

Periodic Research

Nutrition Related Knowledge of Adolescent Girls (14-20 Yrs.) of A Slum Community of Kanpur Nagar

Abstract

There are nearly one billion adolescent in the world accounting for 20-25% of the total population in the developing country. Adolescence is the rapid of growth and maturation of multiple organ systems including rapid and transformative physical change of puberty. This investigation was carried out to study the nutrition related knowledge of adolescent girls (14-20yrs) Laxmipurwa and Bholapurwa of slum community in Kanpur Nagar. The seventy five adolescent girls were included in the sample of study by proportionate random sample method. Data were collected by the investigator through interview technique with the help of structured schedule. The finding of investigation indicate that the majority of adolescent girls respondents were taking less diet than adults (86.66%). Thirty two per cent (N=24) respondents were taken proper diet. Only 26.66 per cent (N=20) respondents have knowledge about nutrients and micro nutrients 2.66 per cent (N=02). Minimum Twenty per cent (N=15) respondents have knowledge above vitamins. That indicate that majority of adolescent girls have no knowledge about nutrients (Protein, CHO, Fat etc.) and micro nutrients (iron, iodine, vitamins, mineral etc) and may cause harm in adolescent age. There is a high prevalence of under nutrition among adolescent girls in this slum area. Health education and nutrition interventions are needed on priority basis.

Keywords: Nutrients, Adolescent Girls, Nutrition, Slum Area.

Introduction

Adolescence is derived from the Latin word 'Adolescere'. Meaning "To grow, to mature". Adolescence has been defined by the World Health Organization as the period of life spanning the ages between 10 to 19 years. There is some variation in the age definition for adolescents who are often defined as those having the age of 10-19 years. Currently the adolescents are classified into three group:

1. The early adolescents having the age of 10 to 13 years.
2. The middle adolescents with the age of 14 to 16 years and
3. The late adolescents of the age of 17 to 19 years.

The classification is based on biological psychological and developmental basis. Adolescents constitute over 21.4 % the population in India and girls constitute about 10 Per cent of Indian population. This age group needs special attention because of turmoil of adolescence which they face due to the different stages of development that they undergo different circumstances that they come across, their different needs and diverse problems.

Nutritional status of adolescent girls is influenced by their dietary intake, morbidities, working status, dietary practices and nutrition related knowledge. The period of adolescence comprises nearly half of the growing period. Beside the obvious changes in physical size and shape associated with adolescent growth and the onset of puberty, there are social and psychological changes that are equally transformative and magnitude with the profound growth, comes increased demand for nutrients like proteins, energy vitamin and minerals.

Adolescence is a time when the body prepares itself for the nutritional demands of pregnancy, lection, and heavy workloads that girls will soon experience.

The urban slum adolescent girl is subjected to more physical and mental challenges on a day by day basis due to ever increasing pressure of modernization as compared to the rural setup.

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Objective of the Study

- To study the Socio demographic profile of the respondents.
- To assess the nutritional Knowledge of adolescent girls residing in an urban slum Kanpur Nagar.

Methodology

The present study was conducted in Kanpur Nagar district of Uttar Pradesh in India. The study was done on seventy five adolescent girls (14 to 20 years) of Laxmipurwa and Bholapurwa of slum community of Kanpur Nagar.

Girls (14 to 20 years) of age were covered in the study availability of adolescent girls were ascertained through household enumeration survey. The seventy five adolescent girls were included in the sample of study. The study was conducted on well prepared schedule which was divided into two section, i.e. general information, information regarding health and nutrition status and diet survey. The collected data was analyzed in percentage and average.

