



## A STUDY ON AWARENESS OF DREADFUL DISEASES AMONG COLLEGE STUDENTS

**Mrs. C. Meenakshi**

Research Scholar, Alagappa University, Karaikudi

**Dr. M. Vasimalairaja**

Associate Professor in Education, Department of Education, [DDE], Alagappa University, Karaikudi

### ABSTRACT

This study was conducted to find out whether there is awareness of dreadful diseases among College Students. The investigator adopted the survey method for this study. The sample is collected using simple random technique. The size of the sample is 1000 College Students of Madurai, Sivagangai and Dindugal districts. The self made tool which was validated was used for this investigation. The tool has 35 items and it is a check list. The level of dreadful diseases awareness among the college students is moderate. There is significant difference between college students in their awareness of dreadful diseases with regard to Gender and Qualification.

### KEYWORDS

Social media, Higher education, digital technology, teaching practice, educator.

### Introduction

The survival of human beings on earth depends on the existence of clean and healthy environment. This is due to the life style adopted by the people and their general apathy to the surroundings. The teenage students especially college students are more prone to the life style propagated by the T.V. The traditional life style which was very much symbiotic with environment is undo constant pressure by the industrialized and consumerist culture.

Exposures to environmental pollution remain a major source of health risk throughout the world, though risks are generally higher in developing countries, where poverty, lack of investment in modern technology and weak environmental legislation combine to cause high pollution levels. Associations between environmental pollution and health outcome are, however, complex and often poorly characterized.

Long latency times, the effects of cumulative exposures, and multiple exposures to different pollutants which might act synergistically all create difficulties in unravelling associations between environmental pollution and health. Nevertheless, in recent years, several attempts have been made to assess the global burden of disease as a result of environmental pollution, either in terms of mortality or disability-adjusted life years (DALYs). About 8–9% of the total disease burden may be attributed to pollution, but considerably more in developing countries. Unsafe water, poor sanitation and poor hygiene are seen to be the major sources of exposure, along with indoor air pollution.

### Significance of the study

Our Education has the responsibility to make the new generation to be environmentally concerned and aware of dreadful diseases that kills millions of peoples around the world earlier and nowadays. The young ones should be directed to update the status of environment regularly. The best suggested way to inculcate knowledge of environment and implement the goals of environmental protection is imparting environmental education. The awareness and knowledge about the issues are conveyed to a certain extent. But besides awareness, the application of these programmes has to play the foremost role.

Environment is one of the key areas of current human concern. Enhanced pace of developmental activities and rapid urbanization have resulted in stress on natural resources and quality of life. Ozone pollution can cause respiratory disease, cardiovascular disease, throat inflammation, chest pain, and congestion. Water pollution causes approximately 14,000 deaths per day, mostly due

to contamination of drinking water by untreated sewage in developing countries. Public awareness is required that will create a positive attitude towards dreadful diseases.

### Statement of the problem

The survival of human beings on earth depends on the existence of clean and healthy environment. We are not only facing environment problems but also creating them. There has been a great increase in the rate at which we exploit natural resources. The urbanization and industrialization lead to pollution and sewage disposal problems. Environmental degradation has become a serious issue as it threatens not only the people's existence but their health and lives. The study is to find out awareness of dreadful diseases among college students and the difference in awareness among the selected population variables.

### Operational Definition of the Key terms

**Awareness of Dreadful Diseases:** Knowledge that something exists of dangerous diseases of all times and its impact on human beings. [Small pox, malaria, flu, measles, Tuberculosis, cholera, Ebola and AIDS etc]

**College Students:** Group of people enrolled in a college or University with common purpose or shared duties at an institution of higher learning.

### Method used for the study

The investigator has adopted the Survey method of research to find out the awareness of dreadful diseases among college students.

### Population

The population selected for this study is college students belong to the colleges at Madurai, Dindugal and Sivagangai Districts.

### Sample

The investigator has using random sampling technique. 1000 college students were selected from Government, Government Aided and Self Finance colleges of Arts and Science, Education and Engineering Colleges at Madurai, Sivagangai and Dindugal Districts. The samples were selected from fifteen colleges belonged to Madurai, Sivagangai and Dindugal Districts.

### Tools used for the study

The following tools are used by the investigator in the present research for collecting the data from the sample chosen.

• Dreadful diseases Awareness questionnaire

**Table- 1**

Tools Name	Developed by	Items In preliminary draft	Items In the final	Validity	Reliability
Dreadful diseases Awareness questionnaire	Investigator and Guide at 2015	38	35	Item Analysis	0.928658

**Statistical Techniques used**

Statistical techniques are very essential for any research. It will help the investigator to analyze and interpret the data. In the present investigation, the following statistical measures used were Mean, Standard Deviation 't' test and Anova .

**Variables of the study**

**Independent Variables:** Awareness of Dreadful Diseases

**Demographic Variables:**

In this study, the demographic variables are Gender, Age, Marital status, Residence, Religion, Nature of College, Type of College, Subjects taught, Type of Family and Birth Order.

**Objectives of the study**

- The study was conducted on the basis of the following objectives.
1. To know the level of dreadful diseases awareness among the college students.
  2. To find out the significant difference between college students in their awareness of dreadful diseases on the following population variables like Gender, Family type, location, Courses Studying, Religion followed, Nature of Institution, Type of Institution and Subjects Studying.

