

Full Length Research Paper

Health magazines and college girls

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Accepted 3 February, 2010

Health magazines are read by over 55% women in India although potentially these magazines represent a major source of health education and information for women, relatively little attention has been paid to assessing this role. Ability, Alive, Healthy Childcare, Lifestyle are good magazines for women. This study focuses on the coverage given by four of the most popular women's magazines to a major cause of mortality and morbidity among college girls. From a content analysis of their 50 issues, the study was design to achieve major objectives. The data were collected from 100 students and main conclusions were drawn. It is suggested that health professionals could play an important role in implementing these recommendations.

Key words: Adolescent, attitude to health, breast neoplasms, female, health, health education, health knowledge, attitudes, practice, health Promotion.

INTRODUCTION

Health awareness among girl students of Sant Hirdaram Girls College: Role of health magazines available in library

There is a popular saying "Healthy body houses a healthy mind. Health is not just absence of disease; it is the appropriate development of body, mind and soul. Health is both an important factor in the achievement of status, particularly for women, whose health is conditioned to great extent by social attitudes. Many of the factors that influence health are beyond the control of individuals. Developing the knowledge, skills and attitudes that will allow individual to make healthy lifestyle choices addresses only part of the process of enabling people, these includes young college going girls, to increase control over, and to improve their health. Human body is a living organism that grows, functions and acts with the help of good and healthy food for the normal growth of girls. Adequate supply of nutritious food is essential, just as it is necessary to promote proper food habits among the student community so as to get rid of the problems of malnutrition; similarly it is necessary to promote proper reading habits among them.

Library is a collection of information, sources, resources, books and services, and the structure in which it is housed; it is organized for use and maintained by a public body, an institution, or a private individual. In the more traditional sense, a library is a collection of books. The term can mean the collection, the building that houses such a

collection or both, or a room where books are kept.

Library services

The library provides the following services to its users:

1. Reference service.
2. Document delivery service.
3. Current awareness service.
4. Inter library loan service.
5. Electronic information service.
6. Photocopy service.

Health websites

This list of web sites represents only a sample of the wide variety of free health information that is available on the WWW.

1. Netscape communications Corp., <URL: <http://home.netscape.com/> >. URLs listed in this appendix are accurate as of the date of publication but will change over time. The indices mentioned in the last section of the appendix should be consulted for updated access information.
2. National center for supercomputer applications, <URL: <http://www.ncsa.uiuc.edu>>.
3. W3 Consortium, <URL: <http://www.w3.org/hypertext/>

WWW/Lynx/Status.html >.

ROLE OF MAGAZINES IN HEALTH AWARENESS

There are a number of health magazines out there to keep you up to date. Some emphasize a natural approach to good health, with features on herbs, supplements and various alternative disciplines to keep you and your family fit and vigorous, another type of health magazine may focus on cooking low fat versions of your favorite dishes, keeping you abreast of the latest recipes that replicate the delicious fatty version with an equally delicious but healthier result. A good health magazine can make a terrific one-stop resource for health information that does not read like an encyclopedia, enabling you to be a savvy and knowledgeable consumer and guardian of your family's health.

A publisher of a successful health magazine tries to give you the most up to date information in an easily read format and style suitable to the layman. A health magazine, like any other magazine, is geared to the season, for instance letting you make the best and healthiest use of your strawberry crop in delicious recipes, while informing you of the particular health benefits of strawberries. Come Christmas, you'll likely see features on holiday foods, which can be prepared in a healthier way than the traditional calorie laden recipe without sacrificing taste. Summertime issues of the health magazine may offer inviting recipes for cooling summer drinks "seasoned" with herbs to benefit both your health and taste buds. The latest research on a supplement may enlighten you on how you might help a family member with diabetes, heart trouble, arthritis and a host of other common conditions. It's worth your while to explore the many magazines available at the supermarket, newsstand or by subscription. The health magazine can be a veritable treasure trove of information that will help you and your family members stay healthy and are an enjoyable read to boot.

There are number of health magazines easily available in market, and in internet very good quality health magazines are available free.

GENERAL HEALTH MAGAZINES

Ability

Features celebrity interviews, news and resources related to assistive technology, the ADA, personal empowerment and employment for individuals of all ages with a mental or physical disability.

AHealthyMe.com

Provides information on health and wellness, along with daily health news, full-text magazine articles, personali-

zed newsletters, shopping and more.

Alive

This magazine brings the latest news on women's and men's health, beauty, weight loss, healthy recipes, environment reports and wellness information.

Diabetic-lifestyle

Practical information to enhance life while managing diabetes on a daily basis.

Elder care online

Covers topics such as eldercare, healthy aging, caring for the caregiver, and Alzheimer's disease.

Healthy childcare

This magazine is edited by the American school health association. It includes information on health, safety, medicines, health education activities, illnesses, etc.

Lifebeat

Newsletter created to help people with cardiac devices live full, active lives. Provides cardiac news, health tips, and more.

Living nutrition

Magazine featuring raw food recipes, nutrition education, healing testimonials, food safety news and more.

Medical news today

The largest independent health and medical news website on the Internet. Provides more than 50 articles every day.

