

A Comparative Study on Knowledge and Awareness of Nutrition and Health Care among Male and Female Adult in Gorakhpur District

Abstract

Nutrition has been defined as food at works in the body nutrition includes everything that happens to food from the time it is eaten until it is used for various functions in the body. Nutrition are components of food that are needed by the body in adequate amount to grow, reproduce and lead a normal healthy life. Nutrients include protein, fats, carbohydrates, minerals and vitamins. Through adequate and good nutrition, all the nutrients in the person's body keep reaching in proper quality and proportion so that the person remains fully healthy and his body does not get inferior disease due to inferiority of nutrients, physica, mentalhealth and adequate nutrition.Nutrition level remains good.

Keywords: Nutrition, Awareness, Malnutrition, Adequate Intake, Balanced Diet, Nutrition Education, Male And Female Adults, Healthcare.

Introduction

Nutrition knowledge in the food provided in the nutritional programs run by the government and information on how to prepare food is provided to the people through nutrition education by spreading nutrition education to women and men widely by nutritionists They are educated and made aware. Foods that provide more nutrition at a lower cost are listed and made available to the common man through nutrition education, nutritional knowledge is very important for women and men, so that they can provide good nutrition to their entire family in future.

Malnutrition means an undesirable bind of nutrition leading to ill health, It occurs due to lack, excess or imbalance of nutrients in the diet. It includes under and over nutrition.

Nutritional knowledge is very essential to all age group and different fields. The requirement of nutritional knowledge and awareness of health care should be given in school, hostel, boarding school, Jail, Stadium etc. In different field the nutritional requirement should be according to type, workload and working environment.

The dietitian assesses and evaluates the patients nutritional status, formulates nutritional case plans, designs meal patterns according to the patients food habit and modifies it according to the therapeutic need, recommends appropriate proprietary formulas for essential feeding.

All the foods we use in our daily meals are divided into five groups in food guide for India. Sufficient amount of food from each of five groups are included in the day's diet so that the nutritional requirements of the body gets completed, such diet is called as balanced diet, as it meets the persons nutritional needs.

The nutrient recommendation is based on approximation of nutrition intake by a group of healthy people when sufficient evidence is not available to calculate an RDA.

People eating very enormously should be given freedom by dietitians and diversity should be there while making recommendation. The best way to a achieve balanced diet is to plan meals in relation to other food for the whole day rather than one huge meal.

Protein energy malnutrition is the name given to various degrees of nutritional disorders caused by inadequate quantities of protein and energy in the diet.



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For out present purposes we may perhaps settle for a simpler definition of Nutrition science of the over of knowledge regarding the role of dietary inputs in the maintenance of health.

Aim of the Study

1. Assessing the level of Nutritional knowledge among male and female (Adults)
2. A comparative study on awareness of Nutrition and health care between Male and Female (Adults)
3. A study of words and their resources of nutritional knowledge.

Methodology

Methodology is very important phase because it indicates how to plan and tackle the research problem.

Selection of Locale

Present study was conducted in Gorakhpur city of Uttar Pradesh. The urban area is selected purposely on the basis of easy accessibility of situation.

Selection of Area

Selected five main areas of Gorakhpur city for this study. These are SVJT, Shahi Market, Arya Nagar , SVN Mahila Mahavidyalaya, Jafra Bazar, Arya J.A.S. Academy and D.D.U. Gorakhpur University of Gorakhpur.

Selection of Samples

The study was based on knowledge and awareness of nutrition among male and female adults we selected 100 respondents, these are 50 male and 50 females selected as samples for this study.

Tools

An appropriate interview was scheduled, with a set of questions based on the objectives. The reliability co-efficient was calculated with the help of Browns formula.

A schedule has to be used in direct interview or direct observation and is filled by the enumeration.

Schedule in the guidance of subject experts consisted of the following sections General information and specific information. Body measurement by the Anthropometry measurement and (Height and Weight) and BMI.

Data should be collected with the maximum efficiency availability and accuracy with the help of pilot study developed questionnaire. The data will be analyzed from statistical method such as percentage, arithmetic men, standard co-efficient of corrdatation and paired test.

Result and Discussion

Table – 1, Show in the Respondents According To Education

Qualification	Male	Female	No. %	No. %
Graduate	22	44	12	24
Post Graduate	21	42	34	68
Ph.D	7	14	4	8
Total	50	100	50	100

Table – 1 shows that 24% female have passed graduation, 34% post graduation and 8% Ph.D. while 24% male respondent have passed graduation, 47% post graduation and 7% Ph.D.

Table – 2, Percentage Distribution of Respondent According To Age

Age group	Male	Female	No. %	No. %
21-23	24	48	20	40
23-25	6	12	18	36
25-27	12	24	7	14
27-29	5	10	4	8
29-31	50	100	50	100

Above table shows maximum percentage 48% male respondent belonging to 21-23 years and 40% female respondent belonging to 23 to 25 years. While 40% female respondent, Thus the data indicate mostly female and male subjects were belonging to below 25 years.

