

Some Factors Related to Health Awareness among Female Students at King Saud University in Riyadh

Benayeh Mohammed Saud AlRasheed, Social Work Assistant Professor, College of Art-Department of Social Studies, King Saud University, Riyadh-Saudi Arabia, Email: prof.benayaalrasheed@gmail.com

This study aims to identify some of the factors that are related to health awareness among female university students in respect to a number of variables, as well as identify whether there are obstacles that obstruct female students' awareness. To achieve this, two questionnaires were designed; the first one includes indicators that measure the level of health awareness, and the second questionnaire was designed to identify the obstacles that obstruct the health awareness of female students. The sample of the study consisted of (268) female students from the College of Arts at King Saud University, who are studying the course (Arabic). The members of the sample were chosen randomly. The results of the study indicate that there is no correlation between the demographic variables of the study sample (academic level, college major, and GPA) and their health awareness, due to the fact that access to health awareness has become easy because of the spread of the Internet and social media, as well as providing Internet for students in the university city. Internet makes it easier for female students to access the various websites and obtain health educational information, and that in turn helps students to receive health information, and this may be the main source for achieving health awareness for female students.

Key Words: *Health awareness, university students, academic level, college major, GPA.*

1.Introduction & Background

Health is a basic requirement and a strategic goal that countries, institutions, and individuals of the world strive to achieve for a healthy and safe living. Health is the best that a person possesses, as it enables them to fulfill their roles in society and its development. Health does not only mean that the body is free of disease but rather the integration of physical, psychological, mental and social health. Society members to reach a high level of health,

countries are concerned with providing high-quality health services and contribute to raising their level of health awareness.

Al-Khalafi (2013) showed that health awareness is one of the psychological concepts that have found great interest by scientists and researchers, given that the high level of health awareness reduces the possibility of developing disorders and diseases, especially deadly and dangerous diseases in this age. Malek (2006) showed that health affects different social and economic factors as it is affected by these factors, which are income, living standards, nutrition, and the individual himself. Therefore, health should not be understood in isolation from other factors related to the individual's public health process.

Male and female students of universities represent a broad sector of society, and they are in the forefront of the groups that society is keen to promote their cognitive, emotional and behavioral growth in all aspects, especially the health aspect. This age group is one of the groups that are exposed to a state of instability and more likely to indulge in the acquisition of concepts and customs that directly affect their health status, especially with the spread of many toxins that spread among male and female university students that threaten their future.

The concept of health awareness means raising people's awareness in order to change their habits and behaviors after the spread of diseases within societies, as well as fixing behaviors that support and spread the health aspect, such as eating healthy food, exercising, and practicing healthy habits. Therefore, the issue of affecting health awareness and success in establishing it among individuals has a strong relationship in forming an important aspect of their personalities, and this is why the concept of spreading health awareness must receive strong attention from those in charge of the educational process in all its stages (Thahir, 2004).

Considering the great importance attached by health and educational media institutions to the dissemination of health and preventive information in general, and the consequent neglect of health awareness of the dangerous repercussions, civilized societies have paid attention to the diversification of media and cultural sources that can play the largest role in disseminating health education and awareness in general, as indicated by many studies with multiple reliable sources for health education and prevention in general. Some studies and research have indicated the dependence of Saudi youth on the media in achieving health knowledge, where "the Internet" ranked first among the most media outlets that Saudi youth rely on to obtain health knowledge, followed by daily newspapers such as (Al-Awam, 2009).

The study by (Parian, 2004) also aimed to identify the role of media in health education for Saudi women and the extent of their follow-up and benefit from them. The study reached a set of results, the most important of which, when arranging sources of health education as seen by Saudi women, are medical magazines as they came in first place, followed by television of all kinds, and in the third place the press, then radio, then the Internet and video.

In spite of the importance of the Arab media role in this regard, the study (Al-Amoudi & Al-Awfi, 1995) indicated that there is a big difference between what the research sample members see as a great educational and health role for some health education sources in Saudi society and the actual reality of these sources and weakness of the role of mass communication in the health education process. After looking up some studies related to health awareness, the researcher decided to conduct this study on an important segment of society represented by female students of the College of Arts at King Saud University to identify the level of health awareness they have. Accordingly, the subject of the study can be determined in answering the following question: **What are the factors associated with female students' health awareness?**

1.2.Objectives

The main objective of the current study is to identify the factors related to health awareness among female students of the College of Arts at King Saud University and the factors associated with it. Several sub-goals are under this goal:

- 1- Determining whether there is an association between the level of health awareness for female students of the College of Arts, King Saud University and the academic level.
- 2- Determining whether there is an association between the level of health awareness for female students of the College of Arts, King Saud University, and the difference in college major.
- 3- Determining whether there is an association between the level of health awareness for female students of the College of Arts, King Saud University, and the grade point average (GPA).
- 4- Determining whether there is an association between the level of health awareness for female students of the College of Arts, King Saud University, and attending health awareness courses.
- 5- Determining the most important obstacles that prevent health awareness for female students of the College of Arts at King Saud University.

