



## Study Regards The Level of Health Awareness in Medical Students of a Tertiary Care Medical College ( TCMC )

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**ABSTRACT**

Evaluation of the level of health awareness was studied in 100 medical students of a Tertiary Care Medical College ( TCMC ). The students were asked to solve & submit a 15 parameter based questionnaire regards the same. 60% students reported "Good" level of their health & 52% reported health affecting their normal social activity. It was seen that 70% students did not exercise regularly, 54% didn't do regular teeth / gum check-up, 26% did their blood / body profile check-up and 66% got their eyes checked regularly. It was good to see that 92% didn't smoke/drink & 56% didn't consume any drugs of their own. 56% were not having any medi-claim policy & 82% were not aware about their annual premium & annual insurance amount of their medi-claim.

**KEYWORDS****Introduction:**

Awareness pertaining to our individual health has become one of the most important aspect in today's scenario. This is because our health is getting affected by a lot of Stress & related factors that we are subjected to. Adding to it is variation in Dietary requirement, Sleep pattern, rise in Unemployment level, increased Cost of living and a highly Competitive & Fast life-style with enhanced Travel time & fulfillment of Job deadlines. Habits like smoking / drinking worsen the scene.

Though there are lot of parameters designed to evaluate the level of health awareness in individuals and groups, most of the people including medical students are not aware of those.

Hence we have undertaken the study regards level of health awareness in medical students of a Tertiary Care Medical College ( TCMC ) in order to determine the current trend.

The students were asked to solve a 15 point / parameter based questionnaire & submit it back to us. These were as follows: 1) Health status of student; 2) Health affecting their normal social activity / household chores; 3) doing regular exercise; 4) presence of Persistent problems like backache, body ache, headache and neck sprain; 5) suffering from Chronic ailments like asthma, migraine, diabetes, obesity, hypertension and GI upset; 6) visit frequency to General physician; Regular checking of 7) Teeth / gums, 8) Blood / Body profile and 9) Eyes; 10) Self consumption of multi-vitamins, analgesics, antibiotics & drugs from alternative medications like ayurveda & homeopathy; 11) Smoking / Drinking habits; 12) Holding a mediclaim policy ;13) Mediclaim policy from private/ govt. Banks / Institution; 14) Annual premium amount and 15) Annual insurance amount regards their mediclaim.

**Materials & Method:**

100 Medical students of a Tertiary Care Medical College ( TCMC ) of I M.B.,B.S class were selected for doing the Study regards the level of Health Awareness.

The students were asked to solve a **15 point / parameter based questionnaire** & submit it back to us. Results were

obtained after analyzing the data and were presented in tabulated format for easy of exhibition.

**Results:**

Results tabulation regards level of Health Awareness in Medical students of TCMC.					
Q.1) About the Health	Excell--ent	Good	Fair	Poor	NA
	18	60	14	01	14

Q.2). Health affecting Social activity / household chores	Yes	No	NA
	52	32	16
Q.3) Regular Exercise	Yes	No	NA
	30	70	00

Q.4) Persistent Problems encountered	Backache	Headache	Bodyache	Neck	NA
	16	16	00	06	62

Q.5) Chronic			DM	Obesity		GI upset
	00	00	00	00	04	00

NA ( Not Attempted ) == 96 students.

Q.6) Visit	Once/ year	Once / 6 mth	Once / 3 mth	Once / mth	NA
	32	14	26	14	14

Question/s	Yes	No	NA
Q.7) Checking Teeth / gums	40	54	06
Q.8) Done Blood tests / Body profile	26	66	06
Q.9) Checking Eyes	66	26	06
Q.10) Taken MV & other drugs	32	56	08 ****

Q.11) Happen to smoke / drink	02	92	06		
Q.12) Holding a Mediclaim policy/ies	Yes	No	NA		
	34	56	10		
Q.14) Annual premium amount for medi-claim	A	b	C	D	NA
	12	02	02	02	82
Q.15) Annual Insured amount for medi-claim	A	b	C	D	NA
	10	04	-----	04	82

#### Discussion:

Pertaining to the above study, out of 100 students 18% students gave "Excellent", 60% students reported "Good" level of their health while 14% & 02% reported "Fair" and "Poor" state of their health respectively. 52% reported health affecting their normal social activity/ household chores. It was seen that only 30% students exercise regularly while it was disappointing to see that 70% students did not exercise regularly.

Out of persistent problems, only 16% had backache & headache respectively while 06% had neck sprain. 62% didn't reply to the question indicating they were not having any problem. Also 96% students were not having any chronic ailment. No student was suffering from asthma, diabetes, hypertension, obesity & GI upset while only 04% were suffering from migraine.

Regards students frequency to visit General Physician ( G.P ), 32% visited once/yearly, 26% visited once every 03 monthly, 14% once every 06 monthly and Monthly respectively. 14% didn't ever visited G.P.

It was worrisome to see that only 40% got their teeth/ gums checked while 54% didn't do regular teeth / gum check-up and 6% didn't attempt the question. Also only 26% did their blood tests / body profile check-up while it was good to see that 66% students got their eyes checked regularly.

A positive finding to see that 92% students didn't smoke/ drink and 56% didn't consume any drugs ( stated above ) of their own.

56% were not holding any medi-claim policy and 78% didn't report about the name of company/bank/institution. 04% had from ICICI & 06% from HDFC while 12% from other (unstat-ed) company.

Sad to see that 82% students were not aware about their annual premium & annual insurance amount of their medi-claim. 12% had annual premium of Rs. 2000/- to Rs. 5000/- range and 02% from Rs. 6000/- to Rs. 8000/-, Rs. 9000/- to Rs. 12000/- and more than Rs. 15000/- respectively. Only 10% students had annual insured mediclaim amount of Rs. 01.00 lac to Rs. 2.00 lacs, 04% reported value of Rs. 3.00 lacs to Rs. 5.00 lacs & more than Rs. 12 .00 lacs.

#### Summary:

The study done in Medical students of TCMC thus provided us information regards actual status about the Level of Health awareness in them. We thought this is important to determine since doctors (medicos) form a significant population who are supposed to be aware of their respective health status as they are very much responsible to advice the general people of the society & patients in specific as to how to keep fit & fine.

Thus after knowing the parameters to determine level of health awareness in themselves, it will now be surely easy & convenient thereby for medical students to check the same in General population and providing more information to & of the society therefore.

The limits of this study can further be expanded to check health awareness level in Practicing / Consulting Physicians & Surgeons and also to Physio & Occupational therapist and Nursing sections / faculties. Ayurveda, Unani and Homeopathy practitioners can also be included for future studies.

I acknowledge my co-authors for providing me a great help during the study and extend my thanks to all the medical students who spared their valuable time and participated in our study thus helping us to gather the information.

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