

A Study to Assess Awareness about Androgenic Alopecia Among Young Adults in Selected Colleges of Pune City in a View to Develop the Pamphlet

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ABSTRACT

Androgenic alopecia is a common condition affecting both males and females, especially during young adulthood. Inadequate awareness regarding its causes, risk factors, prevention, and management may lead to misconceptions and delayed treatment. Therefore, this study aims to assess the awareness regarding androgenic alopecia among students of selected colleges of Pune city with a view to develop an informational pamphlet. **Purposes of the study:** 1) To determine the existing level of awareness regarding androgenic alopecia among college students. 2) To identify gaps in knowledge related to causes, risk factors, prevention, and treatment of androgenic alopecia. 3) To assess common misconceptions and incorrect beliefs related to hair loss among students. 4) To use the study findings as a basis for planning appropriate health education. 5) To develop an informational pamphlet to improve awareness and promote early management of androgenic alopecia.

Material and Method: A non-experimental descriptive cross sectional survey design was adopted with a quantitative research approach. The study was conducted among students of selected colleges of Pune city. Nonprobability purposive sampling technique was used to select the samples. Data was collected using a self-structured awareness checklist consisting of demographic variables and awareness-related questions on androgenic alopecia. The collected data was analyzed using descriptive and inferential statistics.

Results: The results of the study revealed that Among 300 young adults, 53.6% is not having awareness about androgenic alopecia, 67.39% young adults who are not aware about androgenic alopecia are from the age group 22-23 years, 59.2% of males are not aware about androgenic alopecia. students showed inadequate awareness related to causes, symptoms, preventive measures, and treatment options. The findings indicated a clear need for providing health education to improve awareness among college students.

Conclusion: The study concluded that there is a need to enhance awareness regarding androgenic alopecia among college students. Based on the findings of the study, an informational pamphlet was developed to improve knowledge and promote early identification and appropriate management of androgenic alopecia.

Keywords: Androgenic alopecia, young adults, colleges, pamphlet.

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INTRODUCTION

Hair is a biological filament primarily composed of the protein keratin and grows from specialized structures in the skin known as hair follicles. It serves several essential functions, including protection of the scalp from ultraviolet radiation and minor injuries, regulation of body temperature, and sensory perception. Beyond its biological role, hair also has significant social, cultural, and psychological importance.^[1] Across different cultures, hair symbolizes identity, personality, beliefs, and self-expression. However, numerous myths and misconceptions regarding hair care continue to exist, such as the belief that frequent hair washing damages hair or that certain foods and home remedies, such as onions, can dramatically stimulate hair growth.^[2]

One of the most common causes of hair loss worldwide is androgenic alopecia (AGA), affecting nearly 80% of men during their lifetime. In males, it is referred to as Male Pattern Hair Loss (MPHL), while in females it is known as Female Pattern Hair

Loss (FPHL). The condition usually begins after puberty and may become noticeable by the age of 30 years. Androgenic alopecia is a multifactorial disorder in which genetic predisposition and androgen activity play a central role. Additional risk factors, including smoking, alcohol consumption, psychological stress, poor lifestyle habits, and nutritional deficiencies, may contribute to its early onset and progression. A hospital-based study conducted in Karnataka by Thanisha Nargish et al. (2017) reported that familial androgenic alopecia was present in 68% of men aged 21–30 years, with paternal inheritance observed in 62.8% of cases.^[3] Despite its high prevalence, awareness regarding the causes, risk factors, early symptoms, preventive measures, and available treatment options for androgenic alopecia remains inadequate among many young adults. Enhancing awareness can help dispel misconceptions, encourage healthy hair care practices, promote early diagnosis, facilitate timely medical consultation, and improve treatment

outcomes, thereby reducing the psychological and social impact associated with hair loss.^[4,5]

Need of the Study

Hair plays an important role in an individual's physical appearance, self-esteem, and social interactions. Androgenic alopecia (AGA), commonly known as male-pattern or female-pattern hair loss, is one of the most prevalent forms of hair loss affecting both men and women worldwide. Although it is not a life-threatening condition, it can significantly affect an individual's psychological well-being, self-confidence, body image, and quality of life. Young adults are particularly vulnerable to the psychosocial effects of hair loss because this period of life is characterized by social, educational, and professional development.^[6]

