
A STUDY ON THE HEALTH CONSCIOUSNESS AMONG COLLEGE GOING STUDENTS

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ABSTRACT

Health consciousness plays a vital role in shaping the lifestyle and well-being of individuals, especially among college-going students who are in a transitional stage of life. This study aims to assess the level of health consciousness among college students and identify the factors influencing their health-related behaviors. College life often exposes students to irregular routines, academic stress, poor dietary habits, and lack of physical activity, which can negatively impact their overall health. The research is based on a survey method using a structured questionnaire to collect data from a sample of college students. The study examines aspects such as dietary habits, physical activity, sleep patterns, and awareness of health issues. It also explores the relationship between health consciousness, self-esteem, and health-promoting behaviors. The findings indicate that while many students possess basic awareness about health, their actual practices often do not reflect a healthy lifestyle.

Keywords:

Health consciousness, College students, Lifestyle habits, Physical activity, Dietary behavior, Mental health.

Introduction of the study

Health consciousness refers to the degree to which individuals are aware of and concerned about their health and well-being. It plays a crucial role in shaping lifestyle choices, including diet, physical activity, sleep patterns, and stress management. Among different age groups, college-going students represent a significant segment, as they are in a transitional phase from adolescence to adulthood where lifelong habits are formed. College life often brings greater independence, but it also exposes students to various challenges such as academic pressure, time constraints, irregular schedules, and peer influence. These factors can lead to unhealthy behaviors like poor eating habits, lack of physical exercise, inadequate sleep, and increased stress levels. As a result, students may become more vulnerable to both physical and mental health issues. In recent years, there has been a growing awareness of the importance of maintaining a healthy lifestyle. However, awareness does not always translate into practice. Many students possess basic knowledge about health but fail to adopt consistent health-promoting behaviors. This gap between knowledge and action highlights the need to understand the level of health consciousness among college students. This study aims to explore the health consciousness of college-going students by examining their awareness, attitudes, and behaviors related to health. It also seeks to identify the factors influencing their lifestyle choices and to assess how health consciousness impacts their overall well-being. Understanding these aspects can help in designing effective health education programs and interventions within colleges to promote healthier lifestyles among students.

Statement of the problem

In recent years, there has been a growing concern about the health status of college-going students. Although students are generally aware of the importance of maintaining good health, many fail to adopt healthy lifestyle practices in their daily lives. Irregular eating habits, lack of physical activity, inadequate sleep, and increased stress levels have become common among students due to academic pressure, technological distractions, and changing social environments. The transition from school to college provides students with greater independence in making personal choices, including those related to health. However, this independence often leads to unhealthy behaviors such as consumption of junk food, sedentary lifestyles, and neglect of mental well-being. Despite the availability of health information, there exists a significant gap between health awareness and actual health practices among college students.

Objectives of the Study

- To examine the level of health consciousness among college-going students.
- To assess the awareness of students regarding healthy lifestyle practices.
- To analyze the dietary habits and physical activity levels of students.

Scope of the study

The present study focuses on analyzing the level of health consciousness among college-going students. It covers various aspects of health, including physical health, mental well-being, dietary habits, physical activity, and lifestyle practices. The study is limited to students enrolled in colleges and aims to understand their awareness, attitudes, and behaviors related to maintaining good health. The research is primarily based on data collected through questionnaires or surveys from a selected sample of students. It examines factors such as eating patterns, exercise routines, sleep habits, stress levels, and the influence of peer groups and academic pressure on health behaviors. The study is confined to a specific geographical area and a limited number of respondents, which may not represent the entire population of college students. It does not cover medical diagnosis or clinical evaluation but focuses only on self-reported health consciousness and lifestyle practices.

REVIEW OF LITERATURE

- Several studies have examined factors influencing health consciousness among college-going students. Johnson (2020) investigated access to health information among adolescents in Chandigarh and found that limited access to health-related information is associated with lower levels of health consciousness. The study, based on a survey of 500 students from various educational institutions, highlights the importance of information accessibility in shaping health awareness.
- Similarly, Martinez (2021) evaluated the effectiveness of school-based health programs in Tamil Nadu. The findings revealed that institutions implementing comprehensive health programs reported significantly higher levels of student awareness. This comparative study, conducted across 10 schools, emphasizes the role of structured institutional interventions in improving health knowledge.
- Carter (2022) explored the impact of online health communities on adolescents' health consciousness in Tamil Nadu. Through a qualitative study involving 50 participants, the research concluded that active engagement in online communities enhances accountability and promotes greater awareness regarding health issues.

