

HEALTH SCREENING OF STUDENTS

Abstract

This research study aimed to investigate the Health Status of Punjab University Students. The participants of the study were included all the students of the department of sports sciences and physical education, university of the Punjab Lahore Pakistan. 100 students were conveniently selected as sample of the study. For the collection of data, the researcher develops a Likert type scale. The questionnaire was personally served by the researcher Among the respondents and were collected back after getting it filled by the respondents. The collected data were tabulated and were analyzed by using different statistical tools. Based on analysis the researcher draws the conclusion that majority of respondents opined that they having good physical status and they are adopting positive healthy habits.

INTRODUCTION

Health is a basic need of a nation. Promotion and maintenance is the basic responsibility of every citizen and thus provision of health facilities is among the basic human rights. Health care systems and policies are focusing on health needs children, adolescents, elderly people and women but very little focus is given to health needs of the young people [1].

Attention on health of both sexes should be given. Lacking of attention may create problems among both sexes in term of communicable and non-communicable diseases [2]

For the improvement of public health, it is important to focus on schools, work place and health promotion centers because public is totally concerned with these centers [3].

Early health care is important for avoiding health problems such as hypertension, diabetes, sexually transmitted infections (STIs), HIV, hepatitis, dyslipidemia, depression, smoking, alcohol and obesity [4]. From last 10 years' awareness of men health has

rapidly increased and thus various studies has been conducted regarding public health problem [5].

People with poor health status face undiagnosed health consequences. Diabetes, high cholesterol, and hypertension etc. all are curable health problems in developed countries. In addition, many people suffer from these problems due to lack of timely diagnostic problems [5,6].

Health screening is a tool of detecting and reducing health complications. Through health screening survey, one can easily know the health standard of a person. Likewise, through health screening survey, health problems are highlighted [7].

Justification of the study

It is quite importance for a person to have awareness about health status and problems. What standard of health having by the students'? To discover the fact, the researcher intended to conducted a research study under the title “Health screening of Students”

Significance of the study

This research study will help in understanding the health status of the students. In addition, this research study will also help in recognizing health complications.

METHODS AND MATERIALS

The below procedures were adopted by the researcher for reaching at certain findings and conclusion

Population of the study

Population of the study was consisted of players of various games of university of the Punjab Lahore Pakistan.

Sample & Sample Size

It was very difficult for a researcher to contact all the respondents, therefore to overcome this problem the researcher selected 100 students as a sample by using available sampling technique.

Tool for Data Collection

For the collection of data, the researcher used a Likert type scale. After the process of validity and reliability the questionnaire was personally distributed by the researcher among the selected population and gathered back after filling it by the respondents.

Data Analysis

The collected data were processed through statistical package for social sciences (SPSS, version-26). Statistical tools i.e. Chi-square, independent sample t-test and ANOVA were used for the analysis of collected data.

Results and discussion

Table 1: Demographic study

Statement	Number of respondents	Min	Max	Mean	SD
	100				
1. Has a doctor ever said that you have a heart condition and recommended only medically supervised physical activity?		1.00	3.00	1.9000	.55958
2. Do you have chest pain brought on by physical activity?		1.00	3.00	1.8900	.37322
3. Have you developed chest pain in the last month when not doing physical activity?		1.00	3.00	1.8900	.37322
4. Do you lose your balance because of dizziness or do you ever Lose consciousness?		1.00	3.00	1.8900	.37322
5. Has a Doctor ever recommended medication for your blood pressure or a heart condition?		1.00	3.00	1.8700	.39325
6. Are you aware through your own experience, a doctors advice, or any other physical reason that would prohibit you from engaging in physical activity?		1.00	3.00	1.7900	.45605

The above table shows the response of respondents. Data were expressed by mean, Standard Deviation, Minimum and Maximum. The Minimum score was 1.00 and the maximum score of

the factors was 3.00. The mean and standard deviation of Q1 was (1.90±.559), Q2 was (1.890±.373), Q3 was (1.89±.373), Q4 was (1.89±.373), Q5 was (1.89±.373), Q6 was (1.79±.456)

Table 2: Response of respondents (pathological survey)

