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Existing knowledge of the rural adolescent girls regarding nutrition practices

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Abstract

The study was conducted in Bikaner district. Studies have shown that Bikaner district of Rajasthan is one of the backward desert districts in terms of female education (27.03%) and female health facilities. The marriage age of girls in the district is around 15 years and female by the age of 19-20 years become mother of 3-4 children. The status of women and adolescent girls is miserable. They suffer from anemia and malnutrition. So there is a need to educate the adolescent girls in the district to improve their health status. List of villages having senior secondary Co-education and girl's government schools will be prepared from selected panchayat samities as our respondents are adolescent girls. Two villages from each panchayat samiti will be selected randomly. List of school going and nonschool going adolescent girls of 11-17 years will be procured from school and anganwadi centers /gram panchayat. Fifty girls from each village will be selected randomly having 25 school going and 25 non-school going girls thus comparing the sample of 400 girls.

Keywords: Snail, bovine, porcine, physicochemical properties, mucin, mucoadhesives

Introduction

Adolescent is the period of transition between childhoods to adulthood occurring between 11-18 years of age. It is the state or process of growing up from puberty to maturity. Adolescent accounts 1/5 of the world population and in India 22.8 per cent of total population. Adolescent are tomorrows adult. Adolescent girls are very important section of our society as they are the potential mothers and home makers in future. Moreover, they perform various other roles in the family and the community. According to WHO, about 1/5th of the world consist of adolescents, during this period good nutrition is very important for the growth and development. Inadequate nutrition during adolescence can have serious consequences throughout the reproductive years and beyond. Under-nutrition in adolescent girls is a major public health problem in developing countries. Health is one of the major issues revolving the stage of adolescence. Inspire of much effort from different governmental and non governmental agencies focusing on different health aspects, this young population, especially the rural girls, are deprived of the basic health care and awareness. India has one of the fastest growing youth populations in world and adolescent girls of age 11to 18 byears constitute nearly 66 million. The lives of these girls are characterized by limited education. Lack of knowledge pertaining to social as well as health aspects and also limited influence on decisions affecting their lives. During this period, attitudes, beliefs and values tend to settle into a pattern, out of which emerges the shape and directions of one's life style. Education intervention programmes can help in creating and promoting awareness among the youth and women. A study by dongre *et al.* (2006) [5] showed significant improvement in personal hygiene of students and concluded that the school health education program with active involvement of school teacher lead to improvement in personal hygiene in school children and reduction in related morbidities. Through the diverse nutrition and health related roles, women can influence the nutritional status of individual household members and of the entire household as a unit. hence, the type of care she provides depends to a large extent on her knowledge and understanding of aspects of basic nutrition and health care. Several nutritional studies i rural Indian communities have show that regular and frequent nutrition and health education provided with health care, food producing and income generating activities resulted in a striking improvement in the nutritional status of infants and preschool children.

Research and Methodology

The study was carried out in Bikaner district of Rajasthan. List of villages having senior

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secondary co-education and girl’s govt schools will be prepared from selected panchayat samities as our respondents are adolescent girls. Two villages from each panchayat samiti will be selected randomly. List of school going and nonschool going adolescent girls of 11-17 years will be procured from school and anganwadi centers /gram panchayat. Fifty girls from each village will be selected randomly having 25 school going and 25 non school going girls thus comparing the sample of 400 girls. Sample contains in -dependent variable included variables i.e. personal variables like age and education of the respondents and socio- economic variables like caste and family income. A pre structured interview schedule was specifically formulated for the present study to meet the specified objective. The data were processed; tabulated and classified. Analysis was done on the basis of data organized.

Results and Discussion

Majority of the adolescent girls (55%) were in age group of 15-18 years. (67.00%) belonged to joint family, reveals that majority of the respondents (68.00%) were having more than 5 members in family. Majority (57.75%) of the respondents had agriculture as their family occupation. that majority of the respondents (29.75%) were educated to secondary level. majority of the respondents were having medium level of mass media exposure (73.00%).

