

Impact of Education Intervention about Trans Fat Free Halawa on Urban Home Makers

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Abstract

Trans fat is specific type of fat formed when liquid oils are processed. Trans fat are found in foods made with or fried in partially hydrogenated oil. Trans fat affect our in body and increase LDL cholesterol level and decreases HDL cholesterol level. The training programme is an important tool for the awareness of trans fat and decrease the trans fat level in the body. Education given through method demonstration of preparation of trans fat halawa of beetroot, carrot, suji, pumpkin, gourd. Objectives were to study effect of educational programme about trans fat free halawa for home makers. Hundred urban home makers were selected from Amravati city by random sampling technique. System approach of training was applied to provide training to home makers. Dependent Variables were change in knowledge and practice about trans fat halawa. Assess the significant difference between before and after training "Z" test applied and it was found highly significant at 0.1 % level of probability for knowledge and practice. The means of knowledge (62.36%) of the training respondents after exposing them to training found to be much higher than the means of knowledge (32.54). We designed training programme based on the need of the home maker's results in gain in their knowledge and practices. They were found aware about Trans fat halawa and its importance in making the family healthy.

Introduction :

This education programme will be important means for bringing about awareness of homemakers. Trans fat are also very harmful to the health in spoiling your blood fat levels. Trans fat is a special type of fat formed when liquid oils are processed. The consumption of trans fats increase the risk of the risk of coronary heart disease by raising level of bad LDL cholesterol and lowering level of good HDL cholesterol. The ratio of LDL to HDL which determines your risk factors for heart disease the type 2 non insulin dependent diabetes mellitus. It is in this context, planning a study to educate home makers through training was thought as the need of the hour.

The objectives of the present study

- To study the personal, socio-economic characteristic of homemakers
- To assess the need of trans fat free halawa for homemakers
- To conduct the training programme effectively
- To study the effect of educational programme about trans fat free halawa for homemakers

Material & Methods

The present investigation was carried out in the Amravati district of Maharashtra state. The educational programme was conducted at Vrundavan Colony and Rukhmini Nagar, in Amravati City. Experimental research design was used. Experimental refers

to the part of research in which some variable are controlled some are manipulated and their effects on on other variables were observed. Before and after evaluation of the participants was done for knowing the change in knowledge and effect due to programme. Total 100 samples were randomly selected for study. The programme was launched between same times 3.15 to 6.00pm.

A teacher made knowledge scale was developed, tested and used to assess knowledge. This scale was administered before and after training to the respondents. Percent was computed for all the two dimension of adoption behaviour i.e. knowledge and practices

Course material: A set of leaflet containing information about preparation of various types of trans fat free halawa and awareness of trans fat was prepared as a supporting course material.

Result & Discussion

1Profile of Respondent

Table1- Distribution of home makers according to their socio personal characteristics

SN	Category	Number	Percentage(%)
1	Age(Yrs)		
	25 - 35(y)	10	10.00
	35 -55	54	54.00
	Above 55	36	36.00
2	Education		
	High school	32	32.00
	Higher secondary	48	48.00
	Graduate	20	20.00
	Post- Graduate	20	20.00
3	Income		
	Upto 15000	16	16.00
	15000 -30,000	34	34.00
	Above 30,000	50	50.00
4	Caste		
	OBC	58	58.00
	SC/ST	32	32.00
	open	14	14.00
5	Nutritional Status		
	BMI		
	18-24.5(Below)	14	14.00
	24.5-29.5(Normal)	64	64.00
	<29.5(obese)	22	22.00

Study of personal socio economic characteristics of urban women revealed that majority (54.00%) women were in age range of 35 to 55years had educated up to higher secondary. category,

Table 2: Distribution of respondents according low, middle high knowledge categories

SN	Particular of treatment	Low	Middle	High
1	Before exposure of educational programme	08 (8.000)	76 (76.00)	16 (16.00)
2	After exposure of educational programme	04 (04.00)	22 (22.00)	74 (74.00)

After Training programme, majority of urban homemakers (76.00%) were in medium knowledge level. Hence it is concluded that training was effective in providing knowledge about trans fat free halwa to urban homemakers. It was the evidence of success of trainer for creating effective learning environment and motivating the trainees for acquiring more knowledge.

Table3: Mean of knowledge before and after training

SN	Variable	Mean Score Before After	difference	“Z “test
1	Knowledge	42.36 52.36	10.00	5.88*

The mean of knowledge (52.36) of the trainee respondents after exposing them to training then the mean of knowledge (42.36) of the trainee respondents before imparting to them. The ‘t’ value with respect to knowledge (5.88) found to be significant at 0.05 level of probability.

Conclusion:

From the results emerged out of the present study investigator have to draw certain conclusions

- 1) Well designed educational programme based on the needs of the trainees results in gain in their knowledge, change in practices.
- 2) Urban women were also found aware about trans fat recipes and its importance in making family healthy.

Implications

The findings of the study that the training has created a significant impact in terms of change in knowledge in the urban homemakers. This study helpful about awareness of trans fat and their recipes.

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