- In addition, Smith (2018) examined the influence of social media on health awareness among college students in Mumbai. The study identified a high prevalence of health consciousness among students and found that increased social media usage positively correlates with health awareness. However, it also highlighted the risk of misinformation, suggesting a dual impact of digital platforms. The study employed a mixed-methods approach to ensure a comprehensive analysis.
- Lee (2018) focused on the effectiveness of nutrition education in improving health consciousness among students in New Delhi. Using pre- and post-intervention surveys with 300 participants, the study demonstrated significant improvements in both knowledge and dietary behavior, underscoring the importance of educational interventions in promoting healthier lifestyles.
- Furthermore, Thompson (2019) investigated the relationship between physical activity and health perception among college students in Chennai. The cross-sectional study involving 400 participants found that higher levels of physical activity are strongly associated with better health perception, indicating the importance of lifestyle behaviors in shaping overall health awareness.

CHAPTER – III

OVERVIEW OF STUDY

Health consciousness has become an increasingly important aspect of modern life, particularly among young adults, who are at a stage of life where lifestyle choices can have long-term impacts on physical and mental well-being. College-going students represent a unique demographic, as they are in a transitional phase between adolescence and adulthood, where independence, exposure to new environments, and academic pressures can significantly influence their health behaviors. The concept of health consciousness encompasses an individual's awareness, knowledge, and attitudes toward health, as well as the adoption of behaviors that promote wellness, such as balanced nutrition, physical activity, sufficient sleep, stress management, and hygiene practices. A higher level of health consciousness often correlates with healthier lifestyle choices, reduced risk of lifestyle-related diseases, and improved overall quality of life.

In today's context, the rapid pace of life, increased academic demands, and the availability of processed and fast food have challenged students' ability to maintain healthy habits. Many college students struggle with irregular eating patterns, lack of physical activity, and sleep deprivation, which can adversely affect both their health and academic performance. Furthermore, awareness of lifestyle diseases such as obesity, diabetes, and hypertension is critical, yet knowledge alone may not always translate into behavior change. Therefore, understanding the extent of health consciousness among college students is vital to designing interventions that can encourage better health practices. This study aims to explore how students perceive and practice health-conscious behaviors, including diet, sleep, stress management, and hygiene, and to identify patterns and gaps that may exist in their lifestyle choices.

The primary objectives of this study are to assess the level of awareness and knowledge regarding health and wellness among college students, evaluate their dietary and physical activity habits, and examine their engagement in preventive health behaviors. Specific areas of focus include understanding students' preference for home-cooked versus fast food, frequency of fruit and vegetable consumption, and monitoring of nutritional information. The

study also investigates sleep patterns, consistency in sleep schedules, stress management techniques such as meditation or yoga, and the regularity of health check-ups. Additionally, hygiene practices, which play a critical role in preventing communicable diseases, are examined to provide a holistic view of the students' health consciousness. By capturing these diverse aspects, the study seeks to present a comprehensive picture of health awareness and behavior among college-going students.

CHAPTER – IV ANALYSIS AND INTERPRETATION

Table 4.1 Showing the Age

Response	No. of Respondents	Percentage (%)
17–19	38	32%
20–22	52	43%
23–25	20	17%
26+	10	8%
Total	120	100%

INTERPRETATION

The majority of respondents (43%) belong to the 20–22 age group, indicating strong participation from mid-level college student . About 32% are aged 17–19, showing good representation of younger students. Only 17% fall in the 23–25 category, suggesting fewer senior students participated. The 26+ group has the lowest share at 8%, indicating minimal involvement from older individuals

Table 4.2 Showing the Gender

Response	No. of Respondents	Percentage (%)
Male	65	54%
Female	50	42%
Other	5	4%
Total	120	100%

INTERPRETATION

The majority of respondents are male (54%), indicating higher participation from males in the survey. Female respondents make up 42%, showing a fairly balanced but slightly lower representation compared to males. Only 4% of respondents identify as other, indicating minimal participation from this group. The gender distribution suggests that male perspectives may slightly dominate the findings.

