Awareness on Nutrition Education and Health Status of Higher Secondary Students

Abstract
The present study was carried out to know the awareness on nutrition education and health status of higher secondary students. 300 Samples were used in the present study. Survey method was adopted and data were analyzed by using’ test and correlation. There is significant difference in the mean scores of awareness on nutrition education of higher secondary students with respect to gender and locality. There is significant difference in the mean scores of awareness on health status of higher secondary students with respect to gender and locality. There is significant relation in the mean scores of awareness on nutrition education and health status of higher secondary students with respect to gender and locality.

Key Words: Nutrition Education, Health status, Awareness, Environment, Hygiene.

1 Introduction
Education is the total development of the personality. In this sense, education consists of all those experiences which affect the individual from birth till death. Thus education is a lifelong process of growth and development. Health is generally recognized as a major objective of education. To achieve and maintain good health, people must have basic knowledge about the human body and how it functions. Learning about health should be a part of education. Nutrition education is a process that bridges the gap between health information and health practices. Nutrition education motivates the person to take the information and do something with it to keep himself hear their by avoiding actions that are harmful and by forming habits that are herbicidal.
2 Importance of Food For Sound Health

All kinds of happiness, the best happiness is good health i.e freedom from any worries about one’s body or diseases. Health is the right of the individual. All developments require a healthy body and mind. Food is one of the most important items, which affect the health of the individual and therefore that of the nation. While pure wholesome food promotes and preserves health, impure or contaminated food causes ill health disease and even death. Hence the first lesson in Nutrition Education to school children should be choice of proper food maintain health to lead a happy life.

For adequate maintenance of good health, it is necessary to supply all the nutrients in the proper amounts and proportions in our diet. Nutrients are defined as the constitutions of food which help us to maintain our body functions, to grow and to protect. The human body depends upon different quantities of the various types functioning. So if one takes only particular type of food. The growth and development of all the aspects of his body are not possible. So it is essential to take the requisite amount of each type of food. The combination of various types of foods in their appropriate, proportion is known as balanced diet.

3 Significance of the Study

Health cannot be distributed, given, but has to be actively acquired or won. It has been the objectives of many developing countries. Health is a key to education, success good citizenship and happy life. So being good health is very necessary for all especially students.

Nutrition education provide information about nutrients, which help us to maintain our body, proportion of required food, malnutrition etc. Natural foods have more nutritive value. Each and every fruits and vegetables have specific nutritive value. But Now – a – days adolescent people are more easily attracted to or otherwise addicted to colorful and attractively flavored food like fast foods, soft drinks and ice creams which contain a lot of preservatives, coloring material and flavoring agents. Most of the children even consider this as a symbol and flavoring agent. But once harmful chemicals enter into human body, they slowly affect our health. To cope with the tremendous responsibility in effectively discharging the onerous duties, students must be physically fit and mentally alert. In this study carried out to check weather, the young generation or Aware of Nutrition Education and Health status or not. If they are lack it Nutrition Awareness should be given which can make them Aware of Health status. Hence the investigation selected the problem of Awareness on Nutrition Education and Health Status of Higher Secondary students.

4 objectives

➢ To find out the significant difference between nutrition education and health status of higher secondary school students with reference to gender and locality.
➢ To find out the relationship between nutrition education and health status of higher secondary school students.
5 Hypotheses

- There is no significant difference in the mean scores of nutrition education and health status of higher secondary students with reference to gender and locality.
- There is no significant relationship between the nutrition education and health status of higher secondary students.

6 Method

The investigator had limited to apply the survey method for the collection of data.

7 Sample

In the present study, the investigation has selected a sample of 300 students randomly from 10 higher secondary schools.

8 Statistical Techniques Used

- mean,
- standard deviation
- ‘t’ test
- Karl person’s correlation.

H-1 There is no significant difference between the mean scores of Awareness on Nutrition Education of Higher Secondary Students with respect to gender.

