

# Study Related to Awareness of People About the Significance of Public Health and Healthy Life



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**ABSTRACT**

Public health promotes and protects the health of the people and communities in which they live, study, work and play. Public health is the science of protecting and improving the lives of people and their communities. This work is accomplished by promoting a healthy lifestyle, disease research and injury prevention, detection, prevention and response to infectious diseases. Generally, public health is about protecting people's health. These people may be as small as a region, or as large as a whole country or region of the world. Community specialists try to prevent problems from happening or occur through education programs, recommend policies, provide services and do research - unlike therapists such as doctors and nurses, who focus on treating people after illness or injury. Public health also works to reduce health inequalities. A large part of public health promotes healthy lifestyle, quality and accessibility. Awareness of the disease and its symptoms is essential for early detection and diagnosis. If members of the public know about the disease and its symptoms, they are more likely to take steps to prevent it from happening to them, or to go to a health care provider for a check-up.

## 1. INTRODUCTION

Public health can be defined as the art and science of disease prevention, longevity and health promotion through organized community efforts" (Acheson, 1988). The overarching vision is to promote better health and well-being in a sustainable manner, while strengthening integrated public health services and reducing inequality. To achieve this vision, the public health system involves working with other sectors to address the broader health sector, as well as health workers: in particular health care professionals can play a key role in preventing illness and promoting health. Public health works to track outbreaks, prevent injuries and explain why some of us are at risk of having better health than others.

Public Health is important as it ensures that everyone is aware of health risks through education programs, campaigns and the impact on government policies. It is important because people are constantly developing new skills and growing as a person. This is due to the nature of the work that encourages growth through daily activities and participation in major projects and campaigns. Public health is important because it always strives to close the gap between inequality and promote equal opportunities for children, people of all races and genders. Public health is important because when you become the voice of the speechless and the simple, the impact on improving a person's health can be very satisfying.

## 2. REVIEW OF LITERATURE

Varicoe et al. (2006) in their study investigated a study of behavioral and health-related decision-making that is related and context-intensive. When people make decisions about their health, they take into consideration many factors, such as hospital services, medical examinations, and other doctors. The good manners here are important. The objective of the paper is- "To study the level of awareness of the people about the significance of healthy life."

A study by Swati (2008) examined people and health and the social and productive impact. The findings revealed a significant relationship between these dynamic factors. This research helped the researcher to identify a combination of variables that have been studied and their impact on health.

Koehler (2018) examined the effect of environment on health and disease. Decisions about the environment in which housing, transportation and energy are there, it requires efforts by government and people. The study presented the map for community leaders to take public health decisions about the environment on priority basis.

Abbasi (2018) investigated a research on the literature related to public health and public health ethics. The research considered the public health policy or program or intervention, it also targeted public health policy or program or intervention to provide the set of moral norms. It also focused on providing a set of moral norms ethical analysis of a public health policy.

Sophie et. Al. (2018) in their research on emotional wellbeing and public health discussed emotional wellbeing as a scientific concept and examined its relevance to public health. The research presented and described components of emotional wellbeing and dissemination of evidence based interventions to promote emotional wellbeing and its drivers, development of public health messaging, and

identification of strategies to address disparities in emotional wellbeing and its drivers.]

## 3. RESEARCH METHODOLOGY

Research methodology is a way to systematically solve the research problem. It may be understood as a science of studying how research is done scientifically. In the present research study researcher used descriptive survey research method which includes presentations of facts, class of events and involves procedure and enumeration of measurements.

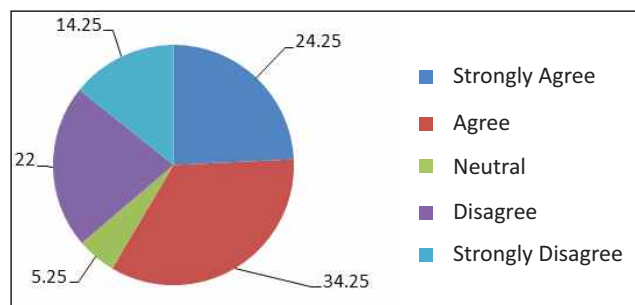
In the present study researcher used stratified random sampling to collect the information from different respondents. The Sample used in the Study is 400. The researcher conducted a brief primary data collection on a sample basis of people of Meerut City and eight villages near by Meerut District.

