

Comparison of Health and Hygienic Practices among Different Types of Professional Students

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Abstract

Aim: To compare the health and hygienic practices among different types of professional students. **Material and Methods:** 300 professional students were randomly selected from different colleges at Kanpur for the purpose of this study. The subjects were from different professions namely physical education, medical and engineering. The subjects were ranging from 18 to 25 years. All the subjects had different environmental influence as they came from families of different economic status. A questionnaire method was employed to collect the relevant data regarding the health and hygienic practices among different types of professional students. The responses were tabulated and recorded as the raw scores for the analysis. The various responses received in terms of health and hygienic practices were analyzed using the descriptive technique of percentage. To test the hypothesis the level of significance was set at 0.05. The above statistical technique was analyzed **Results:** All the subjects are having knowledge of health education and they know the importance of health & hygiene, so they become more conscious about their health and possess good health & hygienic practices. They adopt health & hygienic practices as they want to keep themselves healthy & free from disease and health & hygienic practices makes a person more social & popular in society. **Conclusion:** there is positive health and hygienic practices among different types of professional students namely physical education, medical and engineering.

KEYWORDS: Health & Hygienic

Introduction

Health practices have been with us a long time. They are as old as yesterday, as contemporary as today, as modern as tomorrow. Health practices have ever been the life stream of a nation's progress. Good health practices are the life generating forces for the advancement of civilization. A nation stands firm, if its people follow the desirable health practices in their day to day life. Since the school going children and youth i.e. college students happen to be the future citizens of the nation, they certainly need to be educated the basic hygienic practices for their health and happy life in particular and for a healthy nation in general. On the other hand poor hygienic practices account for a large number of diseases and deficiencies.

Health practices in the life of an individual or in community are expressions of a number of factors including habits and attitudes as well as knowledge. In everyday living most people fall below what they know to be the best in hygiene and health practices.

Objectives

The purpose of this study was to compare the health and hygienic practices among different types of professional students.

Methods

300 professional students were randomly selected from different colleges at Kanpur, for the purpose of this study. The subjects were from different professions namely physical education, medical and engineering. The subjects were ranging from 18 to 25 years. All the subjects had different environmental influence as they came from families of different economic status.

A questionnaire method was employed to collect the relevant data regarding the health and hygienic practices among different types of professional students. The responses were tabulated and recorded as the raw scores for the analysis.

Initial Writing

In the first attempt various questions pertaining to common health and hygienic practices in college students, were formulated. The questions were changed from time to time as per the recommendations of the guide before the draft was finalized.

Trial Run

After the formulation of the questionnaire, for the satisfaction of research scholar and her guide, and with the inclusion of all essential statements in an organized manner, the next step was to give it a trial run administering on the sample of subjects. They were requested to answer all the questions and the scholar critically evaluated the statements of the questionnaire.

Re –Writing

In the light of recommendation made as a result of trial run, necessary changes were made in the items of questionnaire and finally, 25 items regarding common health and hygienic practices of the students were included in the final draft of questionnaire.

The questionnaire was administered by the research scholar on all the subjects. All the subjects answered the questionnaire separately without consulting each other. The subjects were exhorted to give their researcher, frank and true opinion. The scholar apprised the respondents that the information given by them would be kept confidential and utilized for the purpose of this study only.

Results

It is evident from the analysis of responses received from the subjects that 87% physical education students & 78% medical students and only 62% engineering students like to drink water instead of bed tea because they are more aware about their health and they know that drinking water instead of bed tea is good for the betterment of their health & stomach.

On the other side 95% physical education, 86% medical & 82% engineering students use to wash their eyes and face every day immediately after getting up in order to feel fresh.

For the third statement 69% medical & 57% engineering students says yes, they feel lazy after getting up in morning the reason may be insufficient of sleep because they use to study late night. The ratio of positive response from physical education subjects is high i.e. 64% because they use to sleep on time as they have to woke up early in the morning to follow their regular schedule.

All 200 subjects, 100 each from physical education & medical respectively agree with the statement that they brush their teeth every day, only 2 subjects out of 100 from engineering profession responded negatively to the

statement. Similarly 71% subjects from physical education, 86% from medical & 79% engineering students use to massage their gums while brushing in order to keep their teeth & gums healthy & free from disease.

A large number of positive responses received to the 6th & 7th statement i.e. do you like taking morning tea? & if yes, are you habituated to it? As they feel freshness by taking tea. On the other side 52% physical education subjects like to have morning tea & only 25% out of 100 subjects of same profession are habituated to it the reasons may be, instead of tea they like to drink lemon water & like to have some sprouted chana, pulses or ground nuts as all these things helps them to enhance their performances.

Out of 200, 45% of subjects from each profession engineering & medical respectively responded correctly to the statement that their eyes pain when they study the reason may be, they use to study late night, have busy schedule simultaneously they have to attend regular classes so they hardly got time for out door activities & spend most of their time with books. In the same order only 14% out of 100 subjects of physical education says yes, their eyes pain when they study.

For the statement, does your mouth smell bad? 94% out of 100 subjects from physical education profession responded negatively & 92% each from medical & engineering respectively responded negatively to the above statement, it shows they all are aware about their health & knows the importance of good health to lead a health & happy life.

The statement 18, 19, 21 & 22 were responded positive by a large percentage of subjects from medical & physical education profession the reason behind is the profession they adopt and the environment in which they choose to live.

The 100 % subjects of physical education says yes, they exercise every day as they are in such profession, because of this they have to perform physical activities & go through the training plan but at the same time very less percentage of subjects i.e. 26% from medical & 49% from engineering use to exercise every day because they already fully mentally exhausted and don't want to exhaust physically. Moreover, they don't found any thing productive in performing physical activities.

All 300 subjects from all three professions namely physical education, medical & engineering responded correctly to the statement 24 & 25, the reasons may be their knowledge about health education, their awareness towards health & hygiene, environmental factors and lastly family influence which might affect their health & hygienic practices.

Conclusion

- 1 The study has indicated that a majority of physical education students had positive health & hygienic practices.
1. They had positive health & hygienic practices as coaches guide & motivate them to adopt such practices moreover this health & hygienic practices helps them to feel mentally & physically fresh while doing work out.
2. Medical students adopt health & hygienic practices because of their profession & the environment in which they are bound to live.

3. All the subjects are having knowledge of health education and they know the importance of health & hygiene, so they become more conscious about their health and possess good health & hygienic practices.
4. They adopt health & hygienic practices as they want to keep themselves healthy & free from disease and health & hygienic practices makes a person more social & popular in society.

On the basis of above conclusions it can be concluded that there is positive health and hygienic practices among different types of professional students namely physical education, medical and engineering.

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