

# Healthcare Awareness Survey



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## Abstract

This prospective cross-sectional study employs a survey quantitative research method to delve into the realm of healthcare awareness among students currently enrolled at GD Goenka University, located in Gurgaon. Through meticulous application of simple random sampling, a sample size ranging between 50 to 70 students is carefully selected, ensuring each individual within the population has an equal opportunity of inclusion, thereby providing a representative snapshot of the student community's health care preferences.

Central to this investigation is the utilization of a structured questionnaire, meticulously crafted with 10 items aimed at probing various facets of healthcare awareness. These items are meticulously designed to gauge students' understanding, perception, and attitudes towards healthcare services, encompassing topics such as preventive measures, access to healthcare facilities, and health-seeking behaviors. By meticulously adhering to rigorous sampling techniques and employing a carefully constructed questionnaire as the primary research instrument, this study aims to unearth nuanced insights into the healthcare awareness landscape among students within an academic environment. It endeavors to shed light on potential gaps in knowledge, identify areas for improvement, and inform the development of targeted healthcare education interventions tailored to the needs of the student populace.

Through the dissemination of its findings, this study seeks to catalyze discussions, initiatives, and policies geared towards enhancing healthcare literacy and fostering a culture of proactive health management among young adults. Ultimately, the insights garnered from this research endeavor hold the potential to empower students to make informed healthcare decisions, thereby contributing to the promotion of overall health and well-being within the academic community and beyond.

**Keywords:** Potential; Health; Catalyze; Questionnaire; Gauge and Healthcare

## Introduction

Healthcare awareness is all about understanding the importance of health and wellness, and how to achieve it. It covers a broad range of topics, from disease prevention and early detection, to proper nutrition and exercise, mental health, and even the importance of regular check-ups and screenings. The goal is to empower individuals with the knowledge they need to make informed decisions about their health. It's about promoting healthy habits and attitudes that lead to improved overall health and well-being. In doing so, we aspire to contribute to the broader goal of creating health and more resilient communities. It starts with understanding the basics of our bodies, how they function, and what they need to stay healthy. This includes a balanced diet, regular exercise, adequate sleep, and regular check-ups. It involves being aware of various diseases and conditions, their symptoms, and prevention methods. Early detection can be a lifesaver. It's about making informed health decisions and adopting healthy habits. It's a continuous process, but with each step, we get closer

to a healthier life. Healthcare surveys serve as invaluable tools in understanding the intricacies of patient experiences within the healthcare system. They provide a structured approach to gather systematic information directly from patients, allowing healthcare providers, policymakers, and researchers to gain insights into various aspects of healthcare delivery. These surveys cover a wide range of topics, including but not limited to, patient satisfaction, quality of care, accessibility of services, effectiveness of treatments, communication with healthcare professionals, and overall healthcare experiences

By administering structured questionnaires to a representative sample of patients, healthcare surveys collect data that can be analyzed quantitatively and qualitatively. Quantitative analysis involves statistical methods to identify trends, patterns, and correlations within the data, while qualitative analysis delves deeper into the narratives and personal experiences shared by patients. Together, these approaches provide a comprehensive

understanding of the strengths and weaknesses of healthcare systems, as well as areas for improvement.

One of the primary goals of healthcare surveys is to identify areas where healthcare services may not be meeting patient needs or expectations. This could include issues such as long wait times, difficulty accessing specialists, lack of communication between healthcare providers and patients, or concerns about the affordability of care. By pinpointing these areas of concern, healthcare providers and policymakers can implement targeted interventions to address gaps in service delivery and improve overall patient satisfaction.

