

General Health Awareness Among College Student- A Survey

Sushma Desai¹, Dr. B. Chandrasekhara Rao², Dr. G. Shiva Kumar³, Dr. T. Rajithasree⁴

Assistant Professor, Department of Pharmaceutical Sciences, Gitam University, Hyderabad, INDIA¹

Professor, Department of Pharmaceutical Sciences, Chilkur Balaji College of Pharmacy, Hyderabad, INDIA²

Professor, Department of Pharmaceutical Sciences, Gitam University, Hyderabad, INDIA³

Assistant Professor, Department of Pharmaceutical Practice, Chilkur Balaji College of Pharmacy, Hyderabad, INDIA⁴

*Corresponding Author: barupharma@gmail.com

Abstract: *Aim: This survey study aims to check the level of Health Awareness among Students. Objective: Objective of this survey study was to determine the awareness regarding their own health status by raising questions and their perception & interest in Health Check-ups. Method: conducting a questionnaire based survey for student awareness about general health. Background: To enlighten college students about self-Health care by questionnaire conducted for their benefit and general screening conducted in college. participants included students from B.Pharm and Pharm.D students. Results: Questionnaire was conducted and data obtained from the study was tabulated and represented graphically. Total of 64 responses obtained. Summary & conclusion: Students are quick learners and implement the same in their life. Utilizing this opportunity an attempt has been made to make them realize of one's health & know the impact on their family. Thereby making it a healthy routine limiting not only to health professionals but also to all people for building a healthy world for a better future..*

Keywords: Health, Awareness, check-up, general screening;

I. INTRODUCTION

¹Health is defined as a state of complete physical, mental and social well being and not merely the absence of disease or infirmity. World Health Day Celebrated on 7th April every year.

Significance of World Health Day: Celebrating 7th April of every year is to create Awareness around the world regarding ²Health Issues concerning people now and then. World Health Day Theme for the Year 2022 is "One Planet, Our Health". Students should be educated and motivated about maintaining Good Health. ^{3,5}As Good health enhances quality of life and impacts social and physical well-being. Student's irregularity in colleges is often related to Health issue. ⁴In spite of much advancement in the Health Science, Good health maintenance is still a matter of concern relating to their less awareness. Concerning student's career a small health issue also is directly affecting one's career by missing the continuity of their classes, lack of proper preparation time for exams with poor results, losing interest in studies leading to anxiety and depression. Though everyone suffers from health diseases during their lifetime, most of them are preventable. Negligence of which impairs their active participation in society & economy which is a matter of concern.

II. MATERIALS AND METHODS

The objective of this study is to know student level of perception & interest in taking health screening tests. Questionnaire conducted after the screening test programme in college. The complete study presented in biostatistics and tabulation.

2.1 Results in Statistics and Tables

Results of the questionnaire and the internal screening report data presented in tables and statistical graphs as follows.

Table 1: Total Number Of Responses Obtained In The Program:

S.No	Category	Number of responses received
1	Pharm D	63
2	B-Pharmacy	37

Fig 1: Total number of responses obtained in the program

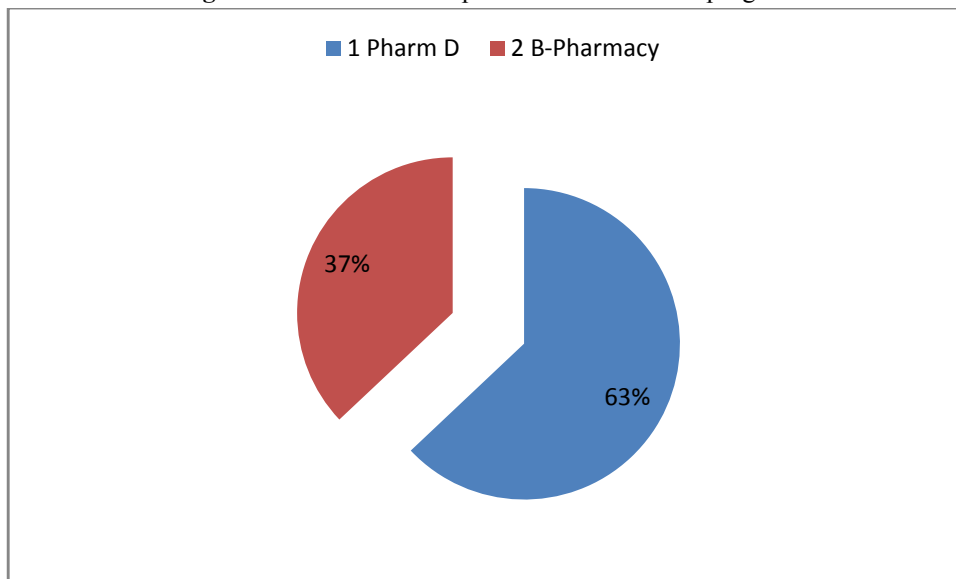


Table 2: Have You Participated In Health Screening Programme Conducted In College?

