IJCRT.ORG ISSN : 2320-2882

INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

A Descriptive Study to Assess the Health Status of The Undergraduate Students of Eternal University, Baru Sahib.

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ABSTRACT

Accurate measurement of health status requires the use of several methodologies and numerous indicators due to its multidimensional nature. Improving health is a shared responsibility of health care providers, public health officials, and a variety of other actors in the community who can contribute to the well-being of individuals and populations. Health is therefore essential for a high-quality living. Aim of the study was to assess the Health status if the undergraduate students of Eternal University, Baru Sahib. This descriptive study was conducted among 121 students of Eternal University, Baru Sahib. A Self structured questionnaire was used to collect the data which is divided in two sections: Section A-Socio-Demographic variables & Section B- Self Structured Questionnaire .Purposive sampling technique was used to allocate the samples. The findings of the study revealed that only 92(75.4%) had Fair Health Status, 17(13.9%) had Poor Health Status, 11(9.0%) had Good Health Status, 01(0.8%) had Excellent Health Status.

Keywords: Assess, Health Status, Undergraduate Students

I.INTRODUCTION

It is well known; an individual's quality of life and health are deeply intertwined with their environment. Factors like access to healthcare, clean air and water, safe housing, and opportunities for education and employment all play crucial roles.[1]Defining health is a strenuous task. Therefore, there are many definitions of health offered from time to time, but most of them were criticized for one or more reasons. Some of the commonly referred definitions are as follows:

According to WHO, Health is defined as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

Health status is "a description or a kind of measurement of the health of an individual or population with their identifiable standards at a given point in time, usually by reference to health indicators".[2] Nowadays, poor lifestyle choices are a major global public health concern when it comes to chronic illnesses. **According to WHO estimates**,35 million deaths, or 61% of all deaths globally, and 49% of the illness burden were attributed to chronic diseases.

According to WHO, Non-Communicable Diseases killed 41 million people in India. In 2024, It revealed that it will lead to 74% of all deaths worldwide. 17 million individuals die from Non-Communicable Diseases before they become 70 years old every year; low- and middle-income nations account for 86% of these premature fatalities.77% of Non-Communicable Diseases -related deaths occur in low- and middle-income nations. The majority of these deaths i.e.17.9 million annually are attributable to cardiovascular illnesses, which are followed in death count by cancer (9.3 million), chronic respiratory diseases (4.1 million), and diabetes (2.0 million, including deaths from kidney disease resulting from diabetes). The risk of dying from a non-communicable disease is increased by air pollution, poor food, hazardous alcohol use, and physical inactivity.[3]

According to the H.P. Government report 2023 , "The health status among young people in Himachal Pradesh was affected by underweight (44.39 percent), risk of cell phone addiction (19.62 percent), anxiety (15.54 percent), unintentional injuries (14.72 percent), and violence (8.19 percent)."[4] As per various research reports & articles review, assessing health status is found as the needful and biggest call for healthy living nowadays, we the researchers wanted to assess the health status of the undergraduate students of Eternal University, Baru Sahib

II. OBJECTIVES OF THE STUDY

1. To assess the health status of the undergraduate students.

2.To find out the association between health status with their selected socio-demographic variables.

III. METHODS

The study was conducted on Undergraduate Students of Eternal University. Quantitative research approach anddescriptive research design is used to assess the Health status and purposive sampling technique was used to select 121 participants of Eternal University. Self-structured tool was used to assess the Health Status. Tool consist of **PART A: Socio-demographic variables**, includes personal information about subjects such as Age, Religion, Dietary Pattern, Course, Academic Year, Weight, Height, BMI, Hip-waist ratio **and PART B: Self Structured questionnaire**, which include multiple choice questions. The questions are based on various health parameters like, Physical Activity, Sleep & Rest, Dietary Pattern, Personal Hygiene, Reproductive Health, Mental Health. Ethical permission was granted from Principal & from the research and Ethical Committee of Akal college of Nursing. The data has been collected in the month of April 2024.

