



A survey on awareness for blood donation in physical education students of Noida college physical education, Noida

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Abstract

The background of the study was to investigate the awareness for blood donation in physical education students of Noida college of physical education, Noida. Because every year India requires 8.6 million units of blood out of which only a meager 5.5-6 million units of blood are available. Sources said if only 3% of eligible Indian's population donates their blood there will be no shortage of blood. For the fulfillment of purpose of the study 350 physical education students there are studied in this institution of physical education in Noida college of physical education, Noida were selected as subject. To assess their knowledge and awareness, a Questionnaire on Blood Donation Knowledge and Awareness in North India, developed by Uttar Pradesh health Ministry was used which contain 25 questions but modified to 15 questions. Results of this study are very shocking which reveal that only 32% eligible male subjects had donated blood and only 2.5% eligible female subjects had donated blood, which is really shocking. 68% male subjects who had not donated blood because 8% out of them has fear and rest 7.84% due to worry of commercial use. 26% subjects have no idea about minimum age for blood donation, while only 71% subjects have knowledge of their blood group, and the most interesting thing is 8% subjects told blood donation cause early old age and lifelong weakness. On the basis of these finding it can be concluded that there are lot of misconception about blood donation and lack of knowledge in physical educationist while Health Education, Anatomy and Physiology are essential part of their curriculum.

Keywords: blood donation

Introduction

Blood is the living fluid that all life is based on. Blood is the life-maintaining fluid that circulates through the body's heart, arteries, veins and capillaries. Blood carries to the body nourishment, electrolytes, hormones, vitamins, antibodies, heat, and oxygen. Blood is composed of 60% liquid part and 40% solid part. The liquid part called Plasma, made up of 90% water, 7% of Proteins and 3% nutrients, hormones, etc. is easily replenished by food, medicines, etc. The solid part that contains RBC (red blood cells), WBC (white blood cells) and Platelets which take valuable time to be replaced if lost. The time taken by a seek body to replace it could cost his/her life. Sometimes the body might not be in a condition to replace it at all. Every 2 seconds someone needs blood. In India every year 40 million units of 250cc blood requires but out of which only a meager 500,000 of blood units are available. With 1,210,193,422 residents reported in the 2011 provisional Census. India is the world's second-most populous country. Its population grew at 1.76% per annum during 2001–2011. Medical advances made in the last 50 years as well as increased agricultural productivity brought about by the "Green Revolution" have caused India's population to grow rapidly. The literacy rate in 2011 was 74.04%: 65.46% among females and 82.14% among males. But after all rate of blood donation is insufficient. Peoples have lot of silly misconception about blood donation, such as I will feel drained and tired after donating, I cannot resume normal activities, I will have low blood, I can't take alcohol, I don't

think there will be demand for it, it will be painful while donating, and also think that they may get AIDS. As we know blood cannot be harvested it can only be donated. This means only we can save a life that needs blood. Our blood helps more than one life at a time. Accident victims, premature babies, patients undergoing major surgeries require whole blood, where our blood after testing is used directly. Patients suffering from trauma, anemia, and other surgeries require only red blood cells, which is separated from our blood. Considering Physical Education student as a subject for this study due to their curriculum content. It conten Health Education, Anatomy and Physiology, where Anatomy and Physiology deals with Structure of human body and functions of human body system while Health Education deals with Health, it's factors and conditions.

Objective of the study

Objective of the study was to assess the awareness for blood donation in physical Educationist of Noida.

Methodology

Subjects

For the purpose of this study 350 students who were studied on Physical Education in Noida college of physical education, Noida were selected. Age was not restriction and both male and female students were considered as subject.

Criterion Measures

To assess the knowledge of subjects a Questionnaire

developed by Uttar Pradesh health society on general awareness of peoples towards blood donation. There were 25 questions in this questionnaire in five different sections. But for this study questionnaire was modified in fifteen questions. Two sections from this questionnaire had been eliminated. There was different in option for each question and no score was decided for any selected option.