S.No	Category	Number of responses received
1	Participated	67.4
2	Not-Participated	25.3
3	Not interested	7.4

Fig 2: Have you participated in Health screening programme conducted in college?

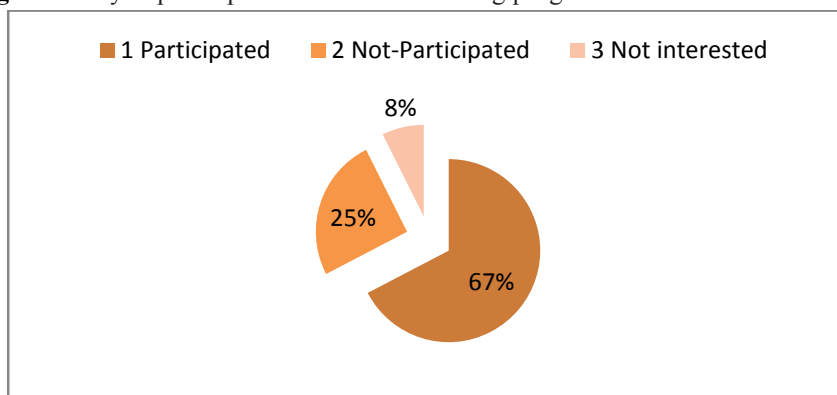


Table 3: Who Taught You About Health Awareness?

S.No	Category	Number of responses received
1	Teachers	53
2	Friends	1
3	Self-thought	14
4	Parents	23
5	Others	2.2

Fig 3: Who Taught You About Health Awareness?

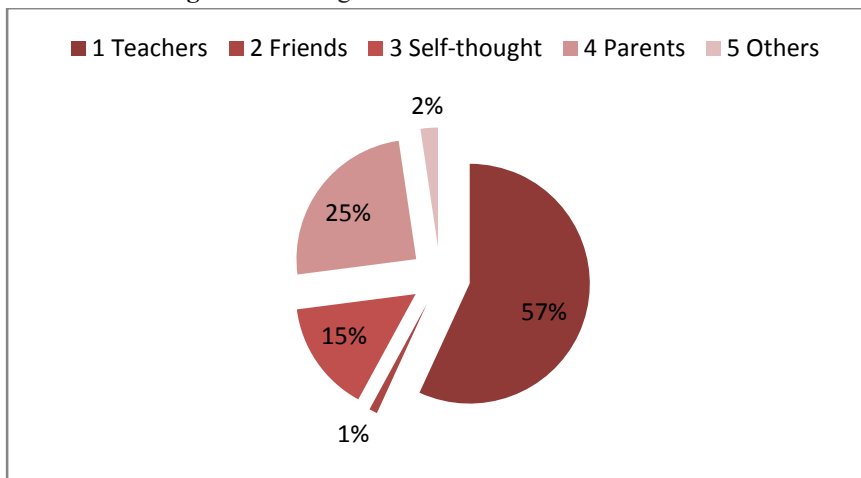


Table 4: How Often You Get Sick?

S.No	Category	Number of responses received
1	At least once in a year	32
2	At least once in 6 months	37
3	At least once in a month	13
4	More than once in a year	13

