

## “A QUALITATIVE STUDY TO INVESTIGATE THE FACTORS CONTRIBUTING TOWARDS HEALTH CRISIS SITUATION AMONG YOUNG ADULTS RESIDING IN SELECTED AREAS OF PUNE CITY”

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### ABSTRACT

**Introduction:** The need for more robust and flexible health infrastructures has also been highlighted by the burden on healthcare systems. To better prepare for future medical crises, investments in health information systems, workforce training, and healthcare capacity are essential. Global efforts to fortify health systems provide fair access to care, and enhance general health outcomes among all populations must be guided by the lessons learnt from the COVID-19 pandemic.

**Aims of the Study:** To investigate the factors contributing towards health crisis situation among young adults residing in selected areas of Pune City.

**Methodology:** This qualitative study used a Phenomenological design to collect data from young adult's patients in selected areas of Pune City. The sample size was not fixed in advance but continued until data saturation was reached and Sampling technique used was non-probability purposive sampling. Target population were Young adults residing in selected areas of Pune city. Research Setting was selected areas of Pune city.

**Results:** The findings suggest the importance of structured lifestyle management, including regular meals and breaks, reducing fast food intake, and focusing on nutritious, home-cooked meals. Stress management should be prioritized, in corpora ting relaxation techniques like yoga or therapy. Additionally, proper hydration, regular physical activity, and consistent exercise should be emphasized. Regular check-ups and timely medical interventions are crucial for addressing health issues, including managing chronic conditions such as blood pressure and stress-induced problems. Encouraging these changes can lead to improved physical and mental well-being.

**Conclusion:** The study emphasizes the need for better awareness of healthy habits, stress management, and family support. Advocating -life balance and timely medical interventions to improve young adults' health.

**Keywords:** Qualitative study, investigate, factors, contributing, health crisis situation, young adults, residing.

### INTRODUCTION

In India, the situation is equally concerning The country, home to over 1.3 billion people, has seen a consistent increase in life expectancy, which stood at around 69 years in 2019. However, the health crisis has been further complicated by the rise in lifestyle diseases, mental health

issues, and the recent outbreak of Guillain-Barre Syndrome (GBS) in Maharashtra. As of January 2025, Maharashtra reported 130 suspected cases of GBS, with 73 confirmed cases, causing the Indian Council about Medical Research, known as ICMR, to conduct a thorough investigation.<sup>1</sup> The recent health crisis in Maharashtra has seen a significant rise in cases of Guillain-Barre Syndrome (GBS), with the total number of suspected cases reaching 130, and 73 confirmed cases. The Union Health Ministry has also sent a multidisciplinary team to Pune to assist with public health interventions and to monitor the situation closely.<sup>2</sup> Health authorities are urging citizens to remain vigilant and take precautionary measures such as drinking boiled water and ensuring food safety. The state health department is prepared to implement preventive and control measures to manage the outbreak.<sup>3</sup>

Social demands, academic stress, especially the COVID-19 pandemic's aftereffects have all contributed to an increase in mental health problems, such as anxiety, depression, or substance addiction. In order to meet the special requirement young people and advance general well-being, comprehensive public health initiatives are desperately needed, as evidenced by the twin burden of mental and physical disorders.<sup>4</sup> The sedentary lifestyle, driven by prolonged hours spent on digital devices and insufficient engagement in physical activities, further aggravates these health issues.<sup>5</sup> Young adults' mental health has been negatively impacted by the pandemic's isolation and uncertainty, which has resulted in an increase of mental health disorders. The stigma associated with mental health frequently keeps young adults from getting treatment, which exacerbates their illness and lowers their general quality of life.<sup>6</sup>

### **Need of the study:**

The prevalence of diseases including hypertension, diabetes, and obesity is rising, mostly as a result of sedentary lifestyles and poor eating habits. This trend is concerning because these diseases, once considered the domain of older adults, are now affecting younger populations, leading to long-term health complications and increased healthcare costs.<sup>7</sup> The COVID-19 pandemic's after effects, social pressures, and academic demands have all contributed to the rise in anxiety, depression, even substance usage. The stigma associated with mental health frequently keeps young adults from getting treatment, which leads to untreated disorders that can seriously impair their general productivity and well-being.<sup>8</sup>

