Screening of Health Parameters for Future Implications of Students

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Authors' contributions

This work was carried out in collaboration among all authors. All authors read and approved the final manuscript.

Short Research Article

ABSTRACT

This research study aimed to examine the health parameters of students for their future implications. The population of the study was comprised of all the students of the department of sports sciences and physical education, university of the Punjab Lahore Pakistan. One hundred (100) students were selected as a sample by using available sampling technique. For the collection of data, the researcher develops a likert type scale concerning to different parameters of the problem. Thus the developed scale was personally served by the researcher among the respondents and collected back after getting it filled by the respondents. The collected data were processed through statistical package for social science (SPSS, version-26) and similarly mean, standard deviation and percentage were used for the analysis of data. Based on analysis, the findings reveal that respondents of the study having good health status and they are adopting positive healthy habits.

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1. INTRODUCTION

Health screening is the process of identifying the health status such factors causing health consequences and managerial strategies for all types of health consequences [1] (Raffle and Gray 2007).

Basically health screening aimed to promote healthy behaviors and to control the health problems through screening of different parameters of health. In other words, health screening is important for the promotion and maintenance of health status of people. It may be of two types i.e. population based screening program or activity (systematic screening of predefined population with predefined measures) and opportunities screening (health screening offered by any professional health experts) [2]. Basically health screening aimed to assess the different parameters of health such physiological, psychological and sociological parameters etc. in addition, methods of health screening always vary from country to country depending on approaches in term of financial resources and infrastructure etc. [1].

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 [3].

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 [4]
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 [5].

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 [6]. From last 10 years' awareness of men health has rapidly increased and thus various studies has been conducted regarding public health problem [7].

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 [7,8].

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 [9].

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". 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.

2. METHODS AND MATERIALS

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

2.1 Nature of the Study

As the study was associated with health screening of the students therefore health screening survey was conducted among the students of Punjab University Lahore Pakistan.

2.2 Population of the Study

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

2.3 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.

2.4 Tool for Data Collection

For the collection of data, the researcher used a Likert type scale. The developed scale was processed through validity and reliability for making its clearer and authentic for collecting data for the said purpose.

2.5 Mode for Data Collection

After the process of validity and reliability the questionnaire was personality distributed by the researcher among the selected population and gathered back after filling it by the respondents.

2.6 Data Analysis

The collected data were processed through statistical package for social sciences (SPSS, version-26). Similarly, different statistical tools i.e. mean, standard deviation and percentage were used for the analysis of data.

3. RESULTS

Table 1. Demographic Study

Statement	Number of respondents 100	Min	Max	Mean	SD
1. Having heart problem and health expert recommend you physical activity?		1.00	3.00	1.9000	.55958
2. Having chest problem caused by physical activity recommended by health experts for heart problems?		1.00	3.00	1.8900	.37322
3. Is your chest pain is resultants to inactive physical life		1.00	3.00	1.8900	.37322
4. Do you loss you balance associated with your health concerns?		1.00	3.00	1.8900	.37322
5. Does health experts suggest you any medicines for your heart or blood pressure issues?		1.00	3.00	1.8700	.39325
6. Do you aware that health experts will restrict you from physical activities as a major health concern?		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 100	Min	Max	Mean	SD
1. Do you smoke from last few months?		1.00	3.00	1.8500	.41133
2. Do you have normal blood cholesterol level?		1.00	3.00	1.8600	.40252
3. Does any of your relative loss his/her life due to heart or any other serious health problems?		1.00	3.00	1.9200	.33874
4. Are you physically active (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 100	Min	Max	Mean	SD
1. Do you feel pain in chest, neck or any other body parts resultant to lack of blood flow to heart?		1.00	3.00	1.8900	.03732
2. Do you feel improper breathing associated with physical activity or exercise?		1.00	3.00	1.8900	.03732
3. Do you feel shortness of breathing associated with 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 feel increase in heart rate associated with physical exertion?		1.00	3.00	1.8900	.03732
6. Do you feel fatigue and tiredness during your daily routine activities?		1.00	3.00	1.8900	.03732
7. Do you feel pain in your legs resultant to physical activity or exercise?		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), Q6 was (1.89±.037), Q7 was (1.89±.037)

Table 4. Response of respondents (Fitness survey)

Statement	Number of respondents 100	Min	Max	Mean	SD
1. Do you feel pain in bone or joints that could be aggravated by engaging in physical fitness testing?		1.00	3.00	1.8900	.03732
2. Do you experience any type of pain associated with physical activities or exercise ?		1.00	3.00	1.8900	.03732
3. Do you have the problem of asthma?		1.00	3.00	1.8900	.03732
4. Are you talking any type of medicines ?		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)

4. DISCUSSION

Finding of the current study revealed that major health concerns like heart problem, blood pressures and asthma etc. all are very closely related to physical inactive life style. The finding of the study conducted by [10] revealed that many clinical health consequences are caused by inactive life style. Finding of the study also shows that smoking and other ill health habits also contribute to health complications. This finding is supported by [11] that good healthy habits such proper sleeping, using of balance diet and exercise etc. significantly contribute to good health. Result of the study confirmed that majority of health experts recommend exercise or physical activities for avoiding health problems. In line of this emerging finding, the result of the study conducted by [10] shown that physical activities or regular exercise helps in avoiding health problems.

5. 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.

CONSENT

As per international standard or university standard, respondents' written consent has been collected and preserved by the author(s).

ETHICAL APPROVAL

It is not applicable.

RECOMMENDATION

Based on conclusion, the researcher recommended that; Awareness may be created among the people about the health benefits of exercise, poor health habits such as improper sleeping, imbalance diet, smoking, self-medications should be avoided, regular exercise may be performed for promoting the functional capacity of exercise.

COMPETING INTERESTS

Authors have declared that no competing interests exist.

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