1.3.Hypotheses

The study hypotheses are summarized as follows:

- 1- There is a statistically significant correlation between the level of health awareness for female students of the College of Arts, King Saud University and the academic level.
- 2- There is a statistically significant correlation between the level of health awareness for female students of the College of Arts, King Saud University, and the difference in college major.
- 3- There is a statistically significant correlation between the level of health awareness for female students of the College of Arts, King Saud University and the grade point average (GPA).

- 4- There is a statistically significant correlation between the level of health awareness for female students of the College of Arts, King Saud University and the attendance of health awareness courses.
- 5- There are several obstacles that prevent health awareness of female students of the College of Arts at King Saud University.

1.4.Study Significance

The importance of the current study is represented in the following points:

- 1- The lack of studies and scientific research in this field. Within the limits of the researcher's knowledge, there is no study that addressed the factors related to health awareness among female students.
- 2- The importance of the age groups that the study deals with from university female students who are considered the future of society.
- 3- The focus of the study on health awareness, which is of great importance in the preventive aspect of diseases.
- 4- The study's interest in health awareness, the role of health awareness campaigns in carrying out its educational role, and the role of social service in that.
- 5- The results of the current study may, in practice, contribute to the design of guiding guidance programs aimed at raising health awareness.
- 6- The results of the study may be useful as a message to those responsible for awareness campaigns to increase the activation of the role of these campaigns in preventing diseases.
- 7-This study paves the way for other studies to identify the level of health awareness among different age groups in the Kingdom of Saudi Arabia.

1.5.Definitions

- 1- Health awareness: Abdul Haqq (2012) defined health awareness as “positive behavior that positively affects health and the ability to apply this information on a daily basis, continuously forming them as habits that guide the individual in determining their housework.

Procedurally, health awareness is defined as the score that the student gets in the health awareness measurement questionnaire used in this study.

- 2- Female students: linguistically, student, from “request”, that is to say, seeking something to obtain it. Idiomatically, it is every person who belongs to a certain educational institution, such as schools, universities, colleges, institutes, and centers in order to gain knowledge and obtain an accredited certificate from that institution so that they could practice their professional life according to the obtained certificate.

Procedurally, it is the university student that has been officially registered in the deanship of admission and registration office, College of Arts at King Saud University.

2.Literature Review

2.1.Previous studies

Those studies related to the subject will be presented through three axes:

- Studies about the various sources of health awareness.
- Studies about obstacles for obtaining adequate health awareness information.
- Studies about health awareness and its relationship to some variables.

2.1.1.First: Studies about the various sources of health awareness

(Meridan, 2001) study aimed at evaluating the methods of planning and implementing media campaigns for health awareness and measuring its impact on the target audience in terms of (knowledge, direction, behavior) through the use of the survey method, and through conducting a definite analysis of advertising messages for campaigns (combating polio, fighting Hepatitis B, control of tuberculosis). The researcher also conducted a field study on 400 individuals from the general public, and she used an in-depth interview method with the public health campaign planner. Among the most prominent findings of the researcher, health ads tend to use intimidation tactics. TV health ads reflect the general objectives of the health campaigns that are the subject of the study as identified by the planner. The study (Al-Awam, 2009) also aimed at identifying the media that Saudi youth depend on to attain health knowledge, the sources of obtaining health information, and the most important health issues and topics that Saudi youth follow up on.

By applying the theory of dependence on the media, the researcher conducted a field study through the survey method applied to a random sample of 400 male and female university students in Imam Muhammad bin Saud Islamic University and King Saud in Riyadh. Among the most prominent results of the study, "The Internet" ranked first among the most media outlets on which Saudi youth rely on to obtain health knowledge, followed by daily newspapers, and identifying health problems facing society was the first motive in youth's dependence on the media.

(Ahmed, 2011) study aimed to identify the dimensions of the role that Saudi newspapers offer on the Internet in raising awareness about the most important health issues in Saudi society, that were through the comprehensive media survey method and the content analysis form using a simple random sample method on electronic newspapers and printed newspaper websites on the Internet, and by applying a healthy belief model. Among the most important findings of the study, community health issues ranked first in the interest of electronic newspapers, but they were not mentioned in the first pages of these newspapers. Also, logical methods were the most used in persuasion, followed by the method of intimidation.

A review of studies that dealt with this axis revealed that the most reliable media for obtaining educational health awareness in general are: television (Meridan, 2001), health advertisements (Meridan, 2001), the Internet (Al-Awam, 2009), newspapers (Al-Awam, 2009), (Ahmed,

2011), and it was noticed that the role of educational institutions (schools and universities) in educational health awareness practices is absent from the studies previously presented in this topic.

