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Awareness of Available Health Resources Among PG Female Students of CCSHAU

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Abstract

Health and well-being are vital for academic success and personal development, especially among female postgraduate students facing unique health challenges and stressors. This study aimed to assess the awareness of available health resources among PG female students of CCS Haryana Agricultural University, Hisar. A sample of 50 students was surveyed using a structured questionnaire to evaluate their awareness of university-provided health services. The findings revealed moderate awareness levels with 76% of students aware of health facilities on campus, mainly informed through digital platforms and peer networks. While self-care practices like hydration, sleep and exercise were common, participation in health awareness programs and routine check-ups was low. Knowledge gaps were evident regarding access to mental health services and stress management workshops. Students highly valued affordable healthcare, nutritious food options and counseling services, though participation in awareness campaigns was less prioritized. The study highlights the need for improved communication, targeted orientation and promotion of mental health and preventive care services to ensure holistic well-being among female students.

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Health resources, awareness level, student well-being, health services.

Introduction

Access to healthcare is a fundamental right and a key factor in maintaining students overall well-being, especially as they navigate academic, social and psychological pressures. Universities and colleges offer various health resources including medical check-ups, mental health counseling, nutritional guidance and fitness facilities to address student health needs.

However, awareness of these services varies particularly among female students who may require specialized care for concerns such as reproductive health, anemia and stress-related disorders. Awareness plays a crucial role in ensuring proper utilization of health services (Kaur *et al.*, 2015). Many students remain uninformed about available

resources due to limited promotion, inadequate orientation programs or lack of visibility of health-related information. This lack of awareness often leads to underutilization of essential services delaying necessary medical assistance and preventive care (Bhatia and Bansal, 2017).

Additionally, cultural beliefs, societal norms and personal hesitation can further restrict access to healthcare. Other factors such as accessibility, service quality, past experiences, health status and financial constraints also influence students willingness to seek care (Adam and Awunor, 2014). Concerns about privacy and trust in institutional healthcare further shape decisions on whether to use college-provided services or seek external providers.

With the growing number of students enrolling in higher education, university health services have become increasingly important (School and Enrollment Tertiary, 2022). High-quality healthcare not only improves well-being but also supports academic success (El Ansari and Stock, 2010). The presence of well-equipped medical centers, trained professionals and clear communication about available services encourages students to prioritize their health. As noted by Singh and Sharma (2020), universities that proactively communicate their health resources tend to have better engagement and utilization from their students.

Common student health concerns such as anxiety, depression, eating disorders and substance abuse highlight the need for accessible healthcare services. Neglecting these issues can result in academic struggles, mental health deterioration and increased risk of self-harm (Pedrelli *et al.*, 2015). The effectiveness of institutional healthcare depends on structural factors like facility availability and staff expertise, as well as individual factors such as awareness, trust and willingness to use available resources. Addressing these aspects is crucial in ensuring students receive the healthcare they need.

The main objectives of this study to assess the level of awareness regarding available health resources

Materials and Methods

The study was conducted amongst postgraduate female students of CCS Haryana Agricultural University, Hisar to assess their level of awareness of available health resources. A sample of 50 PG students was selected ensuring voluntary participation. Data was collected using a structured questionnaire covering key aspects: awareness of health resources. The questionnaire included of multiple-choice questions for clear responses, along with a Likert scale to measure students perceptions and attitudes. Statistical analysis was done to interpret the collected data.

