

Research on the Status Quo of Health Literacy of College Students in Henan Province and Its Promotion Path under the Control of Normalized Epidemic Situation

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Abstract: This study takes the college students in Henan Province during the period of novel coronavirus pneumonia as the research object, pays attention to the differences, coherence and integrity of college students in different grades, changes the limitations of the previous single study aimed at a certain period, thus opening up a new field of vision in the field of scientific health in Colleges and universities, To a certain extent, it enriches and improves the research content and theoretical framework of scientific health literacy in Colleges and universities. Through the methods of literature, mathematical statistics and questionnaire, this paper studies the strategy of scientific health literacy education. The results showed that the overall health literacy rate of college students in Henan Province was 37.52%. The health literacy level of female students is higher than that of male students. Schools, society and families should jointly establish a health literacy shaping system for students, and carry out health education for students of different grades.

1. Introduction

At present, the novel coronavirus outbreak in 2020 has entered the normal prevention and control. It requires the active cooperation and effective participation of every citizen to take timely and effective preventive and response measures under the guidance of science. However, as the global COVID-19 epidemic continues to spread, it is still difficult for China to fully implement the prevention and control task of "external prevention input and internal prevention rebound". At the same time, let us realize that as a key field of epidemic prevention, colleges and universities have a bearing on the lives and health of millions of people. In order to further consolidate the achievements in the fight against the epidemic, and prevent the rebound of the epidemic. It should constantly improve the public awareness and ability of the university students in the prevention and control of the epidemic, popularize and promote healthy lifestyles, strengthen the health literacy education under the prevention and control of the normalized COVID-19 epidemic, and improve the health literacy of college students.

2. Connotation Definition of Health Literacy

Health literacy refers to the ability of an individual to acquire, understand and process basic health information, and use this information to make correct judgments and decisions to maintain

and promote health(Figure 1).

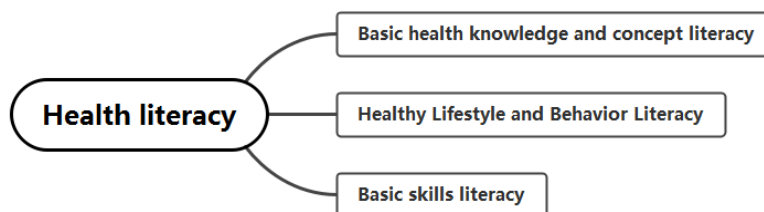


Figure 1: Structure of health literacy

3. Research Object and Method

3.1. Research Object

May-July 2022, questionnaires were distributed to college students in different regions of Henan Province by stratified random sampling.

3.2. Research Method

3.2.1. Questionnaire Survey

This survey uses the questionnaire on health literacy of Chinese residents issued by the Ministry of health. The questionnaire includes three dimensions: basic health knowledge and concepts, healthy lifestyle and behavior, and basic health skills. The final questionnaire is determined according to the reliability and validity after the pre survey. The questionnaire is distributed to the research objects through the Internet through the questionnaire star website. If the overall accuracy rate of the questionnaire is more than 80%, it is regarded as having health literacy, 60% - 80% as having basic health literacy, and less than 60% as not having health literacy.

3.2.2. Statistical Analysis

SPSS 20.0 software was used to analyze the collected data.

4. Investigation Results of Health Literacy of College Students in Henan Province UNDER the Background of COVID-19

4.1. Survey Objects

A total of 5600 questionnaires were distributed and 5540 effective questionnaires were recovered, with an effective recovery rate of 98.92%. The average age of the subjects was (20.6 ± 1.3) years; Among them, 2677 were male (48.32%) and 2863 were female (51.68%); 5226 Han people (94.34%) and 214 ethnic minorities (5.66%); There were 1680 (30.33%), 2063 (37.23%), 1043 (18.83%) and 754 (13.61%) students in freshmen, sophomores, juniors and seniors respectively.

4.2. Current Situation of Health Literacy of College Students in Henan Province

The results (Table 1) showed that 2079 respondents had health literacy, accounting for

37.52% The health literacy level of female students was higher than that of male students, 38.92% and 33.56% respectively; The health literacy level of Han students (40.12%) was higher than that of minority students (23.16%); The health literacy level of urban registered students was 42.56% higher than that of rural students (31.74%). In addition, there are significant differences in the level of health literacy among the different respondents of parents' education level, family income level, family population, student grade and other factors.

