

A Study on Health Consciousness Among College Students With Special Reference to PSGCAS, Coimbatore City.

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ABSTRACT

The purpose of this paper is to present the findings and suggestions of the study 'Health consciousness among college students with special reference to PSGCAS' to the public to create some health related awareness and to give them an idea to be fit and healthy. Maintaining overall good health for everyone requires paying attention to many aspects of daily living. Health related fitness is a balanced effort to build good habits and standards. The steps you take now will provide the best safeguard for reducing stressful health problems later. In this study, all the significant factors of health are clearly observed and analysed through percentage analysis and chi-square test. Further, the valuable suggestions and conclusions were included in this paper. Specifically this study includes only the college students as a sample which is a fine effort to create healthy generation in the near future.

Key Words: Health Consciousness, Food Habits, Body Mass Index(BMI).

INTRODUCTION

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity – WHO. Health is the level of functional or metabolic efficiency of a living being. In humans, it is the general condition of a person's mind, body and spirit, usually meaning to be free from illness, injury or pain.

The maintenance and promotion of health is achieved through different combination of physical, mental, and social well-being. The WHO's 1986 *Ottawa Charter for Health Promotion* furthered that health is not just a state, but also "a resource for everyday life, not the objective of living. Health is a positive concept emphasizing social and personal resources, as well as physical capacities." The health care interventions and a person's surroundings, a number of other factors are known to influence the health status of individuals, including their background, lifestyle, and economic and social conditions. In this study, all

those factors are clearly observed and analysed through percentage analysis and chi-square test. Further, the valuable suggestions and conclusions were included in this paper.

OBJECTIVES OF THE STUDY

- To study the awareness of health among college students.
- To identify the factors affecting health in younger generation.
- To identify the priority of the students on various food items.
- To offer suggestions to improve the health among college students.

RESEARCH METHODOLOGY

Methodology deals with the cognitive process imposed on research by analysing arising health related problems. Research Methodology is the description, explanation and justification of various methods of conducting Research.

In carrying out this study, the source of data is primary. The data were collected using questionnaire from the respondents. The geographic areas of the study were various departments in PSG College of Arts & Science, Coimbatore.

SAMPLE DESIGN

A Sample Design is a definite plan for obtaining a sample from a given population. Convenience sampling method is used in the study to collect the sample data.

SAMLE SIZE

Sample size refers to the number of sampling units selected from the population for investigation. There are 5582 students are studying in PSG College of Arts & Science . Out of 5582, the size of the sample for the research is taken as 200 samples.

TOOLS FOR COLLECTION OF DATA

The questionnaire is the major tool administered for the collection of data from the respondents. While preparing the questionnaire, the state of respondents has been kept in our mind. Since the respondents are Under Graduate and Post Graduate students.

The questionnaire was designed in such a way that it covers all the awareness questions about health and to know the general information of the respondents. The questions are relating health and health related aspects and ect.,

TOOLS FOR ANALYSIS

As the data being primary, by supplying questionnaire to the students data has been collected. The collected data are classified and processed. The following statistical tools are applied in accordance with the objectives of the study.

- Percentage Analysis
- Chi-Square Test

FINDINGS FROM THE STUDY

The following are the important findings of the study.

FINDINGS FROM PERCENTAGE ANALYSIS

- The majority 55% of the respondents are females.
- The majority 71.5% of the respondents are from the age group of 17-20yrs.
- The majority 60% of the respondents are from the family size 4.
- The maximum 34% of the respondents are having the family income 5000-10000rs
- The majority 61% of the respondents are day scholars.
- The majority 62% of the respondents are said their BMI is in normal range.
- The majority 59% of the respondents said their health at present is good.
- The majority 79% of the respondents are non- vegetarians.
- The majority 71.5% of the respondents are take 6-8 hrs to sleep every day.
- The majority 61.5% of the respondents are have their proper meal timings.
- The maximum 32.5% of the respondents are eating outside once in week.
- The majority 56% of the respondents are enjoying eating non-vegetarian food items.
- The maximum 37.5% of the respondents are regularly taking fast food items in a week.
- The majority 78.5% of the respondents are not doing exercise regularly.
- The majority 83% of the respondents are not visiting gym.
- The maximum 42% of the respondents are have no idea regarding staying under stress.
- The majority 62.5% of the respondents are including greens, vegetables and fruits in their diet regularly.
- The maximum 38.5% of the respondents are sleeping to feel relaxed.
- The maximum 48.5% of the respondents are from the height of 140-160cms.

