

A Study on The Awareness About The Lifestyle Diseases Among Middle Age Women In Kadungalloor Village

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Abstract: A saying “health is wealth” and a healthy mind is a sound body. Good health is the finest of human mind and body and both. Good health is not limited to this body free from any disease or any ailment. Healthy body is one which has residence to sickness, ready to work, no tiredness, and fast working of the brain. Health is the level of functional or metabolic efficiency of a living organism. In human it is the ability of individuals or communities to adapt and self managing when facing physical mental or social challenges. The world health organization as “ a state of complete physical mental social well being and not merely absence of disease or infirmity. The researcher used descriptive research design with 60 samples by convenient sampling method. The researcher use questionnaire as tool of data collection.

I. INTRODUCTION

Research methodology is a science and it is to solve the research problems. Research methodology has many dimensions and research is only a part of it. Research methodology deals with the objectives of a research study, the method of defining the research problem. The type of hypothesis formulated, the type of data collected, methods used for collecting, analysing the data etc. In this chapter the general factors related to methodology that are being adopted in the study are discussed.

II. SPECIFIC OBJECTIVES

1. To study about the socio demographic profile of the respondents
2. To know about the diet practice of the respondents
3. To understand life style diseases among the respondents
4. To study about the knowledge level of respondents about life style diseases

HYPOTHESIS

Improper food habit badly affects the health of the women.

AREA OF THE STUDY

The area of the study is kadungalloor panchayath in kadungalloor village

SIGNIFICANCE OF THE STUDY

The researcher through study intends to concentrate on the prevalence of lifestyle diseases and among people. The researcher through various sources came to know that lifestyle diseases are increasing in the general population. People are becoming prey to lifestyle diseases due to various reasons and the main reason is due to the present lifestyle adopted by them. Lifestyle diseases are found in all sections of people irrespective of age, religion, and community. Many of the people in the community are suffering from any of these diseases.

UNIVERSE OF THE STUDY

In this research the universe of the study is women in kadungalloor village.

RESEARCH DESIGN

The researcher selected descriptive research design because the researcher wanted to know the awareness of lifestyle diseases from the general population. The researcher adopted convenience sampling method and the researcher is confident that the study will enhance new insights into the problem.

SAMPLING

Convenience sampling method is used for the research. samples wereselected from kadungalloor panchayath

TOOL OF DATA COLLECTION

Researcher used questionnaire as the tool for collecting data. The researcher made use of the questionnaire consisting of questions based on the objectives. Total number of questions in the questionnaire is limited to 50. The researcher used questionnaire since it is easy for the respondents need to tick the exact answers given along Within the questions.

SOURCE OF DATA COLLECTION

A). Primary Data

In this study the researcher collected primary data directly from the house wife. The researcher prepared questionnaire and conducted interview with the peoples in the panchayath.

B). Secondary data

In this study the researcher collected secondary data from various books, journals, magazines, internet and news paper

III. DATA ANALYSIS AND INTERPRITATION

TABLE 1. Health diseases or health hazards of the respondents

Disease	Frequency	Percentage (%)
Diabetes	51	85
High blood pressure	9	15
Total	60	100

The table shows that health disease or health hazards of the respondents. The table explains that 85 percentage of the respondents have diabetes and the 15 percentage of the respondents have high blood pressure.

TABLE 2. Daily exercise of the respondents

	Frequency	Percentage (%)
Yes	7	12
No	53	88
Total	60	100

The table shows that the daily exercise of the respondents.

The table proves that doing exercise keeps the persons health and it helps the individuals to perform better in their respective fields. From the above table it is understood that 88% of respondents are not doing exercise. While 12 % of the respondents daily. In the busy life exercise is an important thing which reduce that stress and tention cope up with life style situation.

Table 3. understanding of the respondent towards diseases

	Frequency	Permanent
Yes	53	88
No	7	11
Total	60	100

The table shows that understanding of the respondents about their illness. The main purpose of the researcher is to study about the awareness of the life style diseases among the middle class people. From the above table it is understood that 88% respondents are aware about the life style diseases and they find time to understand and study about diseases. The above table depicts 11% of the respondents.

So majority of the respondents are not aware of these disease. They are not having sufficient time and interest to know about these disease.

FINDINGS

- Majority of the respondents are having diabetes
- Life style diseases are found in all the age group 46-50
- Food consumption is not in the proper time and food is consumed more than three times a day and 88% respondents are taking food more than three times in a day
- Daily exercise are not done by majority of the respondents are not participating in health
- Aware about the life style diseases can prevent the occurrence of the diseases in the life situations of the respondents
- Majority of the respondents are faced in physical problem

SUGGESTIONS

- Awareness about life style diseases should be given to the general public through various mediums.
- People who are having the life style diseases must be send for regular check up with out any failure
- Balanced food habit must be adopted and fast food culture should be avoided
- People should avoid the sedentary lifestyle diseases and habit of doing exercise should be promoted.
- NGO's and voluntary organization should come forward to conduct free medical camps, health seminars and recreation activities should be adopted as a habit to reduce screenful situations.

IV. CONCLUSION

Awareness about life style diseases can reduce the occurrence and it helps the individual to take prequestionnaire measures against these diseases. The individual and family have the responsibility to lead a healthy life through the healthy environment .NGO's and voluntary organization can give social awareness about the diseases. The government and health departments can play the leading role brining about proper awareness of these diseases and making some the individuals are protected. Social work interventions can be healthful in the awareness against these disease.

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