

Assessment of Nutritional Status of B.Ed & D.El.Ed Students in Tripura

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Abstract

To know the current nutritional status of tribal students of Tripura, the present study was carried out on 110 male & female B.Ed & D.El.Ed students belonging to Tripura and falling in the age range of 18 to 35 years. Stature, body mass and BMI were taken to the standard procedure. Participants body mass was measured without shoes and with light clothing to the nearest 0.1 kg, using a digital weighing machine. Their stature was measured to the nearest 0.1 cm using a stadiometer. BMI were measured by weight (kg)/height (cm.) X height (cm). Body mass index was calculated by using the BMI charts for children. Data on anthropometry revealed that out of total tribal students screened (N=480), mean height and weight in all the age group was significantly increasing due to the amount of body fat changes with age. BMI of 18 to 35 years B.Ed & D.El.Ed students of Tripura was maximum fallen in healthy weight category due to shows within 18.5 to 24.9 range. The purpose of the study is to find out the current nutritional status of B.Ed & D.El.Ed students of Tripura.

KEYWORDS: Nutritional status, Body mass index, B.Ed & D.El.Ed Students.

Introduction

Nutritional status is the current body status of a person or a population group related to their state of nourishment (the consumption and utilization of nutrients). The nutritional status is determined by a complex interaction between internal/constitutional factors and external environmental factors: internal factors like age, sex, nutrition, behaviour, physical activity and diseases. External environmental factors like food safety, cultural, social and economic circumstances. Anthropometry is the measurement of body height, weight and proportions. It is an essential component of clinical examination of infants, children, adults and pregnant women. To know the current nutritional status of B.Ed & D.El.Ed students, the present study was carried out on 110 male & female B.Ed & D.El.Ed students belonging to Tripura and falling in the age range of 18 to 35 years. For the study researcher has applied nutritional assessment by Anthropometric methods that is Body mass index. The criteria used to interpret the meaning of the BMI number for children and teens are different from those used for adults. For children, teens and adults BMI age and sex specific percentiles are used for two reasons these are the amount of body fat changes with age and the amount of body fat differs between girls and boys. The purpose of the study is to find out the current nutritional status of tribal students of Tripura.

Objective of the study

- i. To find out the current nutritional status of B.Ed & D.El.Ed students of Tripura.

- ii. The study will assess the nutritional status of B.Ed & D.El.Ed students of Tripura.

Methodology

Selection of the Subjects

For the purpose of the study one hundred ten (N=110) male & female B.Ed & D.El.Ed students were selected from Bhavans Tripura Teacher Training College in Tripura. 80 subjects from B.Ed (male & female) & 30 subjects from D.El..Ed(male & female) and their aged range in between 18-35 years.

Selection of the Variables

Keeping in mind the feasibility criteria, availability of equipments and the purpose of the investigation the following variables were selected.

Nutritional status:

- a) Nutritional status was measured by Anthropometric methods of B.Ed & D.El.Ed students.
 - i. Height (cm.)
 - ii. Weight (kg.)
- b) The study was further delimited to the following indices to assess the nutritional status of B.Ed & D.El.Ed students of Tripura.
 - i. BMI (Body mass index).

Selection of Tools

Weighing machine, calculator and stadiometer were used for the study.

Collection of Data

The data of the study was collected by using following method:-

- i. Nutritional status was determined by BMI (Body mass index).

Procedure

The right BMI calculation requires getting the accurate height and weight measurements. Participants body weight was measured without shoes and with light clothing to the nearest 0.1 kg, using a digital weighing machine. Their stature or height was measured to the nearest 0.1 cm using a stadiometer.

Statistical Technique

For the purpose of the study to verify the current nutritional status of B.Ed & D.El.Ed students in Tripura, descriptive statistics and BMI (Body mass index) was employed.

Results and Discussion

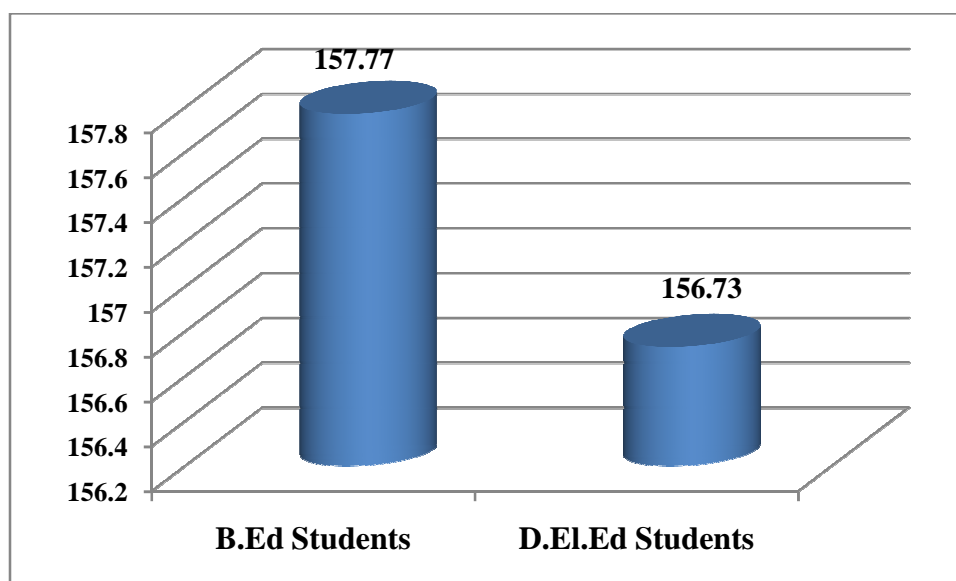
Table: I Mean values of nutritional status of B.Ed & D.El.Ed Students in Tripura

	Total no. of Students	B.Ed	D.El.Ed
		80	30
Height (cm.)	Mean	157.77	156.73
	SD	8.22	7.73
Weight (kg.)	Mean	56.47	58.16
	SD	10.15	10.61
BMI	Level	22.65	23.70

Table-I shows the mean and SD of Height from 18 to 35 years aged B.Ed students was 157.77 ± 8.22 & 18 to 35 years aged D.El.Ed students was 156.73 ± 7.73 .