Furthermore, healthcare surveys play a vital role in monitoring changes and trends in patient experiences over time. By conducting surveys at regular intervals, healthcare organizations can track progress towards goals, evaluate the impact of quality improvement initiatives, and make informed decisions about resource allocation and strategic planning. In essence, healthcare surveys are essential tools for gathering insights directly from patients, which are crucial for shaping policies, improving healthcare delivery, and ultimately enhancing the quality of care provided to individuals and communities. Through the systematic collection and analysis of patient feedback, healthcare surveys empower stakeholders to make evidence-based decisions that prioritize patient-centered care and contribute to better health outcomes for all.

### Why is the Health Care Survey Important?

Healthcare surveys serve as vital instruments for collecting comprehensive feedback directly from patients, offering a nuanced understanding of their experiences, preferences, and needs within the healthcare system. Here's a deeper elaboration on the significance of healthcare surveys:

**Enhancing Patient-Centered Care:** By centering on patient perspectives, healthcare surveys facilitate the delivery of patient-centered care. They enable healthcare providers to tailor services to meet individual needs, preferences, and expectations, ultimately fostering a more personalized and responsive healthcare experience.

**Driving Continuous Quality Improvement:** Healthcare surveys provide a mechanism for continuous quality improvement within healthcare organizations. By identifying areas of strengths and weaknesses, as well as gaps in service delivery, surveys enable healthcare providers to implement targeted interventions, refine processes, and enhance the overall quality of care.

**Fostering Accountability and Transparency:** Transparent communication and accountability are essential components of effective healthcare delivery. Healthcare surveys promote transparency by soliciting feedback from patients and holding healthcare organizations accountable for their performance. This fosters trust between patients and providers and promotes a

culture of accountability within the healthcare system.

**Informing Evidence-Based Decision Making:** The data collected through healthcare surveys serve as valuable evidence for decision making at various levels within healthcare organizations. Whether it's resource allocation, policy development, or strategic planning, survey findings offer actionable insights that inform evidence-based decision making, leading to more effective and efficient healthcare delivery.

**Empowering Patient Advocacy:** Healthcare surveys empower patients to advocate for their own healthcare needs and preferences. By providing a platform for patients to voice their concerns and feedback, surveys empower individuals to actively participate in shaping their healthcare experiences, driving positive change within the healthcare system.

**Supporting Research and Innovation:** Healthcare surveys contribute to the body of knowledge in healthcare research and innovation. The data collected from surveys can inform research studies, clinical trials, and innovation initiatives aimed at improving healthcare outcomes, developing new treatments, and advancing medical knowledge.

**Promoting Equity and Inclusivity:** Healthcare surveys play a role in promoting equity and inclusivity within the healthcare system by ensuring that the voices of all patients, including those from marginalized or underserved communities, are heard and considered. By addressing disparities in access to care and healthcare outcomes, surveys contribute to advancing health equity and social justice.

### Objective of the Study

The aim of this research is to know the patient's level of healthcare awareness about common healthcare issues, knowledge about preventive measures, healthy lifestyle practices and utilization of healthcare services.

**Cultural Influence:** This objective seeks to investigate the impact of cultural backgrounds on healthcare attitudes and engagement. By examining how cultural norms, beliefs, and practices shape individuals' perceptions of health and healthcare, the study aims to uncover cultural-specific factors that may influence healthcare awareness and utilization.

**Intersectional Dynamics:** The study aims to explore how socioeconomic and cultural factors intersect to influence health-related behaviors. By considering the complex interplay between factors such as income, education, race, ethnicity, and cultural background, the research seeks to identify nuanced patterns and disparities in healthcare awareness and engagement across diverse populations.

**Strategic Recommendations:** This objective focuses on identifying inclusive strategies for healthcare awareness initiatives that are tailored to diverse cultural and socioeconomic

contexts. Drawing upon insights from cultural studies, sociology, and healthcare, the study aims to develop actionable recommendations for healthcare providers, policymakers, and community organizations to effectively promote healthcare awareness and engagement across diverse populations.