- The maximum 39.5% of the respondents are from 40-50kgs of weight.

FINDINGS FROM CHI-SQUARE ANALYSIS

- There is no association between gender and sleeping hours per day of the respondents.
- There is no association between gender and meal timings of the respondents.
- There is no association between gender and outside eating habit of the respondents.
- There is no association between gender and intake of fast food items in a week.
- There is association between gender and frequently consuming fast food/chat items.
- There is no association between age and sleeping hours per day of the respondents.
- There is no association between age and meal timings of the respondents.
- There is no association between age and outside eating habit of the respondents.
- There is association between age and particular food enjoyed the most by the respondents
- There is association between age and intake of fast food items in a week.
- There is no association between age and frequently consuming fast food/chat items.
- There is no association between family size and sleeping hours per day of the respondents.
- There is no association between family size and meal timings of the respondents.
- There is no association between family size and outside eating habit of the respondents.
- There is no association between family size and particular food enjoyed the most by the respondents.
- There is no association between family size and intake of fast food items in a week.
- There is no association between family size and frequently consuming fast food/chat items.

- There is association between family income and sleeping hours per day of the respondents.
- There is no association between family income and meal timings of the respondents.
- There is no association between family income and outside eating habit of the respondents.
- There is no association between family income and particular food enjoyed the most by the respondents.
- There is no association between family income and intake of fast food items in a week.
- There is association between family income and frequently consuming fast food/chat items.
- There is no association between place of stay of respondents and sleeping hours per day of them.
- There is no association between place of stay of respondents and meal timings of them.
- There is no association between place of stay of respondents and outside eating habit of them.
- There is no association between place of stay of respondents and particular food enjoyed the most by them.
- There is no association between place of stay of respondents and intake of fast food items by them in a week.
- There is no association between place of stay of respondents and frequently consuming fast food/chat items.
- There is no association between BMI range and sleeping hours per day of the respondents.
- There is association between BMI range and meal timings of the respondents.
- There is no association between BMI range and outside eating habit of the respondents.
- There is no association between BMI range and particular food enjoyed the most by the respondents.

- There is no association between BMI range and intake of fast food items in a week.
- There is association between BMI range and frequently consuming fast food/chat items.
- There is no association between health rate at present and sleeping hours per day of the respondents.
- There is no association between health rate at present and meal timings of the respondents.
- There is no association between health rate at present and outside eating habit of the respondents.
- There is no association between health rate at present and particular food enjoy the most by the respondents.
- There is no association between health rate at present and intake of fast food items in a week.
- There is no association between health rate at present and frequently consuming fast food/chat items.
- There is no association between type of respondents (whether veg, non veg, ova veg or lacto veg) and sleeping hours per day of the respondents.
- There is no association between type of respondents and meal timings of the respondent.
- There is no association between type of respondents and outside eating habit of respondents.
- There is association between type of respondents and particular food enjoy the most by the respondents.
- There is no association between type of respondents and intake of fast food items in a week.
- There is association between type of respondents and frequently consuming fast food/chat items.

SUGGESTIONS

- Students should have an awareness regarding health and health related aspects.
- Everyone should know their BMI. It helps to maintain healthy body weight and fit.
- Doing physical activities everyday may keeps us healthy.

- Inclusion of greens, vegetables and fruits in our regular diet makes us healthy and fit.
- Should avoid frequently consuming fast food and chat items.
- Drink plenty of fluids - especially water in early morning.
- Eat a large salad at least once daily, and skip the creamy dressings that make that salad go from skinny to fat.
- Reduce salt and sugar intake.

CONCLUSION

In this section the conclusion of the study 'Health Consciousness Among College Students of PSG college of arts and science' is presented. It is evident from the study that, the level of awareness regarding health among the students is high and particularly very high among female students. The students are also adopting certain health care measures such as exercise and yoga which needs to be improved. The important draw back among the students is sometimes they addict to consume fast food items that they have to reduce. In general, it is concluded from this study that the students from this generation are more conscious towards health. If the suggestions given in the study are implemented by the respondents then they will become a very healthy in the near future.

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