

Health Status of Students of Devi Ahilya Vishwavidhyalay, Indore

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Abstract - The present study intended to find out the health status of Devi Ahilya University, Indore. The 200 students from different departments of Devi Ahilya University, Indore served as subjects for this study. Age of subjects ranged between 20-25 years. Health Questionnaire - 18 (GHQ-18 the criterion measure for testing the hypothesis in the study were being the scores obtained in "General)" Designed by David Gold berg and Paul Williams. The subjects were being instructed to mark content of each item according to the required questions. There was no time limit for the completion of the questionnaire but the subjects were instructed not to consider longing over any statement and responded all the statement in the test independently. They were also request to give their free and frank answers. Subjects were ensured that the responses given by them on the questionnaire will be kept strictly confidential and not be revealed to anyone. It shows that the students are keeping the study stream healthy, this may be possible due to the fact that they have a good mental health, good coordination between internal and external environment. Internal means the various systems are working in good health and the external means that the physical posture is allowing the carry out the work ethics superbly.

INTRODUCTION

Health is a very important aspect each and every person's life. If the human being is not having good health he or she is unable to perform any kind of activities. Health plays vital roll in the development process of the students. If the students are having good health they are actively performing their day to day task. If the students are healthy then only they can provide a good and healthy environment for the upcoming once. They each and every person is every person is every much health conscious and then also forms his busy schedules takes out the time and enjoys the physical activities. Same the students are also doing the same thing. Now days even the students are working themselves healthy and works for their health. Health is men's greatest wealth, he who has health must cherish it with care, least he should lost it. To this end he must have adequate knowledge of how to live health. Health is not merely absence of disease; it is positive quality of the living body of which fitness for ones work and happiness are distinguishing marks. Health is physical and mental fitness. It is not just freedom from disease and other handicapping condition. There are however, different degree of fitness, as is evidenced by the fact that are such terms as abundant health, good health, fair health and poor health are commonly used. These terms evidently refers to different levels of health, which most of us have experienced at one time or another. good health enable peoples to enjoy life and to have the opportunity to achieve the goals they have set for themselves . The real purpose of health is to develop and maintain vigor and vitality, to acquire

interest and habits in ways of living that are wholesome and to meet the demands put upon the individuals efficiently , whit energy and satisfaction. Health is physical and mental fitness. It is not just freedom from disease and other handicapping condition There are however, different degrees of fitness, as is evidenced by the fact that such terms as abundant health, good health fair health and poor health are commonly used. These terms evidently refers to different levels of health. Which most of us have experienced at one time or another. Human body works like a complex machine, in which though each and everybody parts has a separate function, but at the same time all the inter-related and interdependent. As a result, the mal functioning of one part effects the total body functioning. It has been noticed that most of the students are ignorant about their body, for the same reason, they are unable to guard themselves from the various common diseases. the total body functioning. It has been noticed that most of the students are ignorant about their body. For the same reason they are unable to guard themselves from the various common diseases. Talking about health education to the people who know that like any other education health education also acquired by a process of learning however concerned whit the knowledge and methodology to develop such practices which will improve the state of health of the individual, the community and the population at large. Content Ares in health education be should be selected on the many pertinent factors, these include the interest and need of children in any given locality; attitudes understandings, and behavior of any particular group;

type of community in which the school is located; available and philosophy of the school and community, health knowledge is important and can be justified only as the lives of individual around them problems that's affects them personally must be selected in preference to detailed information on general health. It is questionable the expression poor health should ever be used. Since it conveys contradictory meaning and yet it is commonly employed to refer to the condition on which one is barely able to carry on. On the other hand abundant health indicates the possession of health plus, on a good supply of reserve, strength, likewise, the term sickness, which conveys, the opposite meaning to that of health does not have an absolute connection, since there are different degrees of sickness, ranging all the way from the condition of the person who may stay in bed for a day because of a cold to one who is close to death. To keep one in good health, it is essential that he maintains personal hygiene of a high standard under the purview of personal hygiene comes the consideration of such factors as cleanliness, clothing, exercise rest, recreation, food and habits, environment and lastly germs and infection.

METHODOLOGY

The 200 students from different departments of Devi Ahilya University, Indore served as subjects for this study. Age of subjects ranged between 20-25 years. Health Questionnaire - 18 (GHQ-18 the criterion measure for testing the hypothesis in the study were being the scores obtained in "General") Designed by David Goldberg and Paul Williams. The subjects were being instructed to mark content of each item according to the required questions. There was no time limit for the completion of the questionnaire but the subjects were instructed not to consider long over any statement and responded all the statement in the test independently. They were also request to give their free and frank answers. Subjects were ensured that the responses given by them on the questionnaire will be kept strictly confidential and not be revealed to anyone.

DISCUSSION OF FINDINGS

A response of the questionnaire shows that all the students of the university found to be in good and healthy conditions. Most of the students were opinion that they do not need any kind of tonics, etc. for their health they are maintain good health status and free from disease and illness. The students felt that sometimes they are stressed enough the reason may be the fact that life nowadays is very hectic stressful situation definitely occurs and one cannot avoid them but certainly they can minimize its solutions by remaining physically and mentally their health status. Most of the students were of opinion that apart from working assignments other activities tends to influence their health status. This may be because now each and every person is health conscious and even the students are also working on their health. They all

directly or indirectly involved in some or the other physical workout. Students plan their working programs in the way in which they give to their health. They used to participate in various health programs organized by the university. Most of the students are performing many other activities and they don't have to do their work sitting at place. Even they all are proper rest in between their classes and enjoying their holidays. Results indicate that almost all students are enjoying with their schedule and this shows a positive effect on their health, they don't have any kind mental tensions regarding their work. Students were of opinion that one should sure that he or she is driving sometime or her for physical workout to keep him or herself healthy. It shows that the students are keeping the study stream healthy, this may be possible due to the fact that they have a good mental health, good coordination between internal and external environment. Internal means the various systems are working in good health and the external means that the physical posture is allowing the carry out the work ethics superbly.

CONCLUSIONS

On the basis of the finding of the present study the following conclusions can be drawn:

1. The students of the university were having somehow better health but quite few were having some problems.
2. The results of the study show that the day-to-day working conditions of the students are not bad.
3. The better health status of the students shows that directly or indirectly they are involved in some or the physical workout outdoors games etc.
4. Most of the students were of opinion that they keep themselves busy through but the day due to good health status.

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