

Adaptation to Education: An Analysis of College Students Health

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ABSTRACT:

Health is a resource of every day's life, not the objective of living. Health is a positive concept emphasizing social and personal resources, as well as physical capacities. Fifty individuals of age group 20, 21, and 22 were considered. Blood parameters investigated in the present study included haemoglobin concentration, bleeding time, clotting time, blood grouping, blood pressure, body mass index and urine analysis. The healthy individuals were considered as control and the unhealthy were considered as an experimental one. The health problems of the college student are found to be high. The highest sixty percentage of college students found to be anemic in the age group of twenty years old. The lowest percentage of anemic condition is found in the age group twenty one and twenty two respectively. 86% of students were found to be having normal weight, 10% were categorized as underweight and the remaining 4% came under overweight. Of the students analyzed 64% had hypotension. It was a shocking reality that nearly 8% of the students had diabetes due to stress. The blood grouping was also performed which revealed that majority of the students (40%) had O^{+ve} blood group. Suitable suggestions such as intake of iron along with protein were given. Diet with necessary protein and iron was provided.

Keywords:

Body mass index, bleeding time, blood pressure, anemic condition, hypotension.