

## A Comparative Study of Nutrition Knowledge amongst the Government and Private School Going Boys of South West Delhi

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### Abstract

Nutrition is imperative to good health at all stages of human life. Nutrition and health are synergistic to each other. For the purpose of the study a total of 200 boys (100 from Government schools and 100 from Private schools) were purposively selected from South West Delhi Area, with age ranging between 15-17 years. The data for the awareness regarding nutritional knowledge was collected by administration of a self developed questionnaire. Further the collected data was analyzed by computing descriptive analysis, percentage method and Independent sample 't' test. The results show that majority of the school going boys were aware regarding the nutritional knowledge. A significant difference has been found in the nutritional knowledge of government and private school going boys of south west Delhi. The values also show that government school going boys were more aware than private school going boys. When asked about eating fruits daily government school boys were less in numbers as compared to private school going boys, the reason may be the economic status.

**KEYWORDS:** Nutrition

### Introduction:

Good health is a major resource and an important dimension of the quality of life and it is a prime concern for humanity. Concepts of health and disease do not exist in a socio-cultural, institutional and political vacuum, but reflect the values, beliefs, knowledge and practices prevailing in the community. Health means having a physically fit body, sound mind and being able to get along with others so as to make living both enjoyable and productive (Health Promotion and Education, 2003). Health as a personal quality has been highly valued and pursued throughout the history of mankind. The healthy well being of mankind depends solely on the consumption of quality food (Grantham, 2001).

Nutrition is imperative to good health at all stages of human life. Nutrition and health are synergistic to each other. Adequate nutrition is one of the key factors to attain full potential as an adult and it depends to a great extent on the quality and quantity of the food eaten. The nutritional status of individuals is an indicator of community health. Though the nutrient demands are high during pregnancy, lactation, childhood, adulthood, and old age, it reaches the peak in adolescence in both the sexes. Author has stated that adolescents are a unique population, with specific health concerns. Today's adolescents are the future generation's parents, workers and leaders. To fill these roles to the best of their ability, they need the guidance and support of their family and community and the attention of a government committed to this development of Adolescence, youth, and young people is mandatory (Strasburger, 1999).

Nutrition is important for everyone, and it is more important for children because it is directly linked to all aspects of their growth and development, factors which will have direct ties to their level of health as adults. Both nutrition and diet are vital determinants of the health and nutritional profile of children. The nutritional status of a child is often the result of many interrelated factors and is influenced by food intake, its quantity and quality, and physical health. A balanced diet suitable of protein, vitamins, and minerals will be good for a school age child. Overemphasis on limiting foods is not advised. Diets should not be restricted because of the energy, fat or sugar content of any one food nor should be labeled good or bad. In the first case food may be regarded as medicine and in the second as forbidden fruit (**Klesges, 1991**).

Children are the wealth of any nation as they constitute one of the important segments of the population. Children in the age group of 5-14 years are often considered as school age. United Nations Educational Scientific and Cultural Organization (UNESCO) since 1972, for the purpose of statistics consider 6-11 years as primary school age and 12-17 years as secondary school age. It is recorded that in India one fifth population comprises of children between 5 and 14 years, the age group covering primary and secondary school age. School-aged children grow significantly, but at slower rate, whilst being very physically active in general. As a result, their nutritional needs are high and critical. Additionally, genetic background, gender, body size and shape are all important determinants of nutrient requirements. The school age period has been called the latent time of growth. The rate of growth slows and body changes occur gradually, Girls usually out distance boys by the latter part of this period, the slowed rate of growth during these period results in a gradual decline in the food requirements per unit of body weight (**Sapp, 1997**).

### **Objectives and Hypothesis**

Following objectives were framed for the study:

- To assess the Nutrition Knowledge of Government School Going Boys of South West Delhi.
- To assess the Nutrition Knowledge of Private School Going Boys of South West Delhi.
- To compare the Nutrition Knowledge among Government and Private School Going Boys of South West Delhi.

Based on the objectives following hypothesis was framed for the study:

- There would be no significant difference between Nutrition Knowledge among Government and Private School Going Boys of South West Delhi.

