

ROLE OF GENERAL HEALTH PROBLEMS IN ENVIRONMENT

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ABSTRACT

In India, due to less of awareness about practice of good health lots of problems are increasing. Infrastructure like hospitals, roads, water and sanitation are lacking in rural areas. Shortages of healthcare providers, poor intra-partum and newborn care, diarrheal diseases and acute respiratory infections also contribute to unhealthy conditions. Present study is focused on finding of causes and status of general health problems among male and female of different age group.

INTRODUCTION

According to a report one in every three malnourished children in the world lives in India. Malnutrition can be described as the unhealthy condition that results from not eating enough healthy food. Generally Indians have protein-calorie malnutrition; iron deficiency causes anemia, vitamin A deficiency which leads to blindness or a weakened immune system. Iodine deficiency causes serious mental and physical complaints. Folate deficiency can lead to insufficient birth weight or congenital anomalies.

In India, more than 122 million households have no toilets. Open air defecation leads to the spread of disease and malnutrition through parasitic and bacterial infections. Fever, intestinal worms, eye and skin infections caused by poor hygiene and unsafe drinking water. Maternal deaths are similarly high. The reasons for this high mortality are that few women have access to skilled birth attendants and fewer still to quality emergency obstetric care. Despite health improvements over the last thirty years, lives continue to be lost to early childhood diseases, inadequate newborn care and childbirth-related causes. More than two million children die every year from preventable infections. Rural India is struggling for better and easy access to health care and services. Absent or inadequately trained health workers and low perceived need for immunization.

OBJECTIVE OF STUDY

- Finding of general health problems of male of 35-50 years
- Finding of general health problems of female of 35-50 years
- Finding of general health problems of male of 51-65 years
- Finding of general health problems of female of 51-65 years
- Finding of causes of health problems

HYPOTHESIS

1. There is no significant health problem of male of 35-50 years.
2. There is no significant health problem of female of 35-50 years.
3. There is no significant health problem of male of 51-65 years.
4. There is no significant health problem of female of 51-65 years.
5. There is no significant cause of health problems.

METHODOLOGY

Descriptive survey method was applied for present study. 1000 persons of age 31-65 were randomly selected as sample. Sample consists of 250 rural male, 250 rural female, 250 urban male and 250 urban female. They were interviewed to find their general health problems and causes using a self prepared questionnaire. Collected data was tabulated and analyzed using percentile as statistical tool.

FINDING AND ANALYSIS**Table 1: Status of Health Problems in Male and Female of Different Age Groups**

Gender	Age Group	No. of Persons having Health Problems %				
		Over Weight	Physical Inactivity	Skin Problems	Joint Pain	Eye Sight weak
Male	35-50 Years	61	18	14	26	31
	51-65 Years	44	37	21	49	52
Female	35-50 Years	64	22	18	33	26
	51-65 Years	41	42	24	66	44

Table 2: Reasons of Health Problems

Causes	Male %	Female %
Low Fruit / Vegetable Intake	32	43
Eating Habits	29	39
Use of Tobacco	52	9
Use of Alcohol	21	0.5
Lack of Physical Exercise	68	49
Use of Mobile / TV for long hours	23	43

