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## **A comparative study of health status and health awareness among senior citizen of Himachal Pradesh and Vidarbha region of Maharashtra state**

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### **Abstract**

The objective of the study was to measure the health status and health awareness among senior citizen of Himachal Pradesh and vidarbha region of maharashtra. Sample comprised of 2000 (1000 each state) 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 of vidarbha region suffering health related problem more than Himachal Pradesh senior citizen. 2) Senior citizen of Himachal Pradesh showed the positive expression the compression of vidarbha region senior citizen about their health and life style. 3) Himachal Pradesh Senior citizen are more aware than vidarbha region senior citizen.

**Keywords:** Health status, health awareness, senior citizen, sportsmen

### **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). In previous years, fitness was commonly defined as the capacity to carry out the day's activities without undue fatigue. However, as automation increased leisure time, changes in lifestyles following the industrial revolution rendered this definition insufficient. These days, physical fitness is considered a measure of the body's ability to function efficiently and effectively in work and leisure activities, to be healthy, to resist hypo kinetic diseases, and to meet emergency situations. The boundary between middle age and old age cannot be defined exactly because it does not have the same meaning in all

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societies. People can be considered old because of certain changes in their activities or social roles. Examples: people may be considered old when they become grandparents, or when they begin to do less or different work retirement.

In the USA, and the United Kingdom, the age of 65 can be considered the beginning of old age because, until recently, United States and British people became eligible to retire at this age with full Social Security benefits. In 2003, the age at which a US citizen became eligible for full Social Security benefits began to increase gradually, and will continue to do so until it reaches 67 in 2027. Currently, it is 66.

There is often a general physical decline, and people become less active. Old age can cause, amongst other things:

- wrinkles and liver spots on the skin
- change of hair color to gray or white
- hair loss
- lessened hearing
- diminished eyesight
- slower reaction times and agility
- reduced ability to think clearly
- difficulty recalling memories
- lessening or cessation of sex, sometimes because of physical symptoms such as erectile dysfunction in men, but often simply a decline in libido
- Greater susceptibility to bone diseases such as osteoarthritis.

**Objectives**

1. To study the health status of the senior citizen of Himachal Pradesh and Vidarbha region.
2. To find out the diseases related with the various system of the human body.
3. To find out the health life style of the senior citizen of Himachal Pradesh and Vidarbha region.
4. To find out the health awareness among the senior citizen regarding their health.

**Hypothesis**

- It was hypothesized that there will be significant difference in the health awareness of senior citizens of Himachal Pradesh and Vidarbha region of Maharashtra State.

**Sample**

Sample comprised of 2000 senior citizens of both state (Himachal Pradesh and Vidarbha region), 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 1:** System wise health problems of the senior citizen of Himachal Pradesh and Vidarbha region of Maharashtra state

Review of systems	Nature	H.P 1000	Percentage (%)	Vid. region 1000	Percentage (%)
Cardiovascular system	Heart attack.	21	2.1%	360	36%
	High blood pressure.	456	45.6%	469	46.9%
	Stroke.	320	32%	342	34.2%
Respiratory system	Asthma.	165	16.5%	259	25.9%
	Shorten of breath.	295	29.5%	342	34.2%
	Allergy reactions.	330	33%	320	32%
Musculoskeletal system	Muscle pain.	605	60.5%	660	66%
	Pain in joint.	590	59%	636	63.6%
	Low back pain.	598	59.8%	658	65.8%

From the table No-1 shows that the senior citizens of Vidarbha region are suffering various health problems more than Himachal Pradesh senior citizens.

**Table 2:** Health and life style information of the senior citizen of Himachal Pradesh and Vidarbha region of Maharashtra state

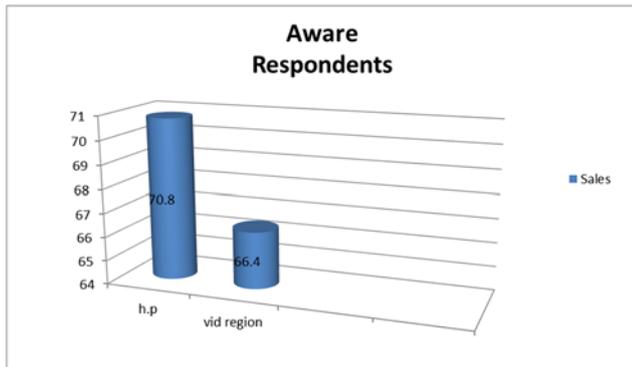
Variable	H.P 1000	Percentage (%)	Vid. region 1000	Percentage (%)
Family doctor	188	18.8%	210	21%
Chewing tobacco	750	75%	820	82%
Smoking	690	69%	380	38%
Alcohol	585	58.5%	320	32%
Tea habits	856	85.6%	900	90%
Coffee	205	20.5%	230	23%

From the table No-2 it is revealed that the 18.8% senior citizen of Himachal Pradesh reported that they had permanent family doctor, 75% senior citizen reported that they chewing tobacco, 69% senior citizen were currently smoking, 58.5% senior citizen reported that they drink alcohol, 85.6% senior citizen reported had they tea habits, and while 17.5% senior citizen reported the coffee habits. It is much clear from the above table that large numbers of senior citizen viz. 85.6% are tea addicted and the smallest Percentage (%) of senior citizen viz. 18.8% follow the

doctor. 21% senior citizen of Vidarbha region 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. 85.6% and 90% are tea addicted and the smallest Percentage (%) of senior citizen viz. 18.8% and 21% follow the doctor are both state.

**Table 3:** Health Awareness among senior citizen of Himachal Pradesh and Vidarbha region of Maharashtra state

Responses	H.P 1000	Percentage (%)	Vid. region 1000	Percentage (%)
Aware	708	70.8%	664	66.4%
Not aware	292	29.2%	336	33.6%



From the above table No-3 it is revealed that the 70.8% senior citizen of Himachal Pradesh were aware about their health and while 29.2% senior citizen were not aware about their health status. 66.4% senior citizen were aware about their health and while 36.6% senior citizen Vidarbha region of Maharashtra state were not aware about their health status. Thus it is concluded that most of the senior citizen of Himachal Pradesh are more aware than Vidarbha region of Maharashtra state senior citizen in concern to their health.

#### Findings of the study

1. Most of the senior citizen of Vidarbha region of Maharashtra state, are mostly suffering from various health problems in compare to Himachal Pradesh senior citizens.
2. Most of the senior citizen of Himachal Pradesh are more aware than Vidarbha region of Maharashtra state senior citizen in concern to their health.

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