

COMMON HEALTH ISSUES AND CONCERNS AMONG STUDENTS: BASIS FOR PROPOSED HEALTH SERVICES PROGRAM

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Abstract

Educational sectors are vital for young individuals to obtain knowledge, socio-emotional skills including self-regulation and resilience, and critical thinking skills that provide the foundation for a healthy future (WHO, 2022). A health services unit (HSU), is defined as the services that provide essential health services and programs to the students, either within school premises or in a health service situated outside the school. Nowadays providing health services programs among students in the educational sector has faced great challenges. Providing quality health services is a bit difficult in the midst of pandemics where face-to-face is prohibited. Coping with today's health problems emphasizes the challenge with which health educators are faced.

The study focuses on the Common Health Issues and Concerns among Students and used it as the basis for the proposed Health Services Program. Students from college and graduate studies enrolled in the SY 2021-2022, were the respondents of the studies. Likewise, The descriptive method of research was utilized in this study to determine the (1) common health issues and concerns among students and (2) students' satisfaction with HSU program. The study used a quantitative research approach to analyze and understand the predictor and criterion variables. To determine the students' satisfaction with the Health services program,

the study adopted validated instruments by Galvez (2018). The 12-item instrument has 3 subcategories namely: (1) Personnel, (2) Online Facilities, and (3) Online Services with a Cronbach's alpha value of 0.85. On the other hand, document analysis was used to determine the common health issues and concerns among students.

The study revealed that the common health issues and concerns among students with their frequency were the following: (1) Fear of Covid vaccine booster - 15, (2) Irregular menstruation - 14, (3) Dysmenorrhea - 12, (4) allergy/ allergic rhinitis - 11, (5) Hyperventilation - 10, (6) Asthma - 7, (7.5) Insomnia - 6, (7.5) Loss of appetite - 6, (9) Cough and colds - 5, (10) UTI - 4. Moreover, the overall students' satisfaction with HSU garnered a weighted mean of 4.38 (Very satisfactory). The very satisfactory weighted mean was manifested by the following indicators: (1) Personnel - the highest among the indicators with a mean of (4.42 - Very satisfactory), followed by (3) Online services - with a mean of (4.41 - Satisfactory), and the lowest among the indicators was (2) Online facilities - with a mean of (4.32 - satisfactory).

Keywords: Common Health Issue, Student, WHO, Health Service Program.

Introduction

According to World Health Organization (2022), educational sectors are vital for young individuals to obtain knowledge, socio-emotional skills including self-regulation and resilience, and critical thinking

skills that provide the foundation for a healthy future. Access to education and safe and supportive school environments have been linked to better health outcomes. In turn, good health is associated with reduced drop-out rates and greater educational attainment, educational performance, employment, and productivity. A comprehensive analysis of student health issues highlights the significant challenges faced by this demographic. According to data compiled by the Centers for Disease Control and Prevention (CDC), in 2021, approximately 24% of high school students in the United States reported feeling persistently sad or hopeless, indicating a growing mental health crisis among students. Furthermore, the World Health Organization (WHO) reported that globally, 39% of university students engaged in insufficient physical activity in 2020, contributing to the rising rates of obesity and related health problems. These statistics underscore the urgent need for proactive measures to address the common health issues affecting students, encompassing both mental and physical well-being. This introduction will delve into key health concerns among students, exploring their implications and the efforts made by governments and NGOs to mitigate these challenges.

A health services unit (HSU), is defined as the services that provide essential health services and programs to the students, either within school premises or in a health service situated outside the school. Most countries have some form of health services unit, but many such programs currently are not evidence-based, are not implemented well, are underfunded, and/or are delivered with limited reach and scope (Derryberry, as cited on Chen & Lim, 2022).

Nowadays providing health services programs among students in the educational sector has faced great challenges. Providing quality health services is a bit difficult in the midst of pandemics where face-to-face is prohibited. Coping with today's health

problems emphasizes the challenge with which health educators are faced.

Students' experience a range of largely preventable health problems, including unintentional injury, interpersonal violence, sexual and reproductive health issues, communicable diseases, non-communicable diseases, and mental health issues (WHO, 2020). In addition, students have positive physical, sexual, psychosocial, and neurocognitive health and development needs as they progress from childhood to adulthood. Whilst, health services, and programs are essential whether online, hybrid, or face-to-face education is being implemented.

This study investigates the common health issues and concerns among students which in turn be the basis for the proposed health services program. The result of the study may contribute to the improvement of the online health services given to the student clientele.

Theoretical / Conceptual Framework (SEC Approach)

The study is based on the theoretical underpinnings of the disconfirmation of expectations paradigm conceptualized by Oliver (as cited in Hossain, 2019). It originated from a topic of study for antecedents of satisfaction (Hossain, 2019). The typical method to study satisfaction involves the assessment of prior expectations with observed performance. Thus, in this theory, the customer's perception of overall satisfaction results from an evaluation between expectation and outcome performance.

The above mentioned theory is deemed relevant to the present study, since the general objective of this research was to determine the common health issues and concerns among students and the overall students' satisfaction with the health services programs provided by the school.