2.1.2.Second: Studies about the obstacles for obtaining adequate health awareness information

Viswananth (1993) conducted a study that aimed to measure the effect of the relationship of some variables on the use of the media in bridging knowledge gaps, in addition to its function in disseminating health knowledge. A comprehensive year-long survey was conducted to compare two groups with different motivations to gain information related to diet and cancer, in a community that received a health-awareness campaign for a full year. The study concluded that there is a knowledge gap between the more and the less motivated as the less motivated people acquired less of the information that the campaign focused on. It proved a positive correlation between the education variable and the level of health information gained from exposure to this campaign.

It was found that there are knowledge gaps between the lower and higher education groups within the higher motivation group, which indicates the effect of the education variable more than the motivation variable to gain information. Women were more interested than men in acquiring health information about cancer and thus all low educational level as well as low motivation and gender could hinder the occurrence of a positive media impact on health awareness.

Al-Amoudi & Al-Awfi (1995) implemented a study that aimed to identify the sources of education in Saudi society, and the relationship between the individual's use of these resources and the level of their health awareness. The study used the survey method. The study sample consisted of patients and hospital auditors in the city of Riyadh. The study has concluded some results, the most important of which is that there is a big difference between what the research sample members see as a major health education role for some sources of health education in the Saudi society and between the actual reality of these sources, also the weak role of the mass media as obstacles in the health education process where the Saudi TV came second, followed by medical journals as important sources in providing health information in general. In contrast, magazines had a weak role as the most communicative means related to the health education factors selected in the study, indicating the weak role of Saudi TV in the process of health education of citizens.

The study of (Barian, 2004) aimed to identify the role of the media in health education for Saudi women. The researcher also studied the extent of women's follow-up and benefit from media. The study is categorized under the field of descriptive studies that depend on the use of a sample survey on the Saudi women community in Riyadh, which studied 450 individuals. The study concluded a number of results, the most important of which is that when arranging

health education sources as seen by Saudi women, medical journals came in first place, and in second place were all kinds of television, and in the third place the press, then radio, followed by the Internet and video. In addition, the results showed that there is a relationship between using health education resources and increasing health awareness for Saudi women. It was found also that the more follow-up to health education resources, the more health awareness Saudi women have. Finally, the results showed that the failure to pursue health education can hinder the health awareness of Saudi women.

A review of the studies that dealt with this axis revealed that among the most important obstacles that prevent the acquisition of educational health awareness from the various media sources are some of the variables represented in the following:

First: variables of the educational level, motivation and gender.

All the low educational level as well as the low motivation and gender hinder the occurrence of positive media which influences health education (Viswananth, 1993).

Second: the reality of media sources, the weakness of the media material presented, and the weak role of the mass media are obstacles in the way of health education process (Al Amodi & Al Awfi, 1995).

Third: failure to follow up on health education can impede the health awareness of Saudi women (Barian, 2004).

2.1.3.Third: Studies dealing with health awareness and its relationship to some variables:

Al-Qadoumi (2005) conducted a study that aimed to identify the level of health awareness among players of Arab clubs for volleyball and the sources of obtaining health information, as well as identifying differences in the level of health awareness according to the two variables of experience in the sport and educational qualifications. The study was conducted on a sample of (90) players in Jordan. A questionnaire was applied to measure health awareness and sources of obtaining health information. The results of the study concluded that there is a high level of general health awareness among the research sample, as the percentage of response reached (81%), and there were no statistically significant differences according to the variables of experience and educational qualifications. The results also showed that the media came as the highest source for obtaining health information.

Al-Ali, (2001) implemented a study that aimed to identify the level of health culture among students at the elementary stage in Jenin government schools, and their relationship to gender variables, place of residence, the level of parental education, the level of student achievement and the level of education on the level of their health education. The results showed that the level of health culture was good at the research sample with an average of (78.81%), and significant differences were found in the level of health awareness according to variations of gender, place of residence, the level of parents' education of the student, the level of student

achievement. There was an absence of significant differences in relation to the academic level of the student.

Hamman, (1996) conducted a study that aimed to identify the level of health culture among students of the first secondary grade in the Amman Governorate and its relationship to the variables of academic major, and their economic and social level. The results have shown in a percentage of (80.3%) of the members of the research sample whose health trends were positive, the presence of a positive correlation between healthy culture (.39) and the variables of academic major and the socio-economic level, and the absence of a significant relationship with both the academic level and the achievement level.

