



## Assess the awareness of the importance of regular health check-ups among first year non – health science bachelor’s degree students in a selected college of Mangalore

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### Abstract

**Introduction:** According to the World Health Organization(WHO), “Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity”. To reach a state of complete physical, mental and social well-being, an individual or group must be able to identify and to realize aspirations, to satisfy needs, and to change or cope with the environment. Health is therefore, seen as a resource for everyday life, not the objective of living. Pender(2002) defines health protection as, “an illness or injury-specific “avoidance” motivated, and seeks to prevent insults to health and well-being. “According to Pender (2002) and colleagues, health protection is motivated by a desire to actively avoid illness, detect it early or maintain functioning within the constraints of illness. Efforts to preserving the present health status of an individual through prevention of diseases or occurrence of injuries refer to health maintenance or health protection.

**Objectives:** 1.To identify the level of awareness regarding importance of regular health check-ups among first year non-health science bachelor’s degree students as measured by structured awareness questionnaire. 2.To find the association of level of awareness regarding importance of regular health check-ups with their selected demographic variables.

**Methodology:** The purposive sampling technique was applied. The current study data collection was performed at Milagres College, Mangalore. Milagres College is located in Hampankatta,an urban area in Mangalore. This college offers programs in commerce, science, management, computer science, interior designing and arts. It consists of 183 first year non- health science students. The participants included in the study were 59 first year BCom.students currently studying in the college. Tool was used in this study, Demographic proforma. and Tool 2 : Structured awareness questionnaire.

**Results:** The results showed that most of the students 29 (49.2%) were in the category of average level of awareness, followed by 19 (32.2%) students in the good level of awareness category. However, only 7 (11.9%) had very good awareness of the importance of regular health check-ups. In addition to this, 4 (6.8%) students had below average level of awareness as well. Nevertheless, none had excellent level of awareness.

**Keywords:** Awareness, importance of health check up

### Introduction

Health check-up means preventing people from disease and helping to maintain the state of health through various measures at individual and at societal level. The health promotion and health maintenance cannot be seen as two different entities. They relate to each other and run through all levels of prevention. Health care services are provided at home, sub centre and primary health centre through primary healthcare approach. Knowledge, beliefs and attitude of people on health and disease greatly influence their health seeking behaviour. People may need to visit the primary care units for routine check -up. Regular health checks can identify any early signs of health issues <sup>[1]</sup>. Routine check-up is a part of screening come under secondary prevention <sup>[2]</sup>. Secondary prevention focuses on early identification of health problems and prompts interventions to alleviate health problems. The reliability of tool The reliability of the study instrument was assessed among 10 first-year B.Com students of the Milagres College, Mangalore. To test internal consistency, Cronbach’s alpha analysis was employed, which yielded a value 0.818 for the structured knowledge questionnaire.

**Methodology:** This study used a descriptive research design. The purposive sampling technique was applied. The current study data collection was performed at Milagres

College, Mangalore. Milagres College is located in Hampankatta, an urban area in Mangalore. This college offers programs in commerce, science, management, computer science, interior designing and arts. It consists of 183 first year non- health science students. The participants included in the study were 59 first year B Com students currently studying in the college. In this study, the demographic variables are gender, family monthly income, educational status of parents, area of residence, number of family members, source of information regarding health check- ups and previous awareness on preventive health check-ups. The tools were Demographic proforma. and Structured awareness questionnaire.

### Results

#### Organization Of The Finding

After completion of data collection, data were organized and interpreted as follows.

**Section 1:** Distribution of samples according to demographic variables.

**Section 2:** Distribution of samples according to level of awareness regarding importance of regular health check-ups among first year non-health science bachelor’s degree students.

**Section 3:** Range, mean, standard deviation, median and mean percentage of awareness regarding importance of regular health check-ups.

**Section 4:** Area wise range, mean, standard deviation, median and mean percentage of awareness regarding importance of regular health check-ups among first year non-health science bachelor's degree students.

**Section 5:** Association of awareness regarding importance of regular health check-ups with selected demographic variables.