Table 1: Difference between the mean scores of awareness on nutrition education of higher secondary students with respect to gender

<table>
<thead>
<tr>
<th>Sex</th>
<th>Number</th>
<th>Mean</th>
<th>SD</th>
<th>C.R. Value</th>
<th>Remarks at 0.05 level</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>94</td>
<td>82.4468</td>
<td>7.4457</td>
<td>10.6356</td>
<td>Sig.</td>
</tr>
<tr>
<td>Female</td>
<td>206</td>
<td>68.8689</td>
<td>14.6373</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

From the above table reveals that the calculated C.R value (10.6356) is greater than the table value (1.96). Hence the null hypothesis “There is no significant difference between the mean scores of Awareness on Nutrition Education of Higher Secondary Students with respect to Gender” is rejected.

H-2 There is no significant difference between the mean scores of Awareness on Nutrition Education of Higher Secondary Students with respect to locality.
Table 2: Difference between the mean scores of awareness on nutrition education of higher secondary students with respect to locality

<table>
<thead>
<tr>
<th>Locality</th>
<th>Number</th>
<th>Mean</th>
<th>SD</th>
<th>C.R. Value</th>
<th>Remarks at 0.05 level</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rural</td>
<td>262</td>
<td>71.5573</td>
<td>14.4151</td>
<td>8.7607</td>
<td>Sig.</td>
</tr>
<tr>
<td>Urban</td>
<td>38</td>
<td>83.9211</td>
<td>6.7488</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

From the above table reveals that the calculated C.R value (8.7607) is greater than the table value (1.96). Hence the null hypothesis, “There is no significant difference between the mean scores of Awareness on Nutrition Education of Higher Secondary students with respect to locality” is rejected.

H-3 There is no significant difference between the mean scores of Awareness on health status of Higher Secondary Students with respect to Gender.

Table 3: Difference between the mean scores of awareness on health status of higher secondary students with respect to gender

<table>
<thead>
<tr>
<th>Sex</th>
<th>Number</th>
<th>Mean</th>
<th>SD</th>
<th>C.R. Value</th>
<th>Remarks at 0.05 level</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>94</td>
<td>90.4149</td>
<td>5.0157</td>
<td>6.1961</td>
<td>Sig.</td>
</tr>
<tr>
<td>Female</td>
<td>206</td>
<td>86.1456</td>
<td>6.5321</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

From the above table reveals that the calculated CR value (6.1961) is greater than the table value (1.96). Hence the null hypothesis, “There is no significant difference in the mean scores of Awareness on Health Status of Higher Secondary Students with respect to Gender” is rejected.

H-4 There is no significant difference between the mean scores of Awareness on Health Status of Higher Secondary Students with respect to locality.

Table 4: Difference between the mean scores of awareness on health status of higher secondary students with respect to locality

<table>
<thead>
<tr>
<th>Locality</th>
<th>Number</th>
<th>Mean</th>
<th>SD</th>
<th>C.R. Value</th>
<th>Remarks at 0.05 level</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rural</td>
<td>262</td>
<td>87.0802</td>
<td>6.4800</td>
<td>3.4561</td>
<td>Sig.</td>
</tr>
<tr>
<td>Urban</td>
<td>38</td>
<td>90.2632</td>
<td>5.1129</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
From the above table show that the calculated C.R. value (3.4561) is greater than the table value (1.96). Hence the null hypothesis, “There is no significant difference between the mean scores of Awareness on Health Status of Higher Secondary Students with respect to Locality” is rejected.

9 Relational Analysis

H-5 There is no significant relationship between Awareness on Nutrition Education and Health Status of Higher Secondary Students with respect to Gender.

<table>
<thead>
<tr>
<th>Category</th>
<th>Number</th>
<th>df</th>
<th>‘r’ value</th>
<th>Remarks at 0.05 level</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>94</td>
<td>92</td>
<td>0.5001</td>
<td>0.2030 (Calc.) Sig.</td>
</tr>
<tr>
<td>Female</td>
<td>206</td>
<td>204</td>
<td>0.5605</td>
<td>0.1370 (Calc.) Sig.</td>
</tr>
</tbody>
</table>

From the above table reveals that the calculated ‘r’ values (0.5001, 0.5605) are greater than the table value. Hence the null hypothesis, “There is no significant relationship between Awareness on Nutrition Education and Health Status of Higher Secondary Students with respect Gender” is rejected.

