

A survey on
knowledge, attitudes
and behaviors of
young adults about
health promo...



Topic: Sample Research A survey on knowledge, attitudes and behaviors of young adults about health promotion and heart disease Knowledge, attitudes and behaviors of young adults related to health promotion and heart disease Literature reveals that young adults overall have relatively low levels of knowledge about heart disease and its risk factors compared to other health issues.

Differences between knowledge, attitudes and behaviors of young men and women related to health promotion and heart disease.

There are differences between knowledge, attitudes and behaviors of young men and women related to health promotion and heart disease. Literatures in this area show that women had better health behavior patterns than men despite the same amount of knowledge and attitude.

Study Design: Descriptive Comparative Method

The research includes survey and fact-finding enquiries of different kinds. The health -Promoting Lifestyle Profile II (HPLP II) questionnaire is used to gather knowledge of health promotion. The HPLP II measures current health promoting behaviors using a 52 item, 4 - point likest scale that contains the six subscales of spiritual growth, health responsibility, nutrition, physical activity, stress management, and interpersonal relations. The study can also include the Preventive Medicine Attitudes and Activities Questionnaire (PMAAQ).

Appropriate sample for the health promotion study.

Survey type research studies usually have larger samples because the percentage of responses generally happens to be low. Thus, the survey method gathers data from a relatively large number of cases at a particular time. The degree of precision increases if the sample size is larger and <https://assignbuster.com/a-survey-on-knowledge-attitudes-and-behaviors-of-young-adults-about-health-promotion-and-heart-disease/>

decreases if the sample size is smaller. Power analysis helps to determine the sample size. About 500 subjects can be included for this study.

Population selected for this study

Young adults between the age group of 16-30, enrolled in selected lecture courses at the University will be chosen for the study.

Number of subjects anticipated for the study.

At least Five Hundred subjects should be included.

Inclusion Criteria:

Both male and female young adults (between 16-30 years old) enrolled in selected lecture courses at the University who sign the informed consent to participate in the study can be included.

Demographic data to be collected for the study

Participants' age, sex, date of birth, educational qualification, family history, and social drug habits like smoking and alcoholism.

Justification about the representatives of the sample.

Purpose of this research is to explore the young adults' knowledge, attitudes and behavior about health promotion and heart disease. In health and human development, young adulthood is considered to be the stage between adolescence and adulthood, roughly ages 16 to 30. Literatures show that generally young adults had a poor degree of knowledge and poor health behavior related to heart disease.

Data Collection

The study participants will be administered with a structured questionnaire.

Otherwise, the questionnaire can be mailed to the respondents with a

request to return after completing the same. The participants are informed to answer all the questions.

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Costs of Study

Item

Cost (\$)

1. Health Promoting Lifestyle Profile II

\$ 200. 00

2. 3 page survey questionnaire printing charges for 500 subjects (1500 pages)

\$ 150. 00

3. Participant information sheet about the study-500 copies -printing charges

\$ 50. 00

4. Participants' informed consent - 500 copies-printing charges

\$ 50. 00

5. Travel cost to the university (30 mile x 2)

\$ 12. 00

6. Typing charges for the study report

\$ 100. 00

7. Other expenses (Telephone, Paper, Pen utilities etc)

\$ 10. 00

Total Cost

\$ 522. 00

Reference

1. Kothari, C. R., (1985), Research Methodology: Methods and Techniques, 22, 149.