



DEVELOPMENT OF NUTRITION EDUCATION PROGRAM ON NUTRITIONAL AWARENESS FOR SCHOOL STUDENTS AND ITS EFFECTIVENESS

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Abstract

The present study focuses on Nutritional awareness among Secondary School Students. Present research was done with an aim to develop a Nutrition Education Program for Secondary school students and to study its effectiveness. The program focuses on Concept of Nutrition, Functions of each nutrient, Sources of food along with their specific nutrient & Making appropriate food choices. Quasi Experimental Single Group Pre Test Post Test Design followed for the study to determine the effects of 10 hours of nutrition education program. Incidental sampling method was followed. Nutrition awareness was measured by a 20-item test. T test was used to find out effectiveness of Program. Findings show that the program was effective with respect to all four aspects of awareness regarding nutrition.

Key words - Nutrition Education Program, Nutritional Awareness, Food Choices.



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Introduction-

The process of Globalisation and growing impact of media posed some challenges not only at the national or global level but this impact is also evident at individual level. Changing life style of people is reflecting in their food habits. Historically common Indian people lifestyle was focused on Healthy food habits. But with the passage of time and post Globalisation, more junk food is becoming a part of diet. Adolescent stage in human life is known as Period of Storms and Stresses. We can relate adolescent stage with the school students. If we inculcate good habits in this stage, the child likely to follow these habits in rest of his / her life. Due to growing impact of media school students are turning towards Junk Food. Hon Delhi High Court heard the issue of easy availability of junk food and carbonated drinks to children and the harmful effects thereof and seeking a ban on junk

food" and carbonated drinks in schools and initiation of measures to develop a comprehensive school canteen policy with emphasis on health and nutrition (Uday Foundation Vs Govt of India, 2015), and ordered *fssai* to issue Guidelines the form of Regulations or directions and to further take appropriate steps for ensuring enforcement thereof. Further Govt of Maharashtra has issued a Government Resolution (2017) banning HFSS food in school canteen. In the state of Maharashtra Legal framework has taken place regarding specific food habits among school students.

Review of the Related Literature:

The findings of the research titled 'The Impact of Nutritional Awareness Package (NAP) on Secondary School Students for the Improvement of Knowledge, Attitudes and Practices (KAP) at Rural Areas of Paschim Medinipur, West Bengal' done by Maiti, S., Chatterjee, K., De, D., Ali, K. M., Bera, T. K., Jana, K., & Ghosh, D. (2011) shows that a significant improvement in their nutritional knowledge was observed after delivery of Nutrition Education. The study done by Al Yateem M, Rossiter R (2017) focused on providing baseline data on nutritional knowledge and eating habits among adolescents in Sharjah. The research findings show that 86% students have poor knowledge about nutrition.

The title of the research done by Amrutha & Singh A (2019) was 'An Empirical Study on Nutritional Awareness Among College Students'. To find out knowledge and awareness about nutrition among college students, students interest towards nutritious value of food were the objectives of research. Another objective was comparison between level of consciousness among north and south Indian students. For data collection researchers have used self prepared questionnaire. Researchers concluded that students in South India are more conscious about their health. Salama A Esmail N (2019) studied the Nutritional Awareness and Dietary Practices of College-aged Students. The objective of the study was to assess the nutritional awareness and common dietary practices among first year undergraduate student. They have designed Nutrition Education Plan (NEP). Cross Sectional design was followed in which data was collected through Questionnaire. Research findings show that only 12% of the sample has good awareness and 76% sample has partial awareness. Half of the sample was unaware about Vitamins and diseases likely to affect due to lack of vitamins. Researchers concluded that students have poor knowledge about the major function of micronutrients. Roy, Gusain (2019) checked the level of awareness and attitude of adolescent

girls towards nutrition. Researchers have used self made questionnaire to assess level of awareness while focused Group Discussion was used to assess the attitude. The findings of the research show a low level of awareness among adolescent girls.