Fig 4: How Often You Get Sick

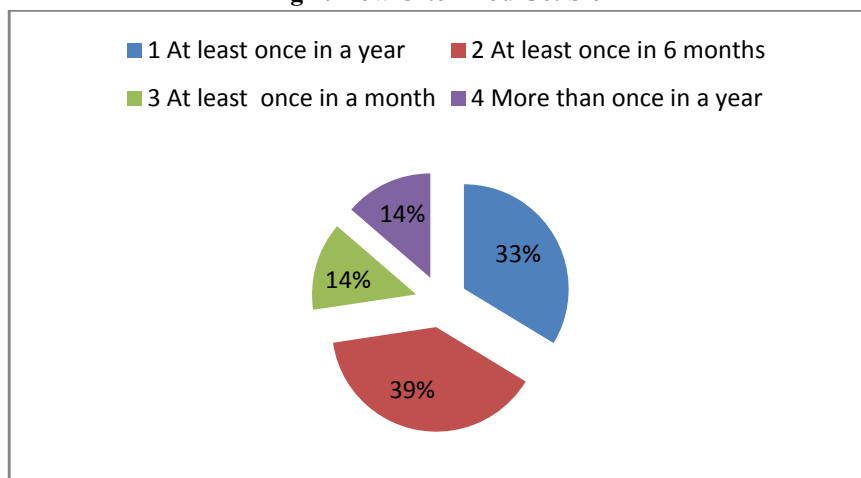


Table 5: How Often You Go For Regular Checkups?

S.No	Category	Number of responses received
1	At least once in a year	37
2	At least once in 6 months	20
3	At least once in a month	6
4	I will go when my health is not well	1
5	Others	1

Fig 5: How Often You Go For Regular Checkups

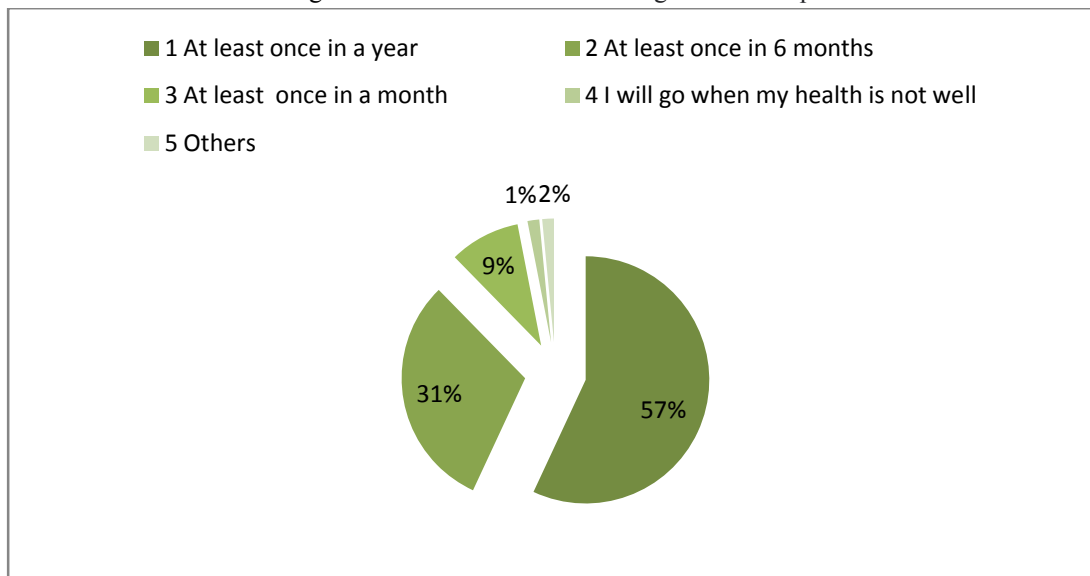


Table 6: Do Your Family Members Go For Regular Checkups Frequently?