SCORING KEY:

- Score **0** is given for wrong answer and Score **1** is given for every right answer.

- Modified Bloom's cut off points criteria was used to assess the Health Status.

SCORING CRITERIA TABLE:

Table 3.1: Scoring key to assess the Health Status of Undergraduate Students.

SCORE	HEALTH STATUS SCORE
0-7	Poor Health status
8-14	Fair Health status
15-21	Good Health status
22-28	Excellent Health status

IV. RESULTS AND DISCUSSION

Table.1 Frequency And Percentage Distribution Of Socio-Demographic Variables Of Undergraduate Students

N=121

SNO.	SOCIO DEMOGRAPHIC VARIABLES	FREQUENCY (f)	PERCENTAGE (%)
1.	**AGE (IN YEARS)**		
	17-19 years	91	74.6
	20-22 years	30	24.6
	23-25 years	0	0
	>25 years	0	0
2.	**RELIGION**		
	Hinduism	103	84.4
	Sikhism	15	12.3
	Muslim	02	1.6
	Christian	01	0.8
3.	**COURSE**		
	Bachelors of Technology	38	31
	Bachelors of Agriculture	83	69
4.	**ACADEMIC YEAR**		
	1st year	50	41.0
	2nd year	59	48.4
	3rd year	11	9.0
	4th year	01	0.8

5.	**DIETARY PATTERN**		
	Vegetarian	102	83.6
	Non-Vegetarian	18	14.8
	Vegan	01	0.8
6.	**BMI**		
	<18.5(Underweight)	17	13.9
	18.5-24.9(Normal)	82	67.2
	25.0-29.9(Overweight)	20	16.4
	30.0-34.9(Extremely Obese)	02	1.6
7.	**HIP-WAIST RATIO**		
	0.80(low)	52	42.6
	0.81-0.84(Moderate)	28	23.0
	>0.85(Severe)	41	33.6

The above Table 1 depicts that the most of the participants 91(74.6%) were in the age group of 17-19 years followed by 30(24.6%) were in the age group 20-22 years, and the rest age groups i.e.23-25years and >25 years age group frequency & percentage distribution remains 0.

Regarding religion, majority of the population 103(84.4%) belongs to Hinduism, followed by Sikhism 15(12.3%), 02(1.6%) Muslims, 01(0.8%) are Christian respectively.

Regarding Course, majority of the students were of bachelors of agriculture with 83(69%), and 38(31%) were from Bachelors of Technology.

Regarding Academic year, the participants from 1st year were 50(41%), 2nd year 59(48.4%), 3rd year 11(9%), 4th year 01(0.8%).

Regarding their dietary patterns, most of the participants were Vegetarian 102(83.6%), Nonvegetarian 18(14.8%), Vegan 01(0.8%).

In terms of BMI, most of the participants had Normal BMI 82(67.2%), 17(13.9%) were underweight, 20(16.4%) were overweight, 02(1.6%) were extremely obese.

Regarding their Hip-waist ratio, most of the participants 52(42.6%) had low hip-waist ratio, 28(23.0%) had moderate hip-waist ratio, 41(33.6%) had high risk hip-waist ratio respectively.

