

Study On Acquaintance Regarding Therapeutic Diets Among Adolescent Girls

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Abstract

Therapeutic diets are normal diets which is modified according to the requirements of the body in order to regain the normal functioning of the body. The present cross sectional study was carried out in college going hundred adolescent normal girls selected by purposive random sampling method. Data was collected by interview cum questionnaire method. The study reveals that girls take interest in nutrition related news either that is in form of print –electronic media or by traditional knowledge, prevalent in their homes and also try to mull over them because it helps in various nutrition related health disorders. The importance of therapeutic diet is understood by them, that diet plays a vital role for a healthy lifestyle.

Keywords: Therapeutic diets, Nutrition, Health disorders.

Introduction

The adolescent age is a period of transition from childhood to adulthood, accelerating internal and external changes. This period affects the girls physically, socially, and mentally as well as their life style. They start doing experimentation with their diet pattern and life style, sometimes in ensuing there is imbalance of nutrients in their body which produces various signs and symptoms of health disorders. Diet is a vital determinant of health status, so the food which we consume should be in balanced form to give proper nutrition. Therapeutic diets are concerned with the nutritional requirements of patients suffering from disease and prescribing the right type of diet for them. Diet is modified in different ways to suit the patients' needs, nature of illness, modification in cooking methods etc. Although it varies according to availability of local foods and local practices, religion, age, sex etc. In our community there are some old traditional beliefs which are common to cure the health disorders, and are transmitted to generation to generation but now it is a demand of time to give proper knowledge of therapeutic nutrition to adolescent girls as they are the future's health maker of society.

Methodology The present cross sectional study was carried out on college going, graduation previous year adolescent's female students residing in hostel. Only hundred normal students were selected by purposive random sampling method. Data collection was done by a prepared schedule for collecting uniform information. The schedule was divided in two parts, first part comprises general information while second part includes specific questions relevant to the topic. Each question in the schedule was pre-loaded and data collected was coded and comprehensive master chart was prepared.

Result and Discussion

The present study was undertaken to investigate about the knowledge regarding therapeutic diets among adolescent girls. The present study reveals that 70% of girls belong to nuclear families, 55% of total respondents were vegetarians, 60% of respondents do not do any type of exercise, 73% of respondents know about therapeutic nutrition, however 75% of girls take interest in nutrition related news. (Table 1, Fig. 1) 72% of respondents do not consume a balanced diet but all the respondents know the importance of balanced diets, hence 90% of them try to take a balanced diet. 55% of the respondents include that food material also in their diet which is disliked by them because that is good for health. 75% of the respondents change their diet in disease condition and 80% of respondents said that change in diet helped them to cure the diseases, 90% of girls

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were aware of some food material present in their kitchen that are helpful in curing diseases. 55%respondent add fiber rich food in their diet ,57% respondents know that low calorie , low fat diet is used in obesity (Table 2, Fig. 2) 50% of respondent know about the correct type of diet used in cardiovascular disease and same number of girls, know that in underweight condition a moderate fat ,high protein high calorie diet is used. (Table 3, Fig. 3) 50% of respondents know that high fiber diet is used in constipation (Table 4) while 60% of girls know that soft diet is used in diarrhea (Table 5).

Table - 1
Distribution of respondents on the basis of their interest in nutrition related news

Interest in nutrition related news	Frequency	Percentage (%)
Yes	15	75
No	25	75
Total	100	100

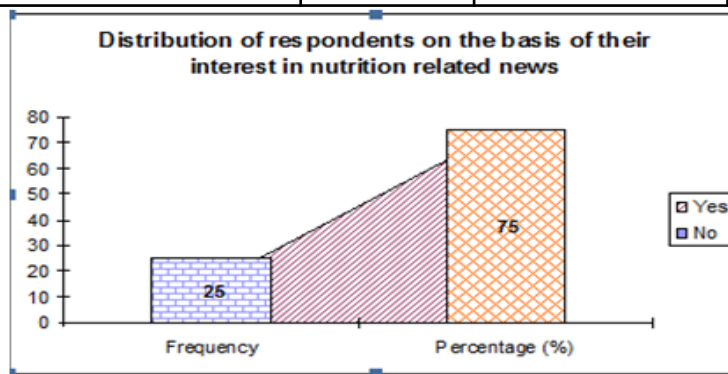


Fig. 1

Table - 2
Distribution of respondents on the basis of knowledge regarding diet used in obesity