**Comprehensive Understanding:** By synthesizing insights from cultural studies, sociology, and healthcare, this objective aims to enhance overall understanding of the dynamics of healthcare awareness. By examining the intersections between culture, socioeconomic status, and healthcare, the study seeks to provide

a comprehensive analysis of the factors influencing healthcare attitudes and behaviors.

**Policy Contribution:** The study aims to provide evidence-based recommendations for healthcare policies that prioritize inclusivity and aim to improve public health outcomes. By highlighting the importance of considering cultural and socioeconomic factors in healthcare policy development, the research seeks to inform policy decisions that are responsive to the needs of diverse populations and contribute to the promotion of health equity.

Literature Review

(Table)

Table.

Title	Author Name	Published
National health survey and the behavior model of health service use	RM Andersen	2008
Demographic and health surveys	DJ corsi, M Neuman, JE Finlay	2012
National mental Health survey of india	RS Murthy	2017
WHO Mental health survey	RC Kessler, TB Ustun	2008
Oral Health survey	PE Petersen, RJ Baez	2013
sample design of the national population health survey	JL Tambay, G catlin	1995
Health survey for England	N Bennett, T Dodd, J flately, S	1995

Research Methodology

**Type of Research:** The research employs prospective cross-sectional design based on survey quantitative research methods to investigate healthcare awareness among the population.

**Sample:** The sample population consists of students currently enrolled in GD Goenka University, Gurgaon.

**Type of Sampling:** Simple random sampling technique will be utilized to ensure each student in the population has an equal chance of being selected for the study.

**Sample Size:** The sample size is estimated to range between 50 to 70 students, aiming to provide a representative snapshot of the student population’s preferences.

**Tools to be Used:** A structured questionnaire will serve as the primary tool for data collection. A 10 item structured questionnaire was used as the research instrument.

Research gap

**Digital Health Survey Tools:** With the rise of digital health technologies, there’s a need for surveys that assess the impact of digital interventions, mobile health apps, telemedicine, and wearable devices on healthcare outcomes. Research in this area can help identify best practices for integrating digital health tools

into patient care.

**Patient Experience and Satisfaction:** While patient-reported outcomes are increasingly recognized as important indicators of healthcare quality, there may be gaps in understanding patient experiences, satisfaction, and preferences across different healthcare settings and specialties. Surveys focusing on patient-centered care can help address this gap.

**Health Literacy and Survey Design:** Healthcare surveys often assume a certain level of health literacy among respondents, which may not be appropriate for all populations. Research is needed to develop and validate survey instruments that are accessible and understandable to individuals with varying levels of health literacy.

Observation and Result

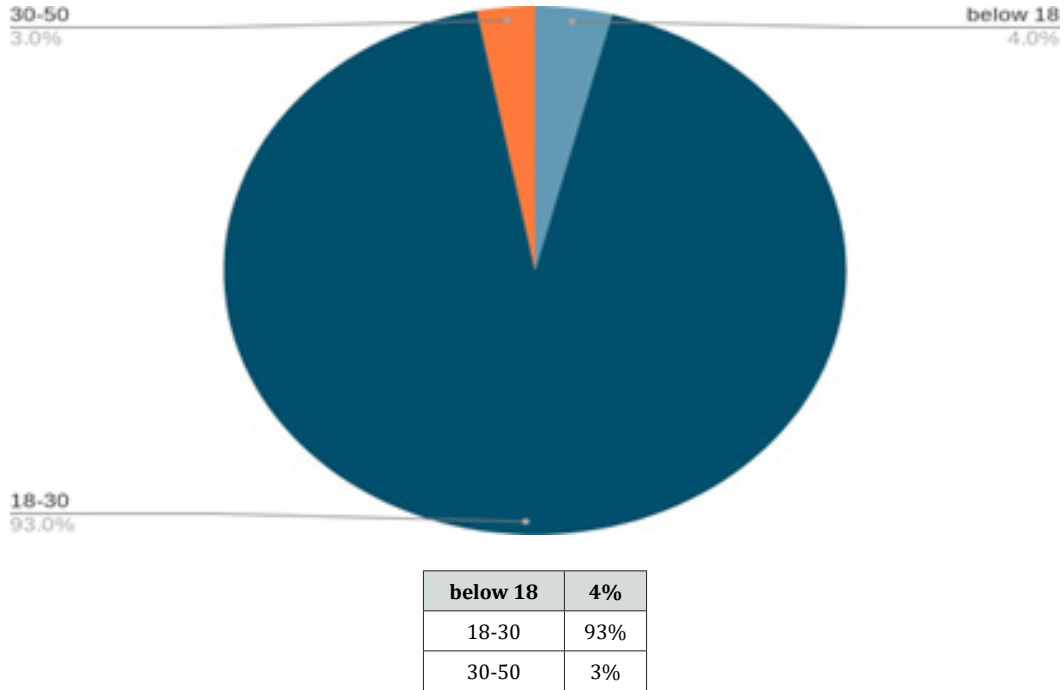
In this study, a sample size totaling 50 to 70 participants was included, and a questionnaire focusing on the awareness of healthcare services was distributed. The responses gathered are as follows (Tables 1-4):

