

A SURVEY STUDY OF NUTRITIONAL AWARENESS AMONG STUDENTS

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ABSTRACT

A study was conducted by the researcher on the nutrition awareness of the students of Government Degree College for boys Sopore, Jammu and Kashmir. Sample was selected randomly of 100 students of various departments of Government degree college for boys Sopore, Jammu and Kashmir. Nutrition awareness of the students was measured by questionnaires developed by Dr. Sweyta Nutrition awareness and health status questionnaires contains 52 questions regarding nutrition and health status related to nine variables like nutrition, health related fitness, avoiding chemical dependency, stress management, personal hygiene, disease prevention, emotional wellbeing, personal safety, environmental health and protection.

Descriptive statistics (pie diagram and percentage) were used to assess the data we explain the data through pie diagram. On the basis of data obtained from the students of government Degree College for boys Sopore. studied 9 variables related to nutrition awareness and health status. It showed that 21% students were found under excellent category, 55% were found under good category, and 24% students were found under need improvement category in nutrition awareness.

INTRODUCTION OF THE PROBLEM

Nutrition is the study of the food and how the body makes use of it. It is not only concerned with the quantity and quality of the food one eats but the processes by which one receives and utilizes the food in the body for growth and renewal as well as for maintenance of the different body functions. The meaning of nutrition is significant. It's not just a matter of diet. Technically, the meaning of nutrition is that it is an investment.

If you put the right things in your body this can help promote physical fitness and prevent illness. Good nutrition can help prevent disease and promote health. There are six types of nutrients that the body needs to accomplish this. This includes carbohydrates, protein, fat, vitamins minerals, and water. Nutrition is the provision, to cells and organisms of the materials necessary to support life. The diet of an organism is what it eats, which is largely determined by the perceived palatability of foods. A poor diet can have an injurious impact on health, causing deficiency diseases. Nutrition is the science that deals with food and its uses by the body. Like other living things we need food to live. Food provides material that our body needs to build up and repair its tissues and to regulate the functions of its organs and systems.

The balanced diet is the intake of appropriate types and adequate amounts of foods and drinks to supply nutrition and energy for the maintenance of body cells, tissues and organs and to support normal growth and development. A balanced diet is that which contains the proper amounts of each nutrient. There are hundred

nutrients in the food. These nutrients are mainly grouped into six classes namely carbohydrates, proteins, fats, vitamins, minerals and water. The nutrients, carbohydrates, proteins and fats supplies energy.

Gupta N. & Kocher G. (2009) studied on Adolescent nutritional problem are common throughout the country, some people lack adequate food while some people thought have adequate amount of food yet make its poor choices. Because of these reasons, nutritional problems not only affect their growth and development but also in future would adversely affect their livelihood as adults. Occurrence of series of nutritional problems like under nutrition, anemia, vitamin A deficiency, iodine deficiency and overweight or obesity may develop too in them.

Kamla-Raj (2011) studied on Nutritional Status and Knowledge of Hill Women on Anemia, the present study was thus undertaken with the objective to assess the nutritional status of rural hill women and to study the knowledge of hill women regarding nutritional anemia. In addition to this, the effect of various socio-economic and demographic factors on the nutritional anemia related knowledge of hill women. The cross sectional study was carried out in three villages of Nainital District, Uttarakhand. The study was confined to the women of age group of 18-45 years. A total of 223 women were selected randomly. Their knowledge was tested and socio-demographic and nutritional profile was recorded. From the outcome of study it was observed that mean percent knowledge score of subjects was 23.28. Knowledge scores were found to be increasing with decreasing age and they were significantly associated with educational status.

In view of the above introduction of the Problem, the gap which needs to be fulfilled is the awareness among the people towards their nutrition, so that they may acquire healthy habits, to enrich their life.

Statement of the problem:-The purpose of the study is to see the nutritional awareness of the students of various departments of Government Degree College for boys sopolore, Jammu and Kashmir. On the basis of their life style, the present empirical investigation has been entitled as, "A Survey Study of Nutritional Awareness among Students".

Significance of the problem

1. The present study would help to survey the nutritional awareness of students
2. The study would be helpful to the students about the knowledge of nutrition (diet).

Objectives of the study: -

1. To determine the nutritional awareness among the students of various departments of Government degree college for boys sopolore, Jammu and Kashmir.

Delimitations

1. The study was delimited to various departments of Government Degree College for boys sopolore, Jammu and Kashmir.
2. The study would be delimited to the 100 students of various departments of Government Degree College for boys sopolore, Jammu and Kashmir.
3. The study is delimited to the age group of 18 to 28 years.
4. The study was further delimited to the nutritional awareness of the students (males and females) of various departments of Government Degree College for boys sopolore, Jammu and Kashmir.

Method and Procedure:-Single group design was used for this study 100 students from various departments of government degree college for boys sopolore, jammu and kashmir. Who serve as subjects for this study. Age of the subjects range from 18-28 years was chosen by random sampling technique

S.no	Name of school	Sample
1	department of education	25
2	department of sciences	25
3	Department of commerce	25
4	Department of fisheries	25

Tools

Personal Data Sheet

Personal data sheet was prepared by the investigator to collect the information regarding demographic, personal and performance profile of the students.

Description of questionnaires

Nutrition Awareness

This questionnaire was developed by Dr. Sweyta in 2011 Asst. Prof. Department of hotel management. This questionnaire contains 20 questions. Each question contains 3 options of 5 marks each. This questionnaire should be filled with in 5 minutes. The Scoring is done according to the responses of the subjects.

0-33%	Need improvement
34-66%	Good (medium knowledge)
67-100%	Excellent

Statistical Procedure

From the view point of formulated hypotheses and the nature of study the obtained data were computed to ascertain Descriptive statistics (Percentage and pie diagram) was used to describe nutritional awareness of students (male and female) of government degree college for boys sopore, Jammu and Kashmir.

II.RESULTS AND FINDINGS

Over all Nutrition awareness:

The researcher also studied the overall nutrition awareness of the students. This includes the above variable and data of all 100 subjects were analyzed, according to the findings.

Overall Nutrition awareness 21% students were found under excellent category, 55% students were found under good category and 24% students were found under needs improvement category.

Nutrition awareness



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