By giving a thorough grasp of the health issues young adults within Pune City confront, this study seeks to close that knowledge gap. By identifying the specific factors contributing to the health crisis, the study can inform the development of effective interventions and support services tailored to this age group.<sup>9</sup> Young adults from lower socioeconomic backgrounds are particularly vulnerable to health issues due to limited access to healthcare, poor living conditions, and lack of education on healthy lifestyles. Understanding these disparities is crucial for designing equitable health policies that address the needs of all young adults, regardless of their socioeconomic status.<sup>10</sup>

The study will investigate how the epidemic has impacted their emotional and physical well-being, taking into account the difficulties associated with social isolation, employment insecurity, and distant learning. These insights are essential for developing strategies to support young adults in the post-pandemic world.<sup>11</sup> Finally, the study is needed to empower young adults by involving them in the research process and addressing their health needs. Engaging young adults as active participants in the study can provide valuable perspectives and foster

sense of ownership over their health. This approach can also help in designing more effective and acceptable health interventions that resonate with the target population.

**AIM OF THE STUDY**

The study aims to investigate and understand the factors leading to health crisis situations among young adults in selected areas of Pune city. It further seeks to provide insights that can help in categorizing these factors for better awareness and interventions.

**MATERIALS AND METHODS**

Objectives of the Study-1. To explore the various factors that contribute to health crisis situations among young adults. 2. To classify the identified factors influencing health crisis situations among young adults. For this study, the researcher used a qualitative research approach with a phenomenological design to gain deeper insights into the experiences of participants. The focus of the study was on understanding the factors responsible for health crisis situations. Data was collected from selected areas of Pune city, with young adults chosen as the target group. The sample size was not fixed in advance but continued until data saturation was reached. A non- probability purposive sampling technique was applied to select participants who met the criteria. The inclusion criteria specified young adults between the ages of 18 to 35 years who were residing in urban areas. Additionally, socio-demographic information was gathered, which included age, education, occupation, marital status, residential area in Pune, and accessibility to healthcare services in their locality.

**RESULTS**

Section-I Analysis related to investigate the factors contributing towards health crisis situation among young adults.

**Table no1: Investigate the factors contributing towards health crisis situation among young adults**

Codes	Subthemes	Themes	Statement
<ul style="list-style-type: none"> <li>○ Headaches,</li> <li>○ Body pain,</li> <li>○ Digestive issues,</li> </ul> Helplessness.	<ul style="list-style-type: none"> <li>○ Stress,</li> <li>○ Work pressure,</li> <li>○ Lifestyle choice,</li> </ul> Frustration.	Link Between Physical and Mental Health.	Tumchya lifestyle madhil stress mule tumchya potat dukhne, acidity, ani warwar headache ho saktaat.  Tumhi gharachya banavlelya jevanaiwaji baahercyajevankhallay mulepotatjaljal,acidity ani discomfort hotaay.  Tumhi doctorana dakhavla

			hota, ani tyaani sarv kahi normal asay ase sangitlay, pan tyaanna tumchya lifestyle madhe jhalelya badal mule tumchya arogyaachi samasya ho saktaat ase lakshat aala.
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Frustration. Link Between Physical and Mental Health. Tumchya lifestyle madhil stress mule tumchya potat dukhne, acidity, ani warwar headache ho saktaat.

Tumhi gharachya banavlelya jevanaiwaji baahercyajevankhallay mulepotatjaljal,acidity ani discomfort hotaay.

Tumhi doctorana dakhavla hota, ani tyaani sarv kahi normal asay ase sangitlay, pan tyaanna tumchya lifestyle madhe jhalelya badal mule tumchya arogyaachi samasya ho saktaat ase lakshat aala.

