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## Health awareness among college students

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### Abstract

This paper shows some information about health awareness of college level students. A questionnaire is given to the subjects of Pondicherry University. available research finding expert opinion and scholar's own understanding of the problem it was hypothesized that most of the students had a positive attitude towards health. Selection and modification of questionnaire, administration of questionnaire and the statistical technique used for the analysis of data have been described. The students were educated enough to understand and provide relevant responses to the questions asked in the questionnaire. The ages of the students were between 18 and 21. Percentile method was applied to find out the significance of differences between responses for each statement i.e. awareness of students towards health among the students of Degree classes. 97% of students responded positively and else negatively.

**Keywords:** health awareness, college students.

### Introduction

Today no man can do the job alone. This is an age of team research, team planning and team production. A college teacher can accomplish his educational objectives only with the full cooperation of his faculty, other college employees and the community of which his college is a part. In the field of health the team is a large one and consists of many persons with technical and professional skills, favorable attitudes. Personal interest and other qualifications for making some contribution to the college health programme. the able leader can and will organize a college and community health team to work together for the welfare of the child. There is no noble purpose in all the world.<sup>1</sup>Health is a man's normal condition, his birthright. It is the result of living in accordance with the natural laws pertaining to the body, mind and environment. These laws relate to fresh air and sunlight, balanced diet, regular exercise, rest, relaxation and sleep, cleanliness, internal and external, elimination, right attitudes of mind, good habits and good pattern of living.

### Statement of the Problem

The purpose of the study was to determine the awareness of health among the students of college.

### Delimitations

The study was delimited to the students studying in different college. Subjects were from students of the same college.

### Limitations

As the present study was limited to administration of one questionnaire, the following limitations are recognized.

1. It is not likely that the equal number of responses obtained by several individual would indicate equal degree of favorable attitude.
2. There is a possibility that an individual may answer according to what he thinks he should feel, rather than how he really feels.
3. The attitude towards particular question was considered as another limitation of the study.

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**Hypothesis**

On the basis of literature reviewed, available research finding expert opinion and scholar’s own understanding of the problem it was hypothesized that most of the students had a positive attitude towards health.

**Definitions and Explanations of Terms**

**Health**

Health may be defined as a state of complete physical, mental and social well being, and not merely the absence of disease or infirmity.

**Health Education**

Health education may be defined as a process which effects changes in the health practices of people and in the knowledge and attitude related to such changes.

Education in any form, is a precursor to the change in knowledge, beliefs, attitudes, practices and habits which all constitutes the ways of life that people adopt, when this education is applied in any firm for management of a patient or for acceptance of a contraceptive method, we call it as health education.

**Significance of the study**

1. This study may reveal whether the students of college have a good knowledge and interest regarding health in current situation.
2. This study will also help the students to gain positive health.

**Procedure**

In this chapter the procedure adopted for the selection of subjects, selection and modification of questionnaire, administration of questionnaire and the statistical technique used for the analysis of data have been described

**Selection of subjects**

100 degree students of Pondicherry University were selected as subjects for the purpose of the study. The students were educated enough to understand and provide relevant responses to the questions asked in the questionnaire. The ages of the students were between 18 and 21.

**Measurement of attitude**

The selection of a proper tool was of vital importance for this study since the aim was the awareness of the students towards

health in Pondicherry. It was decided to use attitude questionnaire as a tool. With the help of the questionnaire the researcher tried to get the reflection of attitude of the respondent towards the awareness towards health.

**Selection and modification of questionnaire**

The research scholar went through the various relevant literatures pertaining to the present study and prepared the questionnaire with the help of guide and other experts by modifying the already existing questionnaire. This had been used in similar type of studies. An attempt was made to make the wording of the statements simple, clear, relevant and free from ambiguity. Provision was made on the right side of each statement to note the attitude of the respondent by ticking one of the responses with yes/ no respectively.

**Administration of the questionnaire**

The questionnaires were distributed to the Degree students of Pondicherry University. The responses were collected in the same way one hundred percent questionnaires were received within the specific time. All the respondents participated whole heartedly.

**Statistical procedure**

Percentile method was applied to find out the significance of differences between responses for each statement i.e. awareness of students towards health among the students of Degree classes.

**Analysis of data and results of the study**

In this chapter, the analysis of the data collected through the administration of the questionnaire has been described. The questionnaire comprising of 18 sub questions covering six aspects of health were circulated to the Degree students of Pondicherry University and one hundred questionnaire duly filled by the students were received back.

**Findings**

The analysis of data carried out by using the Percentile statistical techniques assessed the opinion of students on particular aspects. The responses of the students in respect to the awareness of health among the students of Pondicherry University are presented in the following tables: 97% students responded positive answers and 3% students negative in relation to the health is wealth statement.

Concept of health				
S. No	Sub Question	Responses	No of Responses	Percentage
A	Health is Wealth	Positive Response	97	97%
		Negative Response	3	3%
B	Having good Physique & Muscle means Good Health	Positive Response	12	12%
		Negative Response	88	88%
C	Good Health means absence from Diseases	Positive Response	47	47%
		Negative Response	53	53%

**Summary**

This paper shows some information about health awareness of college level students. A questionnaire is given to the subjects of Pondicherry University. available research finding expert opinion and scholar’s own understanding of the problem it was hypothesized that most of the students had a positive attitude towards health. Selection and modification of questionnaire, administration of questionnaire and the statistical technique used for the analysis of data have been described The students were educated enough to understand

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