Results and Discussion

The data with respect to various personal socioeconomic characteristic of the respondents have been studied and furnished in table 1-

Table 1

Soico Demographic Profile of the Adolescent Girls N=75

S. No.	Socio Demographic Profile	Frequency N=75	Percentage
1.	Age- 14 to 19		
	Middle adolescence	27	36.00
	Late adolescence	48	64.00
	Total	75	100.00
2.	Education		
	Illiterate	04	05.33
	6 th Class	13	17.33
	10 th Class	31	41.34
	12 th Class	19	25.34
	Graduate	08	10.66
	Total	75	100
3.	Current Status		
	Working	14	18.66
	Student	42	56.00
	House hold work	19	25.34
	Total	75	100
4.	Marital Status		
	Un married	61	81.34
	Married	14	18.66
	Total	75	100
5.	Caste		
	Upper caste	16	21.33
	Back ward caste	21	28.00
	Schedule Caste	38	56.67
	Total	75	100
6.	Religion		
	Hindu	58	77.33
	Muslim	12	16.00
	Other	05	06.67
	Total	75	100
7.	Type of Family		
	Nuclear Family	53	70.66
	Joint family	22	29.34
	Total	75	100

Table - 1 Socio demographic Profile of the adolescent girl revealed that majority of sixty four per cent (N=48) girls belonged to late adolescent that is above 16 years.

Among the seventy five girls 5.33 per cent (N=04) were found to be illiterate around 17.33 per cent (N=13) 6th Class passed, and 41.34 per cent (N=31) of them had High School education only 10.66 per cent (N=08) girls studied graduate with regard current status majority of fifty six per cent (N=42) of the respondents adolescent girls were students 25.34 per cent (N=19) were engaged house hold activities and 18.66 per cent (N=40) of them working.

Distribution of the respondents according to religion showed that the majority of them were Hindu (77.33%) (N=58) and only sixteen per cent (N=12) Muslim and other religion (06.67%, N=05). Maximum 56.67 per cent (N=38) greater proportion of schedule caste, Twenty eight per cent (N=21) back word caste. Majority of adolescent girls respondents 70.66 per cent (N=53) belonged to nuclear family and 29.34 per cent (N=22) joint family.

Majority of respondents were unmarried (81.34%) N=61 and only 18.66 per cent (N=14) married.

Table 2

Information Regarding Nutrition

Sr. No.	Information about nutrition	Frequency N=75*	Percentage
1.	Nutrition education in School	18	24.00
2.	Proper intake of food	24	32.00
3.	Proper intake of milk group	10	13.33
4.	Proper intake of fruits & vegetables	13	17.33
5.	Proper intake of pluses	28	37.33
6.	Knowledge about nutrients	20	26.66
7.	Knowledge about micronutrients	02	02.66
8.	Knowledge about food group	05	06.66
9.	Knowledge about vitamins	15	20.00
10.	Diet should be less than adults	65	86.66

*Multiple responses

The data presented in table 2 indicate Majority of respondents 86.66 per cent (N=65) of them obtained that their diet should be less than adult mostly adolescent girls respondents 37.33 per cent (N=28) intake pluses daily in their food, because the pluses available in easy sources thirty two per cent (N=24) respondents were taken proper food in their diet and take fruit & vegetable daily 17.33 per cent (N=13). This is may be because fruits are expensive and the respondents are their families do not have adequate knowledge about the importance of consuming fruits. Only 26.66 per cent (N=20) respondents were aware about nutrients like protein, fat, carbohydrate, vitamins, minerals etc.

Twenty four per cent (N=18) adolescent girls respondents were told that taught about nutrition education in school. Only Twenty per cents (N=15)

respondents were aware about vitamins like A, B, C, D and E.

Minimum 13.33 per cent (N=13) respondents take milk daily for health they have no knowledge about milk nutrients, which are essential for proper growth and development only 6.66 per cent (N=05) respondents were knowledge about food group and only 02.66 per cent (N=02) adolescents girls respondents were aware for micronutrients. They have no knowledge about milk group, fruit and vegetable group.

Conclusion

In the present study which was conducted in on urban slum Kanpur Nagar. It is concluded that majority of adolescent girls have less knowledge nutrition and dietary intake. They have no knowledge about nutrients and micronutrients. There is high prevalence of under nutrition among adolescence girls in the slum community. The nutrition education must be imparted to these adolescents to improve their nutritional status.

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