## 4. ANALYSIS REGARDING AWARENESS OF PEOPLE ABOUT THE SIGNIFICANCE OF HEALTHY LIFE

**Table 1:** Response to statement "I am reading more health-related articles from recent years"

S. No.	Response	Respondents (Numbers)	Respondents (Per cent)
1.	Strongly Agree	97	24.25
2.	Agree	137	34.25
3.	Neutral	21	5.25
4.	Disagree	88	22
5.	Strongly Disagree	57	14.25
	<b>Total</b>	<b>400</b>	<b>100</b>

**Figure 1:** Response to statement "I am reading more health-related articles from recent years"

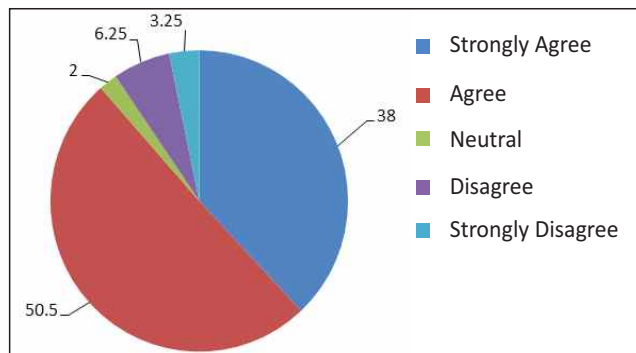


**Analysis:** From 400 respondents, 24.25 per cent strongly agree, 34.25 per cent agree, 5.25 per cent neutral, 22 per cent disagree and 14.25 per cent strongly disagree that they are reading more health-related articles from recent years.

**Table 2:** Response to statement “I am continuously concerned about my personal health”

S. No.	Response	Respondents (Numbers)	Respondents (Per cent)
1.	Strongly Agree	152	38
2.	Agree	202	50.5
3.	Neutral	8	2
4.	Disagree	25	6.25
5.	Strongly Disagree	13	3.25
	<b>Total</b>	<b>400</b>	<b>100</b>

**Figure 2:** Response to statement “I am continuously concerned about personal health”

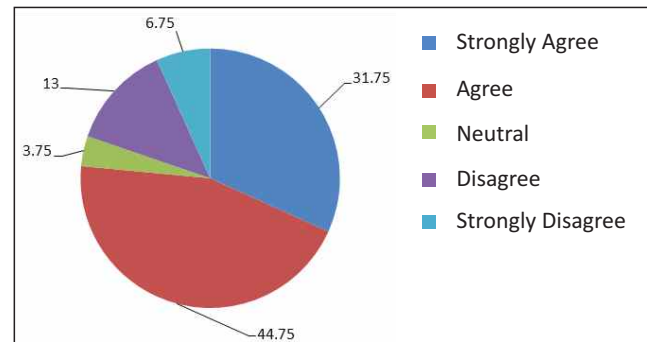


**Analysis:** From From 400 respondents, 38 per cent strongly agree, 50.5 per cent agree, 2 per cent neutral, 6.25 per cent disagree and 3.25 per cent strongly disagree that they are continuously concerned about personal health.

**Table 3:** Response to statement “I am interested in health information”

S. No.	Response	Respondents (Numbers)	Respondents (Per cent)
1.	Strongly Agree	127	31.75
2.	Agree	179	44.75
3.	Neutral	15	3.75
4.	Disagree	52	13
5.	Strongly Disagree	27	6.75
	<b>Total</b>	<b>400</b>	<b>100</b>

**Figure 3:** Response to statement “I am interested in health information”

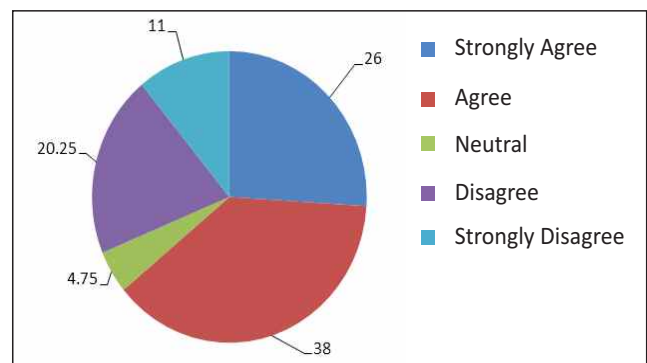


**Analysis:** From 400 respondents, 31.75 per cent strongly agree, 44.75 per cent agree, 3.75 per cent neutral, 13 per cent disagree and 6.75 per cent strongly disagree that they are interested in health information.

