To Observe the Meal Pattern among Adolescents of Different Socio-Economic Group

Abstract

According to WHO, individuals between 10 and 19 years are considered adolescents the period of transition from childhood to adulthood is called adolescent with accelerated physical, biochemical and emotional development. There are many physical and mental changes which result due to the influence of hormones. It is during this period that the final growth spurt occurs with an increase in height and weight. In adolescent 22% of body fat is required to maintain regular ovulation with the profound growth of adolescent, there is increased demands for energy, proteins, mineral and vitamins.

Obesity is due to positive energy balance, the intake of calories is more than the expenditure of energy.

The objective was to observe the meal pattern among adolescent of the different socio-economic group.

Keywords: Obesity, Socio-Economic Group.

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Introduction

Adolescence marks a major shift from protected parental care to move into adult life pattern. During this transition they try to build self identity. Adolescent often feels uncomfortable with the rapidly changing bodies. Adolescent obesity is a complex condition that results from an imbalance between energy intake and utilization. In adolescence age the energy requirement is increased, this stimulates the hunger sensation and desire to eat any kind of food.

This condition helps to change food habits which facilitate the adolescence to take high calorie refined food substance, this kind of food help in fat deposition tendency in the body and ultimately develop obesity.

There is a clear inverse relationship between socio-economic status and obesity K Park with increasing purchasing power and abundance of food. People tend to eat more; intake is more when people are offered the variety of foods than when a single food is available. Eating out has become fashionable leading to an increased consumption of junk food which is rich in calorie and short on essential nutrients. The ready availability and preference for high fat & fast food also contribute to obesity.

Objectives of the Study

To observe the meal pattern among adolescent of the different socio-economic group.

Materials & Method

Selection of Subjects

The study was undertaken to observe the meal pattern among adolescent of the different socio-economic group. A sample of 100 adolescent (indicating both boys & girls) aged between 13-17 years were selected by purposing sampling method from high & low-income groups student from Bhopal city.

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Data Collection

The age of adolescent between the age group of 13-17 years was ascertained by questioning them age in completed years was taken for analysis.

The researcher will collect data from different schools, to asses prevalence of obesity in school going adolescents. The researcher will screen them with the help of BMI and Anthropometric measurements.

Here data will be collected from sample units on the basis of

1. Anthropometric measurements.
2. BMI

3. 24 hours recall method

Classification on the basis of variables

Independent

Age, Sex, Socio economic conditions
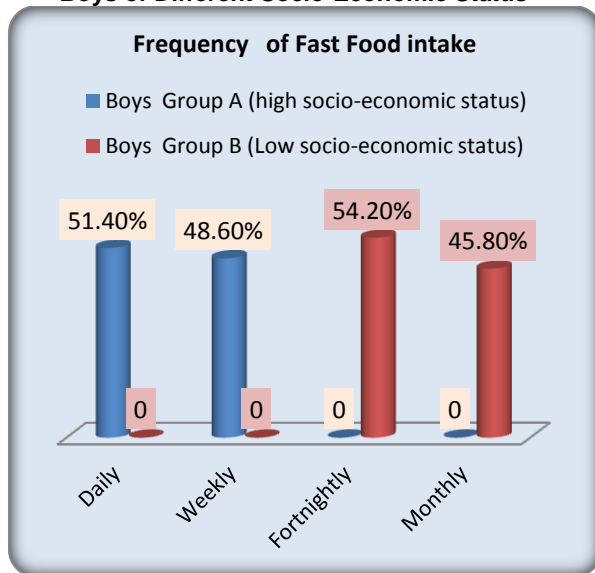
Dependent