The mean and SD of Weight from 18 to 35 years aged B.Ed students was 56.47 ± 10.15 , & 18 to 35 years aged D.El.Ed students was 58.16 ± 10.61 .

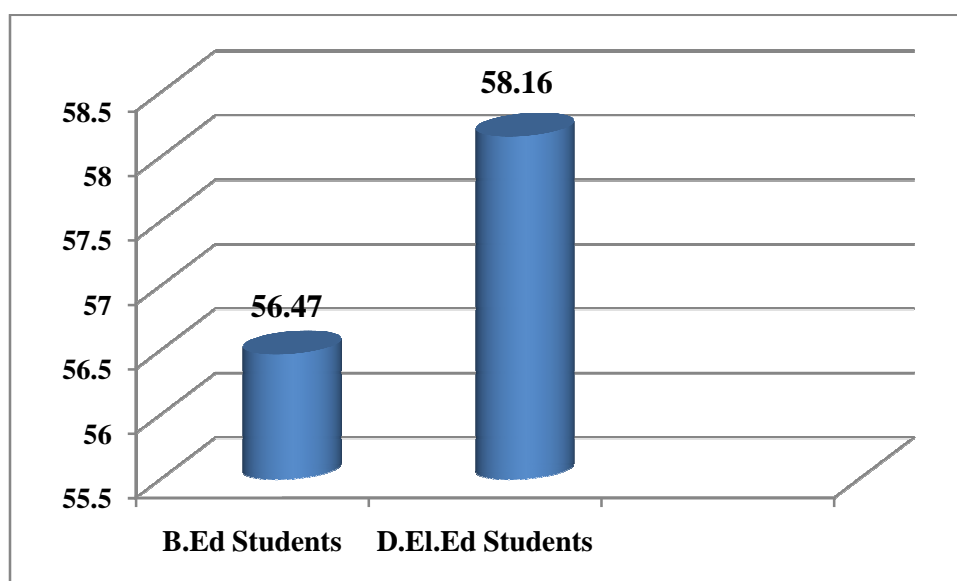
Fig- I Height of B.Ed and D.El.Ed students in Tripura



Source: Primary Survey, 2018-19

Fig-I Shows the mean value of height on B.Ed and D.El.Ed students of Tripura. The figure shows that the frequency of height was increasing due to their age and nutritional status etc.

Fig- II Weight of B.Ed and D.El.Ed students in Tripura



Source: Primary Survey, 2016-17

Fig-II Shows the mean value of weight on B.Ed and D.El.Ed students of Tripura. The figure was increasing frequently due to their age, physical exercise and nutrition etc.

Fig: III Body mass index of B.Ed and D.El.Ed students in Tripura

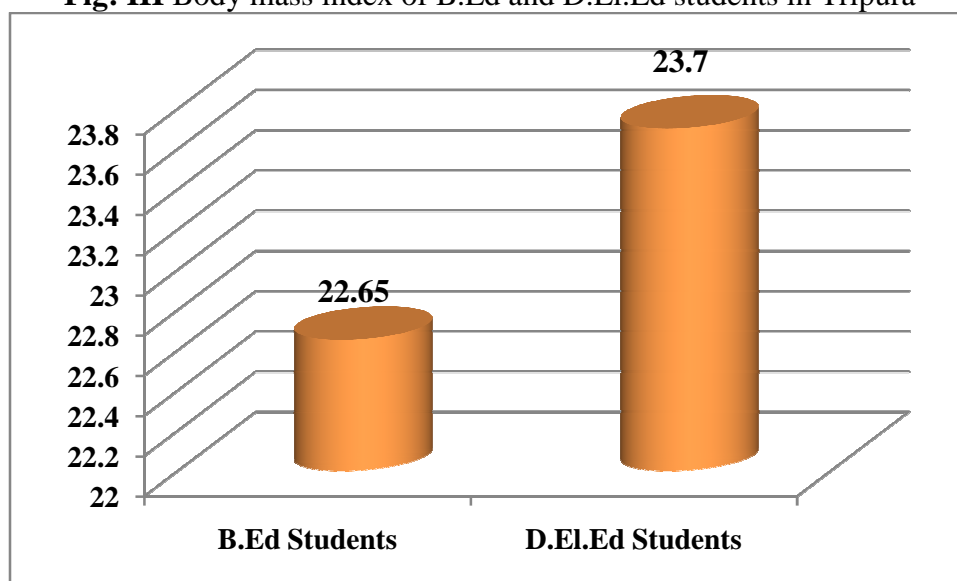


Fig-III Shows the body mass index of B.Ed and D.El.Ed students in Tripura. The figure was increasing frequently due to the amount of body fat changes with age, height, weight and nutrition etc. The level of BMI shows that all B.Ed and D.El.Ed students were laid down in healthy weight category due to shows within 18.5 to 24.9 range.

Conclusion

Base on the study we can conclude that the:

- Height that were increasing with their age.
- The weight also increasing due to the amount of body fat changes with age.

- BMI of B.Ed and D.El.Ed students of Tripura was placed in healthy weight category due to lay down within 18.5 to 24.9 range

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