Type of diet	Frequency	Percentage (%)
Low calorie, low fat	57	57
High calorie, high fat	0	0
Nil	43	43
Total	100	100

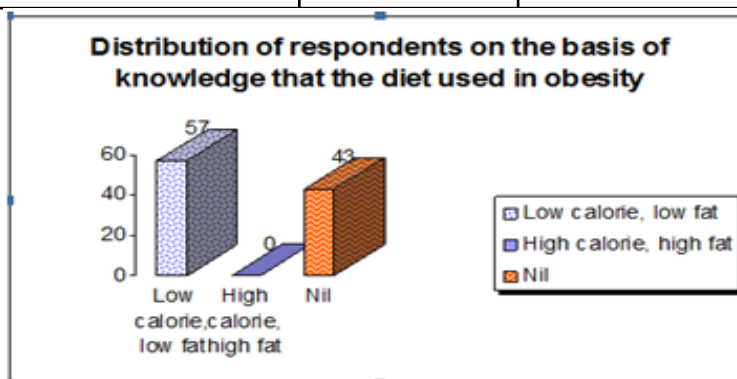


Fig. 2

Table -3
Distribution of Respondents on the basis of knowledge Regarding the diet used in underweight condition

Type of Diet	Frequency	Percentage (%)
High fat, High protein, High calorie	45	45
Moderate fat, High protein, High calorie	50	50
Nil	5	5
Total	100	100

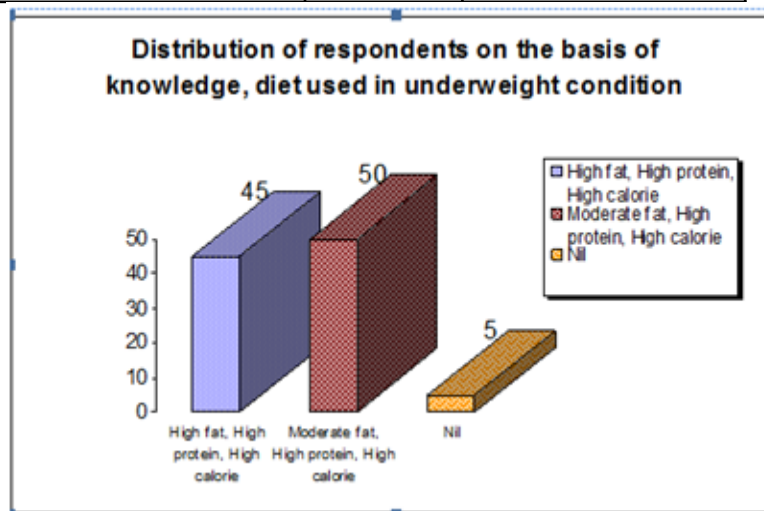


Fig. 3

Table -4

Distribution of respondents on the basis of knowledge regarding diet used in constipation

Type of diet	Frequency	Percentage (%)
Low fiber, high fat	10	10
High fiber, low fat	50	50
Nil	40	40
Total	100	100

Table -5

Distribution of respondents on the basis of knowledge regarding diet is used in diarrhea

Type of diet	Frequency	Percentage (%)
Soft diet	60	60
Normal diet	8	8
Nil	32	32
Total	100	100

Objective of the Study

The objective of the study was to elicit the interest regarding therapeutic diet and to know the knowledge regarding therapeutic diets used in some diseases.

Conclusion

The study reveals that girls have good knowledge regarding therapeutic diets. It was found that most girls take interest in nutrition related news and also consider them good because it helps them very much in various health disorders. The result achieved in this study may not give a real picture of society since the target group persons were with higher degree of awareness ,however it is an important fact that the adolescent girls today are concerned very much about there food that they consume ,as well as therapeutic diets .

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