1. Basics of Food and Nutrition

The first aspect of knowledge check was of "Basics of Food and Nutrition" which included 32 item reveals that majority of the respondents (67.00) were in the category of medium knowledge with mean score of 59.30 per cent. These respondents could give answers of 12 to 21 items correctly. About 19.50 per cent respondents were in the category of low knowledge with mean score of 16.50 per cent that is they could correctly answered 6to 11 items. Remaining 13.50 per cent respondents had high knowledge with mean score of 84.30percent and answered 22 to 32 items correctly out of 32 items. In depth study of the knowledge of “Basics of food and nutrition” bring out that items ‘Nutrients are preserved on cooking in the cooker’ food cooked in cooker preserve

nutrients’ ‘Pulses should be cooked in soaked water was not answered correctly by 92.5 per cent and 84.5 percent respondents respectively.

2. Nutrition for Pregnant women and lactating mother-

The second aspect of “Nutrition for pregnant women and lactating mother” had 16 items. Reveals that half of the respondents were in the category of medium knowledge with mean score of 54.60 per cent. These respondents could give answer of 7 to 10 items. About 26.50per cent had high knowledge with mean score of 95.20per cent. Response of 11 to 16 items was given by the respondents. While only 19.50per cent were in the category of low knowledge with mean score of 26.80 per cent, they could give answer of 1 to 6 items. Majority of the respondents (95%, 82.5% & 85%) gave correct answer about balanced diet, anaemia and sources of iron. More than 80 percent of respondents did not know about colostrums and protein energy malnutrition.

3. Nutrition for adolescent girls-

The knowledge of respondents regarding nutrition for adolescent girls was judged under 23 items. Table 4.2 (III) and Fig. 4.1 reveals that majority of the respondents (62.25%) were in the category of medium knowledge with mean score of 49.10 per cent. These respondents gave answer of 8 to 15 items correctly. About 21.25 percent of the respondents were in the category of low knowledge with mean score of 30.70 percent by answering 2 to 6 items correctly. While 16.50 percent respondents were in high knowledge category with mean score of 82.20 percent and gave correct answers of 16 to 23 items. Findings shows that majority of respondents (81% & 925%) had knowledge about importance of nutrition in adolescence and importance of milk (Appendix). More than 80 percent respondents had no knowledge regarding essential nutrients for adolescent girls. Findings show that majority of the respondents disagreed with the item. ‘Milk should not be consumed by adolescent girls’. More than 80 percent respondents had no knowledge regarding essential nutrients for adolescent girls. Findings show that majority of the respondents disagreed with the item. ‘Milk should not be consumed by adolescent girls’.

Table 1: Knowledge of the Rural Adolescent Girls Regarding Nutrition Practices N = 400

S. No	Different aspects	Distribution of responses			Percent mean score			Overall mean percent score	Rank
		High %	Medium %	Low %	High %	Medium %	Low %		
1	Basics of food nutrition	54 (13.50) (22- 32)	268 (67.00) (12-21)	78 (19.50) (6-11)	84.30	59.30	16.50	53.37	3
2	Nutrition for Pregnant women and lactating mother	106 (26.50) (11-16)	216 (50.00) (7-10)	78 (19.50) (1-6)	95.20	54.60	26.80	58.87	1
3	Nutrition for adolescent girls	66 (16.50) (16-23)	249 (62.25) (8-15)	85 (21.25) (2-6)	82.20	49.10	30.70	54.00	2

Conclusion

The results indicates that Majority of the adolescent girls (55%) were in age group of 15-18 years. (67.00%) belonged to joint family, reveals that majority of the respondents (68.00%) were having more than 5 members in family. Majority (57.75%) of the respondents had agriculture as their family occupation. that majority of the respondents (29.75%) were educated to secondary level. majority of the respondents were having medium level of mass media exposure (73.00%). The first aspect of knowledge check was of "Basics of Food

and Nutrition" majority of the respondents (67.00) were in the category of medium knowledge The second aspect of “Nutrition for pregnant women and lactating mother” Majority of the respondents (95%, 82.5% & 85%) gave correct answer about balanced diet, anaemia and sources of iron. More than 80 percent of respondents did not know about colostrums and protein energy malnutrition. Third aspect is Nutrition for adolescent girls in which More than 80 percent respondents had no knowledge regarding essential nutrients for adolescent girls. Findings show that majority of the

respondents disagreed with the item. 'Milk should not be consumed by adolescent girls'.

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