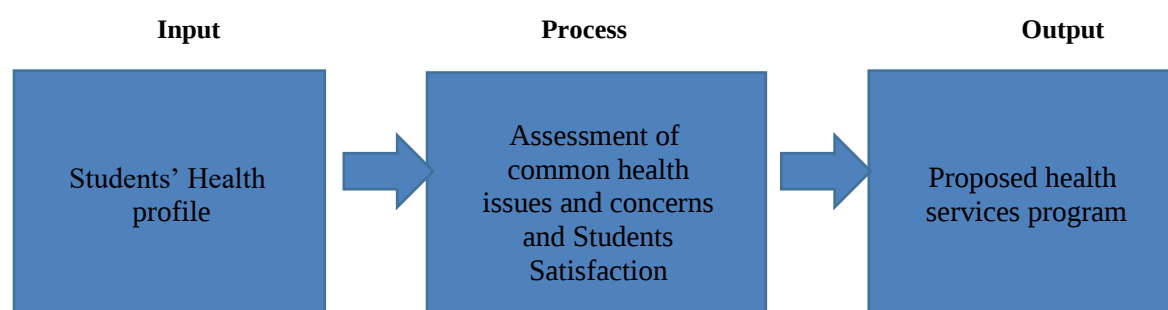


Figure 1: Conceptual Paradigm of the Study

The study made use of Input-Process-Output (IPO) as the conceptual framework. It can be gleaned from

figure 1, that students' health profile serves as the INPUT in the paradigm, while PROCESS is the

assessment of health issues and concerns and students' satisfaction with health services serve, and lastly the proposed health services program as the OUTPUT of study.

Statement of the Problem

The major problem of the study was to determine the common health issues and concerns among students which will be the basis of the proposed health services programs. Specifically, the study sought answers to the following problems:

1. What are the common health issues and concerns among the students?
2. What is the overall satisfaction rating of students on the current health services program?
3. Based on the findings of the study, what health services program may be proposed?

Scope and Delimitation

The study focuses on the Common Health Issues and Concerns among Students and used it as the basis for the proposed Health Services Program. Students from college and graduate studies enrolled in the SY 2021-2022, were the respondents of the studies. 75% of the respondents were from the college department, while 20% were masterate students and the 5% from the doctorate programs.

Ethical Consideration/s

The following ethical considerations were considered during the conduct of the study:

1. The dignity and well-being of learners were protected. The researcher ensured that there was no harm done in any form nor anyone placed in an uncomfortable position.
2. The researcher obtained from the respondents informed consent that includes essential information, i.e., who the researcher is, the intent of the study, the data to be collected, level of commitment, etc. Respondents were also informed that participating in the study is voluntary, ensuring no coercion or deception in participation.
3. The research data remained confidential throughout the study. The researcher obtained the respondents' permission to write their real names on the survey to navigate their performance more conveniently. Respondents were also informed that their names will not appear in the final paper.
4. In the Conduct of the Study, "No Conflict of Interest" was declared by the researcher.

Methodology

Methods and Techniques

The descriptive method of research was utilized in this study to determine the (1) common health issues and concerns among students and (2) students' satisfaction with HSU program. The study used a quantitative research approach to analyze and understand the predictor and criterion variables.

Data Collection and Modes of analysis

Upon approval from the LCUP- RPL department and LCUP -REC, permission was sought and consent forms were distributed to the respondents. A survey questionnaire was distributed via google forms to determine satisfaction with health services. Document analysis was utilized to determine the common health issues of the students. Means and Frequency counts were used to determine the weighted mean scores.

Respondents of the Study

The respondents of the study were college and graduate studies students from one higher educational Institution from Malolos City enrolled in SY 2021-2022. As can be gleaned from table 1, 75% of the respondents were from the college department, while 20% were masterate students and the 5% from the doctorate programs.

Table 1: Table of Respondents

Programs	Percentage
College	75%
Masterate	20%
Doctorate	5%
Total	100%

Instruments of the Study

To determine the students' satisfaction with the health services program, the study adopted validated instruments by Galvez (2018). The 12-item instrument has 3 subcategories namely: (1) Personnel, (2) Online Facilities, and (3) Online Services with a Cronbach's alpha value of 0.85.

On the other hand, document analysis was used to determine the common health issues and concerns among students.