Reliability of Questionnaire

There was no reliability set by the health society for the

Findings

questionnaire.

Collection of data

Data was collected by the application of questionnaire from students of Physical Education In Noida college of physical education, Noida.

Statistical Technique

To assess the awareness of subjects in relation to blood donation descriptive statistics was used.

Table 1

Statement	Answers			
	Have you donated blood ever?	32% Yes		68% No
Why did not donate?	N.A	C. U	Low Hb	Fear
	83%	8%	5%	4%
Cause of Blood Donation	Volu.	Family	Never	
	67%	32%	1%	
Amount of Blood in a healthy adult human	5 Lt.	D'T Know	2 Lt.	
	81%	14%	5%	
Do you know about Blood group?	Four B. G.		D'T Know	
	90%		10%	
Do you know about own Blood group?	71% Yes		29% Yes	
What is minimum age for Blood Donation?	18 year	D'T know	Above 18 year	Below 18 year
	74%	18%	5%	3%
Interval between two Blood Donation	3Month	6 Month	1Month	Any Time
	45%	32%	14%	9%
Minimum amount of Hb for Blood Donation	D'T Know	13.5%	Below 13.5%	
	35%	24%	41%	
Amount of blood in a single unit	350-450 ml	Above 450ml	Below 350 ml	D'T Know
	51%	22%	10%	17%
Effect of Blood Donation on Donors Health	Nothing	Faster old Age	Weakness	
	92%	5%	3%	
Does Blood transfusion Cause any type of infection?	Yes	No	D'T Know	
	77%	14%	9%	

Discussion

Volunteering behavior is culturally based and occurs at different rates in different geographical locations. Although it might be assumed that the links between volunteering and the

practice of blood donation would be strong, the reasons for this are less obvious. Article based on research conducted in Australia in 2004, whereas some respondents derive benefit from volunteering by experiencing a sense of social

connection, others blood donors feel a responsibility to help others, regardless of personal connection to those receiving the assistance. (Transfusion medicine)

Blood donation, the voluntary act of allowing one's blood to be drawn out of body has many advantages besides giving that wonderful feeling of saving someone's life. Most of the time it is an act of charity, though sometimes many people donate blood for money and other incentives. No doubt the first and foremost advantage of donating blood is the exalted feeling of saving someone's life. If we donate the little excess blood in our body, it could save someone's life without creating any problem for us. Blood donation is an excellent way to get rid of excess iron accumulated in our body due to its overconsumption. Excess iron in the body can stimulate the formation of free radicals, which are responsible for causing damage to body cells and tissues. Free radicals are also associated with many diseases like heart diseases and cancer. Studies have shown that donating blood regularly can be beneficial for the heart and circulatory system and can reduce the risk of heart diseases, especially among young people. Besides, blood donation also burns the extra calories and reduces your cholesterol level. After donating blood, the count of blood cells decreases in our body, which stimulates the bone marrow to produce new red blood cells in order to replenish the loss. So, it stimulates the production of new blood cells and refreshes the system. Before donating blood, your hemoglobin level will be tested. If it is low, then you will not be allowed to donate blood. Besides hemoglobin, your blood pressure level and body weight will also be checked. In addition, your blood will also be examined for detecting the presence of five diseases, namely, hepatitis B, hepatitis C, Syphilis, HIV/AIDS and malaria. If you are not suffering from these diseases, only then you will be allowed to donate your blood.

There are no major disadvantages of donating blood, except that sometimes one may experience a drop in blood pressure due to hypovolemia (a state of reduced blood volume), which may necessitate cancellation of donation. Sometimes, one may also experience mild nausea or dizziness for a short while. But if you compare the health benefits and mental satisfaction that comes from saving a life, you will feel that benefits of this act of charity are not only restricted to the recipient, but also helps the donor immensely.

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