N=121

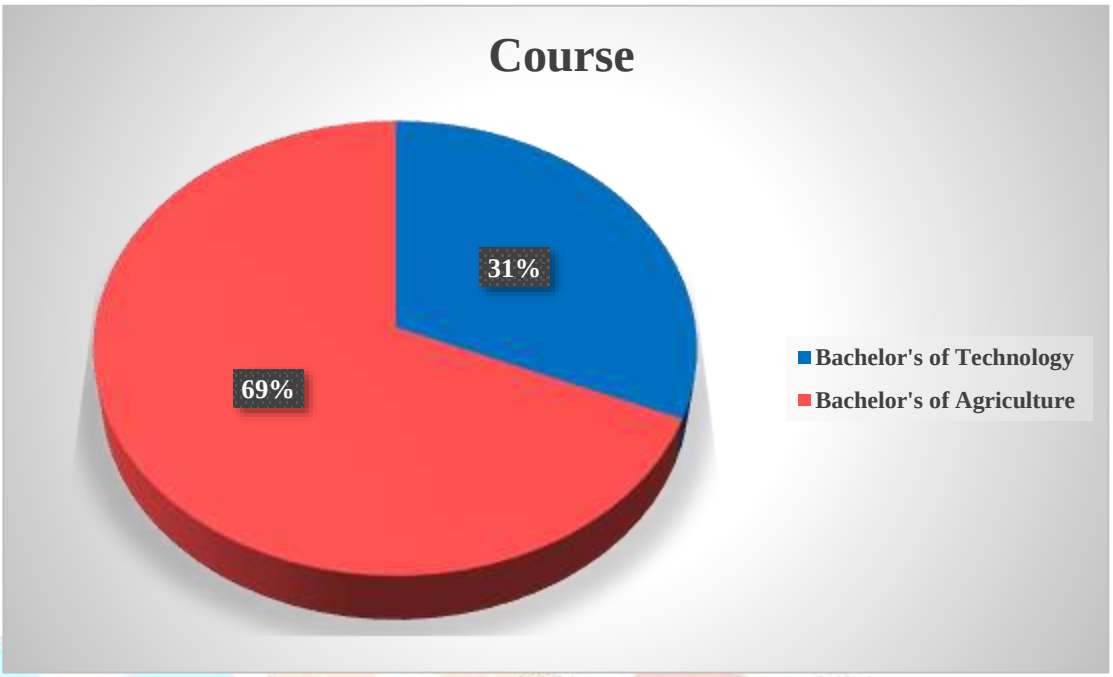

FIG.2 Pie diagram showing distribution of percentage according to Course.