Results and Discussion

Common Health Issues and Concerns Among Students

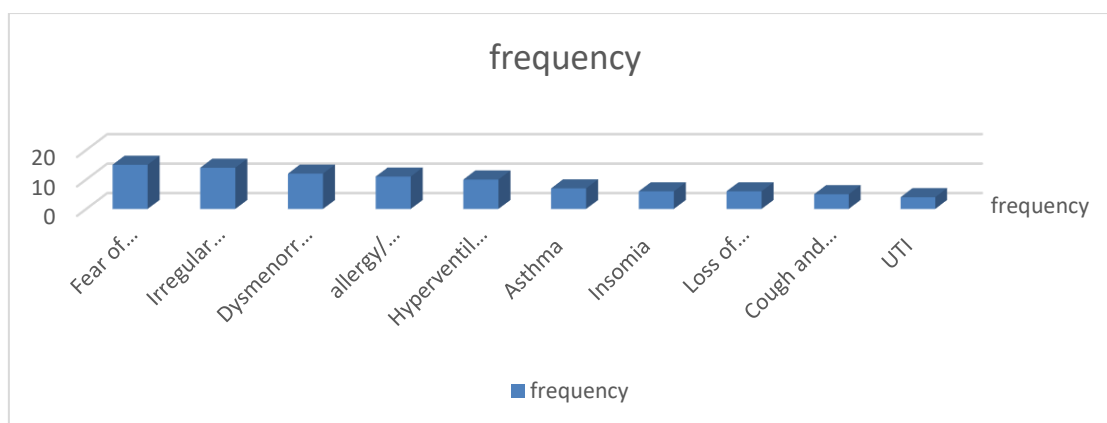


Figure 2: Common Health Issues and Concerns Among Students

It can be gleaned from figure 2, that the common health issues and concerns among students with their frequency were the following: (1) Fear of Covid vaccine booster - 15, (2) Irregular menstruation - 14, (3) Dysmenorrhea - 12, (4) allergy/ allergic rhinitis - 11, (5) Hyperventilation - 10, (6) Asthma - 7, (7.5)

Insomnia - 6, (7.5) Loss of Appetite - 6, (9) Cough And Colds - 5, (10) UTI - 4.

Students' Over-All Satisfaction on Health Services program

Table 2: Students' Over-All Satisfaction on HSU

Indicators	Mean	Interpretation
1. Personnel	4.42	Very Satisfactory
2. Online facilities	4.32	Very Satisfactory
3. Online services	4.41	Very Satisfactory
Weighted mean	4.38	Very Satisfactory

As seen on table 2, the overall students' satisfaction with HSU garnered a weighted mean of 4.38 (Very satisfactory). The very satisfactory weighted mean was manifested by the following indicators: (1) Personnel - the highest among the indicators with a mean of (4.42 - Very satisfactory), followed by (3) Online services - with a mean of (4.41 - Satisfactory), and the lowest among the indicators

was (2) Online facilities - with a mean of (4.32 - satisfactory).

Proposed Health Services Program

Below is the proposed improved health services program.

Title of activities	Objectives	Target date of implementation	Persons involved	Budget
<i>Webinar series on common health issues and concerns among students:</i> - Fear of covid vaccine booster - Irregular menstruation - Dysmenorrhea - allergy/ allergic rhinitis and Cough and colds - Hyperventilation - Asthma	- Provide comprehensive, relevant, realistic, responsive support program and services geared towards students general interest, welfare, and development - Provide student-centered activities in support of	Year-round	SAS Director HSU officer HSU personnel	Php. 30,000.00

• Insomnia and Loss of appetite • UTI	• academic instruction • Provide Primary Health Care and Wellness Programs for Students			
Training and webinars for HSU personnel related to the implementation of online health services such as 1. Hosting Online webinars 2. Re-training on the use of online facilities 3. Professional training/webinars for HSU personnel	• To further improve the students' satisfaction with HSU • Ensure that quality services to all students were given. • To ensure a professional development of HSU personnel	Year round	SAS Director HSU officer HSU personnel	Php. 70,000.00

Conclusion

In light of the findings of the study, the following conclusions are put forth.

1. The study highlights a range of health concerns among students, with varying frequencies. It is evident that fear of the Covid vaccine booster is the most prevalent concern, indicating the ongoing impact of the pandemic on students' mental health. This concern should be addressed with proper information and support.
2. Despite the health concerns, the study indicates that students are generally very satisfied with their university (HSU). This high level of satisfaction is primarily attributed to the satisfaction with personnel and online services. However, there is room for improvement in online facilities, which received a slightly lower satisfaction rating.
3. The study emphasizes the need for universities to address the health concerns of their students, especially mental health and reproductive health issues, while continuing to provide excellent personnel and online services. Improving online facilities can further enhance overall student satisfaction. Additionally, addressing the fear of the Covid vaccine booster is essential to ensuring the well-being and safety of students during the ongoing pandemic.

Recommendations

Based on the conclusions drawn from the study, the following recommendations are made:

1. Develop and implement an informative campaign regarding Covid vaccine boosters, addressing concerns and providing accurate information about their safety and benefits.

Likewise, establish a dedicated support system for students who may be experiencing anxiety or fear related to vaccines. This could include counseling services and accessible healthcare resources.

2. Invest in improving online facilities and infrastructure to meet the expectations and needs of students. This may include upgrading technology, expanding bandwidth, and ensuring a seamless online learning experience. Seek feedback from students on specific areas for improvement in online facilities and prioritize these enhancements accordingly.
3. Develop and communicate a clear pandemic preparedness plan that includes safety measures, vaccination information, and contingency plans for academic continuity in case of disruptions. Keep students informed about the university's response to the pandemic, including vaccination efforts and safety protocols.

Conflicts of Interest

The authors declare that there is no significant competing financial, professional, or personal interests that might have influenced the performance or presentation of the work described in this manuscript.

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