On the other hand, the Lottes study (1996) aimed to uncover some variables related to health awareness at the College of Gutenberg. The results revealed that time management, academic major, nutrition and stress management were among the important variables in their health awareness. Moreover, the study of (Abdel Haq, Shana, Nu'air, & Al-Amad, 2012) aimed to find the level of health awareness among students of An-Najah National University and Al-Quds University. The study was conducted on a sample of (800) male and female students. A questionnaire was applied to measure health awareness. The results of the study showed that the level of public health awareness among the sample members was average, in addition to the emergence of statistically significant differences in the level of health awareness among students according to variables of the university and in favor of Al-Quds University, the college variable in favor of science colleges, the gender variable in favor of the female students, as well as the cumulative average variable for the benefit of the highest rate.

A study by Al-Khalafi (2013) also aimed to know the effect of health control on the health level of university center students. The study sample consisted of 252 students and was intentionally selected from various disciplines. The results concluded that the level of health awareness among university students is very high, and there are statistically significant differences between males and females in the level of health awareness and in favor of females. In addition, the results showed no statistically significant differences between the scores of males and females in the health control. There are statistically significant differences between individuals over the age of 25 years at both the health awareness and health control level, and there are statistically significant differences between the scores of students in humanities majors and technical majors in both the level of health awareness and health control. Also, the results showed that there are statistically significant differences between the degrees of single students and married students in the level of health awareness. However; there are no statistically significant differences between the scores of single and married students in health control. There is a relationship between the level of health awareness and health control among students between males and females. The study recommended that students should be made aware of the importance of disseminating health information between them.

Melhem (2019) piloted a study that aimed to know the level of health awareness among the students of Mutah University. The study used the descriptive survey method, where a questionnaire consisting of four areas (nutrition, personal health, exercise and sports activity, and strength) was developed. The study population consisted of all the students at Mu'tah University, which amounted to (17296) male and female students, including 8678 male students and 8,618 female students. The study sample consisted of (297) male and female students. The results of the study showed that the level of awareness of Mu'tah University students was high in the field of personal health and strength and at an average level in the field of nutrition and sports. The results of the study also showed that there are statistically significant differences in the gender variable between males and females in favor of females. It also showed the presence of statistically significant differences in the GPA variable and in favor of the higher GPA. The results showed that there are statistically significant differences in major and in favor of scientific majors. The study recommended the necessity of developing health awareness among university students in the field of nutrition and sport activities.

2.2. General remarks on previous studies

In light of the reviewed studies, the researcher notices the scarcity of research that has addressed health awareness in Saudi society, as well as the scarcity of including girls as target samples, especially university girls in Saudi society. It has also been shown that there are some variables that can affect health awareness in general, including: gender, GPA, educational level of parents, and studying experience. Additionally, there is a scarcity of studies that dealt with obstacles, which prevented obtaining adequate health awareness. It was necessary for a study to be conducted to know the level of health awareness of female university students in light of some variables such as major, academic level, and GPA, given the importance of studying this topic, which could result in a threat to the health and safety of women in Saudi society.

2.3. Theoretical Framework

2.3.1. The definition of health awareness:

This means to educate citizens about health information and facts, as well as their sense of responsibility towards their health and the health of others. In this context, health awareness is intentionally practiced as a result of understanding and persuasion. In other words, health practices turn into habits practiced without feeling or thinking, which is the goal that you should seek and reach, so that health information remains as a healthy culture only (Salama, 2011).

Moreover, based on the publications of the Saudi Ministry of Health, health education has been defined as the process that affects and changes practices, in addition to information and attitudes related to those changes. Health education is one of the main branches and an

important field of public health, and it does not mean just the spread of health information contained in a health symposium or in a movie, but the goal of health education is to change health habits, attitudes, concepts and practices (Makhlouf, 1991).

2.3.2. The importance of health awareness

Health awareness is of great importance in the life of the individual and the group alike, because a strong and healthy society consists of strong and healthy individuals. The importance of health awareness increases in this particular age due to the increasing population density in most societies, the proliferation of factories and ships, and the increase in the number of cars and mechanisms that pollute the environment with its toxic minerals, materials and waste.

A new type of pollution is pollution caused by noise. Therefore, health awareness must play a major role in prevention and treatment, and that people's health awareness and familiarity with the capabilities and services in the medical field provided by the government are appreciated. Hence, health awareness leads to protecting people from infection with various diseases. Rather, it leads to their enjoyment of good health both mentally and physically, and does not hide the good effect of this in saving what may be spent from public money to treat diseases and fight epidemics (Al-Essawi, 1984).

2.3.3. The role of social services in spreading health awareness

Awareness has increased the interest of societies in the profession of social service because of its effective contributions to solving many of the problems facing individuals, groups and societies. It is a profession with its own philosophy, goals, principles, methods and ethics. That helped to diversify and expand social service magazines, which seek to help individuals and groups through developing their capabilities and reaching achieving satisfactory relationships and appropriate levels of well being within the frame of the needs and capabilities of society. The medical field is a vital and important field of social service that is practiced in medical institutions (hospitals, clinics, different health centers and clinics). The social worker in this field works to increase health education among patients, which positively reflects on their development of their culture, confidence, competences, and proper interaction with their environment (Ahmed, 2011).