Table 4.3 showing the Course/Stream

Response	No. of Respondents	Percentage (%)
Arts/Humanities	20	17%
Science	30	25%
Commerce	18	15%
Engineering/Technology	42	35%
Others	10	8%
Total	120	100%

INTERPRETATION

The majority of respondents (35%) are from Engineering/Technology, indicating strong representation from this stream. Science students account for 25%, showing a significant contribution to the survey. Arts/Humanities (17%) and Commerce (15%) have moderate participation levels. Only 8% belong to other streams, reflecting minimal representation.

Table 4.4 showing the Year of Study

Response	No. of Respondents	Percentage (%)
1st Year	35	29%
2nd Year	30	25%
3rd Year	28	23%
4th Year	27	23%
Total	120	100%

INTERPRETATION

The highest number of respondents are from 1st Year (29%), indicating strong participation from beginners. 2nd Year students make up 25%, showing a good level of involvement. 3rd Year and 4th Year students each account for 23%, reflecting nearly equal representation.

CHAPTER – V

FINDING SUGGESTION AND CONCLUSION

FINDING

- Nearly, 40 percent of the respondents belong to age group 21 year.
- Nearly, 57 percent of the respondents belong to female.
- Mostly, 58 percent of the respondents belong to Christian religion.
- Nearly, 52 percent of the respondents belong to PG-2.
- Nearly, 57 percent of the respondents belong to arts stream.
- Mostly, 62 percent of the respondents belong to day scholar.

- Nearly, 55percents of the respondent's father's annual income is between \$ 50,000-1,00,000.
- Nearly, 39 percent of the respondent's mother's are housewife.
- Nearly, 48 percent of the respondents involve in extracurricular course of spoken English.
- Mostly, 30 percent of the respondents' hobbies are reading books and video games.
- Mostly, 53 percent of the respondent's birth order is 1st.

SUGGESTION

1. The student's respondents should maintain a perfect diet in order to maintain their health.
2. Early sleep and early wake up should be practiced.
3. **Raise awareness:** It's important to educate college students about the importance of health and the potential consequences of health disorders. This can be done through workshops, presentations, and campaigns that emphasize the value of good health habits.
4. **Stay Hydrated:** Drink plenty of water throughout the day to stay hydrated. This supports digestion, energy levels, and healthy skin.
5. **Eat a Balanced Diet:** Focus on a variety of whole foods, including fruits, vegetables, whole grains, lean proteins, and healthy fats. Limit processed foods and added sugars.
6. **Exercise Regularly:** Aim for at least 150 minutes of moderate-intensity aerobic activity (like walking, cycling, or swimming) per week, along with strength training exercises twice a week.
7. **Prioritize Sleep:** Make sure you get 7-9 hours of quality sleep each night. Good sleep helps with mental clarity, emotional health, and physical recovery.
8. **Manage Stress:** Practice stress management techniques like mindfulness, meditation, yoga, or breathing exercises to improve mental health.
9. **Routine Check-ups:** Regular visits to your healthcare provider for check-ups and screenings can help catch potential issues early and maintain long-term health.

CONCLUSION

Health consciousness refers to an individual's awareness and active pursuit of practices that promote physical, mental, and emotional well-being. It encompasses adopting habits such as regular exercise, balanced nutrition, stress management, and preventive healthcare measures.

Being health-conscious is essential for maintaining a high quality of life and preventing chronic diseases. It can lead to better lifestyle choices, such as eating healthier, engaging in physical activities, and seeking timely medical care.

In recent years, there has been an increased global focus on health consciousness, with more people becoming aware of the importance of mental health, exercise, and diet. Social media, public health campaigns, and access to health-related information have played a significant role in increasing public awareness and encouraging healthier lifestyles.

However, challenges remain in ensuring that health consciousness is accessible to all, particularly in disadvantaged communities. Socioeconomic factors, cultural norms, and

education levels can influence an individual's ability to make informed health choices. Therefore, promoting health consciousness requires not only individual efforts but also support from communities, healthcare systems, and governments.

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