

ORIGINAL RESEARCH**Assess the Nutritional Status and Dietary Habits among Adolescents in Selected School of District Fatehgarh Sahib, Punjab****¹Simarpreet Kaur,²Vijayalakshmi Gopalan Nair**¹Nursing Tutor,²Principal, S. Lal Singh Memorial Institute of Nursing, DeshBhagat University School of Nursing, MandiGobindgarh, Punjab, India**Correspondence:**

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Email:sk3433343@gmail.com**Abstract:**

A correlational study was conducted to assess the nutritional status and dietary habits among adolescents in the selected school of District Fatehgarh Sahib, Punjab. It was concluded that majority of adolescents have nourished nutritional status and had average dietary habits

Keywords: nutrition, adolescents.

Introduction**“Happiness is Nothing more than Good Health”- Albert Schweitzer**

Malnutrition under nutrition, over nutrition which refers to an impairment of health either from a deficiency or excess or imbalance of nutrition is public health significance adolescent all over the world. It creates lasting effect on the growth development, physical fitness of person.

A study on adolescents healthy eating and its meaning done by university of Minnesota in U.S.A, shows results that the adolescents have a significant amount of knowledge regarding healthy foods and believe that healthy eating involves moderation, balance and variety. Despite this knowledge, they found it difficult to follow healthy eating recommendation and frequently consume foods that they perceive as unhealthy. These findings suggest that interventions are that assist adolescents with the translation of this knowledge into healthy behaviours.

The pattern of dietary habits of adolescents is poor and they are not aware about the bad effects or consequences of unhealthy dietary habits. Nowadays most of adolescents had poor dietary habit. So that effect the nutritional status of adolescents and poor nutritional status can lead so many Health Problems.

Hence, the investigator felt from above result that, it is essential to assess the nutritional status and dietary habits of adolescents. The investigator felt that “prevention is better than cure”. By giving the information there may be a wave of change in one mind can change the whole world which leads to build a healthier younger generation who are the future and backbone of India.

A correlational study to assess the nutritional status and dietary habits among adolescents in the selected school of District Fatehgarh Sahib, Punjab.

The main objective of the study is to assess the nutritional status and dietary habits among adolescents in selected school of District Fatehgarh Sahib, Punjab

Material and Methods

Research methodology involves the systematic procedure by which researcher starts the initial identification of the problem to its final conclusions. It indicates the general pattern for organizing the procedure for gathering valid and reliable data for investigation.

The methodology is the most important in research as it frameworks for conducting the study. The present correlation study was carried out to assess the nutritional status and dietary habits among the adolescents in the Guru Nanak Public school of District Fatehgarh Sahib, Punjab.

