

A STUDY OF HEALTH STATUS AND HEALTH AWARENESS AMONG SENIOR CITIZEN IN VIDARBHA REGION OF MAHARASHTRA STATE



Dr. Vinod Kumar*

*Assistant Professor, S.G.G.S., Khalsa College Mahilapur, Hosiarpur (P.B)-INDIA.
E.Mail:kakubaniya2007@rediffmail.com

Abstract:

The objective of the study was to measure the health status and health awareness among senior citizen in Vidarbha region of Maharashtra state. Sample comprised of 1000 senior citizens which were selected through purposive sampling method for the study. Questionnaire which had to parts viz. part A bio-data and medical profile, and part B for questionnaire regarding their health awareness, was prepared by the investigator himself and used as a tool for data collection. Different statistical technique was used to analyze the data. Following were the main findings of the study: 1) most of the senior citizens in Vidarbha region of Maharashtra state were grieved respiratory system and other diseases. 2) Senior citizen in Vidarbha region of Maharashtra state showed the positive expression about their health and life style. 3) Senior citizen in Vidarbha region of Maharashtra state was aware in regard to their health.

Keywords: Health Status, Health Awareness & Senior Citizen.

Introduction:

Health is the general condition of a person in all aspects. It is also a level of functional and/or metabolic efficiency of an organism, often implicitly human. At the time of the creation of the World Health Organization (WHO), in 1948, health was defined as being "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity". Only a handful of publications have focused specifically on the definition of health and its evolution in the first 6 decades. Some of them highlight its lack of operational value and the problem created by use of the word "complete." Others declare the definition, which has not been modified since 1948, "simply a bad one."

In 1986, the WHO, in the Ottawa Charter for Health Promotion, said that health is "a resource for everyday life, not the objective of living. Health is a positive concept emphasizing social and personal resources, as well as physical capacities." Classification systems such as the WHO Family of International Classifications (WHO-FIC), which is composed of the

International Classification of Functioning, Disability, and Health (ICF) and the International Classification of Diseases (ICD) also define health. Overall health is achieved through a combination of physical, mental, emotional, and social well-being, which, together is commonly referred to as the Health Triangle.

Physical fitness comprises two related concepts: general fitness (a state of health and well-being) and specific fitness (a task-oriented definition based on the ability to perform specific aspects of sports or occupations).

Objectives of the Study:

Following were the main objectives of the Study:-

- To study the health status of the senior citizen in Vidarbha region of Maharashtra state.
- To find out the diseases related with the various system of the human body.
- To find out the health life style of the senior citizen in Vidarbha region of Maharashtra state.
- To find out the health awareness among the senior citizen regarding their health.

Hypothesis:

The senior citizens in Vidarbha region of Maharashtra state were aware about their health.

Sample:

Sample comprised of 1000 senior citizens in Vidarbha region of Maharashtra state, which were selected through purposive sampling method for the study.

Tools for Data Collection:

Questionnaire which had to parts viz. part A bio-data and medical profile, and part B for questionnaire regarding their health awareness, was prepared by the investigator himself and used as a tool for data collection.

Statistical analysis:

Table No -I
System wise Health Problems of the Senior Citizen in Vidarbha
Region of Maharashtra State

Review of systems	Nature	Respondents	Yes	No	Percentage (%)
Cardiovascular system	Heart attack.	1000	360	640	36%
	High blood pressure.	1000	469	531	46.9%
	Stroke.	1000	342	658	34.2%
Respiratory system	Asthma.	1000	259	741	25.9%
	Shorten of breath.	1000	342	658	34.2%
	Allergy reactions.	1000	320	680	32%
Musculoskeletal system	Muscle pain.	1000	660	340	66%
	Pain in joint.	1000	636	364	63.6%
	Low back pain.	1000	658	342	65.8%

From the table No-I, it was revealed that the 36% senior citizens were suffered from heart attack, 46.9 senior citizens were suffered from high blood pressure diseases and 34.2% senior citizens were suffered from stroke. 25.9% senior citizen were suffered from asthma, 34.2% senior citizen were suffered from shorten of breath and 32% senior citizen were suffered from allergy reactions. 66% senior citizens were suffered from muscle pain, 63.6% senior citizens were suffered from pain in joint and 65.8% senior citizens were suffered from low back pain. Table also shows that the sizable portion suffered seriously from various respiratory system diseases.