Chow (2015) also emphasizes this, stating that "since the beginning of social service in the United States, social service in the area of public health and social work has gone hand in hand, to understand the issues faced by at-risk populations, engage the community in finding solutions, and then press for changes in the community to ensure successes will be long. Chow believes that social workers play a major role in raising awareness of social issues such as public health issues. In addition, research is concerned with developing policies for planning social services in the field of public health, and facilitating cooperation and

communication between different sectors. Social workers are uniquely qualified to affect a major change in public health, through their personal skills, case management, and community participation, which has made significant contributions in this area to be presented to society.

Zelnick (2004) states that although social service in the area of public health has not reached a suitable level, it stresses interest in preventive services as a health issue, and it is taking great strides that may have a profound and lasting impact on community health. Betty Roth, director of a program for social service and public health at Boston University and is the founder of the Community Service Initiatives in Public Health, stated that “the main reason behind the little practice of social service in the public health field is the narrower model of practice in this field. She also said that we will not be able to reduce the health care costs associated with treating chronic diseases in a large population, and we will only succeed in expanding social services in the field of public health by stepping up disease prevention campaigns.”

Based on the aforementioned, social service in the field of health plays a leading role in preventing many health problems and indirectly in addressing these and other problems through advocating the quality of health care and facilitating access to it. Social workers have a major role in spreading health awareness through participation in programs aimed at treatment and prevention of diseases. Official media, newspapers and the Internet played a major role to emphasize the function that social service programs can work in spreading health awareness. More over, they had a crucial role in organizing awareness campaigns among citizens about some seasonal diseases among male and female students of schools and universities. Some campaigns focuses on negative phenomena such as addiction, environmental pollution, smoking and other phenomena that you need to protect society from (Al-Shahrani, 2016).

3.Method

3.1.Methodology of the study

The present study uses the social survey method, which describes the phenomenon as it is in reality, expresses it quantitatively and analyzes it qualitatively in order to reach an understanding of the subject of the research to reach appropriate conclusions to explain the phenomenon being studied. As some of the factors related to female students' health awareness will be identified.

3.2.Type of study

This study is considered as an analytical study where the researcher used hypotheses to measure the study variables.

3.3. Study community

The study community consists of (876) students. They represent all female students of the College of Arts registered in the (Arab) courses offered by the Department of Arabic Language in the first semester 2018-2019.

3.4. Study Sample

The sample size was determined based on the formula for calculating the sample size at Raosoft website (Al-Dahyan, 2012). The sample size reached (268) female students.

3.4.1. Mechanism of sample draw

The researcher has limited the number of subjects of (Arabic) courses to 32 departments, (Arabic100 / 200 female students), (Arabic103/ 30 female students), (Arabic101/ 264 female students), (Arabic118/382 female students). To draw the sample, the researcher performed the following:

- A- The average number of female students was determined in almost every division using this equation: $876/32=27$ female students.
- B- The researcher randomly selected a number of people using this equation: $268/27=10$ divisions.
- C- The researcher randomly selected 10 divisions from 32 divisions through the Random.org-Integer Generator website (Al-Dhahyan, 2012), whereby the divisions were arranged sequentially from 1 to 32, and then through the site ten divisions were randomly withdrawn, which were (2, 24, 25, 27, 10,14, 7, 13, 20, 22).
- D- The researcher applied the questionnaire to the female students in the above divisions. Thus, all the items were randomly scanned using the simple random sample.

3.5. Data collection tools

A questionnaire was prepared, which is the most appropriate means of collecting the data necessary to prove or reject the study hypotheses. The questionnaire sheet was designed according to the study goals and hypotheses, as well as to the basis of the cumulative obtained from theoretical readings within the framework of the subject of the study that contained a set of phrases provided with their answers. The respondent is asked to answer according to what she deems appropriate for her and applies to her reality. The questionnaire included three sections: The first section included the primary data, the second section included phrases that include indicators for health awareness, and the third section included phrases that include obstacles to health awareness.

The researcher developed a set of phrases to measure health awareness consisting of two domains:

1- **Health Awareness:** which includes phrases No. (5, 6, 7, 8, 9, 10, 11, 12, 13, 31, 30, 29, 28, 27, 26, 25, 24, 23, 22, 21, 20, 19, 18, 17, 16, 15, 14)

2- **Health awareness obstacles:** which includes phrases (32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54).