**Hypotheses of the study**

- 1: The level of dreadful diseases awareness among the college students is not high.
- 2: There is no significant difference in the Awareness of Dreadful Diseases among the college students with regard to background variables

**Analysis and Interpretation**

**Percentage Analysis**

1. The level of Dreadful Diseases awareness among the college students is not high in terms of total sample.

**Table - 2 Level of Dreadful Diseases awareness among the college students**

VARIABLE	Low		Moderate		High	
	N	%	N	%	N	%
<b>Dreadful Diseases awareness</b>	216	21.6	583	58.3	201	20.1

It is inferred from the above table that the level of Dreadful Diseases awareness among the college students were moderate. So, the null hypothesis is accepted.

**DIFFERENTIAL ANALYSIS ('t' Test)**

**H<sub>0</sub> 2:** There is no significant difference in the Awareness of Dreadful Diseases among the college students with regard to background variables

**Table- 3 Difference in the Awareness of Dreadful Diseases among the college students with regard to background variables**

Background variables	Sub variables	N	Mean	S.D	Calculated 't' Value	Remark
<b>Gender</b>	Male	500	19.88	6.319	13.598	S
	Female	500	24.78	4.990		
<b>Marital status</b>	Married	250	22.03	6.145	0.883	NS
	Unmarried	750	22.43	6.212		
<b>Type of Family</b>	Joint	740	22.48	6.219	1.324	NS
	Nuclear	260	21.90	6.118		
<b>Location</b>	Urban	600	22.38	6.226	.313	NS
	Rural	400	22.26	6.156		
<b>Qualification</b>	UG	810	22.13	6.190	2.122	S
	PG	190	23.18	6.158		

(At 5% level of Significance, the table value of 't' is 1.96)

It is inferred from the above table that there is significant difference in the Awareness of Dreadful Diseases among the college students with regard to background variables such as Gender and Qualification and no significant difference in the Awareness of Dreadful Diseases among the college students with regard to background variables such as Marital status, Type of Family and Location.

**DIFFERENTIAL ANALYSIS (ANOVA)**

**H<sub>0</sub> 2:** There is no significant difference in the Awareness of Dreadful Diseases among the college students with regard to background variables

**Table- 4 Difference in the Awareness of Dreadful Diseases among the college students with regard to background variables**

Dimension	Source of Variation	df (2,997)		Calculated F Value	Remark
		Sum of Squares	Mean Square Variation		
Religion	Between	48.152	24.076	0.627	N.S
	Within	38290.948	38.406		
Nature of Institution	Between	13.102	6.551	.170	N.S
	Within	38325.998	38.441		
Type of College	Between	218.241	109.120	2.854	N.S
	Within	38120.859	38.236		
Subject Studying	Between	49.578	24.789	.645	N.S
	Within	38289.522	38.405		

(At 5% level of significance, for (2,999) df the table value of 'F' is 3.00)

It is inferred from the above table that there is no significant difference in the Awareness of Dreadful Diseases among the college students with regard to background variables such as Religion, Nature of Institution, Type of College and Subject Studying.

### Findings and Interpretations of the study

1. The level of dreadful diseases awareness among the college students is moderate. (58.3%).
2. Significant difference between male and female college students in their awareness of dreadful diseases. While comparing the mean scores of male and female college students, female (24.78) college students are better than male (19.88) college students in their awareness of dreadful diseases. This may be due to their sensitivity towards the dreadful diseases.
3. No significant difference between college students in their awareness of dreadful diseases with regard to Marital Status, Family Type and Location.
4. Significant difference between UG and PG college students in their awareness of dreadful diseases. While comparing the mean scores of UG and PG college students, PG (23.18) college students are better than UG (22.13) college students in their awareness of dreadful diseases. This may be due to the higher degree, reference and exposure.
5. No significant difference among college students in their awareness of dreadful diseases with regard to Nature of College, Type of College and Subjects.

### Recommendations

On the basis of the present findings, the investigator has given the following Recommendations:

- 1) The syllabus for College education programme could be revamped and Environmental Education and Diseases knowledge could be taught and they are the need of the life.
- 2) Symposium, reading ability, panel discussion and conference could be conducted to improve the awareness of dreadful diseases and environmental pollution.
- 3) Best practices can be done based on environment focused, diseases free society and value imparting programmes.
- 4) Internal Quality Assurance Cells can focus on their outreach programmes especially towards health and hygiene, diseases free and healthy environment.
- 5) College students can be motivated with special clubs like Eco club, Health club, personality club, Skit club, Drama club and etc.
- 6) Parents should give special attention towards their wards idea building towards nation building, environmental attitude, health and hygiene, behaviour modification and personal value imbibing.

### Suggestions for further studies

1. Similar studies can be extended to the research students of other districts in Tamilnadu
2. Awareness of dreadful diseases and their health attitude can be taken for research.
3. CAI package can be developed and validated on dreadful diseases awareness

### Delimitations of the study

- The study involves some population variables only associated with Awareness of Dreadful Diseases.

- The data were collected from the Madurai, Sivagangai and Dindugal districts only.
- The data were collected only from College Students.

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