Men's health

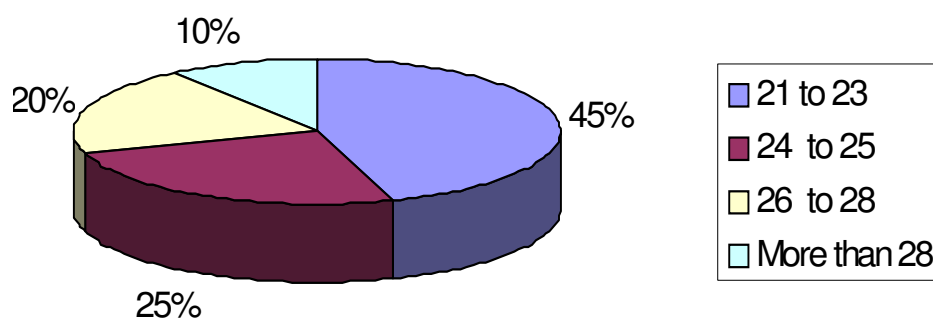
Provides information and tips on men's fitness, health, sex, career, relationships, nutrition and weight loss.

Mobile life today

Health, wellness and fitness magazine and podcast.

Table 1. Age group of girls.

Age group	No. of girls	Percentage (%)
21 - 23	45	45
24 - 25	25	25
26 to 28	20	20
More than 28	10	10
Total	100	100

**Figure 1.** Age group of girls.**Natural health**

Natural living and alternative health magazine. Topics include vitamins, fitness, herbs, foods that heal, home remedies, new products, recipes and prevention.

Natural news

Offers daily independent natural health and wellness news. It includes non-corporate coverage of drug companies, modern medicine, the USFDA and more.

RemedyLife

Health news and information from the publisher of Remedy, Healthy living, and Diabetes focus magazines.

Problem plan and Methodology

The Problem of the present study is "Health awareness among college girls students of Bhopal Division: Role of magazines.

Objectives of the study

To study the health information available in print magazines.

RESEARCH METHODS

The survey research method has been used in this study. In this study, most of tools or techniques of survey are being used for the users. Hence the investigator here employed probability random sampling technique. The investigator selected 100 students from different colleges by lottery method.

Tool used

The investigator used the questionnaire as tool to collect the data. The study was design to achieve major objectives. The data were collected from 100 college students. In this chapter an analysis of the data and discussion of the result is made. Table 1 and Figure 1 indicates that 45% post graduate girls are from the age group of 21 - 23 years, 25% are from 24 - 25 age group, 20% are in the age group of 26 - 28 and 10% are in the age group of more than 28 years.

Table 2 and Figure 2 indicates that 30% girls read Nirogdam Magazine regarding their health problem, 23% students use yoga Plus, 20% read Ayush, 27% use Health Plus a health magazine.

CONCLUSION

Women's magazines are not publishing a large amount of health-related information, although they are encouraging women to interact with the health care system and offering behavioral directives in a significant percentage of their articles. The results of a survey focused on the success of health awareness among PG lady students was conducted in Sant Hirdaram Girls College. A total of

Table 2. Use of magazines by girls.

Name of magazine	No of girls	Percentage (%)
Nirogdham	30	30
Yoga plus	23	23
Ayush	20	20
Health plus	27	27
Total	100	100

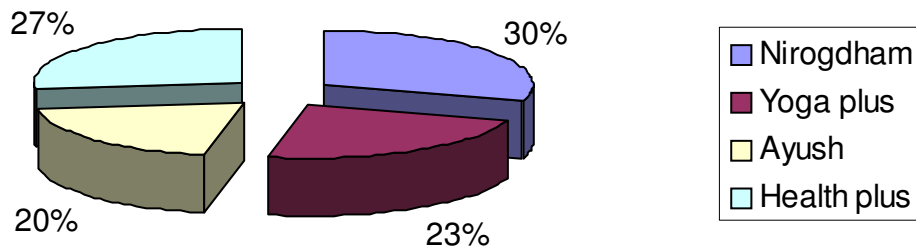


Figure 2. Use of magazines by girls.

100 girl students answered questionnaires of 10 questions. The results show that the group included in the study was consisting of 45% post graduate girls from the age group of 21 - 23 years, 25% are from 24 - 25 age group and 20% are in the age group of 26 - 28 and 10% are in the age group of more than 28 years. 30% girls use Nirogdham magazine regarding their health problem, 23% students use yoga plus, 20% read Ayush and 27% use Health plus health magazine.

List of websites obtained <http://www.webopedia.com/TERM/L/library.html>
 Encyclopedia of Library and information sciences Oxford publication
<http://www.angelhealthmagazine.com/>
 Netscape Communications Corp, <URL: <http://home.netscape.com/> >.
 National Center for Supercomputer Applications, <URL:
<http://www.ncsa.uiuc.edu>>.
 W3 Consortium, <URL: <http://www.w3.org/hypertext/WWW/Lynx/Status.html> >.

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Introduction of library obtained from <http://en.wikipedia.org/wiki/Library>
 Library Services obtained
<http://www.webopedia.com/TERM/L/library.html>