The questionnaire was handed in to all students of the Faculty of Arts. A scale of approximation consisting of three weights does answering it: agree (1), to some extent (2), disagree (3), where the lower score indicates the increase of awareness, while the higher score indicates a low level of awareness. In order to ensure the accuracy of the questionnaire phrases in measuring the needed variables, the researcher verified the validity of the tool by presenting the questionnaire to a group of specialized faculty members and specialists in the College of Arts, Department of Social Studies at King Saud University. Some adjustments were made, whether in formulating some vocabulary, or removing others, and adding new vocabulary.

3.6.Domains of Study

The Human Domain: The study was applied to female students of the College of Arts, King Saud University in Riyadh.

Spatial domain: The study was applied in the female university city of King Saud University in Riyadh.

Time domain: Data were collected during the first semester of the academic year 2019-2020.

3.7.Validity of the internal consistency of the questionnaire

After confirming the validity of the arbitrators of the scale, the researcher used Cronbach's Alpha (α). Table (1) shows the coefficient of the stability of the respondents' answers on the health awareness index.

Table (1)
Cronbach's Alpha coefficient to measure consistency of study

Questionnaire axes	Number of participants	Consistency through Cronbach's Alpha
First axis: health awareness	27	0.78
Second axis: health awareness obstacles	23	0.82

It is clear from Table (1) that the internal consistency of the study sample regarding the health awareness index is high, as it reached (.78), and for the obstacles it reached (.82). This indicates that the sample has a high degree of consistency and can be relied upon in the field application of the study and reliability in its results.

3.8.Sample description

The following table includes the distribution of the study sample over the general preparation courses (Arabic) and their percentages.

Table (2)
Distribution of study sample

Major	Repetition	Percentage
Arabic 100	200	22.8
Arabic 103	30	3.4
Arabic 101	264	30.2
Arabic 118	382	42.6
Total	876	100%

It is clear from Table (2) that (200) participants from the study sample represent 22.8% of the total participants of the study majoring in (Arabic 100), while (30) of them represent 3.4% of the total participants of the study majoring in (Arabic 103), and (264) of them, representing 30.2% of the total participants of the study sample, majoring in (Arabic 101), and (382) of them representing 43.6% of the total participants of the study sample. They are the group with the most participants of the study sample majoring in (Arabic 118).

Table (3)
Distribution of the study samples according to the academic level

Academic level	Repetition	Percentage
First	5	2.1
Second	26	10.9
Third	78	32.6
Forth	52	21.8
Fifth	53	22.5
Sixth	11	4.6
Seventh	9	3.8
Eighth	4	1.7
Total	238	100%

It is shown in Table (3) that 5 participants in the study sample represent 2.1% of the total study sample in the first level, while 26 participants in the study sample represent 10.9% of the total sample on the second level, 78 participants represent a percentage of 32.6% of the total study sample in the third level, which is the biggest group of the sample. 52 participants represent a percentage of 21.8 of the total study sample in the fourth level, 53 of them represent 22.5% of the total study sample in the fifth level, 11 of them represent 4.6% of the total study sample in the sixth level, 9 of the he participants represent 3.8% of the total study sample in the seventh level, and 4 participants represent 1.7% of the total number of the study sample in the eighth level. The table also shows that 78% of the study sample are in third, fourth, and fifth levels, which means there is high homogeneity among study sample according to academic level.

Table (4)
Distribution of the study sample according to college major

College major	Repetition	Percentage
History	48	20.3
Geography	59	24.7
Social studies	52	21.8
English Literature	11	4.7
Journalism	64	26.8
Library and Information Science	4	1.7
Total	238	100%

It is shown in Table (4) that 48 of the participants of the study sample represent 20.3% of the total sample majoring in history, 59 participants represent 24.7% of the total study sample majoring in geography, 52 participants represent 21.8% of the total study sample majoring in social studies, and in the English department, 11 participants represent 4.7% of the total study sample. As for journalism, there are 64 participants who represent 26.8% of the total study sample and are the biggest group of the sample, while the library and information science participants were 4 and they represent 1.7% of the total study sample.

Table (5)
Distribution of study sample according to GPA

GPA	Repetition	Percentage
Between 2-3	19	7.9
Between 3-4	77	32.2
4-5	143	59.9
Total	239	100%

Table (5) shows that 19 participants represent 7.9% of the total study sample whose GPA is between 2 and 3, 77 participants represent 32.2% of the total study sample whose GPA is between 3 and 4, and 143 participants whose GPA is between 4 and 5 represent 59.9% and are the biggest group of the sample. It is also noticed that more than half of the study sample (60%) have a GPA higher than 4, which indicates that high GPA characterizes the sample.

4. Results

4.1. First: Calculating the arithmetic mean, the standard deviation of age and college major to illustrate the level of the homogeneity among the study sample.

