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A study on health consciousness of male and female adolescents of Anantnag

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Abstract

Health Consciousness (HC) refers to the degree of readiness to undertake health actions previous studies proved that Health Consciousness (HC) influences health attitudes and behaviour. As stated above, it is believed that health conscious persons tend to be more involved with their health, which also includes searching for and using health information. Present study was intended to explore the level of health consciousness of male and female adolescents. The data for the present study consists of 60 respondents. Health Consciousness Scale (HCS) developed by N.V.S. Narayana (2009) was used for measuring the level of consciousness of secondary school adolescents. The collected data was subjected to statistical treatment by using Mean, Standard Deviation and 't' test. Whole data was selected with the help of Random Sampling Technique (RST). In context to same, it was found that there exists no significant difference between male and female adolescents on composite score of health consciousness. Hence, investigator can infer that gender seems insignificant impact on the level of health consciousness of the adolescents.

Keywords: health consciousness, male adolescents, female adolescents

Introduction

Health consciousness is the degree to which individuals care about their health. The more health-conscious people are, the more likely they are to have healthy habits, which is the basis for individuals to take health measures. In recent years, scholars have focused on the influence of health consciousness on various health behaviours, mainly in a healthy diet and health information. Home-based exercise is health behaviour. Simultaneously, the pandemic of COVID-19 made people deeply feel the fragility of life and the importance of health. How to turn the consciousness in the brain into action is very important. Therefore, it is necessary to deeply explore their relationship. Health Consciousness (HC) refers to the degree of readiness to undertake health actions previous studies proved that Health Consciousness (HC) influences health attitudes and behaviour. As stated above, it is believed that health conscious persons tend to be more involved with their health, which also includes searching for and using health information. Dutta-Bergman (2007) had the opinion that seeking and using health information is just the kind of behaviour generated by Health Consciousness (HC). The role of health self-monitoring, which is crucial part of Health Consciousness (HC) as it shows the intensity with which individuals value healthy condition. One of the most important health-related things any individual should do is undergo regular physical exercise, choosing adequate food, adaptation of healthy life style and maintaining a healthy living environment. Therefore, we argue that if a person is more health conscious he or she is more likely to get involved with his or her health by visiting doctors, performing exercise, concentrating on diet, maintaining physical and psychological wellbeing. They are important in strategic terms but do little to specify how such wellbeing be operationalized and achieved. In pursuance to same, Prescott, (2007) argued that "Government to ensure that the balanced load of health contents should be integrated in educational sector".

Identification of research gap: Studies show that prolonged participation in poor health practices such as unhealthy eating, low physical activity, and noncompliance with disease detection and prevention guidelines are salient markers of adverse physical health conditions

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later in life. Least research studies have been carried out to explore the impact of gender on health consciousness of the respondents. Therefore, the above discussion, it gives the different approaches for analysing the health related issues of an individual. Keeping in view, the investigator considers that there is “felt difficulty” to conduct a study related to health issues of students holding different level of aspirations in terms of academics.

Problem in hand: The statement of problem for the present study is as under:

“A study on health consciousness of male and female adolescents of Anantnag”

Objectives of the study: The objectives of the present study are and under:

- 1) To explore the level of Health Consciousness (HC) of male and female adolescents of Anantnag District.

Hypothesis: On the basis of richness background of the knowledge the investigator speculated the bellow mentioned hypothesis.

- 1) There will be no significant difference between male and female adolescents on their level of health consciousness.

Operational definition of terms and variables: The operational definitions of terms and variables are as under:

- 1) **Health consciousness (HC):** Health Consciousness (HC) in the present study refers the score obtained by the respondents on Attitude towards Health Consciousness Scale (HCS) developed by N.V.V.S. Narayana (2009).
- 2) **Adolescents:** Adolescents in the present study refers those

secondary school students who are reading in 11th and 12th classes with the age group of 14-20 years. Whole adolescents were selected from boys and girls higher secondary school of Anantnag District.

- 3) **Gender:** Gender in the present study refers the dichotomy of the respondents made on the basis of gender.

