"A DESCRIPTIVE STUDY TO ASSESS THE PERCEPTION REGARDING THE PREMATURE HAIR GREYING BY USING PROGRESSIVE HAIR PRODUCT AMONG YOUTH GENERATION IN SELECTED COLLEGE OF INDORE."

GUIDE: Miss. Pooja Dawar (Nursing tutor)

Renaissance University school of Nursing Indore (M.P.)

AUTHOR

Mr. Rajesh Dodwe (BSC 4TH YEAR)

Mrs. Subhadra Kapil (BSC 4TH YEAR)

Miss. Sheela Kanesh (GNM 3RD YEAR)

Abstract: Premature hair greying, characterized by the onset of grey or white hair before the age typically expected for one's ethnicity, poses a significant dermatological and psychological concern. This phenomenon, influenced by genetic predisposition, Oxidative stress, various medical condition, environmental pollutants and smoking, contributes to melanocyte damage and subsequent greying. Furthermore, deficiencies in vitamins B12, D3, E and using progressive hair products have been implicated in accelerating the greying process. Ongoing research aims to elucidate molecular pathways and therapeutic interventions to mitigate premature hair greying and improve quality of life.

Keywords: Genetics: Hair greying, Aging: Melanocyte, self-esteem, Socio-culture.

Background of the study: Considering the paramount significance of hair in life, greying hair at a young age can be extremely distressing. In addition, an incompletely understood etiology and scarcity of treatment options make premature hair greying (PHG) noteworthy.

Aims: We aimed to estimate the prevalence of PHG in college students from Indore, India, and any sociodemographic and lifestyle correlates of PHG and to determine its effect on the quality of life (QOL).

Need of the study: Studying premature hair greying is important because it can be a sign of underlying health issues or genetic predispositions. Understanding its causes can lead to better treatments and preventative measures for both cosmetic and health-related concerns.

OBJECTIVE:

- ➢ To assess the perception regarding premature hair greying caused by various factors.
- ➢ To find out associate knowledge regarding premature hair greying and address them.

HYPOTHESIS:

- ➢ H0– There will be no significant difference between premature hair greying by using progressive hair product among youth generation at selected college of Indore.
- ➢ H1 – There will be significant difference between premature hair greying by using progressive hair product among youth generation at selected college of Indore.
- ➢ H2 – There will be significant association between premature hair greying by using progressive hair product among youth generation at selected college of Indore with there selected demographic variables.

METHODOLOGY:

It is a descriptive cross-sectional study conducted in Renaissance university Indore (M.P.) students and approved by institutional ethics committee. A total of 60 students age between 20–30-year-old were surveyed for various parameter such as genetic, stress, medical condition and damaging of hair by using progressive hair greying product (hair dye, hair smoothing, hair straitening, keratin treatment) and deficiencies of vitamins B12, D3. This research prepared in two set of questionnaires one to collect the demographic information of the sample and the other include a set of 20 questionnaires to determine the knowledge regarding premature hair greying.

RESULT/ INTERPRETATION:

The study sample consist of 60 youth generation of the selected college. Mean age of the students was 15.01 ± 3.013 standard deviation analysis reported out of 60 students were 44 (73.3%) suffered from premature hair greying. The prevalence was higher among females (63%) as compared to male (37%) there was statistical difference in perception of both genders, regarding using progressive hair products and the affected looking older than their actual age (p-value = 0.038), It was observed that out of 60 samples were 30% have previous knowledge and reaming 70% are not have previous knowledge.

Table 01: Mean and Standard Deviation of knowledge Score in frequency and percentage.

Knowledge	Mean (x)	Mean (%)	S.D.
Survey	15.01	25.01	3.013

CONCLUSION: Research advancements underscore the importance of holistic approaches that integrate genetic insights, lifestyle modifications, and psychological support to manage and potentially delay premature greying. Future research directions hold promise for advancing our understanding and improving outcomes for individuals affected by this condition.

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