Table (6)
Arithmetic mean and standard deviation of academic level and GPA

	Academic level	GPA
Number of study sample	239	239
Arithmetic mean	3.8	3.5
Standard deviation	1.4	6.7

The table above shows that the arithmetic mean is close among the study sample. However, standard deviation has reached 1.4 in academic level, which indicates that the sample is homogenous because most of the participants between third and fifth level, according to GPA, are not homogenous because of the difference in GPA among female students, where some participants have less than 2 and others have less than 3.

4.1.1. First hypothesis: There is a statistically significant correlation between the academic level of female students of the College of Arts at King Saud University and health awareness.

Table (7)
Pearson's Correlation

Pearson Correlation	Sig. (2-tailed)
-0.071	0.276

It is clear from the table above that the value of the Pearson correlation coefficient reached (-.071), with a significance of (.276), which means that there is no statistically significant correlation between the educational level and the health awareness of female students, which indicates that the academic level does not affect the health awareness of female students. Referring to the academic levels, it was found that most of the study sample was between the third and fifth levels, 76%, so it is normal that there are no statistically significant differences, so there is no correlation between the academic level and health awareness.

4.1.2. The Second hypothesis: There is a statistically significant correlation between the college major of female students at the College of Arts, King Saud University, and health awareness.

Table (8)
One Way ANOVA for differences in the study sample's answers according to difference in Major

Source of Variance	Total of squares	Freedom level	Mean of squares	f-value	Statistical significance
Between groups	27.9	3	9.3	0.206	0.89
In groups	10608.2	235	45.14		
Total	10636.23	239			

The table above shows that there are no statistically significant differences at the level of .05 or less in the health awareness of the study sample according to their college major. This is due to the fact that college major may not play a role in the health awareness of female students, as the academic curricula that female students receive in their majors may not be related to health awareness because they are far from health or medical specialties, which made this result acceptable and logical. These results are consistent with the results of the Hamam (1996) study which aimed to identify the level of health culture among students of the first secondary grade in Amman Governorate and its relationship to the variables of their academic major, achievement level, economic and social level, and the results indicated the absence of a positive correlation between health culture and academic major.

4.1.3. The third hypothesis: There is a statistically significant correlation between the level of health awareness for students of the College of Arts, King Saud University and their grade point average (GPA).

Table (9)
Pearson Correlation of GPA and health awareness

Pearson Correlation	Sig. (2-tailed)
-0.069	0.288

The table above shows that the value of the Pearson correlation coefficient reached (-.069), with a significance of (.288). This indicates that there is no statistically significant correlation between the GPA and the health awareness of the students, that is, the GPA does not affect the health awareness of the students. Referring to the cumulative average of the study sample, it was found that most of the participants have a cumulative average of 3 to 5, i.e. 90.8% of the total sample, so it is normal that there are no statistically significant differences, as there is no major difference in their health awareness.

4.1.4. The fourth hypothesis: There is a statistically significant correlation between the level of health awareness of female students of the College of Arts, King Saud University and their attendance of health awareness lectures.

Table (10)

The relationship between attending health awareness lectures and health awareness using the "T" test for two independent samples

Value of T	Df	Sig
2.5	237	0.01

It is clear from the data in the table above that the value of "T" was (2.5), which is positive, that is, the group that attended health education lectures is higher in the degree of health awareness than the group that did not attend health education lectures with a significance of (.01). Female student who attends health awareness seminars must raise her health awareness.

4.1.5. The fifth hypothesis: There is a correlation between health awareness of female students at the College of Arts at King Saud University and obstacles that hinder it.

Table (11)

Pearson Correlation of obstacles and health awareness

Pearson Correlation	Sig (2-tailed)
0.102	0.117

It is clear from the results shown above that the value of the Pearson correlation coefficient reached (0.102) and the significance (0.117). These results mean that there is no significant correlation between the obstacles and health awareness of the students. This indicates that the participants of the study sample did not have any obstacles hindering their health awareness.

5. Discussion

In light of the previous results, it was found that there was no correlation between the demographic variables of the study sample (academic level, college major, and GPA) and their health awareness, due to the fact that access to obtain health awareness has become easy for the spread of the Internet and its social media, and for the availability of the Internet for female students at the university city, which makes it easy for female students to access the various websites and obtain educational health information. That in turn helps students receive health information, and this may be the main source for achieving health awareness for female students. The results of this study agree with one study that conducted by (Al-Awam, 2009) which showed that the Internet ranked first among the most depended on source of media that young people use to obtain health knowledge, followed by daily newspapers.

6. Recommendations

In light of the results of the current study, the researcher recommends the following:

- 1- Promoting a healthy culture among students at all levels of education through workshops and scientific seminars to discover how to improve the level of health awareness among female students.
- 2- Reconsidering the health-related curricula in general and social service curricula in relation to health in particular to develop health awareness among members of society.