Height, Weight, Food habit

**Results**

Number of Meals Taken By Adolescents

Selected Schools	No. of Meals
Group A	4-5
Group B	2-3

As we know group A belongs to the high socio-economic group, the no. Of meals per day taken by same is high. Group B adolescent take 2-3 meals per day.
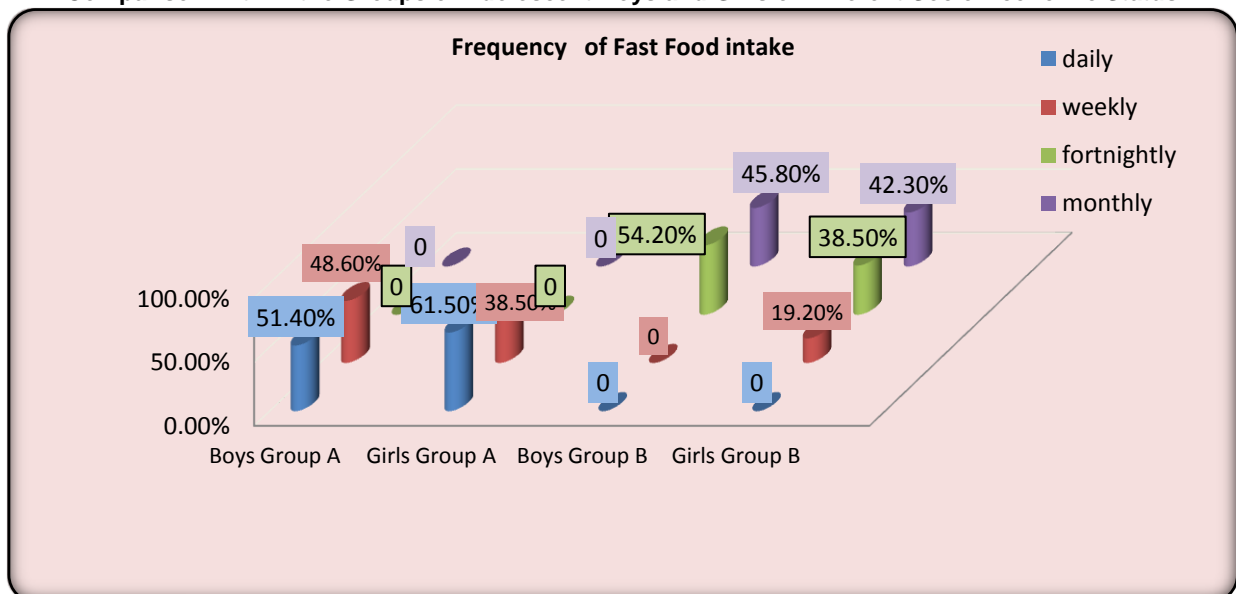
Comparison between the Groups of Adolescent Boys of Different Socio-Economic Status
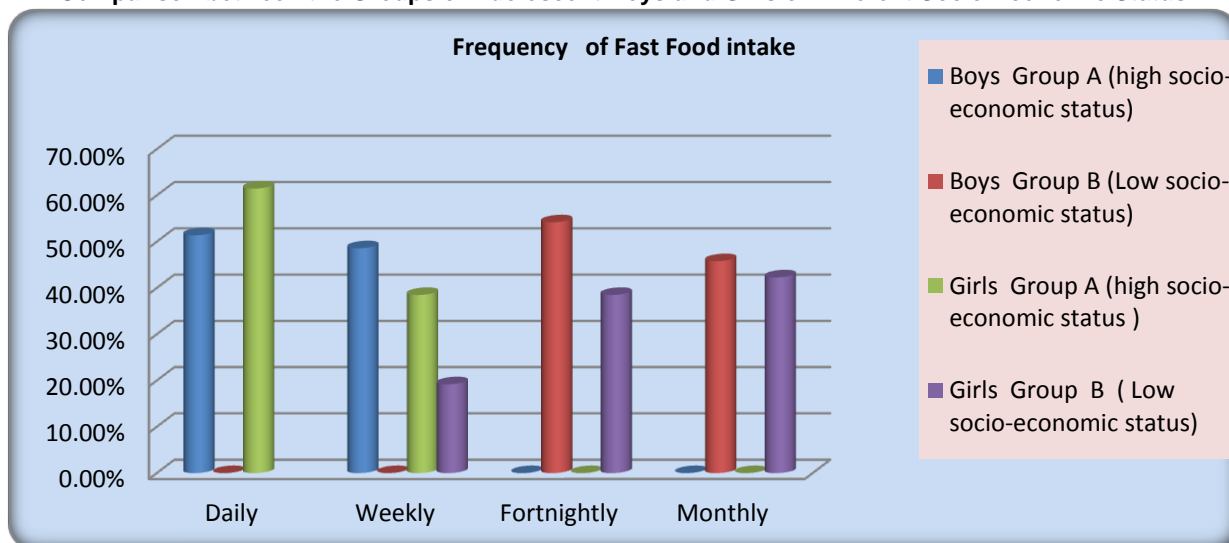