H-6 There is no significant relationship between Awareness on Nutrition Education and Health Status of Higher Secondary Students with respect to Locality.

<table>
<thead>
<tr>
<th>Category</th>
<th>Number</th>
<th>df</th>
<th>‘r’ value</th>
<th>Remarks at 0.05 level</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rural</td>
<td>262</td>
<td>260</td>
<td>0.6019</td>
<td>0.1230 (Calc.) Sig.</td>
</tr>
<tr>
<td>Urban</td>
<td>38</td>
<td>36</td>
<td>0.3819</td>
<td>0.3210 (Calc.) Sig.</td>
</tr>
</tbody>
</table>

From the above Table shows that the calculated ‘r’ values (0.6019, 0.3819) are greater than the table values (0.1230, 0.3210). Hence the null hypothesis, “There is no significant relationship between the Awareness on Nutrition Education and Health Status of Higher Secondary Students with respect to Locality” is rejected.
10 Findings

- Based on Male and Female students are significantly differ in the mean scores of Awareness on Nutrition Education and Health status of Higher Secondary Students.
- Based on Rural and Urban Students are significantly differ in the mean scores of Awareness on Nutrition Education and Health status of Higher Secondary Schools.
- Based on Male and Female Students are significant relationship between the Awareness on Nutrition Education and Health Status of Higher Secondary Students.
- Based on Rural and Urban Students are significant relationship between the Awareness on Nutrition Education and Health Status of Higher Secondary Schools.

11 Discussions

Male and Female Students are significantly differ in the mean scores of Awareness on Nutrition Education and Health Status of Higher Secondary Students. In the present study the mean scores of Nutrition Education and Health status. An awareness scale value of Male students (82.4468) is greater than that of female students (68.8689).

There is some considerable Gender – specific differences in many areas of Nutrition. Several of them emerge in childhood or adolescence. Boys have higher Awareness and better knowledge of Nutrition than girls. This may be due to the fact that the male students have more exposure to Media, Health and Hygiene Programmes, Nutritional Magazines and dietary maintenance. Boys control their weight through exercises and proper diet. But dieting, fasting and much more concentration on studies are common in girls. This may be the reason for the significant difference between the Male and Female higher secondary students in their Awareness of Nutrition Education and Health Status.

Based on Rural and Urban students are significantly differ in the mean scores of Awareness on Nutrition Education and Health Status of higher secondary students. In this present study the mean scores of Nutrition Education and Health status Awareness of Urban Students (83.9211) is greater than that of rural students (71.5573).This may be due to the fact that the urban students seem to have more exposure and knowledge on Nutrition Education than rural students. More over the urban students have many opportunities to acquire knowledge about Nutrition, Health and Hygiene through mass media and different activities like seminars, discussions and exhibitions while these facilities are less available for students in rural schools.
12 Recommendations

The investigator makes the following recommendations in order to disseminate information and knowledge about Nutrition Education and health status among students.

1. The curriculum should be revised and updated with latest topics about Nutrients.
2. The schools may conduct seminars, group discussions, debates and essay competition on Need of Nutrients and importance of sound health.
3. Co-curricular and extracurricular activities should be encouraged to promote the health status of students.
4. Effective, audio visual aids can be used in propagating new ideas to improve the Awareness on Nutrition Education.
5. Various magazines and news papers which carry interesting and useful articles, stories, poems and advertisements related to health and prevention of deficiency disease could be provided.
6. The mass media available may be properly utilized to create a better knowledge about health and Nutrition Education.
7. Science clubs can conduct lectures on deficiency diseases and importance of Nutrients.
8. Special camps should be organized in rural and urban areas for developing awareness on Nutrition and importance of sound health.

13 Conclusion

Of all kinds of happiness, the best happiness is good health i.e. freedom from any worries about one’s body or diseases. Health is generally recognizes as a major objective of education. Today’s schools seek to develop the kind of educated person who understands the basic facts about health and disease, protects and promotes his own health of the community. A sound mind in a sound body is a dictum. It is thus clear that without proper health and hygiene there cannot be a proper frame of mind. To achieve and maintain good health, people must have basic knowledge about the human body and how it functions. Therefore learning about health should be a part of education.

14 References

2. Journal of food safety, Vol.1