- 3- The need for an independent website for health programs so that community members can refer to it in case they needed health information or advice on a certain topic.
- 4- Carrying out more studies and research related to improving the level of health awareness among members of society.
- 5- Establishing a periodical electronic magazine for health awareness at universities.
- 6- Conducting comparative studies between university students and schools, and identifying the problems facing students in the field of health awareness.

References

- Abdul Haq, I.;Shana'a, M.;Nairat, Q.,&Al-Amad, S. (2012). The level of health awareness among students of An-Najah National University and Al-Quds University. *An-Najah University Journal for Humanities, Volume 26*. Available at [https://journals.najah.edu/media/journals/full_texts/level-health-awareness-among-najah-national-university-and-al-quds-university-students .pdf](https://journals.najah.edu/media/journals/full_texts/level-health-awareness-among-najah-national-university-and-al-quds-university-students.pdf).
- Ahmed, F. (2011).The role of Saudi electronic newspapers in raising awareness of health issues. Cairo: Faculty of Media, Cairo University.
- Al-Ali,Sh. (2001). The level of health culture among students at the end of the upper elementary stage in public schools in Jenin, Master's thesis. An-Najah National University.
- Al-Amoudi, Kh.&Al-Awfi, A. (1995). Information sources for health knowledge: a field study of what medical sources are and their effects on health awareness in the Saudi community. Research published in Umm Al-Qura University Journal. Ninth year. Issue 11 is available at: <http://libback.uqu.edu.sa/hipres/magz/3000011-5.pdf>.
- Al-Awam, W. (2009). The extent of Saudi youth's reliance on the media to obtain health information: a field study. An unpublished masters theses. Riyadh: Faculty of Media, Dawa and Media College. Imam Muhammad Bin Saud Islamic University.
- Al-Dahyan, S. (2012). Samples and variants. Riyadh: King Fahd National Library.
- Al-Essawy, A. (1984). The development of Arab university education. Cairo: Arab Renaissance House.
- Al-Khalafi, A. (2013). The effect of health control on the level of health awareness among students of the University Center in Tamingst, *Journal of Humanities and Social Sciences No. 13*. Riyadh: Imam Muhammad bin Saud Islamic University.
- Al-Qaddoumi, A. (2005). The level of health awareness and the sources of obtaining health information among Arab volleyball club players. *Bahrain: Journal of Educational and Psychological Sciences (College of Education, University of Bahrain)*.
- Al-Shahrani, A. (2016). Social Service: integration of application and methodology of practice. Jeddah: Khwarizmi Scientific House.
- Barian, A. (2004). The role of the media in Saudi women's health education. Master Thesis of College of Arts. King Saud University.
- Chow,K.(2015).Public Health Social Work: Now More Than Ever .*Social Work Today* .Vol. 15 No. 6 P. 12.Retrieved from:<https://www.socialworktoday.com/archive/111715p12.shtml> In January,20th,2020.
- Hamam, F. (1996). The level of health culture among first-graders and its effect on their health attitudes in the Greater Amman region. Master Thesis, Jordan: Yarmouk University.
- Ibn Manzoor, A. (1992). Lisan Al Arab. Volume XV. Beirut: Dar Sader.
- Lottes, R. (1996). "Health knowledge & behavior for years Later". Pennsylvania University (ERIC, ED, 399229).Retrieved from:-<https://www.almaany.com/ar/dict/ar-ar/%D8%B7%D8%A7%D9%84%D8%A8>,in October2nd,2019.



- Makhlouf, I. (1991). *Social Work in the Field of Medical Care: Theoretical Trends*. Alexandria: Dar Al-Maarefa Al-Jamiiah.
- Malek, Sh. (2006). *The role of local radio in spreading health awareness among the university student: a field study at the University of Constantine in Sikra*. An unpublished doctoral dissertation. Algeria: Mentouri University.
- Melhem, I. (2019). Health Awareness among Mu'ta University students. *Jordan: Journal of Academic Sciences Studies*. Volume 46. No. 1.
- Meridan, B. (2001). *Planning social marketing campaigns by applying to public health campaigns*. Unpublished doctoral dissertation. Cairo: Cairo University. College of Media. Public Relations and Advertising Department.
- Salama, B. (2011). *Personal Health and Health Education*. Egypt: Dar Al Fikr Al-Arabi.
- Salama, S. (2001). *Presentation of the Kingdom's experience in the health education program for mothers of handicapped children*. A paper presented in the first health awareness symposium "Window on Health Education", Riyadh: King Khaled Eye Specialist Hospital.
- Viswanath, K. et al. (1993). Motivation & the knowledge gap; Effects of a campaign to reduce diet – related cancer risk. *Communication Research*. Vol.20. No.4
- Zelnick, J. (2004). *Foundations of Healthy Nutrition*. Amman, Jordan: Dar Majdalawi.