**Table no1: Investigate the factors contributing towards health crisis situation among young adults**

Codes	Subthemes	Themes	Statement
<ul style="list-style-type: none"> <li>○ Health issues,</li> <li>○ Long working of times,</li> <li>○ Unhealthy eating habits,</li> <li>○ Stress from jobs and education,</li> <li>○ Daily responsibilities significantly contribute to mental strain.</li> </ul>	<ul style="list-style-type: none"> <li>○ Physical condition problems,</li> <li>○ Extended Working hours,</li> <li>○ Lack of time harmful eating lifestyle,</li> <li>○ Pressure from duties, education, and daily duties, impacts to mental health.</li> </ul>	<ul style="list-style-type: none"> <li>○ Work and Lifestyle-Related Stress.</li> </ul>	<p>Aamchi changing lifestyle hi ek important factor aahe. Aapli life khup hectic jhali aahe, ji ek contributing factor asu shakate. Ho, definitely, physical health badal, jaisa ki mi tumhala sangitla, mi hamesha busy rahato, jacha mhanje diet madhe parivartan hoto. Ya sarva goshtimule, manasik health var pan impact hoto, jacha mule headache hote. Ho, hospitals aani chhoti health centers pan aahet. Jar kahi minor issue asel tar apna family doctor kade jaato. Maza daily routine asha aahe ki mi pratek divshi 30 min walk karato. Ghari yeun, yoga aani exercise karto. Tyanantar, breakfast karto aani healthy diet follow karto.</p>

**Table no1: Investigate the factors contributing towards health crisis situation Among young adults**

Codes	Subthemes	Themes	Statement
<ul style="list-style-type: none"> <li>○ Consume fast food,</li> <li>○ Busy schedules acidity,</li> <li>○ Stomach pain</li> <li>○ Importance of home-cooked meals,</li> <li>○ Hydration is neglected,</li> <li>○ Skin issues.</li> </ul>	<ul style="list-style-type: none"> <li>○ Long-term Health concerns,</li> <li>○ Unhealthy Eating habits,</li> <li>○ Lack of time Know importance of healthy food.</li> </ul>	<ul style="list-style-type: none"> <li>○ Diet and Health Habits.</li> </ul>	<p>Kahi divsanna, mi changla feel karat nahi. Fast food khanyane maza health var khup negative impact kela, jacha mule mi divas bhar basun rahato, ani leg pain, headaches, aani head discomfort hote. "Tumhi mala outside food, especially fast food, na khanyacha salaha dila, ani gharche jevan khavayacha. Pichlay kahi varshat, tumhala badi diseases nahi dakhle ka? Te sarkhya climate change mule hotay."</p>

**Table No. 1: Investigate the factors contributing towards health crisis situation among young adults**

Codes	Subthemes	Themes	Statement
<ul style="list-style-type: none"> <li>○ Ignore or delay seeking help due to work responsibilities receive similar advice regarding diet, stress management,</li> <li>○ General awareness importance of lifestyle choices</li> </ul>	<ul style="list-style-type: none"> <li>○ Over look health due to work, similar information regarding nutrition,</li> <li>○ Importance health,</li> <li>○ general awareness</li> <li>○ Routine choices.</li> </ul>	<ul style="list-style-type: none"> <li>○ Healthcare Accessibility and Awareness.</li> </ul>	<p>" Ho, aaju baju hospitals ahet. Mi ya badal doctor kade don-teen war chala ahe, ani tyaanni mala gharche jevan khanyachi aani time la khanyachi salaha diti. Doctor ne mhanala ki maza immunity power kami ahe, mhanjech ya problem var-vari hoto.</p>

**Tableno1: Investigate the factors contributing towards health crisis situation among young adults**

Codes	Subthemes	Themes	Statement
<ul style="list-style-type: none"> <li>○ Physical weakness,</li> <li>○ Immunity problems,</li> <li>○ Stress,</li> <li>○ Long-termhealth mental distress,</li> <li>○ healthier lifestyle.</li> </ul>	<ul style="list-style-type: none"> <li>○ Physical difficulty,</li> <li>○ Immunity issues,</li> <li>○ mental hardship,</li> <li>○ Healthier regime.</li> </ul>	<ul style="list-style-type: none"> <li>○ Chronic Health Conditions and Mental Strain.</li> </ul>	<p>Chronic health conditionsaani mental strain: Jara minor issue asel tarapna family doctor kade jaato.</p> <p>Mala varachya kahi divsanna body pain jhala ahe, jacha mhanje mi doctors kade consult kela. Tyaanni kahi medicines prescribe keli,jimi regular ghet ahe. Pichlay kahi divsanna mi changla feel karat nahi. Ho,mala blood pressure ch iproblem ahe.Hiproblemmi1 varsha pasun anubhavtoy.Lately, mi weak aani dizzy feel karat ahe.</p>