Table 1: Survey results of different demographic characteristics

project	Health literacy (%)
Gender	
Male (n = 2677)	33.56%
Female (n = 2863)	38.92%
nation	
Han nationality (n = 5226)	40.12%
Ethnic minorities (n = 214)	23.16%
grade	
Freshman (n = 1680)	30.56%
Sophomore (n = 2063)	33.17%
Junior (n = 1043)	35.26%
Senior (n = 754)	37.06%
Place of residence	
City (n = 2297)	42.56%
Rural (n = 3243)	31.74%
Household population	
1-3(n=1877)	43.26%
4-5(n=3332)	35.47%
> 5(n=330)	27.82%
Father's education	
Primary school and below (n = 998)	24.22%
Junior high school (n = 2014)	35.83%
High school / technical secondary school (n = 1602)	38.28%
Junior college or above (n = 926)	45.86%
Mother's education	
Primary school and below (n = 1371)	26.98%
Junior high school (n = 2118)	37.77%
High school / technical secondary school (n = 1264)	41.63%
Junior college or above (n = 787)	45.56%
Monthly per capita income of family (yuan)	
< 1000(n=325)	15.36%
1000- < 2000(n=889)	35.06%
2000- < 3000(n=1299)	36.88%
3000- < 4000(n=1425)	38.55%
4000- < 5000(n=834)	39.71%
≥5000(n=767)	45.21%

4.3. Health Literacy Level of the Three Dimensions of the Respondents

According to the survey results, the health literacy level of the three dimensions of the respondents from high to low is: basic skills health literacy level (46.37%), basic health knowledge and concept literacy level (39.97%), healthy lifestyle and behavior literacy level (37.67%). Gender, major, family population and living place had a significant impact on the three dimensions of health literacy of the respondents, and had statistical significance ($P < 0.05$). The health literacy level of urban students was higher than that of rural students, and the health literacy level of the three dimensions with small family population was higher. The basic health skills of Han students were significantly higher than those of ethnic minorities, and the difference was statistically significant ($P < 0.05$).

5. Discuss

5.1. Current Situation of Health Literacy of College Students in Henan Province

The young students in Henan Province have a poor understanding of the basic knowledge and concepts of physical health^[1]. The knowledge-based health literacy of college students refers to the health knowledge and behavior that college students have mastered and their ability to deal with public health emergencies. Through this survey, it is found that the overall health literacy rate of college students is 37.52%, and the overall cognitive level is not high. The overall cultural level of college students is relatively high, but their weak points are their shallow social experience, their judgment of things and their idealization of cognition. They are more prone to irrational self-evaluation, resulting in excessive self-health cognition. The three dimensions of health literacy level are basic skills health literacy level (46.37%), basic health knowledge and concept literacy level (39.97%), healthy lifestyle and behavior literacy level (37.67%), among which, healthy lifestyle and behavior literacy level are the lowest, indicating that knowledge and action are separated from each other, and the purpose of theory serving practice cannot be achieved.

5.2. Analysis of Influencing Factors of College Students' Health Literacy

The survey results are consistent with those of some domestic scholars^[2-4]: the health literacy level of urban students is higher than that of rural students, and the health literacy level of students with small family population is higher. Gender, major, family population, living place and other factors are important factors affecting the health literacy level of college students. In addition, the father's education level also has a significant impact on the students' health literacy level, which may be related to the status of men in the family. This inference needs further research to prove. The health literacy level of female students is higher than that of male students, which is related to the living habits and lifestyles of female students, and it is easier to form a healthy lifestyle.

Compared with other groups, there are many factors affecting the anxiety of college students. The psychological state of college students is vulnerable to external factors, with poor stability and poor ability to judge health information and define disease symptoms^[5]. Nowadays, various new media have changed the single channel for college students to obtain information about COVID-19. In order to obtain greater browsing volume and attention, they have integrated information. The video title is quite eye-catching, unique in form and small in length, which makes readers take it out of context and do not really understand the real situation of COVID-19. As a result, some students think that the epidemic has little to do with themselves, and some think that their current epidemic prevention measures are good. Such blind optimism and lax prevention make it difficult to carry out health education^[6]; at the same time, for those families with low average education level, the

"demonstration" of these college students will lead to the spread of bad information and affect the overall epidemic prevention and control work.

5.3. Suggestions

According to the analysis of the results of the questionnaire survey, if we want to improve the health literacy of College Students under the epidemic situation, we need to make joint efforts from individuals, families, schools and society to achieve the goal of truly improving the health literacy of college students.

5.3.1. Strengthening the Education of College Students' Health Awareness and Life Habits

The cultivation of healthy life style focuses on the transformation of ideology and cognition^[7], and the transformation of ideology comes from a certain health knowledge base and health awareness. Continuously and systematically learn health theoretical knowledge, improve self-control, resist the temptation of bad habits, and establish excellent psychological quality to face the coming of all kinds of things; Dare to face adversity, accept the influence of negative factors, and meet all kinds of "accidents" with a correct attitude; At the same time, reasonable diet and proper exercise can improve the disease resistance of college students and maintain a better health level.

