Health Profile of the Arts Junior College Students in an Urban Area

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ABSTRACT *This observational study was conducted to know the health status of the students studying in a randomly selected Arts Junior College in an Urban Area. 344 students present took part in the study. Of these, 106 (30.81%) were males and 238 (69.19 %) were females. The mean age of the whole group was 16.73 years with standard deviation of 0.7 year. The mean weight of the whole group, boys, and girls was 49.12, 52.62, 47.56 kg with standard deviation of 7.39, 6.72, 7.15 kg respectively. Similarly, the mean height was 151.64, 155.10, 150.10 cm with standard deviation of 5.81, 6.02, 5.01 cm respectively. Also, the mean BMI was 21.31, 21.93, 21.04 kg/m2 with standard deviation of 2.43, 2.47, 2.37 kg/m2 respectively. The mean weight, mean height and mean BMI of boys and girls are compared; the difference is statistically significant (p < 0.05). 84 (79.24%) boys and 202 (84.87%) girls were having BMI within normal range i.e.18.50 to 24.99 kg/m2. The BMI of 07 (6.60%) boys and 24 (10.08%) girls was less than18.50kg/m2 (p < 0.05). 15 (14.15%) boys and 12 (5.04%) girls were overweight (i.e. BMI ≥ 25 kg/m2). One girl was obese (i.e. BMI ≥ 30 kg/m2). Of the 344 students, 83(24.13%) were having a health problem. Of which, 16 (19.28%) were boys and 67 (80.72%) were girls (p < 0.05). 03 (2.83%) boys and 28 (11.76%) girls were having pallor (p < 0.05). Ophthalmic, ENT, musculo-skeletal and skin problems were also seen among the participants. 09 (3.78%) girls were having menstrual problems like dysmenorrhoea, irregular menses, pain in abdomen. Periodic medical examination and regular health education sessions are essential to reduce morbidity among this group. Health Insurance scheme should be implemented effectively for the students. Additional health care services should be provided to the girls. These interventions will definitely improve academic performance of the students.*

INTODUCTION

Junior college students belong to middle and late adolescence stage. [1] This period is the healthiest period of life in one's life cycle. The morbidity and mortality is least. [1] But due to various reasons, this group is at risk of having various health problems. Health needs of this group are tremendous. Their prime need is correct and complete information on adolescent health, adequate diet for growth and development, healthy life styles, education and health supportive environment and counseling. To meet their needs, it is necessary to have comprehensive organized programme. To plan such programme, it is necessary to have baseline morbidity data related to this important group whose members are future citizens and leaders of the community. Welfare of these adolescents while at junior college is an important fact of the comprehensive health service.[2]

MATERIALS AND METHODS

This cross sectional study was conducted among the students studying in a randomly selected Arts Junior College in an urban area. Before conducting the study necessary permissions were obtained. The participants were made aware of the purpose of the study. All the 344 students present took part in the study. Age, sex, height, weight, symptoms and findings of physical examination of each participant were recorded in the pretested proforma. The data was analyzed using Microsoft Excel. Standard Error of difference between two means and two proportions tests were applied. The results were interpreted at 5% level of significance.

RESULTS AND DISCUSSION

344 Arts Junior College students present took part in the study. Of these, 106 (30.81%) were males and 238 (69.19 %) were females. The mean age of the whole group, boys, and girls was 16.73, 16.85, 16.68 years with standard deviation of 0.7, 0.7, 0.7 year respectively. The mean weight of the whole group, boys, and girls was 49.12, 52.62, 47.56 kg with standard deviation of 7.39, 6.72, 7.15 kg respectively. Similarly, the mean height was 151.64, 155.10, 150.10 cm with standard deviation of 5.81, 6.02, 5.01 cm respectively. Also, the mean BMI was 21.31, 21.93,21.04 kg/m² with standard deviation of 2.43,2.47,2.37 kg/m² respectively.(Table-1) 84 (79.24%) boys and 202 (84.87%) girls were having BMI within normal range i.e.18.50 to 24.99 kg/m².[1] The BMI of 07 (06.60%) boys and 24 (10.08%) girls was below18.50 kg/m² (p < 0.05). 15 (14.15%) boys and 12 (05.04%) girls were overweight (i.e. BMI ≥ 25 kg/m²).[1] One girl was obese (i.e. BMI ≥ 30 kg/m²).[1] The mean weight, mean height and mean BMI of boys and girls are compared; the difference is statistically significant (p < 0.05).