**Section 1: Distribution of samples according to demographic variables.**

From a total of 59 samples of the study, majority 41 (69.5%) were males, whereas only 18 (30.5%) were females. 24 (40.7%) students had family monthly income of up to Rs. 25,000, whereas 27 (45.8%) had between Rs. 25,001–50,000. With regard to father's educational status, 26 (44.1%) belonged to the category of no formal education followed by 24 (40.7%) in high school category. Moreover, only 6 (10.2%) were in the category of higher secondary and 3 (5.1%) in undergraduate. Regarding mother's educational status, majority of the students, 40 (67.8%) were in high school category. 13 (22.0%) of them under no formal education. Additionally, 4 (6.8%) had higher secondary education, whereas undergraduate and postgraduate studies were completed by one each (1.7%). Majority of the participants, 50 (84.7%) were rural residents, whereas 9 (15.3%) were urban residents. Most of the students 39 (66.1%) had more than 4 family members and about 18 (30.5%) students had 4 members in the family. Only 2 (3.4%) students had a family of 3 members. A large proportion of students, 45 (76.3%) were aware of health check-ups through doctors. ASHA worker and internet were the source of information for 4 (6.8%) students each. Only 6 (10.2%) students' source of information was from family and friends. However, magazines served as a source for none of the students. Most of the students 37 (62.7%) did not have prior awareness of health check-ups. However, 22 (37.3%) of them were previously aware of health check-ups.

**Table 1:** Distribution of samples according to level of awareness regarding importance of regular health check-ups among first year non-health science bachelor's degree students. N= 59

Level of awareness	Scoring	Frequency	Percentage
Below average	1-4	4	6.8
Average	5-8	29	49.2
Good	9-12	19	32.2
Very good	13-16	7	11.9

Most of the students 29 (49.2%) were in the category of average level of awareness, followed by 19 (32.2%) students in the good level of awareness category. However, only 7 (11.9%) had very good awareness of the importance of regular health check-ups. In addition to this, 4 (6.8%) students had below average level of awareness as well. Nevertheless, none had excellent level of awareness.

**Table 2:** Range, mean, standard deviation, median and mean percentage of awareness regarding importance of regular health check-ups N=59

Range	Mean	Standard deviation	Median	Mean percentage
3-15	8.66	2.79	8.00	43.3

The lowest score obtained by the participants was 3, whereas the highest score was 15. The mean awareness score was 8.66 ±2.79 with a median of 8 corresponding to a mean percentage of 43.3.

**Table 3:** Area wise range, mean, standard deviation, median and mean percentage of awareness of the importance of regular health check-ups among first year non-health science bachelor's degree student

Areas	Range	Mean	Standard deviation	Median	Mean percentage
Definition	0-1	0.71	0.45	1.00	71.0
Importance	0-2	1.08	0.81	1.00	54.0
Advantage	0-2	0.54	0.72	0.00	27.0
Component	1-7	4.49	1.43	5.00	49.9
Barriers	0-3	1.01	0.81	1.00	25.3
Solution	0-2	0.81	0.73	1.00	40.5

Table 3 depicts the area wise range, mean, standard deviation, median and mean percentage of awareness regarding importance of regular health check-ups. For the definition part, the range was 0- 1, the mean awareness score was 0.71 ±0.45 with a median of 1 corresponding to the mean percentage 71%. Regarding the importance part, the range was 0-2 and the mean score was 1.08 ± 0.81 with a median of 1 and the mean percentage 54%.

Table 5: Association of awareness of the importance of regular health check-ups among first year non-health science bachelor's degree students with selected demographic variables.

Number of family members showed significant association with awareness ( $\chi^2 = 9.066$ ,  $p = 0.010$ ). In addition to this, source of information was also significantly related to awareness ( $\chi^2 = 8.759$ ,  $p = 0.033$ ).

**Discussion**

This study discusses the assessment of awareness of the importance of regular health check-ups among first year non-health science bachelor's degree students in a selected college of Mangalore. Majority of the students answered the question from the definition part with the mean percentage of 71%. Students had higher awareness on the importance and components parts with mean percentages of 54% and 49% respectively. However, awareness was lower for the advantages (27%) as well as the barriers to regular health check-ups (25.3%).

**Implication for the study**

**Nursing research**

This study can be done in larger groups and teaching programme can be conduct:

**Nursing education**

Health awareness programme can be conduct.

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