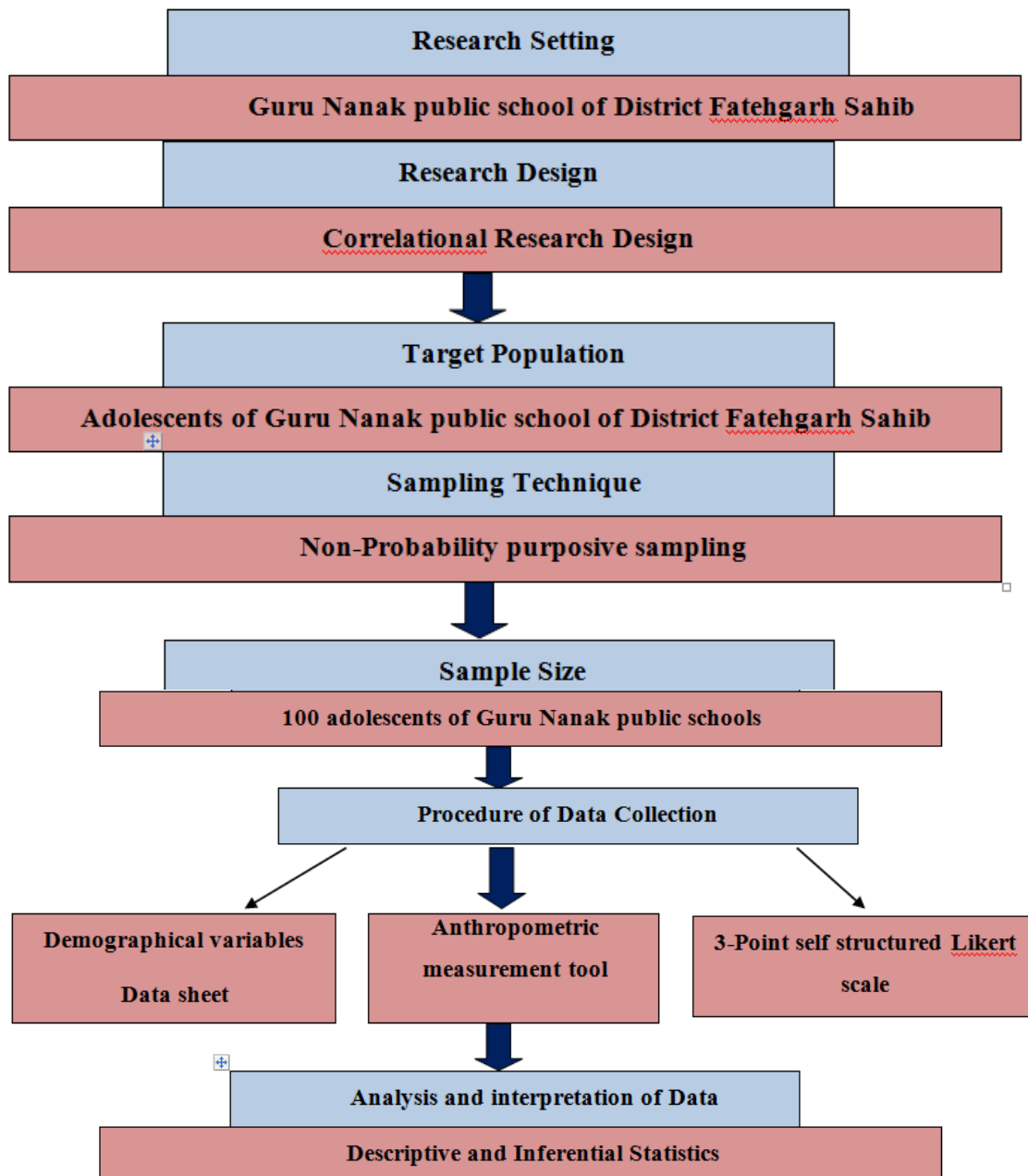


Figure 1 Schematic representation of research Design

Research Setting

This research study was conducted at Guru Nanak Public school of district Fatehgarh Sahib. Population under the study consisted of adolescents of Age group 14 to 16 years studying in Guru Nanak Public School. Once the eligibility of sample was established, written informed consent was obtained from the adolescents. The sample was drawn by using Non-Probability

purposive sampling technique. The Sample of study comprised of 100 adolescents to assess nutritional status and dietary habits at Guru Nanak public school.

The study aimed to assess nutritional status and dietary habits of adolescents age group 14-16 years studying at Guru Nanak public school, Distt. Fatehgarh Sahib.

Tool I: Socio-Demographic Data Sheet

This section contain question on demographic information i.e. age, gender, type of family, religion, area of residence, monthly income, occupation of father, occupation of mother.

Tool II: Anthropometric Measurement Tool

This section contain the criterion measure that could help to assess the nutrition status of adolescents using scale BMI

Table 1 Criterion Measurements to Assess the Nutritional Status of Adolescents

NURITIONAL STATUS	SCORE
Nourished	19-25
Malnourished	<19
Over nourished	>25

Tool III: Self- Structured 3- Point Likert Scale

It contains 30 questions to be asked to the adolescents of Guru Nanak public school, Fatehgarh of age group 14-16 years through Likert scale on the following aspects:

Table 2 Areas to Assess the Dietary Habit of Adolescents

Sr. No.	Areas	No. Of items
1	Breakfast	1,2,3,4,5,6,7,8,9,10
2	Lunch	11,12,13,14,15,16,17,18
3	Snacks	19,20,21,22,23
4	Dinner	24,25,26,27,28,29,30

Table 3 Criterion Measure to Assess the Dietary Habits of Adolescents

DIETARY HABITS	SCORE
Good	60-90
Poor	>30
Average	30-60

Procedure of Data Collection

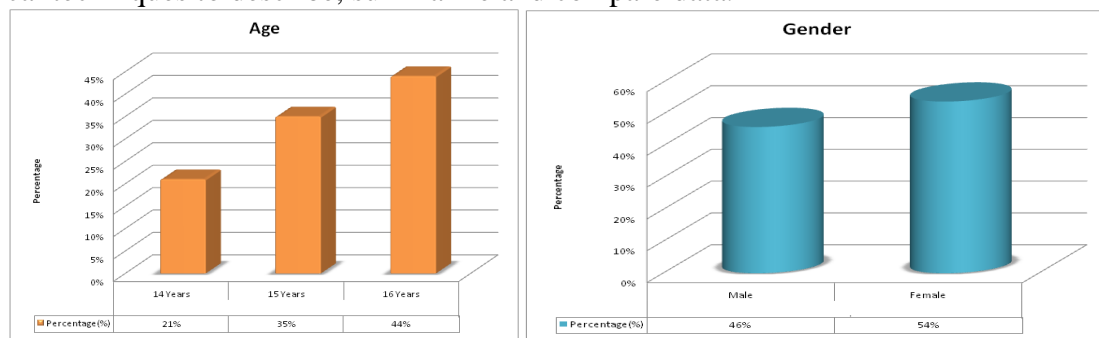
A written permission was taken from Director of DeshBhagat University School of Nursing, MandiGobindgarh for conduction of research. The formal administrative permission was taken from the principle of Guru Nanak public school, district- Fatehgarh Sahib, Punjab.

The main study was conducted on 100 adolescents of Guru Nanak public school who were selected by Non-purposive Probability sampling technique. Demographic data sheet was filled by students. Anthropometric assessment was used by investigator to assess the nutritional status of adolescents. A self structured 3 point likert scale was used to assess the dietary habits of adolescents at school.

Results

Analysis and interpretation of data is the most important phase of research process, which involve the computation of certain measures along with finding for pattern of relationship that exist among the data group. Data collection is followed by analysis and interpretation in accordance with study objectives.

S.K Sharma (2011) defines analysis as a process of systematically applying statistical and logical techniques to describe, summarize and compare data.



Interpretation and conclusion

It was concluded that majority of adolescents have nourished nutritional status and had average dietary habits

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