



Available Online at www.hithaldia.in/locate/ECCN
All Rights Reserved

ORIGINAL CONTRIBUTION

Impact of Education on Healthcare: A Literature Review

*Puja Tiwari

Haldia Institute of Management, Haldia, India

(Received Date: 17th November, 2017; Acceptance Date: 15th February, 2018)

ABSTRACT

The healthcare system in India is growing rapidly. In a developing country like India, a wide approach is taken towards the maintenance and improvement of the healthcare system. In fact, 2018-19 budgets gave some relaxation over taxes on healthcare and education. In 2011, literacy rate of India was 63% which elevated to 75% by 2016 through various government aids. It is imperative to have a healthy body as well as a healthy mind in order to facilitate the nation for achieving the required economic productivity. Education and health are dual parameters which has an impact on the economic development of the nation. If people possess quality education, it can lead to an employability which may fetch higher earnings which in turn will induce within them the choice of making a decision to lead an affordable healthy life style. A research study says that, highly educated people are less likely to indulge in unhealthy habits such as smoking, eating junk food, substance abuse, etc. Instead, they endorse a healthy lifestyle through the means of exercise, healthy food, etc. Educated people have a higher tendency to spot any health impairment faster than ones who are uneducated. This helps in providing timely remedies to the patients so that their recovery is done at a faster rate and in an effective manner. Thus, education can be the support beam to the crumbling healthcare system of our country. It can help the nation to recover from the current adversities and consequently help the nation to heal. This study can help to further conduct a detailed research study which will help us to understand the degree to which education plays a role in the healthcare management system.

Keywords: Healthcare System, Economic Productivity, Employability, Budget, Tax

1. INTRODUCTION

It is well known fact that individual with higher level of education will achieve a better and healthier life ahead. If we describe education there are various perspectives which basically say that education not only includes subject matter knowledge but it also enhances the power of thinking towards any topic. It also enhances the problem solving skills, developing innovative ideas, ability to interact with others effectively and awareness about our own emotions. It also encourages a healthy lifestyle.



*Corresponding Address: pujatiwari9955@gmail.com

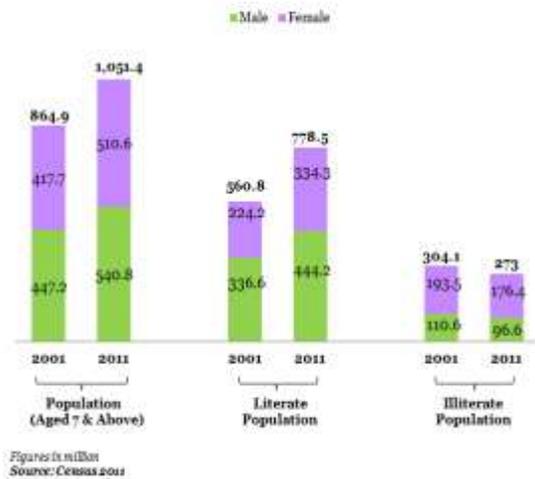
Education and health are interrelated to each other. In other words basic education is an integral part of being healthy. Education offers many opportunities to learn about health and their associated risks in the form of health education in the school curriculum which helps individual to absorb health related information and to choose and lead a healthy lifestyle and take effective precautions towards any diseases. Individual who are educated they will know the health related issues and never ignore them rather they immediately consult doctors if they feel unhealthy. The more the knowledge, the better understanding will be there toward any particular problem.

How education influences health

Education has a direct impact on health in different ways. Evidence suggests those who achieve a higher level of education are less likely to engage in healthy behaviour and less likely to adopt unhealthy behaviour. Individuals who are highly educated have better access to better healthcare and are more capable of paying for the health services. A research study shows that from 2001 to 2011 the male and female literacy rate has been increased and illiteracy rate has been decreased. The percentage of female literacy has been increased vastly from 2001 to 2011 which has been seen as a very important part of our economy.