5.3.2. Building a Health Education System for College Students

5.3.2.1. Create a Healthy Family Environment

Parents are the first teachers of children, and their every move affects their children's consciousness and behavior. They should not only strengthen their own learning of health knowledge and establish health awareness, but also do a good job as "supervisors" of children's health literacy to help them establish a correct health concept; Secondly, establish a relationship of equal communication between parents and children, establish a good communication channel through a good parent-child relationship, and provide timely guidance for children's health problems, especially girls' health skills learning and boys' health basic knowledge, so as to protect the healthy development of children.

5.3.2.2. Optimizing the Health Education System in Colleges and Universities

Colleges and universities are important bases for cultivating and transporting talents and enabling students to establish the concept of health. Therefore, colleges and universities should adopt multiple forms

Help college students to objectively understand their individual health status and behaviors, make objective and correct evaluation behaviors, and gradually improve their personal health literacy; At the same time, a high-quality health education teacher team is an important guarantee to ensure the realization of health education objectives. Health education is not only the task of the physical education team, but also should be merged into a full curriculum education. All teachers should be made into "professional + health education" talents, and the quantity and quality of health education teacher team should be improved.

5.3.2.3. Give Play to the Health Promoting Role of Physical Education

Physical education is an important part of quality education in Colleges and universities, and is an indispensable part of cultivating talents for a all-round development^[8]. Sports Teachers should

follow the principle of "physical education is not only to teach students to learn sports skills, but also to master how to exercise scientifically and spontaneously". While improving students' physical and psychological quality, teachers should also pay attention to students' health needs, carry out and improve extracurricular sports activities and sports competitions, further develop students' ability to change between basic health concepts and health skills (Figure 2).

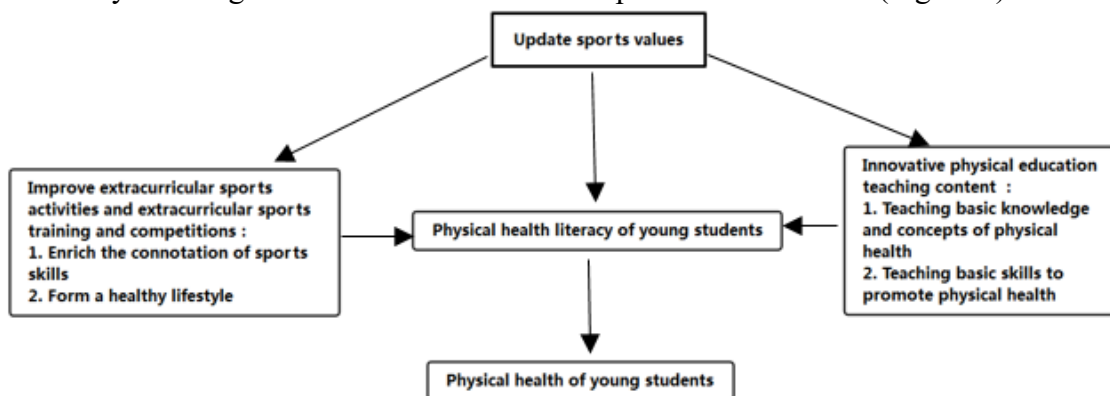


Figure 2: Path of physical education promoting health education

5.3.2.4. Establishing a Long-Term Health Mechanism between Society and Universities

Social functional departments, by establishing a health education and publicity base, regularly carry out training on health knowledge and skills of college students while facing social groups, gradually transform the health theoretical knowledge learned in the school into practical operation. If conditions permit, a third-party assessment can be set up to make students realize the importance of health literacy [9]. According to the professional setting and geographical location of colleges and universities, a n i nteractive t raining m ode be tween colleges and l ocal c ommunities has been established. S tudents go d eep i nto t he community t o publ icize he alth t heory knowledge. T he community s ends r epresentative m edical ex perts o r r esident r epresentatives t o g ive l ectures o n health l iteracy t o college s tudents, and g radually form a long-term i nteractive h ealth m echanism between society and colleges.

5.3.2.5. Carry out Health Education by Modern Means with High Acceptance

Internet is an important way for contemporary college students to obtain health and other related information. C ollege s tudents hope t o l earn h ealth know ledge t hrough t he Internet o n m obile devices [10], which suggests that educators and managers should make full use of this channel to promote a nd l earn he alth t heoretical know ledge, conform t o t he de velopment t rend of t he information age, bui ld ne w media for he alth know ledge l earning, and cooperate w ith t raditional education to carry out multi-dimensional health education for college students.

6. Conclusion

Profound knowledge and healthy physique are the personal qualities that contemporary college students must possess. This study took college students in Henan Province as the research object, and conducted a s tatistical an alysis o f t he h ealth l iteracy o f college s tudents u nder t he epidemic situation ba sed on t he data obt ained f rom t he que stionnaire. - Specific r ecommendations f or long-term health mechanisms in society. It is of great reference value to carry out health education for c ollege s tudents i n our pr ovince, i mprove t he pe rsonal he alth a wareness o f college s tudents under the epidemic, and build a college student disease prevention system.

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