The survey results provide intriguing insights into the healthcare behaviors, preferences, and satisfaction levels among young adults aged 18-50 within the community. Notably, the demographic breakdown revealed a predominantly young

adult population, with males slightly outnumbering females, constituting 60.3% and 38.4% of the participants, respectively. This demographic composition reflects a substantial representation

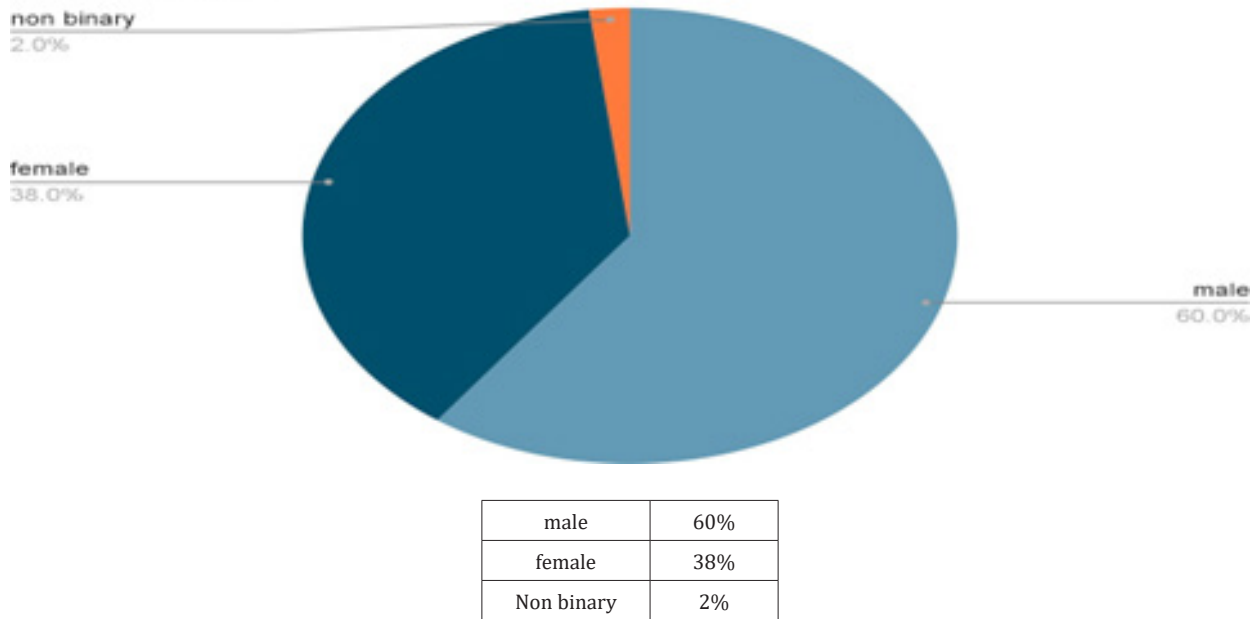
of the youth demographic, offering a pertinent glimpse into this specific age group’s healthcare engagement.