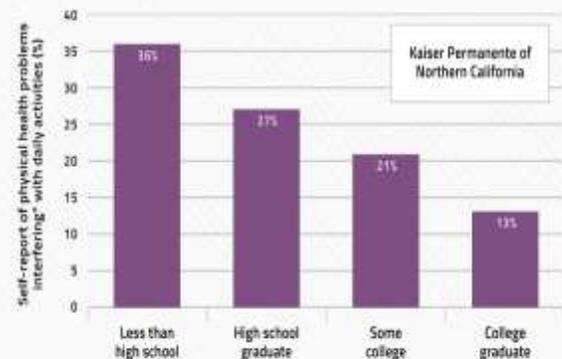
As the literacy rate increases people will be more aware towards their own health and try to adopt a healthy lifestyle. As we have seen that the female literacy rate has been increased it shows that they are more open to grab knowledge and tend to be better informed. Education makes them a capable to make a better choice when it comes to health related issues. The effect of education seems to be almost same for both the male and female because it enables both to take their own decision. In country like India there is a necessity that female should be more encouraged to be educated because there are lots of things to know for them related to health which helps them to lead a healthy life.

Gender-Wise Break-Up Of Population Based On Literacy, 2001 & 2011



In the second chart we see that the people do self-medication or self-reporting of physical health who are not even high school educated because they don't feel to consult a doctor whereas the percentage has been decreasing as the people go for higher education. Uneducated people do not know the consequences of self-reporting which sometimes lead to serious health problems. So if we compare this chart with the previous one then we can say that as individual grows and get educated they know better health related risks and will be able to take a better decision regarding health related issues.

The same health care doesn't mean the same health. Education matters.



* Working at least moderately.
Data from Survey of Health Status, 2011, Kaiser Permanente Division of Research.

2. HEALTH BENEFITS OF EDUCATION

Better jobs:

In this competitive world if someone has a desire to live a life which is full of comfort they have to show their talent and get a good job. Now this is not going to be happen if the person is not educated so, it can be said that better job is directly proportional to better education. Individual who are more educated are likely to get a better job than less educated people whose job are more risky with few benefits. The number of benefits will increased with educated people getting good jobs. They avail more facilities and lead a healthy life.

Higher Earnings:

Income has a huge impact on health. Generally people with more education will get a better job thus better earning than less educated or uneducated people. This high income can get them a better lifestyle with more facilities and further they can invest a part of it in a health insurance or Mediclaim etc.

Reduced Stress:

People with higher income are capable of avail a better medical facilities than people who have less income. So in terms of any health related issues they can get checked by a renowned doctor in a good hospital. Those with less education will often have a few resources to combat their stress.

Resources for good health:

People with high income are capable of purchasing healthy food, pay for any health services and transportation and since they are educated they know very well the importance of being healthy so they also make spare time to do exercise. On the other hand job insecurity, less income, less resources will make individual and their families more vulnerable in their hard times which will lead to unmet medical needs, not getting nutritious food.

Social networks:

An educated person knows very well the importance of building professional as well as

personal relationship. They will have a large social network which will always support them in their tuff times be it a psychological, emotional or financial crisis to reduce it and improve their health.

Reduces poverty:

If any country is lagging behind in terms of its economy then poverty is major reason behind that. In order to stand in front of a world economy there is a need to remove or at least reduce poverty which can only be done by educating people of that country so that they can get a good job. This good job will enables them to get agood and nutritious food so that their health improves and ultimately poverty goes down.

Reduce maternal deaths:

During pregnancy generally women gets infected through various reasons which can be controlled if they are aware of the factors which promotes infection to be happen inside the body. It is very essential for the women to know all the necessary information regarding pregnancy so that it will help them to take precautions.

Combats HIV and AIDS:

If people are aware of the causes of this deadly diseasethey will not be affected and also they will make other people aware about this disease. So in order to reduce the percentage of people affected by HIV can be lessen by educating people about this disease.

Knowledge and skills

In addition to being prepared for jobs and earn high, people with more education are highly skilled in learning healthy behaviours. Educated people will easily get to know their health needs, follows instructions and they can easily communicate their problems with doctors.

2. CONCLUSION

Education has huge impact on health of the individual and it imparts lots of benefits that improve health of the recipient. It contributes to not only health but the overall personality of the individual. It is very much evident that without

education a person cannot lead to a healthy and better life. Lower educated people tend to experience more health problems and have a shorter life expectancy than higher educated. In this paper the major focus has been given on the benefits of the education on health and how important it is for the people to get educated to

achieve a healthy and desirable life. Government should also take some necessary steps to promote education so that the country's economy get strengthen and unemployment rate also get decreased. More and better education could yield savings in healthcare.

References

[1] <http://www.oecd.org>

[2] www.ncbi.nlm.nih.gov

[3] www.publichealth.ie

[4] <http://www.nber.org>