the P value obtained by teaching experience is greater than the level of A, so the length of teaching experience is not important for teaching productivity. From the survey results, the influence of the length of teaching experience on the productivity of teachers is almost small. Teaching Research 2007 Issue 6 | Shi Xiaofang Yao Lu Yao Lu Sichuan Normal University Teacher Education College Sichuan Chengdu 610068 (comprehensive teaching efficiency research) Theoretical discussion on teaching efficiency is teaching On the topic of research. This article takes historical development as a clue, from the meaning of teaching efficiency, and various ways to improve teaching efficiency. Learning) The impact of several aspects of strategy research on teaching efficiency will be described in order to build a role in building my country's teaching theory with teaching efficiency as the core.

**Table 6**  
**Relationship Between Teachers' Attitude to School Health Programs and Teacher Productivity**

Professional Growth	r-value	p-value	Interpretation
Indemnification	.522**	0.000	Highly Significant
Motivational skills	.410**	0.000	Highly Significant
Working Environment	.395**	0.000	Highly Significant
Management	.416**	0.000	Highly Significant
<b>Facing new challenges</b>			
Indemnification	.513**	0.000	Highly Significant
Motivational skills	.595**	0.000	Highly Significant
Working Environment	.530**	0.000	Highly Significant
Management	.541**	0.000	Highly Significant
<b>Personal Gratification</b>			
Indemnification	.551**	0.000	Highly Significant
Motivational skills	.591**	0.000	Highly Significant
Working Environment	.547**	0.000	Highly Significant
Management	.535**	0.000	Highly Significant

Legend: Significant at p-value < 0.01

Table presents the association between teacher's attitude and productivity. It was observed that the computed r-values indicates a moderate direct correlation and the resulted p-values were less than the alpha level. This means that there was significant relationship exists and implies that the better the attitude of the teachers, the more productive they are. For a school, the teacher's attitude can indeed achieve good efficiency and improve. Often, there is often a good mood. We can do more with less. Oops, you may bring a bad mood to work, so this will definitely have a certain impact on the later teaching work. According to the research knowledge window (teacher version), Issue 1 2012 | Yin Chengrong (good mood created the "pyramid" in life) Egypt's pyramid is one of the most famous ancient buildings in the world. People are amazed. For the builder of the pyramid. At first, people thought that as Herodotus was recorded in History. It was built by more than 300,000 slaves. However, a French Catholic Tower Bark made an amazing conclusion: the pyramid was not built by slaves. It is built by some free -minded and creative free workers.





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**Table 7**

**Proposed Plan to Enhance China's PE teacher's attitude and Work Productivity for health and work**

Key Result Area	Objectives	Strategies/ Activities	Success Indicators	Person/s Responsible
<b>A.School health program attitude</b> A1. Facing new challenges A2. Personal Gratification	1. to help teachers improve their attitude by facing new challenges  2. to improve self gratification	Conduct Seminar and Training about how to improve the attitude on School health program Through teachers to promote the implementation of school health plan, let teachers lead students, through the first 5 minutes of the class teacher talk, after class small tasks	90 % of physical education teachers agree with the school's health plan	Academic Affairs Office/relevant departments
<b>B. Teacher Education</b> B1. On management B2. Working environment	improve the work efficiency of teachers, and promote the development of school physical education courses	Through the form of online voting, improve the effectiveness of teachers' work, and directly related to performance assessment and title evaluation. Through regular organization of activities, increase the novelty of physical education curriculum: through the way of games to let students actively participate, and can enrich the lives of teachers and students..	90 % of teachers believe that the implementation of a health plan has improved the effectiveness of teachers.	Teachers/Vocational Teacher/Relevant Department

**CONCLUSIONS**

1. Most of the respondents are female, between 30 – 39 years old, teaching for ten years and more and are PE majors.
2. Teachers have an agreeable attitude on school health programs specifically on professional growth, personal gratification and lowest on facing new challenges.
3. The majority of the respondents agreed on teachers' productivity with indemnification as the highest and management as the lowest.
4. No difference of responses was shown on teachers' attitude to school health programs specifically on professional growth when grouped according to age and major. This further infers that sex and length of teaching experience affect teacher's attitude when they are facing challenges and having personal gratification. There was significant difference when grouped according to sex, age and major (except on indemnification) and that male, with an age bracket of 40 to 49 years old and from non-sports major are more productive than others the length of teaching experience is not important for teaching productivity.
5. Result showed that the more positive the attitude toward school health program, the better is the teacher productivity.
6. A proposed health and wellness plan was formulated for Chinese teachers.

**RECOMMENDATIONS**

1. The school administration may continuously strengthen the implementation of health plans to improve the participation of sports teachers.
2. In order to improve the productivity of teachers, the school may give some special rewards to excellent employees.



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3. Teachers may actively participate in the school's health plan and play a good role in allowing students to participate better.
4. The school may give teachers a certain rest time, and the rest can work better.
5. The proposed plan to enhance china's PE teacher's attitude and work productivity for health and work maybe tabled for discussion and implementation.
6. Future researchers may conduct health and wellness investigation related for Chinese teachers.

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