According to the study, "prevalence and psychological impact of alopecia among the graduated students [18-22 years of age]" conducted by Dr Pravin Balasaheb Dani and Vishal Ghorapde, Sangali, Maharashtra on (May-2024), 'showed that the prevalence of androgenic alopecia is about 6.83% and around 29.8% of students reported experiencing high psychological impact and 60.97% of students reported experienced low psychological impact'.^[3] In accordance with another study done by Patrick S et.al, on association of androgenic alopecia with metabolic syndrome in rural tertiary care hospital, Sewagram / Mahatma Gandhi Institute of Medical had metabolic syndrome.^[7]

Since, young adulthood is the stage when adolescent attain maturity and transition into adulthood; thereby, androgenic alopecia can significantly affect their self-confidence and may lead to social withdrawal, anxiety and depression. Many studies revealed its prevalence and psychological impact, however its awareness among young adults in selected colleges of Pune city remains largely unexplored.^[3] The findings of this study will help identify the existing awareness level and knowledge gaps regarding androgenic alopecia among young adults. The developed informational pamphlet may serve as an effective educational resource to improve awareness and encourage timely health-seeking behavior.^[8]

Aim of the Study

To assess the awareness about androgenic alopecia among young adults.

Objectives

- To assess awareness of young adults about androgenic alopecia in selected colleges of Pune city.
- To associate the findings with selected demographic variable.
- Develop a pamphlet from the research findings.

METHODOLOGY

The study adopted a non-experimental descriptive cross-sectional survey design to assess awareness regarding androgenic alopecia among young adults.

The study was conducted in selected colleges of Pune city. The target population comprised young adults studying in colleges in Pune city, while the accessible population included young adults from the selected colleges. A total of participants aged 18–25 years were selected using a non-probability purposive sampling technique. Data were collected using a self-structured checklist developed to assess awareness regarding androgenic alopecia. The content validity of the tool was established through expert review, and its reliability was determined using the Kuder–Richardson 20 (KR-20) method. Ethical approval for the study was obtained from the Institutional Ethics Committee before the commencement of data collection. Written informed consent was obtained from all participants after explaining the purpose of the study, ensuring voluntary participation, confidentiality, and anonymity throughout the research process.

RESULTS

Analysis and interpretation of demographic variables and awareness about androgenic alopecia among young adults.

Section-01: Frequency and percentage distribution of gender

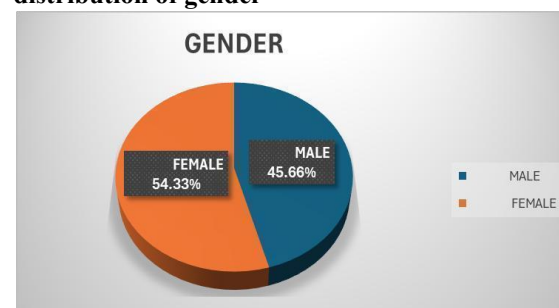


Figure no. 01: Pie diagram showing distribution according to Gender

According to Figure 01, the majority of the participants were female (54.33%), while 45.66% were male. The difference in the proportion of male and female participants was small. Female participants constituted a slightly higher percentage than male participants. This indicates that both genders were adequately represented in the study, with females forming the majority of the sample.

Table no. 01 Frequency and percentage distribution of respondents by demographic variables

N=300

DEMOGRAPHIC DATA	FREQUENCY (n)	PERCENTAGE (%)
1) AGE		
18-19	81	27
20-21	97	32.33
22-23	46	15.33
24-25	76	25.33
2) GENDER		

a) MALE	137	45.66
b) FEMALE	163	54.33
3) FIELD OF STREAM		
SCIENCE	0	0
b) FEMALE	163	54.33
COMMERCE	0	0
ARTS	300	100
4) ANY		

According to the table no.01, 27% of young adults were from the age group 18-19 years, 32.33% of them had age 20-23 years, 15.33% of them had age 22-23 years and 25.33% of them had age 24-25 years.

45.66% of them were males and 54.33% of them were females. 100% of all the young adults were from the arts stream.

33.6% of family had family history of hair loss and 66.33% of family doesn't had 33.66% of young adults specified family history of hair loss.

32.33% of young adults had age 20-21 years, 15.33% of them are from the age group 22-23 years. 100% of all the young adults are from the arts stream.