Comparison between the Groups of Adolescent Girls of Different Socio-Economic Status
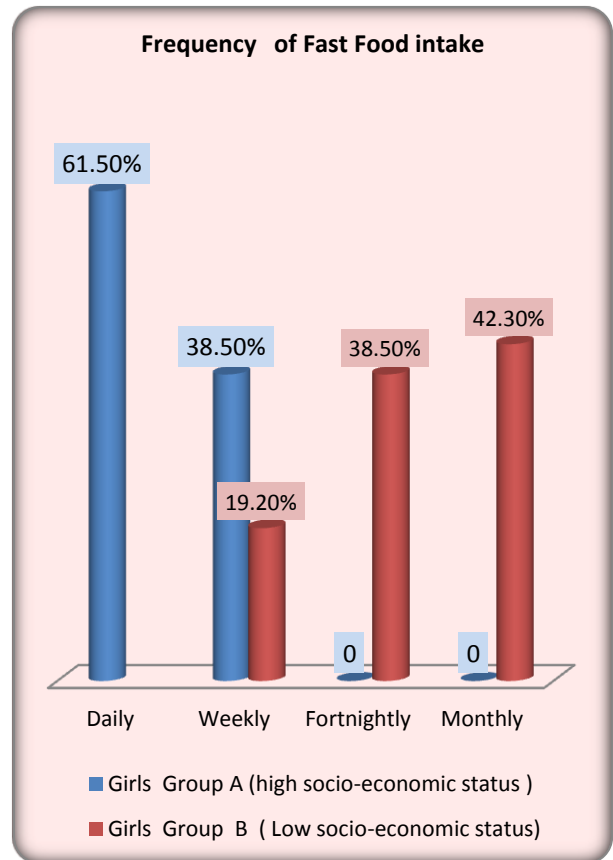
Comparison With in the Groups of Adolescent Boys and Girls of Different Socio-Economic Status

Comparison between the Groups of Adolescent Boys and Girls of Different Socio-Economic Status

The above figures shows that the frequency of fast food consumed by the boys (51.4 %) and girls (61.5 %) from Group A which is very high and they are taking fast food on daily basis. 48.6 % boys and 38.5 % girls of same group are taking fast food weekly whereas adolescents from Group B which belongs to low socio-economic status consume (54.2 % boys and 19.2 % girls) are taking fortnightly or (45.8 % boys and 42.3 % girls) monthly basis hence their consumption of fast food is less than that of high economic group

Fast Food

Fast Foods like Pizza, Burger, Noodles, Pastries, and Cream Rolls are prepared by refined flour. These are high calorie food and are not easily digested. These foods are very popular in adolescent children.

Summary and Conclusions

As it is mentioned above this research work was conducted in two schools which were belonging to different socio-economic groups. In this study, obesity was assessed in adolescent, so it is necessary that obesity problem should be observed in all the economic groups (low socio-economic group, middle-income group, upper middle class, and high class) were included. It is observed that the obesity problem is basically found in upper middle-class and high-class society and it is obvious because they have only more than sufficient means to purchase all types of foods or we can say they have abundant food. These types of families have servants/maids in their house. They have vehicles also; children go to school by Bus/Van/Auto etc. It means they have less physical activity.

1. Obesity was found among adolescents who belong to high socio economic group.
2. 51.4 % obese boys and 61.5 % obese girls take fast food daily.
3. 62.2 % obese boys and 69 % girls take sweets daily.
4. Adolescents of low socio economic group are in normal and underweight category.

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