**Table 4:** Response to statement “I am more knowledgeable about nutritional information on food labels than others”

S. No.	Response	Respondents (Numbers)	Respondents (Per cent)
1.	Strongly Agree	104	26
2.	Agree	152	38
3.	Neutral	19	4.75
4.	Disagree	81	20.25
5.	Strongly Disagree	44	11
	<b>Total</b>	<b>400</b>	<b>100</b>

**Figure 4:** Response to statement “I am more knowledgeable about nutritional information on food labels than others”



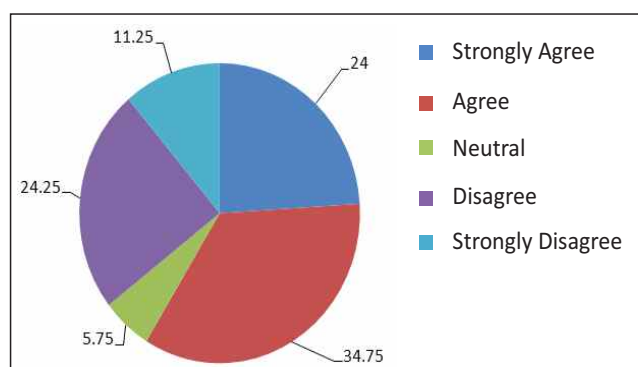
**Analysis:** From 400 respondents, 26 per cent strongly agree, 38 per cent agree, 4.75 per cent

neutral, 20.25 per cent disagree and 11 per cent strongly disagree that they are more knowledgeable about nutritional information on food labels than others.

**Table 5:** Response to statement “I am confident and understand nutritional information on labels”

S. No.	Response	Respondents (Numbers)	Respondents (Per cent)
1.	Strongly Agree	96	24
2.	Agree	139	34.75
3.	Neutral	23	5.75
4.	Disagree	97	24.25
5.	Strongly Disagree	45	11.25
	<b>Total</b>	<b>400</b>	<b>100</b>

**Figure 5:** Response to statement “I am confident and understand nutritional information on labels”

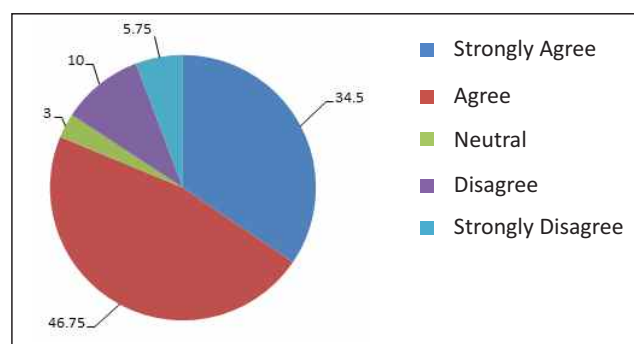


**Analysis:** From 400 respondents, 24 per cent strongly agree, 34.75 per cent agree, 5.75 per cent neutral, 24.25 per cent disagree and 11.25 per cent strongly disagree that they are confident and understand nutritional information on labels.

**Table 6:** Response to statement “I am concerned about harmful ingredients in foods”

S. No.	Response	Respondents (Numbers)	Respondents (Per cent)
1.	Strongly Agree	138	34.5
2.	Agree	187	46.75
3.	Neutral	12	3
4.	Disagree	40	10
5.	Strongly Disagree	23	5.75
	<b>Total</b>	<b>400</b>	<b>100</b>

**Figure 6:** Response to statement “I am concerned about harmful ingredients in foods”

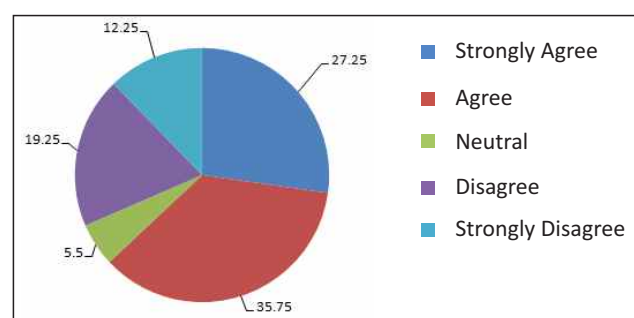


**Analysis:** From 400 respondents, 34.5 per cent strongly agree, 46.75 per cent agree, 3 per cent neutral, 10 per cent disagree and 5.75 per cent strongly disagree that they are concerned about harmful ingredients in foods.

**Table 7:** Response to statement “Eat a well-balanced diet”

S. No.	Response	Respondents (Numbers)	Respondents (Per cent)
1.	Strongly Agree	109	27.25
2.	Agree	143	35.75
3.	Neutral	22	5.5
4.	Disagree	77	19.25
5.	Strongly Disagree	49	12.25
	<b>Total</b>	<b>400</b>	<b>100</b>

**Figure 7:** Response to statement “Eat a well-balanced diet”

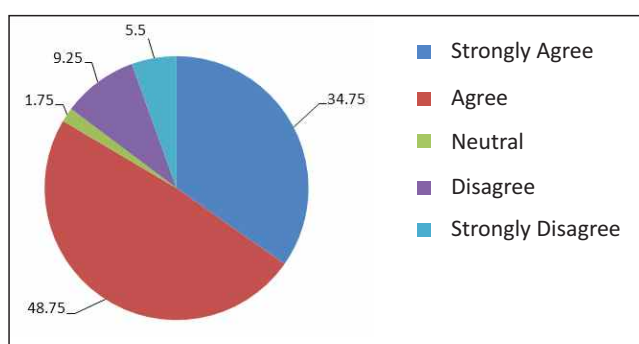


**Analysis:** From 400 respondents, 27.25 per cent strongly agree, 37.75 per cent agree, 5.5 per cent neutral, 19.25 per cent disagree and 12.25 per cent strongly disagree that they eat a well-balanced diet.