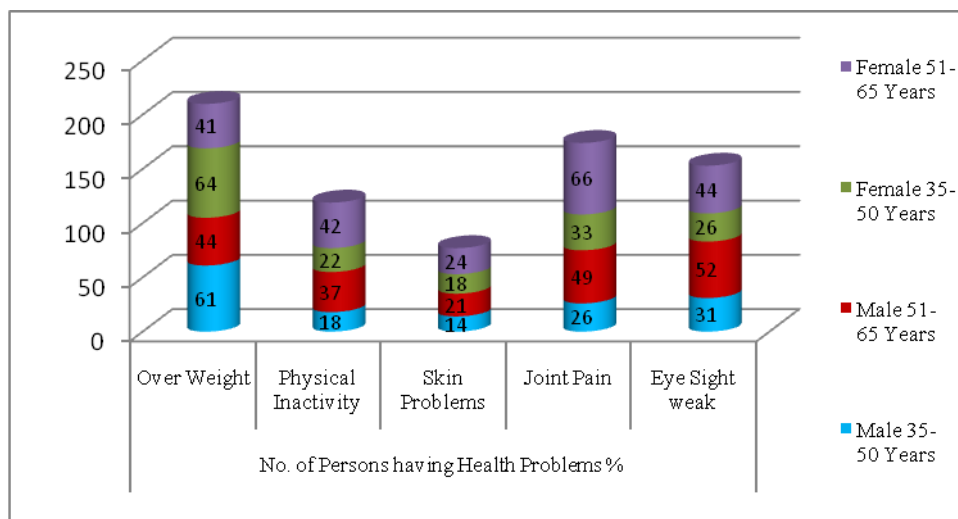


Chart 1: Status of Health Problems in Male and Female of Different Age Groups

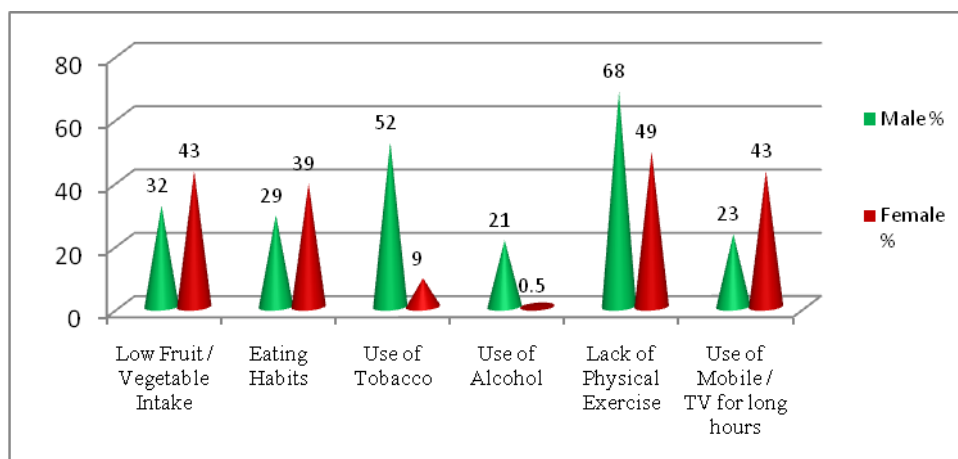


Chart 2: Reasons of Health Problems

Data table shows that among male of age group 35-50 years, 61% have over weight problem, 18% have physical inactivity, 14% are suffered from skin problems, 26% searched to have joint pain and 31% showed week eye sight problem. Thus hypothesis 1, there is no significant health problem of male of 35-50 year is rejected.

Female of age 35-50 years are reported to have over weight by 64%, physical inactivity by 37%, skin problems by 21%, joint pain by 49% and week eye sight by 52%. Therefore hypothesis 2, there is no significant health problem of female of 35-50 years is rejected.

Male of age 51-65 years have more physical problems as 44% found to have over weight, 37% have physical inactivity, 21 % found to face skin problems, 49% reported joint pain and 52% are morbid of eye sight. Hence hypothesis 3, there is no significant health problem of male of 51-65 years is rejected.

Among female of 51-65 years, 41% found to have over weight, 42% have physical inactivity, 24% skin problems, 66% joint pain and 44% weak eye sight. That's why hypothesis 4, there is no significant health problem of female of 51-65 years is rejected.

CONCLUSION

Health problems are increasing day by day even in younger age. Insufficient balance diet, lack of exercise, yoga is main reasons of bad health. Over weight, joint pain is increasing rapidly among females. Eye sight weakness is increasing among males of age group 51-65 year. These problems may overcome by general awareness to keep good health.

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