

To Assess the Knowledge of Young Adult Women Regarding Basic Nutrition belonging to Low Socio Economic Group of Indore City

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Abstract - Women plays a critical role in maintaining health and overall wellbeing of her communities. The basic nutrition knowledge of women plays crucial role in maintaining her health as well as health of her family and society. Aim: the aim of the study is to assess the knowledge regarding Basic Nutrition of young adult women of aged 19-23 years of low socioeconomic group of Indore city of Madhya Pradesh. Methodology: through purposive random sampling method, 120 women of slums of Indore have been selected with their consent. Data collected by means of self-designed questionnaire and interview method. Result: obtained information showed the poor knowledge regarding basic nutrition of the respondents. Conclusion: Nutrition Education program should be planned for the women of studied group.

Keywords - Basic nutrition knowledge, Young adult women

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INTRODUCTION

The health of women differs from that of men in many unique ways and is referred to as Women's health. Women's health is an example of population health, where health is defined by the World Health Organization as "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity". Often treated simply as women's reproductive health, many groups argue for a broader definition pertaining to the overall health of women. These differences are further worsened in developing countries where women are further disadvantaged. Although women in industrialized countries have narrowed the gender gap in life expectancy and now live longer than men, in many areas of health, they experience earlier and more severe disease with poorer outcomes. Gender remains an important social determinant of health, since women's health is influenced not just by their biology but also by conditions such as poverty, employment and family responsibilities.

Women have long been disadvantaged in many respects such as social and economic power which restricts their access to the necessities of life including health care, and the greater the level of disadvantage, such as in developing countries, the greater adverse impact on health. Women's health is so important because, Women represent the cornerstone of a family's overall health, ensuring they have access to quality care also can lead to

improved health for children and families. It is necessary to have nutrition knowledge to the women in the family, so that all members should get nurtured by them.

TARGET GROUP

Young adult women of age 19-23 years.

SAMPLE DESIGN AND SAMPLE SIZE

Sampling was purposive. Through purposive selective sampling, the group of women belonging to low socio economic group were selected and registered after their consent. The women were selected from slum area of Indore city. One hundred and twenty young adult women of age 19 to 23 yrs. age were taken as sample subjects. Selection criteria was to select young adult women belonging to lower income group who are above 18 years, 19-23 years, unmarried and non-pregnant. A sample of 120 young adult Women were taken for the above study with their consent. Data were collected through interview method using a questionnaire based on knowledge regarding basic nutrition. By using a questionnaire with set of self-designed questions based on basic nutrition knowledge, all information have been collected with individual response sheet and one to one counselling.

RESULT & DISCUSSION

After evaluation of filled up questionnaire forms, the result obtained was as follows, the knowledge assessment of respondents regarding knowledge about basic nutrition is represented from the table below.

| Aspects | Response Result (In Numbers) | | | Response Result (In Percentage) | | |
|--------------------------------------|------------------------------|-----------|------------|---------------------------------|-----------|------------|
| | Correct | Incorrect | Don't Know | Correct | Incorrect | Don't Know |
| Source Of Iron | 18 | 93 | 9 | 15 % | 78% | 8% |
| Nutrient in Salt | 27 | 54 | 39 | 23 % | 45% | 33 % |
| Calcium in Milk | 12 | 76 | 32 | 10 | 63 | 27 |
| Nutrient in Sprouts | 30 | 27 | 63 | 25 | 23 | 53 |
| Aspects | Response Result (In Numbers) | | | Response Result (In Percentage) | | |
| | Correct | Incorrect | Don't Know | Correct | Incorrect | Don't Know |
| Nutrient in Wheat Bran | 10 | 80 | 30 | 8 | 67 | 25 |
| Nutrient in Rice Maand | 10 | 43 | 67 | 8 | 36 | 56 |
| Nutrient Loss in Washing Vegetables | 5 | 100 | 15 | 4 | 83 | 13 |
| Nutrient Loss in Cooking without Lid | 15 | 93 | 12 | 13 | 78 | 10 |
| Protein Rich Foods | 7 | 59 | 54 | 6 | 49 | 45 |

| | | | | | | |
|------------------------------|----|----|-----|----|----|----|
| Carbohydrate Rich Foods | 10 | 65 | 45 | 8 | 54 | 38 |
| Main Function of Protein | 2 | 77 | 41 | 2 | 64 | 34 |
| Role of Fats in Weight Gain | 40 | 20 | 60 | 33 | 17 | 50 |
| Role of Nutrition in Fatigue | 35 | 45 | 40 | 29 | 38 | 33 |
| Cause of Night Blindness | 0 | 3 | 117 | 0 | 2 | 98 |
| Causes of Anemia | 14 | 89 | 17 | 12 | 74 | 14 |
| Functions of Calcium | 11 | 61 | 48 | 9 | 51 | 40 |
| Nutrient and Skin Health | 9 | 86 | 25 | 8 | 72 | 21 |
| Cause of Mouth Ulcer | 0 | 81 | 39 | 0 | 68 | 33 |
| Role of Fibers in Digestion | 23 | 72 | 25 | 19 | 60 | 21 |

From the above table, it is clearly seen that knowledge about basic nutrition of women regarding Source of Iron the obtained correct answer was (15%) incorrect answer (78%) and don't know was (8%), knowledge about the Nutrient in Salt was correct (23%), incorrect (45%), don't know (33%) knowledge regarding Calcium in Milk was correct (10%) incorrect (63%) don't know (27%), Nutrient in Sprouts was correct (25%) incorrect (23%) don't know (53%), Nutrient in Wheat Bran was correct (8%) incorrect (67%), don't know (25%), Nutrient in Rice Maand was correct (8%) incorrect (36%) and don't know (56%), Nutrient Loss in Washing Vegetables was correct (4%) incorrect

(83%) don't know (13%), knowledge about the Nutrient Loss in Cooking without Lid was correct (13%), incorrect (78%), don't know was (10%), Protein Rich Foods was correct (6%) incorrect (49%) and don't know (45%), knowledge about Carbohydrate Rich Foods was correct (8%), incorrect (54%), and don't know (38%), knowledge regarding Main Functions of Protein was correct (2%), incorrect (64%), don't know (34%), about Role of Fats in Weight Gain was correct (33%), incorrect (17%), don't know (50%), about Role of Nutrition in Fatigue was correct (29%), incorrect (38%), don't know (33%), about Cause of Night Blindness was correct (0%), incorrect (2%), don't know (98%). Knowledge regarding Causes of Anemia was correct (12%), incorrect (74%), don't know (14%), about

Functions of Calcium was correct (9%), incorrect (51%), don't know (40%), about Nutrient and Skin Health was correct (8%), incorrect (72%), don't know (21%) about

Cause of Mouth Ulcer was correct (0%), incorrect (68%), don't know (33%), knowledge about Role of Fibers in Digestion was correct (19%), incorrect (60%), don't know (21%) respectively.

CONCLUSION

Women are the backbone of the family's as well as society's health. Because in most of the Indian families women purchases and cooks food for everyone. Knowledge regarding basic nutrition among the women may help to improve their nutritional health as well as health of the family members and society. From the above collected information it is clear that young adult women of the studied group has poor knowledge about basic nutrition which may affects their health as well as the health of society. So a systematic nutrition education should be provided to them which would help them to gain nutrition knowledge. Good nutrition knowledge may help them to understand the need and importance of particular nutrient with portion control.

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