N=121

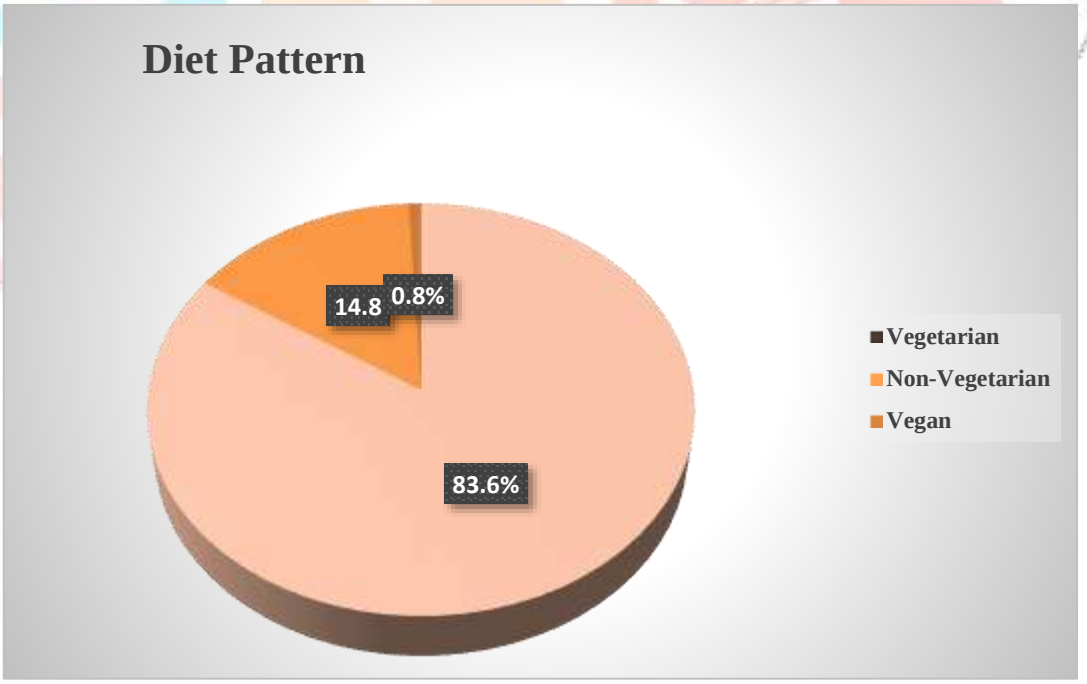

FIG.3 Pie diagram showing distribution of percentage according to their Diet patterns.

N=121

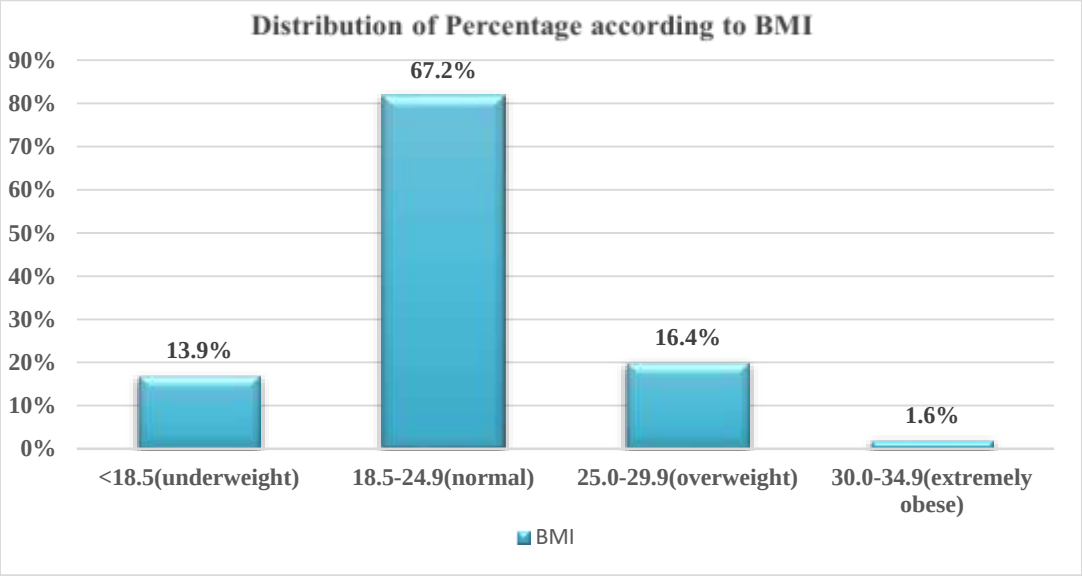

FIG.4 Bar diagram showing distribution of percentage according to their BMI

Table.2 Frequency And Percentage Distribution Of The Health Status Of Undergraduate Students

Health Status	Score	Frequency(f)	Percentage (%)
Poor	0-7	17	14.0
Fair	8-14	92	76.0
Good	15-21	11	9.1
Excellent	22-28	1	0.8

Maximum Score=28 **Minimum Score=0**

Table.2 Revealed that majority of students 92(75.4%) had Fair health status, 17(13.9%) had Poor health status, 11(9.0%) had good health status, 01(0.8%) had Excellent health status.