S.No	Category	Number of responses received
1	No	43
2	Yes	32
3	May be	20

Fig 6: Do Your Family Members Go For Regular Checkups Frequently

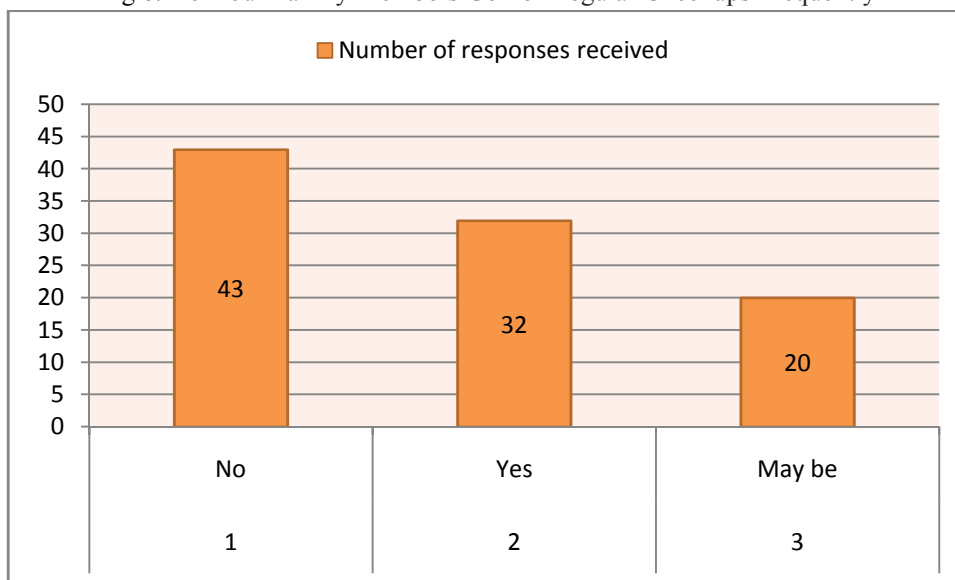


Table 7: What Are The Common Reasons For Not Going To Regular Health Checkups?

S.No	Category	Number of responses received
1	Busy scheduled working hours	50
2	Forget to go	12
3	Cost of care	17
4	Transportation	5
5	Others	11

Fig 7: What Are The Common Reasons For Not Going To Regular Health Checkups

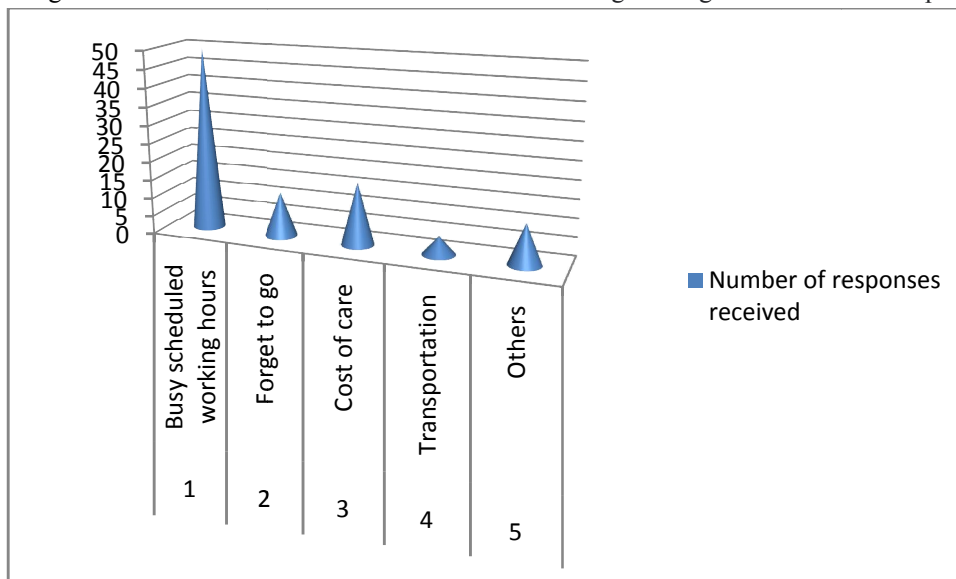


Table 8: Would You Like Your Doctor To Remind You When Its Time For 6 Month Check Up?

S.No	Category	Number of responses received
1	No	32
2	Yes	40
3	May be	23

Fig 8: Would You Like Your Doctor To Remind You When Its Time For 6 Month Check Up