Need of the Study:

Various studies done regarding obesity and health issues among secondary school students show that the students face health issues because of their diet habits. The nutritious food of older times has been gradually replacing by calorie-rich, economical, fast-food. Obesity could also lead to a slump in social and emotional performance. There is a need to increase awareness about this habit in the society. The findings of the cross sectional study done by Rani, M. A., & Sathiyasekaran, B. W. C. (2013) regarding behavioural determinants for obesity among Urban adolescents in India show that more than 10% students are either overweight or obese. Abhay Mutha, a consultant and president of the Diabetes Care and Research Foundation, has conducted a study on obesity in the Pune city last year, with a sample size of around 1,200 students from across six schools. Almost 15-16 percent of those students suffered from obesity and faced health problems ahead in their life because of their bad diet and unhealthy lifestyles. There is indeed a need to study out how nutrition education program can influence the nutritional awareness of our adolescence & can influence food choices.

The researcher is a teacher educator, and got opportunity to visit different schools for lesson observations in Pune city. He observed that the school students in adolescent stage having habit to eat fast food during recess. Sometimes they do not carry balanced meal in their tiffin. The school students are looking opportunity to play so during recess most of the students are in a hurry to eat and go to play with peers. Also as a part of the Ph.D. program researcher has visited a Secondary school in Bhor tehsil and interacted with students over there. All this situation given rise to the questions in the minds of the researcher. Review done by researcher and his observations gave rise to following questions –

To what extent school students are aware about nutrition ?

Can a Program be developed to create awareness regarding nutrition?

Will it move towards appropriate choices of food ?

Thus in order to find out answers to these questions researcher decided to undertake present study.

Statement of the problem:

To develop and find out effectiveness of Nutrition Education Program (NEP) on Std IX Marthi Medium students in Krantiveer Vasudeo Balwant Phadke Memorial School, Ravdi Taluka Bhor.

Operational definitions-

- **Nutrition Education Program-** A program developed by researcher to create an awareness among Std IX students of Krantiveer Vasudeo Balwant Phadke Memorial School, A/p Ravadi Taluka Bhor.
- **Nutritional awareness-** Awareness regarding Concept of Nutrition, Functions of each Nutrient, Sources of food with specific nutrient, and making appropriate food choices.

Objectives of the study-

1. To Develop the Nutrition Education Program to create an awareness regarding Nutrition among Secondary School students.
2. To find the effectiveness of Nutrition Education Program

Hypothesis-

There is no significant difference between mean scores of Pre & Post Test of Nutritional Awareness Test obtained by Std IX students of Krantiveer Vasudeo Balwant Phadke Memorial School, Ravdi Taluka Bhor before and after implementation of Nutrition Education Program.

Research methodology

To achieve the objectives Multi Method was followed in the study. Following table depicts objective wise method followed in the study.

Table 1 : Research at Glance

Item	Objective 1	Objective 2
Research Method	Program Development	Experimental Method
Research Design	--	Single Group Pre Test Post Test Design
Population	--	All Secondary School students of Std IX in Marathi Medium Schools of the Pune district
Sample / Informants	Five Informants	50 Secondary School students enrolled in Krantiveer Vasudeo Balwant Phadke Memorial School Ravdi Taluka Bhor
Data Collection tools	Feedback sheets for the experts regarding the Programme	Pre Test and Post Test, Feedback sheet for the students
Data Analysis Tools	Frequency	Percentage, Mean, Standard Deviation,, t test

Procedure of data collection:

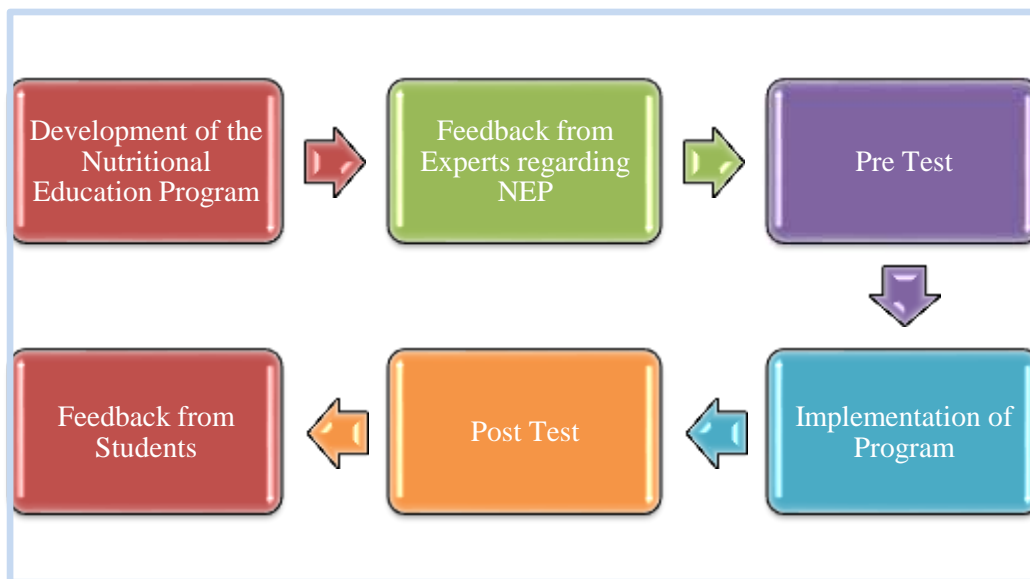


Figure 1

Procedure of Data Collection

All the students were pre tested with nutritional awareness test. The researcher has developed the program and Headmaster of the Krantiveer Vasudeo Balwnat Phadke Memorial School, Ravdi has implemented the program for Std IX students after Diwali vacations of the Academic Year 2019-20.

Analysis and Interpretation of Data:

Analysis of the feedback of Informants about Nutrition Education Program

Following table depicts analysis of the feedback of Informants

Table 2: Analysis of the Feedback of Informants

Sr.No	Item	Responses			
		SA	A	D	SD
1	The topics selected are appropriate for Nutrition Education Program.	5	0	0	0
2	It will help the students to participate in activities.	5	0	0	0
3	The program will be helpful for Secondary School Students	4	1	0	0
4	The resources developed are appropriate and sufficient.	4	1	0	0
5	The content is relevant for Secondary School Students.	3	2	0	0
6	The program is comprehensive	4	1	0	0

Observations: All informants were Strongly Agree with appropriateness of topics selected for the program. All informants having positive opinion about resources developed for the program and relevance of the content for Secondary Students.

Interpretation: Experts have expressed positive opinion about Nutrition Education Program.

Analysis of the Feedback of Students about Program:

Following table depicts analysis of the feedback of Students

Table 3: Analysis of the Feedback of Students

Sr.No.	Statement	Response (%)			
		SA	Agree	Disagree	SD
1	It was useful to understand concept of Nutrition	54	46	0	0
2	It was useful to understand functions of each Nutrient.	52	48	0	0
3	It was useful to understand Sources of food with their specific Nutrient	48	50	2	0
4	The activities conducted in classroom created interest in the subject	52	44	4	0
5	It was useful to make appropriate food choices	50	48	2	0
6	The content was appropriate in cultural context	46	48	6	0

Observations: All students were expressed positive opinion about usefulness of the program to understand Concept of Nutrition and Functions of each nutrient. 98% Students have

positive opinion about usefulness of program to understand Sources of food with their specific nutrient. 96% feel that activities created interest in the subject.

Interpretation: Students have expressed positive opinion about Nutrition Education Program.

Analysis of Nutrition Awareness Test:

A t- test was applied to test the hypotheses stated for this study at 0.01 level of Significance.

Table 4: Distribution on pre-test -post-test Nutritional Awareness Scores of adolescent group.

Group	Mean	SD	Calculated 't'	Standard 't'
Pre-test	25.07	9.048	5.42	2.68
Post-test	27.63	9.373		

Observation: From Table 3 we observe that the t value has to be 2.68 to be regarded as significant at 0.01 level. The obtained t value is 5.42 which is more than table value. Hence it is significant.

Interpretation: There is significant difference between Pre-test and Post-test at the end of program. Hence the null hypothesis, 'there is no significant difference between mean scores of Pre & Post Test of Nutritional Awareness Test obtained by Std IX students of Krantiveer Vasudeo Balwant Phadke Memorial School Ravdi, before and after implementation of Nutrition Education Program' is rejected.

Findings based on the objectives-

- According to the experts (informants) and students the program was comprehensive.
- According to students the program was useful to understand concept of Nutrition, functions of each nutrient, sources of food along with their specific nutrient.

Conclusion-

Nutrition Education Program was effective for Secondary School Students of the Krantiveer Vasudeo Balwant Phadke Memorial School, Ravdi Taluka Bhor to create an awareness about Concept of Nutrition, to understand Functions of each Nutrient, Sources of food alongwith their specific nutrient, and Making appropriate food choices.

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