**Table 1:** Age group distribution.

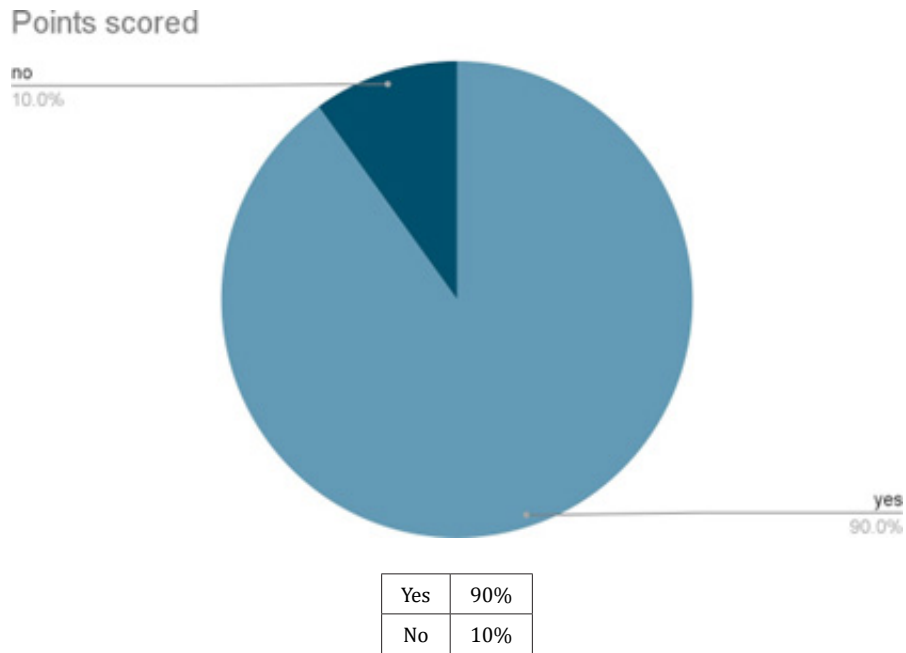


**Table 2:** Gender distribution.

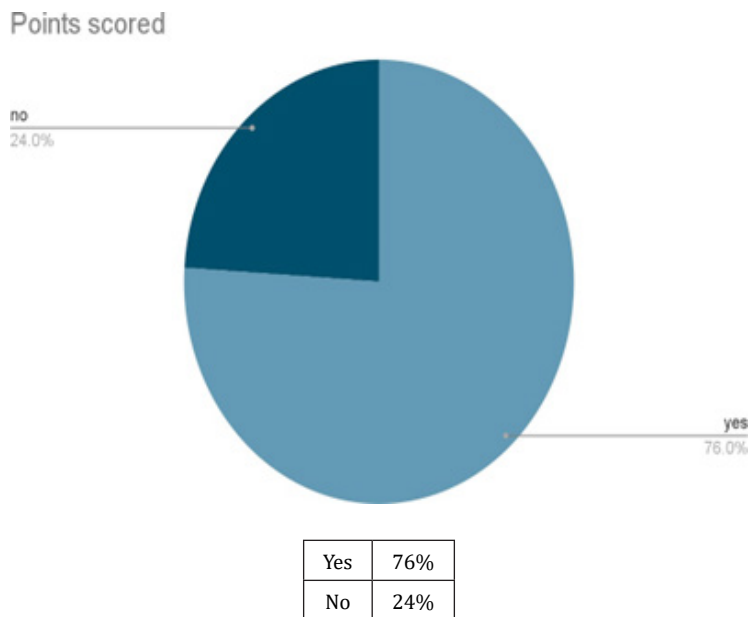
Points scored



**Table 3:** Healthcare utilization ratio.



**Table 4:** Healthcare awareness ratio.



Of particular interest is the high rate of healthcare utilization observed among the surveyed participants, with an overwhelming 90.4% reporting visits to healthcare providers within the past year. This finding underscores the significance of healthcare services in the lives of young adults, indicating a proactive approach to managing their health and seeking medical attention when needed.

