

**THE AWARENESS AND PERCEPTION OF SYMBIOTICS  
“GOOD BACTERIA” BY THE HEALTH DRIVEN PUBLIC**

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**Background:** Bacteria are needed to maintain the micro flora of the gut (probiotics) and these bacteria depend on prebiotics to sustain life and multiply in the human gut. With technology these two can work in a harmonize environment called symbiotics when combined to prevent chronicdiarrhea, fatigue, showed to help in liver disease and many more. Studies are currently conducted to understand more about this interesting discovery

**Objective:** To view the health driven public’s perception about symbiotics and their lifestyle.

**Hypothesis:** The general public knowledge about the awareness of the good bacteria is limited and do not know the reasons why they would take probiotics after a course of treatment with antibiotics. This was deduced from a small survey conducted before writing this paper. Health life style knowledge and perception were looked at and how much these individuals knew or did not know.

**Design:** A random cross sectional survey (n= 130) questionnaires distributed to various health fitness centers and health outlets from south (Penal and San Fernando) to St. Augustine from the age of 18 and above. The data was analyzed by descriptive analysis and SPSS.

**Results:** It was deduced from the graph and chi square methods that the general public did not know about the probiotics and prebiotics. Some knew but do not have the necessary information needed to fully understand the importance of these bacteria in the gut.

**Conclusion:** When the raw data were analyzed independently the knowledge of symbiotics was 59 indicated no and in terms of the definition for probiotics 95 indicated no and prebiotics was 106 said no). ). The rates were high for the definition that people did not know how to associate this friendly bacteria and majority of them choose I do not know 53.1% (69). 21.5%

(28) made the correct choice of bacteria while 10.8 (14) choose all of the above, 85% (11) fungi, 5.4% (7) viruses and .8% (1) algae