Results and Discussion

Table 2 highlighted the self-health awareness both positive habits and areas of concern. The most frequent behavior is junk food consumption (W.M: 3.9, Rank I), indicating unhealthy dietary patterns. However, positive self-care habits such as hydration, sleep and exercise (W.M: 3.86, Rank II) are well-practiced along with

seeking professional medical help. Most participants (78%) get sufficient sleep (W.M: 3.78, Rank III) and a moderate number engage in physical activity and take supplements (W.M: 3.7, Rank IV). Monitoring physical health (W.M: 3.58, Rank V) is practiced occasionally but maintaining personal health records (W.M: 2.96, Rank VI) and tracking mental well-being (W.M: 2.9, Rank VII) need improvement. Routine health check-ups are infrequent (W.M: 2.58, Rank VIII) and health awareness programs are the least attended (W.M: 2.34, Rank IX). Encouragingly, tobacco and alcohol use is almost nonexistent (W.M: 1.08, Rank X). Overall, while self-care habits and medical consultations are prioritized, unhealthy eating, low mental health tracking and lack of preventive healthcare remain areas for improvement.

In table 3, data highlighted a moderate level of awareness regarding health resources on campus. A majority (76%) of respondents are aware of university health facilities while 24% remain uninformed. Health resource awareness primarily comes from college websites/social media (36%), followed by friends/peers (30%) and college orientation programs (24%), indicating the significance of digital platforms and peer communication. Faculty/counselors (20%) and traditional methods like posters/brochures (18%) play a smaller role, while 16% have not heard about these resources at all.

Regarding specific health services, on-campus health clinics (60%) and gym/exercise facilities (56%) are the most recognized, followed by mental health counseling (52%) and stress management workshops (40%). However, awareness of nutritional guidance (36%), subsidized healthcare (30%) and student health insurance (24%) remains relatively low. Alarmingly, 14% of respondents are unaware of any of these services.

Table 4 illustrated the varying levels of knowledge regarding access to health services among students. Exercise facilities (W.M: 3.44, Rank I) are the most well-understood, with 50% of respondents having good or very good knowledge about them. The health clinic (W.M: 3.34, Rank II) follows closely, indicating that a majority of students have at least moderate awareness of its access.

Nutritional guidance services (W.M: 3.26, Rank III) are relatively well-known, but 30% of students have limited or no knowledge about them, pointing to a need for more awareness initiatives.

Table.1 Self-Health Awareness

Statements	Never	Rarely	Sometimes	Often	Always	W.M	Rank
Monitor physical health (e.g., weight, blood pressure, sugar levels)?	0	0	29(58%)	13(26%)	8(10%)	3.58	V
Maintain personal health records (e.g., vaccination history, doctor visits, prescriptions)?	0	7(14%)	35(70%)	3(6%)	5(10%)	2.96	VI
Take medications or supplements for health maintenance?	0	0	27(54%)	11(22%)	12(24%)	3.7	IV
Undergo routine health check-ups?	5(10%)	25(50%)	9(18%)	7(14%)	4(8%)	2.58	VIII
Track mental well-being and stress levels?	0	7(14%)	41(82%)	2(4%)	0	2.9	VII
Practice self-care routines (e.g., hydration, sleep, exercise)?	0	0	0	7(14%)	43(86%)	3.86	II
Engage in physical activity or exercise?	0	9(18%)	17(34%)	13(26%)	11(22%)	3.7	IV
Attend health awareness programs, workshops, or medical camps?	16(32%)	21(42%)	10(20%)	3(6%)	0	2.34	IX
Get sufficient sleep (7-9 hours per night)	0	0	0	11(22%)	39(78%)	3.78	III
Consume junk food or unhealthy meals	0	7(14%)	7(14%)	23(46%)	13(26%)	3.9	I
Consume tobacco, alcohol, or recreational substances	46(92%)	4(8%)	0	0	0	1.08	X
Seek professional medical help for health concerns	0	0	0	7(14%)	43(46%)	3.86	II

Table.2 Awareness of Health Resources

Sr.No.	Frequency (%)
1.	Aware of the health facilities available in university campus
	Yes 38(76%)
	No 12(24%)
2.	First learn about health resources
	College orientation program 12(24%)
	Friends/Peers 15(30%)
	Faculty/Counsellors 10(20%)
	College Website/Social Media 18(36%)
	Posters/Brochures/Notice Boards 9(18%)
	Have not heard of them 8(16%)
3.	Awareness of Health services in university?
	On-campus Health Clinic 30(60%)
	Counseling and Mental Health Services 26(52%)
	Stress Management Workshops 20(40%)
	Gymnasium and Exercise Facilities 28(56%)
	Nutritional Guidance Programs 18(36%)
	Subsidized Healthcare Services 15(30%)
	Health Insurance Coverage for Students 12(24%)
	None of the above 7(14%)