Further analysis of the types of healthcare services accessed by the participants reveals diverse patterns of healthcare

utilization. Half of the respondents opted for hospitals or clinics, highlighting the significance of primary care settings in meeting young adults' healthcare needs. Additionally, a notable proportion utilized pharmacy services (22%), consulted specialists (11%), or accessed a combination of these services (16.4%). This diversity in healthcare utilization suggests a multifaceted approach to managing health concerns, with individuals seeking services tailored to their specific needs and preferences. The satisfaction levels among the surveyed participants reflect a generally positive

outlook towards the healthcare services received. A substantial 61.6% expressed satisfaction, with an additional 28% indicating a high level of satisfaction. While a minority remained neutral (9.6%), the overall satisfaction rates underscore the effectiveness of healthcare services in meeting the expectations and needs of young adults within the community.

Moreover, the survey findings highlight a commendable level of awareness regarding preventive healthcare services among the respondents, with 76.7% indicating awareness of available preventive healthcare services in their area. This awareness underscores a proactive approach to healthcare management, with young adults recognizing the importance of preventive measures in maintaining their well-being and health. The survey results offer valuable insights into the healthcare engagement, preferences, and satisfaction levels among young adults aged 18-20 within the community. The findings underscore the significance of healthcare services in the lives of young adults, revealing patterns of utilization, satisfaction levels, and awareness of preventive healthcare services. These insights provide a foundation for informed decision-making and targeted interventions aimed at enhancing healthcare access, quality, and satisfaction among young adults in the community.

### Conclusion

The active engagement of young adults in seeking and utilizing healthcare services within their community is a promising indicator of a proactive approach to health management. Hospitals and clinics serving as the primary destinations for these individuals suggest a level of accessibility and trust in the local healthcare infrastructure. The high satisfaction rates among these young adults signify that the services provided meet their expectations and likely address their healthcare needs effectively. This satisfaction is crucial for maintaining a positive attitude towards healthcare and encouraging continued utilization of services when needed.

The elevated awareness about preventive healthcare services among young adults is particularly encouraging. It indicates that public health messages are effectively reaching this demographic, potentially through targeted campaigns, educational initiatives, or digital platforms tailored to their preferences. By being proactive about their health through preventive measures, these individuals are laying the groundwork for better long-term health outcomes. This trend not only benefits the individuals themselves but also contributes to the overall health and well-being of the community. As young adults take advantage of preventive services, they are likely to reduce the burden on healthcare systems by preventing or mitigating the onset of illnesses and chronic conditions.

Furthermore, the success of these efforts reflects positively on healthcare providers and stakeholders within the community. It underscores their commitment to delivering accessible, high-

quality healthcare services and their ability to engage effectively with the younger demographic. Overall, the active participation of young adults in healthcare services, coupled with high satisfaction and a focus on prevention, bodes well for the community's health awareness and future health outcomes. It highlights the importance of continued investment in preventive healthcare initiatives and underscores the potential for positive change when individuals are empowered to take control of their health [1-16].

### Contribution to SDG

- i.** Promotion to healthcare awareness.
- ii.** SDG (Sustainable Development Goal) No: SDG 3.
- iii.** Reason/s: The reason why it's SDG 3 is because this goal specifically targets health issues.
- iv.** It aims to ensure everyone has access to good healthcare services and promotes well-being for all at every stage of life. Your project aligns perfectly with this goal!

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