### **Procedure and Methodology**

For the purpose of the study a total of 200 boys (100 Government and 100 Private) were purposively selected from different schools of South West Delhi Area, with age ranging between 15-17 years. The data for the awareness regarding nutritional knowledge was collected by administration of a self developed questionnaire. Further the collected data was analyzed by computing descriptive analysis, percentage method and Independent sample 't' test,

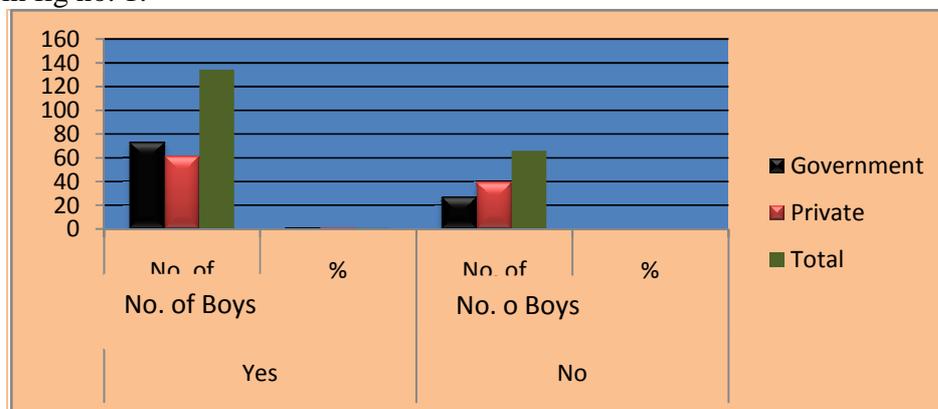
### Results and Discussions

The collected data was appropriately analyzed and results pertaining to it are detailed below in the following tables:

**Table No. 1: Breakfast is the most important meal of the Day**

S. No.	Category	Yes		No		Df	T
		No. of Boys	%	No. of boys	%		
1	Government	73	73%	27	27%	198	5.343*
2	Private	61	61%	39	39%		
3	Total	134	67%	66	33%		

Table no. 1 clearly shows that, 73% of government school going boys said yes for Breakfast being the most important meal of the day and 27% said no, whereas for private school going boys 61% said yes and 39% said no. The graphical representation has been shown in fig no. 1.

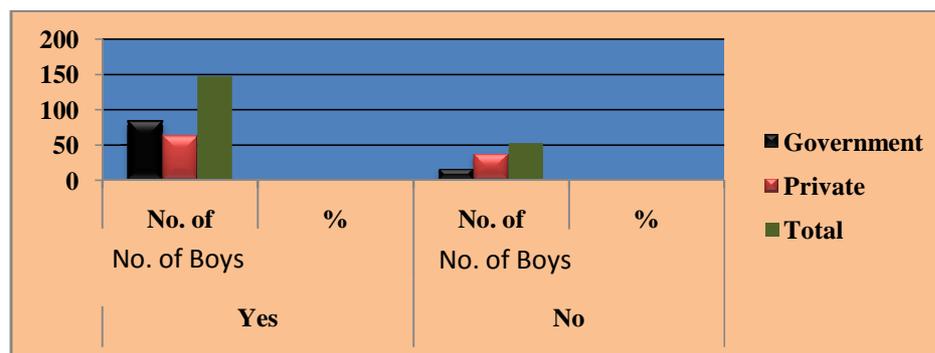


**Fig No. 1: Graphical representation regarding the opinion for breakfast as the most important meal of the Day**

**Table No. 2: The main function of protein rich foods is to build muscles**

S. No.	Category	Yes		No		Df	T
		No. of Boys	%	No. of Boys	%		
1	Government	84	84%	16	16%	198	9.276*
2	Private	63	63%	37	37%		
3	Total	147	73.5%	53	26.5%		

Table no. 2 clearly shows that, 84% of government school going boys said yes for protein rich foods are responsible for building muscles and 16% said no, whereas for private school going boys 63% said yes and 37% said no. The graphical representation has been shown in fig no. 2.

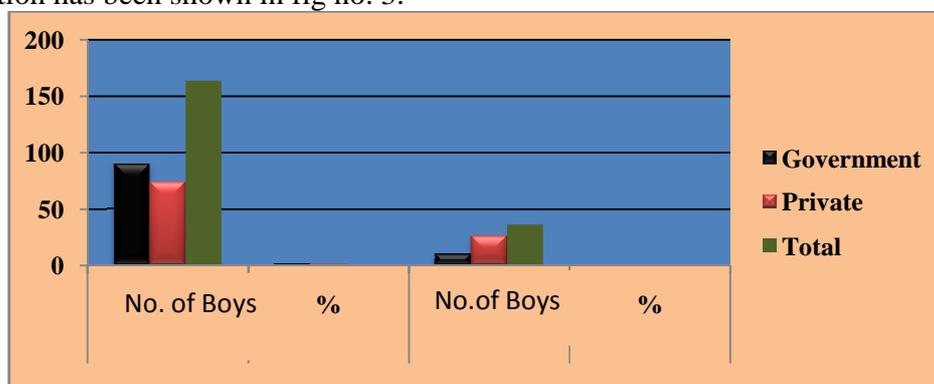


**Fig No. 2: Graphical Representation for main function of protein rich foods is to build muscles**

**Table No. 3: The main function of dairy products is to build strong teeth and bones**

S. No.	Category	Yes		No		df	T
		No. of Boys	%	No. of Boys	%		
1	Government	90	90%	10	10%	198	6.896*
2	Private	74	74%	26	26%		
3	Total	164	82%	36	18%		

Table no. 3 clearly shows that, 90% of government school going boys said yes for dairy products are responsible for building strong teeth and bones and 10% said no, whereas for private school going boys 74% said yes and 26% said no. The graphical representation has been shown in fig no. 3.



