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“Comparitive Study Of Health Consciousness Between Students Of Vidarbha And Marathawada Region”

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Abstract

The purpose of this study was to find out the comparison of health consciousness of students of Vidarbha and Marathawada region. A sample of 200 students age group of 16 to 20 years were randomly selected out of them 100 from Vidarbha and 100 from Marathawada were included. For assessing health consciousness the N.V.V.S. Narayana questionnaire were used. The t-tests were used for compare the data of two state, and test at .05 lelvel of significance. Results of the study showed that in the four components of health consciousness i.e. self practice, nutrition, energy and consciousness significant difference was found in students of Vidarbha and Marathawada region and students of Vidarbha region were better consciousness towards health in comparison to students of Marathawada region and it was also significance at .05 level of significance.

Key Words: Health Consciousness, Nutrition, Self Practice, Energy, Monitoring.

Introduction

An understanding of health is the basis of all health care, Health is not perceived the some way by all members of a community including various professional groups giving rise to confusion about the concept of health. In a world of continuous change, new concepts are bound to emerge based on new pattern of thought. Health's has involved over the centuries as a concept form an individual concern to a worldwide social goal and encompasses the whole quality of life.

Health is prime and foremost need of life. One has to cope up in his life for healthy living. It is said prevention is better than cure and for that knowledge of health is essential. Thus it is the duty of educational institutors to impart health knowledge to their students. Knowledge only does noty mean to that just to improve some part of health of people. A man should have all-round fitness. As said by W.H.O. Health is a state of complete Physical, mental, and social well being and not merely the absence of diseases. According to this definition one should try to attain the highest possible fitness level and this can come when our awareness towards health improved. If it is according to the needs and interests of the learner then he gets satisfaction of education now-a day health consciousness is becoming more popular and so a new curriculum has been introduced in schools and colleges. Educationists do suggest that a curriculum plan should consider felt needs and felt-interests of pupils.

Objective of the study

◆ To find out the difference of health consciousness between students of Vidarbha and Marathawada region

Method

In the present of study total 2 00 male students of Vidarbha and Marathawada region were taken, out of these 200 students (100 from Vidarbha and 100 of Marathawada) were selected as subjects for the purpose of the study. The minimum sports participation of sportsmen was at state or intercollegiate position holder. The subjects were educated enough to understood and provide relevant responses to the questions asked in the questionnaire.

Measurement of health consciousness scale.

Health Consciousness Scales, Prepared by N.V.V.S. Narayana which have included five factors namely Self and practice, Monitoring, Nutrition and Satisfaction, Energy and Cautiousness based on liker’s five point scale (Strongly Disagree, Disagree, Neither disagree, Agree, Strongly agree.) were used for the study. Instructions of the questionnaire were briefed out to the subjects. The responses were collected in the same way, One hundred percent questionnaire were received within the specific time all the respondents participated whole heartedly.

Results of the study

For the present study, the t-test were applied to analyze the data, different steps of t-test were used and the final conclusion was drawn and it was also test at .05 level of significant. The t-test were applied with the help of mega state software technique.

Table-1 : Score of students of Vidarbha and Marathawada of self practice factor

Respondents	N	Mean	S.D.	't' value	Level of Significance
Vidharbha	50	52.54	8.37	5.15*	0.05
Marathawada	50	48.43	7.57		

*Significant at .05 level of Significance.

Table-2 : Score of students of Vidarbha and Marathawada of Monitoring factor

Respondents	N	Mean	S.D.	't' value	Level of Significance
Vidharbha	50	30.64	5.22	0.97**	0.05
Marathawada	50	30.34	4.97		

** Not Significant at .05 level of Significance.

Table-3 : Score of students of Vidarbha and Marathawada of Nutrition and Satisfaction factor

Respondents	N	Mean	S.D.	't' value	Level of Significance
Vidharbha	50	19.44	3.54	9.77*	0.05
Marathawada	50	16.23	3.01		

* Significant at .05 level of Significance.

Table-4 : Score of students of Vidarbha and Marathawada of Energy factor

Respondents	N	Mean	S.D.	't' value	Level of Significance
Vidharbha	50	20.21	5.20	4.70*	0.05
Marathawada	50	17.98	4.23		

*Significant at .05 level of Significance.

Table-5 : Score of students of Vidarbha and Marathawada of Cautiousness factor

Respondents	N	Mean	S.D.	't' value	Level of Significance
Vidharbha	50	10.96	.83	2.80*	0.05
Marathawada	50	9.78	.57		

*Significant at .05 level of Significance.

Conclusion: On the basis of analyses of data, the following main conclusions have been drawn by the researcher.

1. The self practice factor, nutrition and satisfaction factors, energy factors and cautiousness factors of health consciousness of students of Vidarbha region was significantly different from students of Marathawada region. And we can say that students of Vidarbha are more conscious towards health than non-sportsmen.
2. The Monitoring factors of health consciousness of Vidarbha students were not significantly different from Marathawada students. And we can say that in monitoring factors, students of Vidarbha and Marathawada are almost same.

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