Section II: Comprises of interpretations of findings related to awareness regarding androgenic alopecia

Research findings depicts,

Major and Minor Findings:

The percentages of students who were already aware about the term Androgenic alopecia before are 12.33% and those who didn't heard about Androgenic alopecia are 87.667%. About 68.33% of young adults knew that Androgenic alopecia affects both male and female, but 70.33% and

86% of them thinks it occurs only in male or female. About 79% of participants knew that lack of sleep and stress habits will aggravate Androgenic alopecia while 21% of them are unaware about that.

About 83.33% of young adults knew that maintaining a healthy diet will prevent hair loss progression while 16.667% thinks healthy diet will not prevent hair loss progression.

Overall findings:

Among 300 young adults, 53.6% is not having awareness about androgenic alopecia.

67.39% young adults who are not aware about androgenic alopecia are from the age group 22-23 years.

59.2% of males are not aware about androgenic alopecia. 100% of all the young adults are from the arts stream.

Section III Comprises of interpretation of findings related to association between awareness and demographic variables.

Research findings depicts,

Association of few variables with the demographic data of young adults. since P values corresponding to demographic variables age was less than

0.05 were found to have significance association with the awareness among young adults regarding

FAMILY HISTORY OF HAIR LOSS		
PRESENT	101	33.66
ABSENT	199	66.33
5) IF ANY SPECIFY	101	33.66

Androgenic alopecia.

Overall findings:

Among the selected demographic variables, only age showed a significant association with awareness. This suggests that age influences the level of awareness while gender and family history did not contribute significantly. These findings show the need for educational interventions among the group with lower awareness level.

DISCUSSION

The present study assessed the awareness regarding androgenic alopecia among young adults in selected colleges of Pune city. The findings revealed that most participants belonged to the age group of 20–21 years (32.33%), followed by 22–23 years (15.33%). All participants (100%) were from the Arts stream. The study also found that age had a statistically significant association with the level of awareness regarding androgenic alopecia, whereas gender and family history did not show any significant association. These findings indicate that awareness varies with age and emphasize the need for educational interventions among young adults with lower awareness levels.^[5]

The findings of the present study are comparable with the study conducted by Dani PB and Ghorapde V (2024), which reported that androgenic alopecia has a considerable psychological impact among graduate students and highlighted the importance of increasing awareness for early recognition and management of the condition.^[3] Similarly, Aggarwal A et al. (2020) reported that awareness regarding hair loss, its causes, and preventive measures was inadequate among the general population in Delhi and the National Capital Region, emphasizing the need for health education programmes.^[9] The present study also supports the findings of Gala M and Kakkar AB (2025), who emphasized that appropriate education and awareness regarding androgenic alopecia are essential for improving knowledge and encouraging evidence-based management practices among the population.^[10] The significant association between age and awareness observed in the present study suggests that awareness increases with maturity and exposure to health information. However, the absence of a significant association with gender and family history indicates that educational interventions should target all young adults irrespective of these factors. Therefore, the informational pamphlet developed as part of this study can serve as a useful

educational resource to improve awareness, promote early identification, and encourage timely consultation for androgenic alopecia among young adults.^[11] According to the previous study conducted in Karnataka, Nargis T et al. (2017) found that prevalence of familial androgenic alopecia was 68%. In our study, prevalence of familial androgenic alopecia is 33.66%.^[1] In accordance with another study conducted in Gujarat, Sakhiya J et al. (2019) the study showed that prevalence of AGA in male was 54% and in woman was 43%. In our study, we assessed awareness about androgenic alopecia in male is 30.3% and in females is 19.6%.

CONCLUSION

On the basis of the findings of the present study, the underlying interpretations were made on the awareness regarding androgenic alopecia among young adults. It is found that overall about 50% of them were unaware about androgenic alopecia. So, the result highlights the need and importance of developing an educational pamphlet to enhance understanding and promote early awareness among young adults regarding androgenic alopecia. Association of few variables with the demographic data of young adults were analyzed. The result shows since P values corresponding to demographic variable - Age is (less than 0.05) were found to have significance association with the awareness among young adults regarding androgenic alopecia. Overall, the findings of the present study highlight the need for structured educational programs and awareness campaigns among young adults to improve knowledge regarding androgenic alopecia and encourage timely management. The educational pamphlet developed through this study can be used as a simple, cost-effective, and easily accessible tool to improve awareness regarding androgenic alopecia among young adults. It may encourage early recognition of symptoms, adoption of healthy hair care practices, timely medical consultation, and prevention of misconceptions related to hair loss.

Conflict of Interest:

The authors certify that they have no involvement in any organization or entity with any financial or non-financial interest in the subject matter or materials discussed in this paper.

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