Statement	Number of respondents	Min	Max	Mean	SD
	100				
1. Do you smoke or have you quit within the last six months?		1.00	3.00	1.8500	.41133
2. Is your blood cholesterol level >249 mg/dl?		1.00	3.00	1.8600	.40252
3. Do you have a close relative who has had a heart attack or sudden death before age 55 (father or brother) or age 65 (mother or sister)?		1.00	3.00	1.9200	.33874
4. Are you physically inactive (less than 30 minutes of physical activity 3 days per week)?		1.00	3.00	1.8900	.37322

The above table shows the response of respondents. Data were expressed by mean, Standard Deviation, Minimum and Maximum. The Minimum score was 1.00 and the maximum score of the factors was 3.00. The mean and standard deviation of Q1 was (1.85±.411), Q2 was (1.86±.402), Q3 was (1.92±.338), Q4 was (1.89±.373),

Table 3: Response of respondents (Medical survey)

Statement	Number of respondents	Min	Max	Mean	SD
	100				
1. Have you ever experienced pain or discomfort in the chest, neck, jaw arm, or other areas of your body that indicate Lack of blood flow to the heart?		1.00	3.00	1.8900	.03732
2. Do you ever experience shortness of breath at rest or with Mild physical activity?		1.00	3.00	1.8900	.03732
3. Do you ever experience shortness of breath while lying flat or wake up in the middle of the night with shortness of breath?		1.00	3.00	1.8900	.03732
4. Do you currently have swelling of your ankles?		1.00	3.00	1.8900	.03732
5. Do you ever experience palpitations of your heart or a very rapid heart rate with mild exertion?		1.00	3.00	1.8900	.03732
6. Do you ever experience unusual fatigue or shortness of Breath with usual daily activities?		1.00	3.00	1.8900	.03732

7. Do you ever experience pain on your legs while exercising that Is relieved by rest?	1.00	3.00	1.8900	.03732
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The above table shows the response of respondents. Data were expressed by mean, Standard Deviation, Minimum and Maximum. The Minimum score was 1.00 and the maximum score of the factors was 3.00. The mean and standard deviation of Q1 was (1.89±.037), Q2 was (1.89±.037), Q3 was (1.89±.037), Q4 was (1.89±.037), Q5 was (1.89±.037), Q6 was (1.89±.037), Q7 was (1.89±.037).

Table 4: Response of respondents (Fitness survey)

Statement	Number of respondents	Min	Max	Mean	SD
	100				
1. Do you have a bone or joint problem that could be aggravated By engaging in physical fitness testing?		1.00	3.00	1.8900	.03732
2. Are you currently experiencing or have you recently experienced any muscle or joint pain?		1.00	3.00	1.8900	.03732
3. Do you have or have you ever had asthma?		1.00	3.00	1.8900	.03732
4. Are you currently taking any over the counter medications?		1.00	3.00	1.8900	.03732
5. For females taking the DEXA test: Are you pregnant?		1.00	3.00	1.8900	.03732

The above table shows the response of respondents. Data were expressed by mean, Standard Deviation, Minimum and Maximum. The Minimum score was 1.00 and the maximum score of the factors was 3.00. The mean and standard deviation of Q1 was (1.89±.037), Q2 was (1.89±.037), Q3 was (1.89±.037), Q4 was (1.89±.037), Q5 was (1.89±.037),

Table 5: Response of respondents (Activity survey)

Statement	Number of respondents	Min	Max	Mean	SD
	100				
1. Physical activity: Fill in the chart based on the activities you have participated in during the last 6 months from most frequent to least frequent. Also estimate the average number of times, duration, and intensity of each activity		1.00	3.00	1.8500	.41133
2. Type of Activity (running, cycling, swimming)		1.00	3.00	1.8700	.39325
3. How long have you participated in the activity Year/Months		1.00	3.00	1.8400	.41972
4 Avg. # of times per week		1.00	3.00	1.8800	.38350
5. How hard would you describe the intensity of your exercise		1.00	5.00	2.0500	.72995

The above table shows the response of respondents. Data were expressed by mean, Standard Deviation, Minimum and Maximum. The Minimum score was 1.00 and the maximum score of

the factors was 5.00. The mean and standard deviation of Q1 was (1.85±.411), Q2 was (1.87±.0393), Q3 was (1.84±.0419), Q4 was (1.88±.0383), Q5 was (2.05±.0729),

Conclusion

On the basis of analysis and findings the researcher concluded that majority of the students having good physical status. In addition, they are adopting healthy habits such as using healthy diet, performing exercise and having regular medical checkup.

References

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