**Table no1: Investigate the factors contributing towards health crisis situation among young adults**

Codes	Subthemes	Themes	Statement
<ul style="list-style-type: none"> <li>○ Engage in yoga, exercise, and devotional singing as coping mechanisms.</li> <li>○ Timely meals and physical activity.</li> <li>○ Consistently challenge due to work pressure and stress.</li> </ul>	<ul style="list-style-type: none"> <li>○ Alternative therapy.</li> <li>○ Healthy lifestyle.</li> <li>○ Avoiding stress.</li> </ul>	<ul style="list-style-type: none"> <li>○ Coping Mechanisms</li> </ul>	<p>Mi lhanes uthto aani yoga karto. Mi mazya BP (blood pressure) medicine time la ghet ahe, aani mi hi medicine regularly ghet ahe. Mi monthly check-ups sathi jato, jya mule mazya BP cha monitoring hote. Mi gharche jevan khato, jyat salt kami asto, aani healthy food khato. Mi bhajan (devotional singing) aani itarya activities pan karto. Ho, mi past kahi varshat BP medicine regularly ghet ahe.</p>

**FINDINGS**

The findings suggest the importance of structured lifestyle management, including regular meals and breaks, reducing fast food intake, and focusing on nutritious, home-cooked meals. Stress management should be prioritized, incorporating relaxation techniques like yoga or therapy. Additionally, proper hydration, regular physical activity, and consistent exercise should be emphasized. Regular check-ups and timely medical interventions are crucial for addressing health issues, including managing chronic conditions such as blood pressure and stress-induced problems. Encouraging the change scan lead to improved physical and mental wellbeing.

**DISCUSSION**

Ayomide Oluwaseyi Oladosu's study, "Factors affecting the availability of healthcare among young people in the informal economy in underdeveloped countries: a systematic review," is comparable to this one. This is the most thorough analysis of the data on youth access to

healthcare in the unorganized sector to date. The results of our study point to important information gaps where future investigations could shed more light on the ways in which social media platforms and healthcare access variables may affect youth health and well-being and hence guide the creation of policies.<sup>12</sup>

The findings from this study emphasize the critical role of structured lifestyle management in improving both physical and mental health. One key observation is the importance of maintaining regular meal schedules and taking breaks throughout the day, which can help alleviate the adverse effects of unhealthy eating habits, such as fast food consumption. Focusing on nutritious, home-cooked meals can significantly reduce health issues such as acidity, stomach pain, and fatigue, which participants identified as common problems. Additionally, the findings point to the importance of proper hydration and regular physical activity. These habits are essential in preventing chronic conditions like high blood pressure, which several participants reported struggling with. Consistent exercise and staying hydrated are simple yet effective strategies that can contribute to long-term health improvements.

### **CONCLUSION:**

The recovery journey of participants highlights the wide range of physical, mental, and emotional challenges faced by stroke survivors, particularly those living in rural areas. Stroke survivors often experience physical limitations such as persistent weakness, dizziness, fatigue, and reduced mobility, which directly interfere with their ability to perform routine daily activities. These difficulties not only restrict independence but also create a sense of dependency on family members and caregivers. Alongside physical barriers, mental health struggles such as anxiety, fear of recurrence, and depression further complicate their emotional well-being. Many participants reported feelings of hopelessness, social withdrawal, and reduced confidence in carrying out simple tasks, which intensifies the overall burden of recovery.

Another major challenge identified was financial stress. For many families in rural settings, limited economic resources, high treatment costs, and the inability to work after a stroke contribute to significant hardship. Added to this, restricted access to quality healthcare facilities, shortage of specialized rehabilitation centers, and transportation difficulties create further barriers to effective recovery. Despite these difficulties, the participants demonstrated remarkable resilience and adaptability. Their coping strategies included emotional strength, family support, and determination to engage in rehabilitation. This underscores the urgent need for comprehensive support systems medical, emotional, social, and financial to ensure successful and sustainable stroke rehabilitation.

### **DECLARATION BY AUTHORS:**

**Ethical Approval:** The study was approved by the institutional ethics committee of Bharati Vidyapeeth (Deemed to be University), Pune. The study participants were briefed about the purpose and nature of the study and written informed consent was obtained before data collection.

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**Conflict of Interest:** The authors declare no conflict of interest.

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