

Treatment-Seeking Behaviour among the young adults(15-24 years) residing in Palam area, Delhi.: Reg No: 424

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ABSTRACT

Background: Treatment-seeking behaviour, defined as the process through which individuals recognise symptoms, interpret their significance, and decide on appropriate care, is inherently complex and influenced by multiple factors, including cultural beliefs, socioeconomic status, service accessibility, and interpersonal networks. Young adults' behaviour is influenced by perceived invulnerability, peer influence, limited familiarity with formal healthcare systems, and a growing reliance on unverified digital sources of health information.

Aims and Objectives: To assess the adequacy of treatment-seeking behaviour among young people residing in the Palam area of Delhi. To find out the association of socio-demographic factors and treatment-seeking behaviour among the young adults. **Methodology:** It was a community-based study of young adults (15-24 years) residing in the Palam area of Delhi. The study was conducted in the time period from April 2024 to August 2025. **Statistical Analysis:** Adequacy of treatment-seeking behaviour among young adults. Statistical association between socio-demographic factors and treatment-seeking behaviour was done using the chi-square. **Result:** More than half (66.6%) of the study participants had an adequate level of treatment-seeking behaviour. Adequate TSB is consistently higher across all morbidity types, particularly for Injuries(82.6%), Respiratory(71%), Gastrointestinal(69.7%). **Conclusion:** Understanding the treatment-seeking behaviour of young adults and the factors influencing it can pave the way for the planning and implementation of targeted health services for both prevention and treatment, thereby enhancing efficiency and ensuring cost-effectiveness for the healthcare system.

KEYWORDS