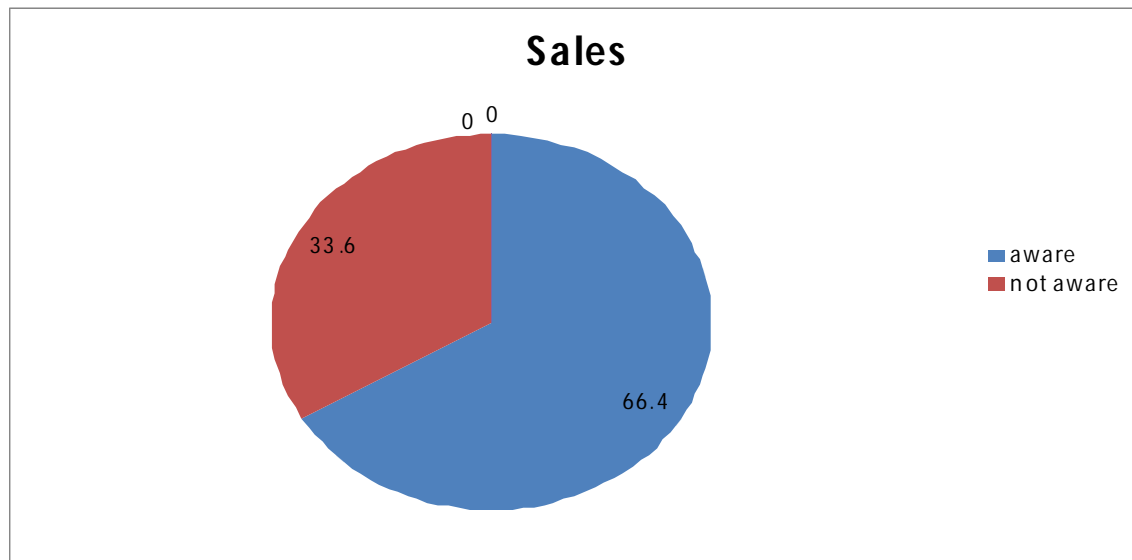
Table No-II
Health and Life Style information of the Senior Citizen in Vidarbha
Region of Maharashtra State

Variable	Respondents	Yes	No	Percentage (%)
Family doctor	1000	210	790	21%
Chewing tobacco	1000	820	180	82%
Smoking	1000	380	620	38%
Alcohol	1000	320	680	32%
Tea habits	1000	900	100	90%
Coffee	1000	230	770	23%

From the table No-II it was revealed that the 48% senior citizen reported that they had permanent family doctor, 82% senior citizen reported that they chewing tobacco, 38% senior citizen were currently smoking, 32% senior citizen reported that they drink alcohol, 90% senior citizen reported had they tea habits, while 23% senior citizen reported the coffee habits. It is much clear from the above table that large numbers of senior citizen viz. 90% are tea addicted and the smallest Percentage (%) of senior citizen viz. 21% follow the doctor .

Table No-III
Health Awareness among Senior Citizen in Vidarbha Region of Maharashtra State

Responses	No. of senior citizen	Respondents	Percentage (%)
Aware	1000	664	66.4%
Not aware	1000	336	33.6%



From the above table No-III it was revealed that the 66.4% senior citizen were only aware about their health and while 33.6% senior citizen were not aware about their health status. Hence the hypothesis is accepted.

Thus it was concluded that most of the senior citizen in Vidarbha region of Maharashtra state were aware on their health.

Findings of the Study:

1. Most of the senior citizen in Vidarbha region, were suffering from musculoskeletal system diseases.
2. The ratios of cardiovascular and Respiratory System problems were found very low among the senior citizen.
3. Majority of the senior citizen in Vidarbha region, showed the positive expression about their health and life style.
4. Large numbers of senior citizen in Vidarbha region were aware about their health awareness.

References:

- [BMJ.com](http://www.bmj.com), Jadad, AR and O'Grady L. How should health be defined? BMJ 2008.
- WHO (1986) Concepts of Health Behavior Research, Reg. Health Paper No.13.
- UNDP, Human Development Report 1999,
- Vang, K. (1967); In health of mankind; Ciba foundation; 100th symposium, Churchill, London
- Letts, J.M (1983) A Dictionary of Epidemiology, Oxford University Press
- <http://www.cdc.gov/nchs/data/hus/hus08.pdf#026>