**Table 8:** Response to statement “IEat fresh fruit and vegetables”

S. No.	Response	Respondents (Numbers)	Respondents (Per cent)
1.	Strongly Agree	139	34.75
2.	Agree	195	48.75
3.	Neutral	7	1.75
4.	Disagree	37	9.25
5.	Strongly Disagree	22	5.5
	<b>Total</b>	<b>400</b>	<b>100</b>

**Figure 8:** Response to statement “Eat fresh fruit and vegetables”



**Analysis:** From 400 respondents, 34.75 per cent strongly agree, 48.75 per cent agree, 1.75 per cent neutral, 9.25 per cent disagree and 5.5 per cent strongly disagree that they eat fresh fruit and vegetables.

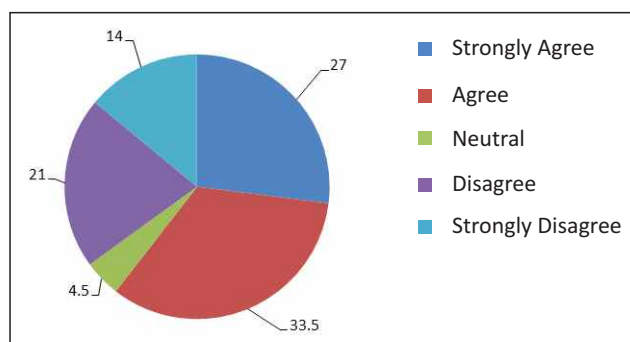
**Table 9:** Response to statement “Pay attention to sugar intake”

S. No.	Response	Respondents (Numbers)	Respondents (Per cent)
1.	Strongly Agree	108	27
2.	Agree	134	33.5
3.	Neutral	18	4.5
4.	Disagree	84	21
5.	Strongly Disagree	56	14
	<b>Total</b>	<b>400</b>	<b>100</b>

**Figure 9:** Response to statement “Pay attention to sugar intake”

**Analysis:** From 400 respondents, 27 per cent strongly agree, 33.5 per cent agree, 4.5 per cent neutral, 21 per cent disagree and 14 per cent

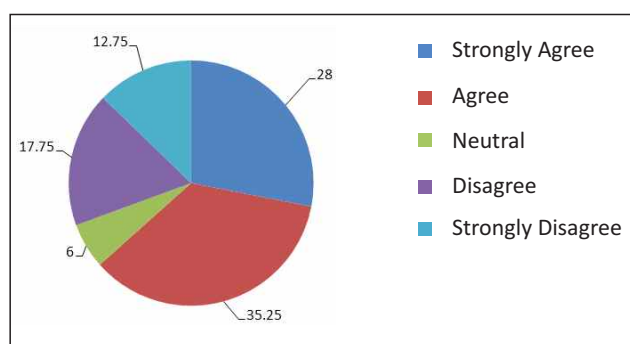
strongly disagree that they pay attention to sugar intake.



**Table 10:** Response to statement “Maintain work and life- balance”

S. No.	Response	Respondents (Numbers)	Respondents (Per cent)
1.	Strongly Agree	112	28
2.	Agree	141	35.25
3.	Neutral	24	6
4.	Disagree	71	17.75
5.	Strongly Disagree	51	12.75
	<b>Total</b>	<b>400</b>	<b>100</b>

**Figure 10:** Response to statement “Maintain work and life- balance”



**Analysis:** From 400 respondents, 28 per cent strongly agree, 35.25 per cent agree, 6 per cent neutral, 17.75 per cent disagree and 12.75 per cent strongly disagree that they maintain work and life- balance.

## 8. CONCLUSION

The research study includes the statement related to awareness of people about the significance of healthy life. This part of study



includes reading of health related articles, concern about personal health, interest in health information, knowledge about nutritional information on food labels than others, understanding about nutritional information on labels. Other factors which were considered for the study are concern about harmful ingredients in food, eat a well balanced diet, eat fresh fruit

and vegetables, attention to sugar intake and maintenance of work life balance. The study presented that majority of the respondents agree that they are reading more health related articles from recent years. Respondents also register they are concerned about their personal health as well and are also interested in health information. ●

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