Delimitations of the study: While conducting the whole research process lot or constraints were faced by the investigator. However, investigator made a deep effort to resolve these constraints up to maximum extent. Consequents the research delimited the present study to following domains:

- 1) The study was delimited to only adolescents within the age group of 14-20 years.
- 2) The study was delimited to two Anantnag district of Union Territory of Jammu and Kashmir.
- 3) The present was delimited to adolescents reading in different secondary school of selected areas.

Methods and Material: The present study used a descriptive, comparative research design. The parameters involved in the study are analysed as under:

- **Sample:** Representative samples of 60 adolescents were selected for the present investigation. Adolescents in the present study designate those students who were reading in 11th and 12th classes. Meanwhile, is pertinent to mention here that all respondents were selected within the age group of 14-20 years. However, while selecting the whole sample was selected with due representation on the basis of gender. The bifurcation of the respondents is reported as under:

Table 1: Showing the bifurcation of the required sample involved in the study

Male adolescents	
Girls higher secondary school	Boys higher secondary school
30	30
Total = 60	

- **Sampling sites:** The researcher selected two higher secondary schools as sampling sites. Viz. girl’s higher secondary school Ranibagh Anantnag and Boys higher secondary school Anantnag Districts of Union Territory of Jammu and Kashmir.
- **Selection of sample:** Initially a list of all students was made and these lists were treated as sampling farms. However, while executing the sampling frames due representation was given to gender. These students were assigned with a specific code. In the meantime sampling

farms were put in the context of Yeats Table and randomisation was made on the basis same procedure. According whole sample was selected.

- **Instrument used:** The investigator used Health Consciousness Scale (HCS) developed by N.V.V.S. Narayana (2009) was used for measuring the level of consciousness of secondary school adolescents.

Analysis the data: The detailed analysis and interpretation is reported as under:

Table 2: Showing the descriptive analysis of male respondents on their health consciousness

Descriptive Analysis			
		Male students	Female students
N	Valid	30	60
	Missing	30	0
Mean		103.9667	52.2333
Median		105.0000	6.5000
Mode		104.00	2.00
Variance		330.585	2724.589
Range		106.00	115.00
Minimum		11.00	2.00
Maximum		117.00	117.00
Percentiles	25	104.0000	2.0000
	50	105.0000	6.5000
	75	110.0000	104.0000

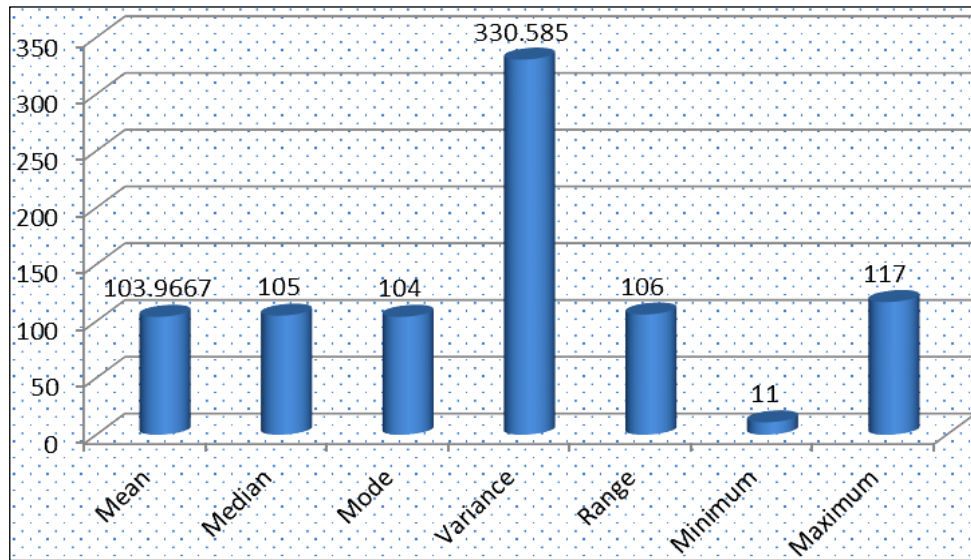


Fig 1: Showing the descriptive analysis of respondents on their health consciousness