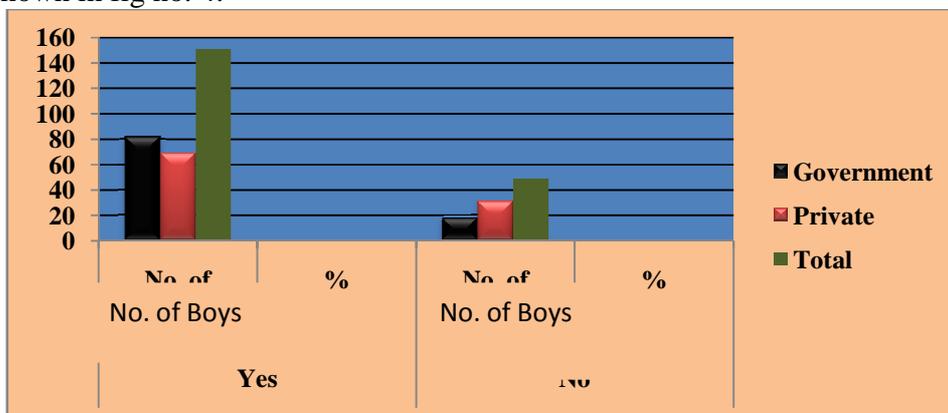
**Fig No. 3: Graphical representation for main function of dairy products is to build strong teeth and bones**

**Table No. 4: The main function of vegetables is protecting against infections**

S. No.	Category	Yes		No		df	T
		No. of Boys	%	No. of Boys	%		
1	Government	82	82%	18	18%	198	8.402*
2	Private	69	69%	31	31%		
3	Total	151	75.5%	49	24.5%		

Table no. 4 clearly shows that, 82% of government school going boys said yes for vegetables are responsible for protection against infections and 18% said no, whereas for

private school going boys 69% said yes and 31% said no. The graphical representation has been shown in fig no. 4.

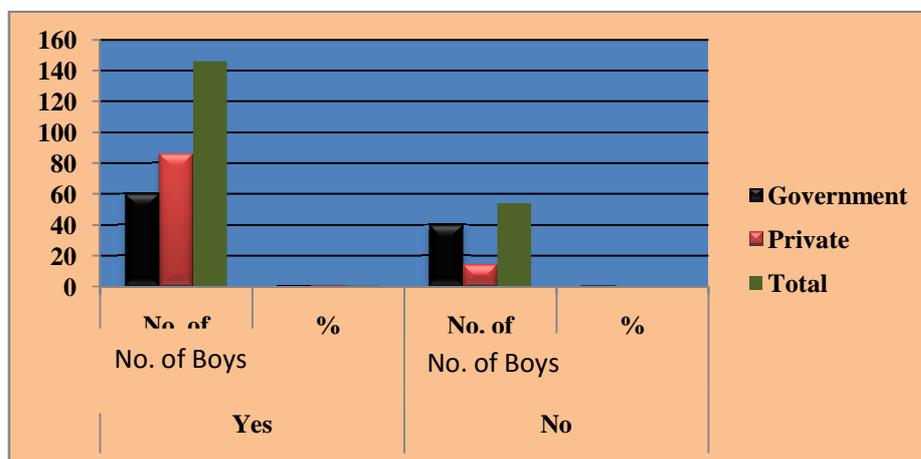


**Fig No. 4: Graphical representation of main function of vegetables is protecting against infections**

**Table No.5: Do you eat fruits every day**

S. No.	Category	Yes		No		Df	T
		No. of Boys	%	No. of Boys	%		
1	Government	60	60%	40	40%	198	4.127*
2	Private	86	86%	14	14%		
3	Total	146	73%	54	27%		

Table no. 5 clearly shows that, 60% of government school going boys said yes for eating fruits every day and 40% said no, whereas for private school going boys 86% said yes and 14% said no. The graphical representation has been shown in fig no. 5.



**Fig No. 5: Graphical representation for eating fruits every day**

### **Discussions and Conclusions:**

- The results shows that majority of the school going boys were aware regarding the nutrition knowledge
- A significant difference has been found in the nutrition knowledge of government and private school going boys of south west Delhi.
- The values also show that government school going boys were more aware than private school going boys.
- When asked about eating fruits daily government school boys were less in numbers as compared to private school going boys, the reason may be the economic status

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