Table.3 Knowledge about accessing health services

Services	No knowledge at all	Limited knowledge	Moderate knowledge	Good knowledge	Very well informed	W.M	Rank
Health clinic	5 (10%)	8 (16%)	12 (24%)	15 (30%)	10 (20%)	3.34	II
Mental health counseling	12 (24%)	15 (30%)	10 (20%)	8 (16%)	5 (10%)	2.58	V
Exercise facilities	4 (8%)	7 (14%)	14 (28%)	13 (26%)	12 (24%)	3.44	I
Stress management workshops	10 (20%)	12 (24%)	13 (26%)	9 (18%)	6 (12%)	2.78	IV
Nutritional guidance	6 (12%)	9 (18%)	11 (22%)	14 (28%)	10 (20%)	3.26	III

Table.4 Perceived Importance of Health Resources

Services	Not important at all	Slightly important	Moderately important	Very important	Most important	W.M	Rank
Availability of free or affordable healthcare services	2 (4%)	5 (10%)	12 (24%)	15 (30%)	16 (32%)	3.76	I
Presence of mental health and counseling services	3 (6%)	7 (14%)	10 (20%)	14 (28%)	16 (32%)	3.66	III
Accessibility of healthy food options in university	1 (2%)	6 (12%)	13 (26%)	16 (32%)	14 (28%)	3.72	II
Student participation in health awareness campaigns	4 (8%)	8 (16%)	15 (30%)	12 (24%)	11 (22%)	3.36	V
Financial assistance for medical expenses through student insurance	5 (10%)	6 (12%)	12 (24%)	14 (28%)	13 (26%)	3.48	IV

Stress management workshops (W.M: 2.78, Rank IV) and mental health counseling (W.M: 2.58, Rank V) rank the lowest with over half of the respondents having limited or no knowledge about accessing these services. This highlights a significant gap in awareness regarding mental health and stress-related resources.

Table 5 findings indicated that students highly value accessible healthcare services. The availability of free or affordable healthcare (W.M: 3.76, Rank I) is perceived as the most important resource with 62% rating it as very or most important. Similarly, access to healthy food options (W.M: 3.72, Rank II) is a significant concern with 60% considering it crucial, highlighting the importance of proper nutrition in student well-being. Mental health and counseling services (W.M: 3.66, Rank III) also hold considerable importance with 32% rating

them as most important, emphasizing the need for emotional and psychological support. Financial assistance through student insurance (W.M: 3.48, Rank IV) is moderately valued, showing that while students acknowledge its importance, it may not be a top priority for all. Participation in health awareness campaigns (W.M: 3.36, Rank V) ranked the lowest, with only 46% rating it as very or most important, suggesting that while students recognize its value they may prioritize direct healthcare access over awareness initiatives.

Conclusion

The study concludes that while postgraduate female students at CCSHAU exhibit moderate awareness and good practices in some areas of health management—such as self-care routines and seeking professional

medical help—there remain significant gaps in awareness and utilization of university health resources, particularly concerning mental health counseling and preventive health programs. A considerable portion of students rely on digital platforms and peer communication to learn about health services, underlining the limited effectiveness of traditional promotion methods like posters and orientation programs. Although students acknowledge the importance of affordable healthcare and nutrition, limited participation in awareness campaigns indicates a need for more engaging and accessible health promotion strategies. Strengthening visibility, accessibility and trust in institutional health services, especially around mental well-being and preventive care is essential to enhance the overall health outcomes and academic performance of female students. Targeted interventions and improved communication can bridge the knowledge gap and ensure effective utilization of the available health infrastructure on campus.

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