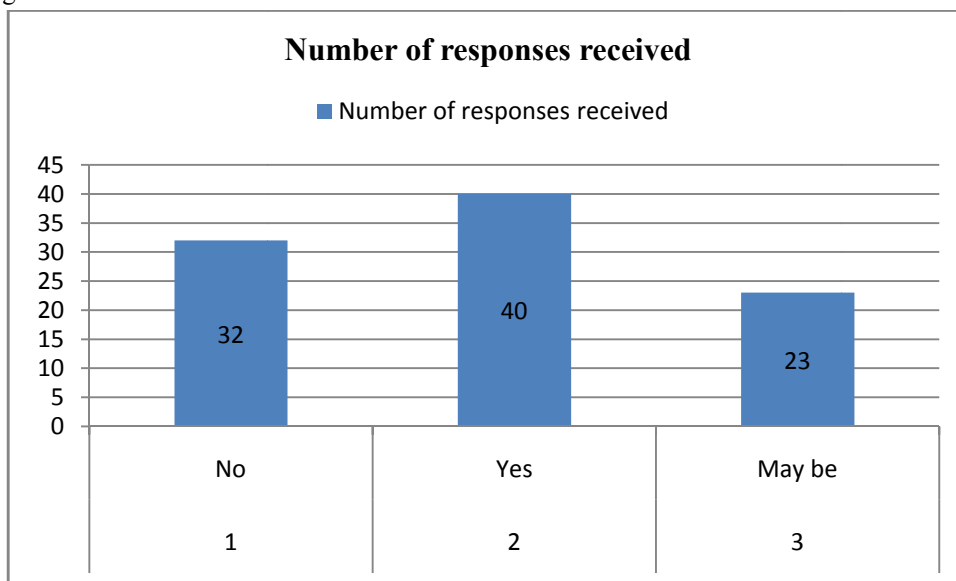


Table 9: Do You Advice To Take Medications To Someone Without Proper Consultation To Doctor?

S.No	Category	Number of responses received
1	No	76
2	Yes	12
3	May be	7

Fig 9: Do You Advice To Take Medications To Someone Without Proper Consultation To Doctor

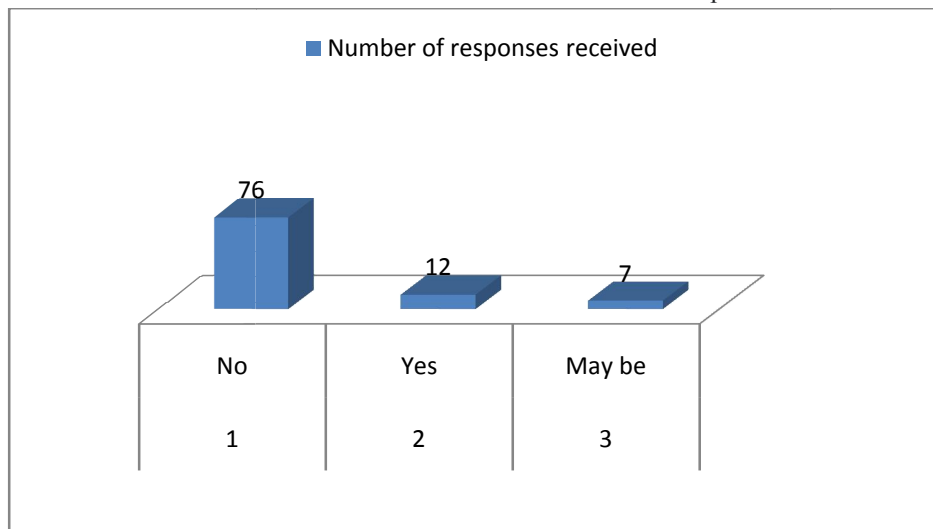
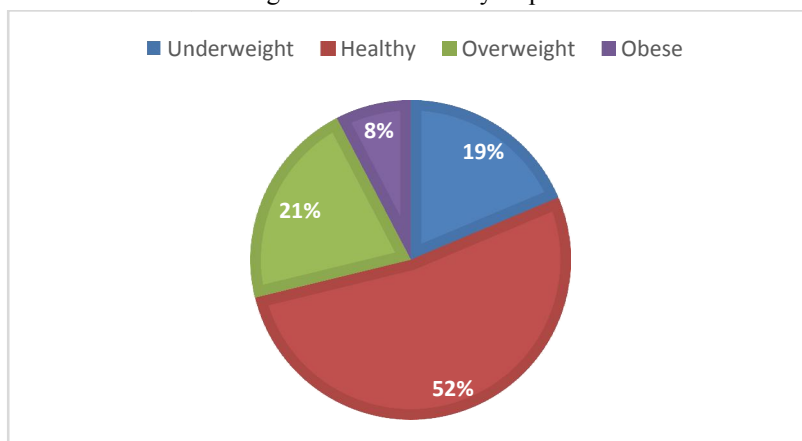


Fig 10: Internal Survey Report:



III. DISCUSSION

This study emphasizes on students realizing the importance of self care health checkups & their level of awareness. The health screening test program conducted in college to motivate students to actively participate and enhance their awareness. The internal health screening survey report found that 56% as healthy, 22% as underweight, 12% overweight and 2% as obese. Responses obtained for the questionnaire reveal that they still need motivation to actively participate in the regular health checkups to be self aware of one’s health in creating a healthy society.

IV. CONCLUSION

An attempt has been made to study and understand student’s knowledge of health & create awareness and making good health practices as part of their life by staying healthy to achieve bright future.

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