N=121

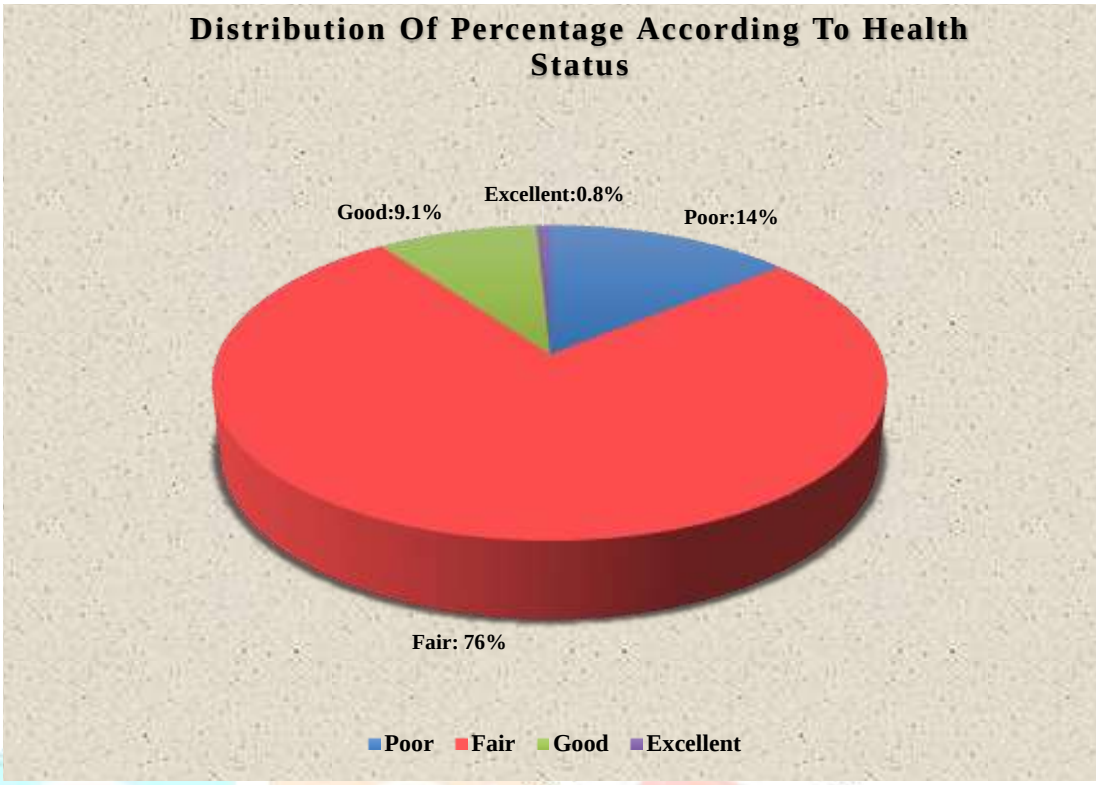

Fig.5 Pie Diagram showing Distribution of Frequency & Percentage according to the Health Status of the Undergraduate Students

Table.3 Association Between Health Status And Their Selected Socio-Demographic Variables

Sr no.	Demographic variables	Health Status				Chi square	DF	p-value
		Poor	Fair	Good	Excellent			
1.	**Age**							
	17-19 year	9	71	10	1			
	20-22 year	8	21	1	0	6.495	3	0.09
	23-25 year	0	0	0	0			**NS**
	>25 year	0	0	0	0			
1.	**Religion**							
	Hinduism	13	81	9	0			
	Sikhism	4	9	1	1	20.23	9	0.017
	Muslim	0	2	0	0			**S**
	Christian	0	0	1	0			
3.	**Course**							
	Bachelors of technology	4	31	2	1	3.791	3	0.285
	Bachelors of agriculture	13	61	9	0			**NS**
4.	**Academic year**							
	1st year	3	41	5	1			
	2nd year	11	42	6	0	7.842	9	0.550
	3rd year	3	8	0	0			**NS**
	4th year	0	1	0	0			

5.	**Dietary pattern**							
	Vegetarian	11	80	10	1	6.940	6	0.326
	Non-vegetarian	6	11	1	0			**NS**
	Vegan	0	1	0	0			
6.	**BMI**							
	<18.4 (Underweight)	3	11	3	0			
	18.5-24.9(Normal)	12	62	7	1	3.765	9	0.926
	25.9-29.9 (Overweight)	2	17	1	0			**NS**
	30.0-34.9(Extremely Obese)	0	2	0	0			
7.	**Hip-waist ratio**							
	0.8(low risk)	8	36	8	0			
	0.81-0.84(Moderate risk)	2	23	2	1	9.544	6	0.145
	>0.85(High risk)	7	33	1	0			**NS**