Table – 3, Respondents according to knowledge about Nutrients

Nutrients	Male	Female	No. %	No. %
Protein	4	8	2	4
Carbohydrate	3	6	2	4
Fat	0	0	0	0
Minerals	2	4	0	0
Vitamins	5	10	3	6
All above	36	72	43	86
Total	50	100	50	100

Table 3 shows all urban adults only 72% male reason dent were know about nutrients , among of them 8% were know about protein, 6% carbohydrate, 10% vitamins and non of respondent know about of 86% female respondents were know all types of nutrients among them 4% were know about only protein.

Table – 4, % Distribution Of Respondent According To Knowledge about Source of Iron.

Options	Male	Female	No. %	No. %
Leafy vegetable	20	40	17	34
Non-veg	4	8	0	0
Jaggery	14	20	23	46
All above	12	24	10	20
Total	50	100	50	100

Table 4, shows all about 20% female were know to all the sources of iron ,but remain know some sources as 46% know jaggery, 34% leafy vegetable. In male respondents maximum adult know leafy vegetable are source and 20% know jaggery, 8% non-veg and 24% all above. In this way female respondent have more knowledge about sources of iron comparison to male respondent.

Table-5, Knowledge about Importance of Water

Options	Male	Female	No. %	No. %
Formation functions of things	0	0	0	0
Solubility of things				
Excretion of waste				
All above	11	22	16	32
Total	50	100	50	100

Table 5, shows a general analysis, 32% female were know about all the importance of water, 60% know the water of secretion waste, while 22% male respondent were known about all the importance of water, 78% know the water of

secretion waste, In this way female about importance of water comparison to male respondent.

Table-6, Show In The Respondents To Concern Related To Nutrition

Options	Male	Female	No. %	No. %
Yes	11	22	19	38
No	39	78	31	62
Total	50	100	50	100

Out of total respondent mostly male 78% and 62% female were not aware about nutrition and health care only 3% female and 22% male, were aware nutrition.

Table -7, Percentage distribution of respondents according to requirement of Nutritionist dietician) in deferent field

Options	Male	Female	No. %	No. %
Hospital	5	10	3	6
Stadium	0	0	0	0
Educational Institute	0	0	4	8
All above	48	90	43	86
Total	50	100	50	100

The above data shows the 90% male and 86% female respondent wanted the requirement of dietitian in hospital, stadium, educational institute and remain wanted only in hospital and educational institute.

Table-8 showing the Respondent Concern Related to Have A Times of Meal In A Day.

Options	Male	Female	No. %	No. %
2 Times	21	43	6	12
3 Times	18	33	22	44
4 Times	0	0	12	24
As They Like	11	22	10	20
Total	50	100	50	100

Table 8, shows out of total respondent mostly 44% female have their meal 3 times a day, 24% have 4 times, 12% have 2 times and rest 20% have their meal as per their respondent 42% have their meal 2 times, 36% have 3 times and 22% have their meal as per their like.

Table - 9, According to co-relation among knowledge and awareness about Nutrition and Health care between Male and Female Adults

Options	Male	Female	No. %	No. %
Respondent have knowledge but not aware	25	50	24	48
Respondent have knowledge and aware	11	22	19	38
Respondent have no knowledge and not aware	14	28	7	41

With the help of correlation of statistics, the above has drawn which shows that 50% female and 48% female respondents have knowledge but they are not aware. While the percentage of male and female respondent having knowledge and awareness are 22% and 38% respectively. The rest 28% male

and 14% female have neither knowledge nor awareness.

Conclusion

Present study was made to know the knowledge and awareness of nutrition and health care among male and female (adults) of Urban area in Gorakhpur city through questionnaire and interview technique were used for the selection of 100 respondent. And inter schedule was prepared to collect the information from male and female (adults) belonging to urban area regarding their knowledge and awareness about nutrition's health care.

In urban most of the respondent belonged to middle socio economic status (SES) and maximum belonged to upper middle SES. Maximum 62% female and 60% male were aware about health and hygiene. Majority of male and female wanted the requirement of nutritionist (Dietitian). Mostly male and female have knowledge but they are not aware. 86% female respondent have knowledge of nutrition while 72% male but only 38% female and 22% male are aware about nutrition and health care. Lack of knowledge and awareness of nutrition can increase level of malnutrition and other health related diseases.

In this way knowledge and awareness of nutrition and health status are co-related with each other. If a person has good knowledge, then he may be aware and always have good health in whole life. Lack of knowledge about nutrition and health care is the main factor to increase malnutrition in developing countries.

Suggestion

1. Awareness about nutrition and health care should be increased among children, adult and all persons.
2. The knowledge of nutrition and health care should be given in all educational institutes.
3. In Gorakhpur City, different place such as district hospital, medical college, other hospital, stadium, clinic center, hostel, hotel etc. (died counselor) or nutritionist should be established.

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