Table 3: Showing the frequency distribution of respondents on their health consciousness

frequency distribution					
	Frequency	Percent	Valid Percent	Cumulative Percent	
Valid	11.00	1	1.7	3.3	3.3
	100.00	2	3.3	6.7	10.0
	101.00	1	1.7	3.3	13.3
	103.00	1	1.7	3.3	16.7
	104.00	7	11.7	23.3	40.0
	105.00	6	10.0	20.0	60.0
	109.00	2	3.3	6.7	66.7
	110.00	4	6.7	13.3	80.0
	112.00	1	1.7	3.3	83.3
	114.00	1	1.7	3.3	86.7
	115.00	3	5.0	10.0	96.7
117.00	1	1.7	3.3	100.0	
Total	30	50.0	100.0		
Missing	System	30	50.0		
Total		60	100.0		

Interpretation of the data: The interpretation of the above analysed data is reported as under:

The results reported in the above table (table 5) reveals that the mean value of male adolescents was seen 103.96 and the mean value of female adolescents seen 102.46. The comparative analysis indicates that there seems no any kind of mean variation between the two groups. Therefore, no significant difference has been found at 0.05 level of confidence. ($t=0.32$). The results reported in the above table 4 give the descriptive analysis of the respondents on the basis of their health consciousness. The results reveal that the mean score of male students was seen 1.3. 96 and the mean score of female students was seen 105.00. In the same table it was found that minimum score was seen 11.00 and maximum 117.00. Accordingly, in case of female students it was seen that the minimum score was found 2.00 and the maximum score was seen 117.00.

Table 4: Showing the frequency distribution of female respondents on their health consciousness

Frequency distribution					
	Frequency	Percent	Valid Percent	Cumulative Percent	
Valid	2.00	30	50.0	50.0	50.0
	11.00	1	1.7	1.7	51.7
	99.00	1	1.7	1.7	53.3
	100.00	4	6.7	6.7	60.0
	101.00	1	1.7	1.7	61.7
	102.00	1	1.7	1.7	63.3
	103.00	1	1.7	1.7	65.0
	104.00	8	13.3	13.3	78.3
	105.00	5	8.3	8.3	86.7
	109.00	2	3.3	3.3	90.0
	110.00	1	1.7	1.7	91.7
	112.00	1	1.7	1.7	93.3
	114.00	1	1.7	1.7	95.0
	115.00	2	3.3	3.3	98.3
	117.00	1	1.7	1.7	100.0
	Total	60	100.0	100.0	

Table 5: Showing the comparative analysis of respondents on their health consciousness

Comparative Analysis					
Health Consciousness	N	Mean	Std. Deviation	Std. Error Mean	t-Value
Male Students	30	103.9667	18.18200	3.31956	0.32
Female Students	30	102.4667	17.95345	3.27784	

Accepted: Indeed the no significant different has been reported between male and female adolescents on their level of health consciousness. The results are supported in consonance of the host of the researchers notable among them are “Bhat, A. K. (2019) [8], Zaidi, U., Qasem, H. D., & Awad, S. S. (2016) [27], Alter, J. (1999) [6], Boxall, P. C., & Adamowicz, W. L. (2002) [9], Branholm, I., & Fuglmeier, A. (1992) [10], Clarke, T., Schumacher, P. C., and Stacey, N., (1980) [15], Cooper, H., Okamura, L., and Gurka, V. (1992) [16], Crow, L.D., and Alice, C., (1951) [17] and Sharma, P. D. (2018) [26]”.

Conclusion

The aim of the study was to explore the level of health consciousness of male and female adolescents. In context to same, it was found that there exists no significant difference between male and female adolescents on their health consciousness. Hence, investigator can inferred that gender seems no significant impact on the level of health consciousness of the adolescents.

Conflict of interest: During the entire research process no any conflict of interest was declared.

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