

A Study on the Nutritional Status of Adolescent Girls (16-19 Yrs) in Ranchi, Jharkhand

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Abstract: *In human growth and maturation, adolescence period is significant. Adolescence is a unique intervention point in the life-cycle for a number of reasons. Early adolescence after the first year of life is the second critical period of rapid physical growth and changes in body composition, physiology, and endocrine. Rapid growth and changes heighten their nutritional requirements and risks of under nutrition. The aim of present investigation is to analyze the dietary pattern of adolescent girl in age group of 16-19 years. It was tried to analyze the socio-economic factors like age, education, type of family and academic performance as general in profile of the selected respondents in section 1 and in section 2, nutritional assessment were analyzed like food habits, dietary pattern, appetite, meal skipping habits and food frequency methods.*

1. Introduction

“He who takes food in proper measures lives a long life, and lives without disease, gets strength and alertness of mind. Moreover, his children are born healthy and without any deformity or disease” (Cited from Mahabharata)

In human growth and maturation, adolescence period is significant. Adolescence is a unique intervention point in the life-cycle for a number of reasons. Early adolescence after the first year of life is the second critical period of rapid physical growth and changes in body composition, physiology, and endocrine. Rapid growth and changes heighten their nutritional requirements and risks of under nutrition. Parents simply need to provide more nutrients and emotional support. Adolescence offers the last opportunity to intervene and recover growth faltered in childhood and also support growth spurt and skeletal development to break the vicious cycle of inter-generational under nutrition (Golden MH, Martorell R, 1994).

It is a transitional stage of physical and mental development, involving biological, social and psychological changes occurring between 10-19 years of age as the World Health Organization suggested. (Candan et al. 2010).

2. Objective

- 1) To assess the nutritional status of adolescent girls.
- 2) To find out the dietary habits of the adolescent girls.

Hypothesis

The Nutritional status of adolescent girls are poor because of their dietary habits.

3. Research Methodology

Research methodology is the way to solve the research problem systematically. The study will be aimed towards "A study on the nutritional status of adolescent girls (16-19 yrs of age) in ranchi."

To carry on the study it was decided to use different type of

materials and methods.

The study was conducted on college going adolescent girls and the study procedure as follows-

- 1) Construction of interview schedule for the collection of information
- 2) Selection of sample
- 3) Assessment of Dietary Pattern
- 4) Statistical analysis of the data

To systematize this, the study was conducted in two phases. In the first phase, sample selection was done and their socio demographic variables were identified viz , education and age of subjects, type of family etc followed by determination of food habits and dietary pattern.

Area of Study

The present investigation was conducted in ranchi womens 'college and hostellers residing as a paying guest.

Size of Sample:

The study was carried out on a sample of adolescents belonging to different cultural and socioeconomic status. 50 adolescent girls were selected by systematic random sampling .

Age of the Adolescents:

Age of the adolescents under study was 16-19 years. An interview schedule was designed to frame accurate questions and to seek accurate responses. The total survey schedule was divided into the two sections:

Schedule – 1: General Information Performa

Schedule – 2: Nutritional Assessment Performa

4. Result and Discussion

It was found that majority of respondents belonged to 19 yrs followed by 18 yrs, 17 yrs and 16 yrs. It was found that 76 % of the respondent were Hindu, 16 % Muslims and 6 % Christians. It was found that 60 % of the respondents came from Nuclear Family and 40 % came from Joint family.

Most of the respondent is studying in Graduation first year that is 48 %, 42 % were 12th pass and they are preparing for competitive exams(medical/ engineering) and 10 % in graduation second year. It was found that 58 % girls were education performance was good, 24 % very good, 18 % was excellent.

In nutritional assessment, 20 % respondents were found vegetarian, 76% were non vegetarian, 4% were found Eggitarian.

In dietary pattern, 40 % respondents were following (Breakfast + Lunch+ tea + Dinner) pattern. 34 % were following (Breakfast + Lunch + Dinner) Pattern. 16 % were following (Breakfast +Mid morning + Tea+ Dinner).10 % were following (Breakfast +MM+ Lunch + Dinner+ Bed time)

62 % respondents appetite were Good, 34 % were Fair, 4 % were Poor.

52 % were skipping meal. 50 % were skipping breakfast , 11.53 % were skipping mid morning, 26.92 % were skipping Lunch, 7.69 % were skipping Dinner, 3.84% were skipping Bed Time. 48% were not skipping any meal.

In food frequency , 100 % girls were consuming cereals & pulses daily.

12 % consumed milk and milk products daily, 14 % consumed 4-6times/week, 26 % consumed 2-4 times/week, 8 % were consumed 1-2 times/week, 38 % were consumed occasionally and 2 % never consumed milk and milk products.

32 % consumed green leafy vegetables daily, 10 % consumed 4-6times/week, 28 % consumed 2-4 times/week, 22 % were consumed 1-2 times/week, 6 % were consumed occasionally and 2 % never consumed green leafy vegetables.

74% consumed roots and tubers daily, 14% consumed 4-6times/week, 10 % consumed 2-4 times/week and 2 % were consumed 1-2 times/week.

34 % consumed other vegetables daily, 24 % consumed 4-6times/week, 18% consumed 2-4 times/week, 18 % were consumed 1-2 times/week and 6 % were consumed other vegetables occasionally.

10 % consumed fruits daily, 10 % consumed 4-6times/week, 28 % consumed 2-4 times/week, 24 % were consumed 1-2 times/week and 28 % consumed fruits occasionally.

2 % consumed meat and poultry daily, 6 % consumed 4-6times/week, 24 % consumed 2-4 times/week, 38 % were consumed 1-2 times/week, 8 % were consumed occasionally and 22 % never consumed meat and poultry.

100% girls consumed fats and oils daily.

50 % consumed sugar and jaggery daily, 8 % consumed 4-6times/week, 24 % consumed 2-4 times/week,8 % were

consumed 1-2 times/week, 8 % were consumed occasionally and 2 % never consumed sugar and jaggery.

18 % consumed health supplement (Horlicks/ Bournvita) daily, 4 % were consumed 1-2 times/week, 20% were consumed occasionally and 58 % never consumed health supplements..

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