83 (24.13%) students were having a health problem. Of these, 16 (19.28%) were boys and 67 (80.72%) were girls (p < 0.05). 03 (2.83%) boys and 28 (11.76%) girls were having pallor. The difference is statistically significant (p < 0.05). 04 (3.77%) boys and 06 (2.52%) girls were having ophthalmic problems like decreased vision, watering, burning sensation or redness of eyes. 02 (1.89%) boys and 04 (1.68%) girls were suffering from ENT problems like decreased hearing and wax in one or both ears.02 (1.89%) males and 07 (2.94%) girls were suffering from skin problems like ringworm, acne, hyper-pigmentation. 02 (1.89%) boys and 05 (2.10%) girls were suffering from musculo-skeletal problems like joints pain, backache or headache. 09 (3.78%) girls were having menstrual problems like dysmenorrhoea, irregular menses, pain in abdomen and 05(2.10%) were complaining of weakness.(Table – 2)

Similar pattern of morbidity was observed in students stud-

ying in Commerce Junior College in a Metropolitan City [2]. R Altaf Hussain [et al (3)] in their study among adolescent students aged 14 to 18 years studying in Junior college and High School in Andhra Pradesh observed, 87.3% boys and 96% girls were having one or more morbid conditions. The major prevalent morbid conditions among boys were skin disorders (57.7%), ENT conditions (52.00%), Vitamin A deficiency (47.3%), Vitamin B deficiency (24.7%), and Dental caries (24.00%).The major morbid conditions among girls were skin disorders (67.7%), ENT conditions (45.3%), Vitamin A deficiency (38.00%), Pediculosis /scabies (25.00%), Anemia(22.7%), Dental caries (21.00%) and Refractive errors(08.00%). Vivek B. Waghachavare [et al (4)] in their study of menstrual problems among the female junior college students in rural area of Sangli District observed, 119(64.00%) students were suffering from some menstrual problem. Dysmenorrhoea was commonest menstrual problem and was present in 42.5% students. The morbidity among junior college students was high at above two rural places, compared to present study in urban area.

To promote, protect, and maintain the health of this group and to expect better academic performance from them, periodic examination,[3] implementation of health insurance scheme as well as health education and counseling sessions [2,4] should be organized regularly. More efforts should be taken to improve health status of the girls. The junior college students during this period undergo rapid physical and biological changes. It is a period in which foundations can be laid for a long and healthy life. It is a prime time for health promotion and for establishment of healthy behavior that will influence health in later years. [2, 5]

Table-1 Mean and Standard Deviation of Age, Weight, Height and BMI

Parameters		Boys (n=106)	Girls (n=238)
Age(yr)	Mean	16.85	16.68
	Standard Deviation	0.7	0.7
Weight (kg)	Mean	52.62	47.56
	Standard Deviation	6.72	7.15
Height (cm)	Mean	155.10	150.10
	Standard Deviation	6.02	5.01
BMI (kg/m^2)	Mean	21.93	21.04
	Standard Deviation	2.47	2.37

Table-2 Distribution of morbid conditions

Type of morbidity	Boys (n=106)	Girls (n=238)
Pallor	03(02.83%)	28(11.76%)
Ophthalmic problems	04(03.77%)	06(02.52%)
ENT	02(01.89%)	04(01.68%)
Musculoskeletal problems	02(01.89%)	05(02.10%)
Skin	02(01.89%)	07(02.94%)
Weakness	00(00.00%)	05(02.10%)
Stomatitis	01(00.94%)	02(00.84%)
Gastrointestinal symptoms	02(01.89%)	01(00.42%)
Menstrual Problems	Not Applicable	09(03.78%)

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