S: Significant at p<0.005 **NS:** Non-Significant

The above table 3 revealed that Religion has significant association with the Health Status of the Undergraduate Students as the calculated p value is less than 0.05($\mathbf{X^2}$= 20.23; p value= 0.017). Other socio-demographic variables such as Age, Course, Academic year, Dietary patterns, BMI, Hip-waist ratio has no significant association with health status of the undergraduate students as the calculated p value is more than 0.05. Hence, they have no significant impact on the Health Status of the Undergraduate Students of Eternal University, Baru sahib.

V. DISCUSSION: The findings of the study have been discussed in the accordance with objective of the study and previously reviewed literature.

Finding related to frequency and percentage distribution of socio demographic variables

- In the present study, most of the participants 91(74.6%) were in the age group of 17-19 years followed by 30(24.6%) were in the age group 20-22 years, and the rest age groups i.e.23-25years and >25 years remains 0 in terms of frequency & percentage distribution and according to BMI, majority of the students 82(67.2%) had normal BMI. In a similar cross-sectional study of 173 undergraduate biomedical students, which was conducted to assess impact of healthy lifestyle on psychological well-being. Among them 20.2% were males and 79.8% were female. The data revealed that 71.6% are categorized as having an unhealthy lifestyle and 28.3% had intermediate healthy lifestyle.[5]

Findings related to the association of health status with their selected socio demographic variables

- The result of this study shows that significant association of the health status was found with religion (^{x} 2= 20.23; p value= 0.017), other demographic variables such as age, course, academic year, dietary patterns, BMI, hip-waist ratio has no association with health status. In a similar comparative study among selected school of district Hoshiarpur, Punjab, was conducted on 60 school going children, to assess the lifestyle practices of overweight and normal weight children and it was revealed that Gender of children had an impact on physical activities of overweight and normal weight children which was statistically significant at p<0.05 level.[6]

Findings related to the frequency & percentage distribution of Health Status of the Undergraduate students.

- The result of this study revealed that majority of students 92(75.4%) had Fair health status, 17(13.9%) had Poor health status, 11(9.0%) had good health status, 01(0.8%) had Excellent health status. In a similar comparative study conducted to assess the health status & academic progress among the day scholars and hostelers of selected nursing colleges in New-Delhi, revealed that 100%-day scholars are good in their health status whereas 92% hostelers are good and 8% are moderate in their health status and also reveals that 84% hostelers are good in their academic progress and 16% are moderate.[7]

VI. SUMMARY

This research study adopted Descriptive Research Design to assess the Health Status of Undergraduate Students of Eternal University. A total of 121 Undergraduate Students were selected by Purposive Sampling technique from Eternal University. A Self-Structured Questionnaire related to the assessment of health status was used. The results were revealed in the form of frequency and percentage distribution & showed that the majority of students **92(75.4%)** had Fair health status, **17(13.9%)** had Poor health status, **11(9.0%)** had good health status, **01(0.8%)** had Excellent Health status.

VII. CONCLUSION

The findings of the study revealed that majority of students **92(75.4%)** had fair health status, **17(13.9%)** had poor health status, **11(9.0%)** had good health status**, 01(0.8%)** had excellent health status. The data revealed that religion had significant association with the health status of undergraduate students as the calculated p value is less than 0.05. Hence, they are statistically significant at the level $p<0.05$.

Thus, the study concludes that the majority of Undergraduate students of Eternal University had Fair health status with 75.4%. This assessment will help the students to maintain their health status by following various health techniques like balanced diet, proper rest & sleep, maintain their personal hygiene, regular exercise.

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