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Analysis of knowledge and attitude towards healthy eating among low middle and high income groups

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Abstract

The purpose of the study was to Analyses of Knowledge and Attitude towards Healthy Eating among Low Middle and High Income Groups. For this study three hundred subjects consist of low 100, middle 100 and 100 high income groups were randomly selected from Chennai District and their age ranged between 30 to 50. Knowledge and attitude towards healthy eating was measured through the questionnaire developed by Roberts K., National Obesity Observatory, 2010. To delimit the study the following two questions only were selected 1.What do you consider to be a healthy diet? 2. What changes would you make to your own diet? One way ANOVA Scheffee’s post hoc test and option wise analysis were used to find out the differences among Low Middle and High Income groups on knowledge and attitude towards healthy eating. It was concluded that the statement on “what do you consider to be a healthy diet?”, that statement result shown that no significant difference among Low Middle and High Income Groups. Among the low, middle and high income groups 43, 45 and 36% respectively consider eating more vegetables as the healthy diet. It was concluded that the statement on “what changes would you make to your own diet?”, that statement result shown that significant difference among low middle and high income groups. Among the low income group 23% considers healthy diet, middle income 27% considers healthy diet and 36% considers more vegetables (including salads) as the changes in their diet.

Keywords: Knowledge and attitude towards healthy eating

1. Introduction

Healthy eating is important in order to prevent illness. When we do not get the right nutrients, or body's natural defense system against diseases weakens, allowing viruses and bacteria to attack the body. It's like a well-trained army-if the army doesn't have enough to eat, it will not do well in battle. Without healthy foods and plenty of water, our bodies simply could not operate on a day-to-day basis. Learning how to eat healthy foods is therefore and important lesson, and one which we should begin learning as children.

1.1 Income

The amount of money or its equivalent received during a period of time in exchange for labour or services, from the sale of goods or property, or as profit from financial investments.

Income Groups

Income	Category	Description
1-3.4 lakh per year	Low income group	Vendors, contract labourers, employees in small establishments extra.
3.4-17 lakh per year	Middle income group	Government/private employees, small scale businessmen, other salaried class extra.
Greater than 17 lakh per year	High income group	Senior executives of public/private sector, Chief executives, large scale businessmen, extra.

(www.ncaer.com, Indian express economic survey, 2011).

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1.2 Statement of the Problem

The purpose of the investigation was to analyse the knowledge and attitudes towards healthy eating and among low middle and high income groups

The purpose of the investigation was to find out the difference in the knowledge and attitudes towards healthy eating among low middle and high income groups.

2. Methodology: The purpose of the study was to Analyse of Knowledge and Attitude towards Healthy Eating among Low Middle and High Income Groups. For this study three subjects consist of low 100, middle 100 and 100 high income groups were randomly selected from Chennai District and their age ranged between 30 to 50. Knowledge and attitude towards healthy eating was measured through the questionnaire developed by Roberts K., National Obesity Observatory, 2010. To delimit the study the following two questions only were selected 1. What do you consider to be a healthy diet? 2. What changes would you make to your own diet? One way ANOVA Scheffe's post hoc test and option wise analysis were used to find out the differences among Low Middle and High Income groups on knowledge and attitude towards healthy eating.

3. Results: On Knowledge and Attitude towards Healthy Eating and Physical Activity (Statement on "What Do You consider to Be a Healthy Diet?")

The data on Knowledge and attitude towards healthy eating and physical activity among low middle and high income group was collected and subjected to statistical treatment using one way ANOVA and Scheffe's post hoc test. Table 1 shows the results obtained.

Table 1: Showing The Mean And F Value On The Statement "What Do You Consider To Be A Healthy Diet? (Scores in Numbers)

Groups	Mean	S.V	df	SS	MS	O F
Low	4.57	Between	2	20.93	10.46	1.76
Middle	4.00					
High	4.02					
		Within	297	1768.47	5.95	

Table F ratio at 0.05 level of confidence for 2 and 297 = 3.09. *Significant

Table 1 shows the obtained means on the statement "What do you consider to be a healthy diet?" The obtained F value on the scores 1.76 was lesser than the required F value 3.09, to

be significant at 0.05 level This proved that there was no significant differences existed among the groups. The result were presented through a bar diagram in Figure 1, for better understanding of the results.

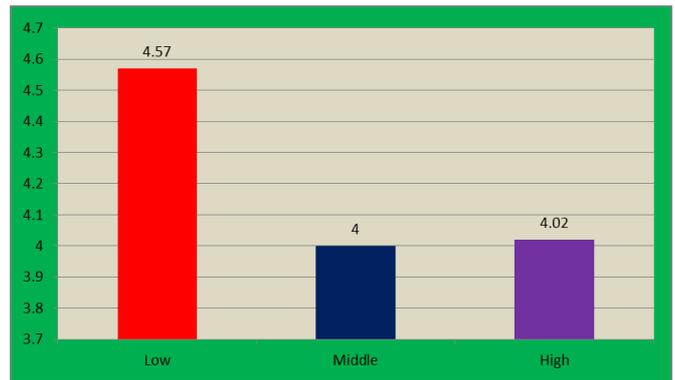


Fig 1: Bar Diagram Showing the Mean Scores Of low Middle and High Income Groupson Statement "What Do You Consider to Be a Healthy Diet?"

The results further were subjected option wise analysis for better understanding. The results were presented in Table 2

Table 2: Option Wise Analysis on the Statement "What Do You Consider To Be a Healthy Diet? (Scores in Numbers)

	Low	Middle	High
A. More Vegetables	14	25	31
B. More fruit/juice	12	6	7
C. Less fat/fatty foods	2	3	3
D. More fresh food	9	10	6
E. Eating a balanced diet	43	45	36
F. Using less fat in cooking	3	2	2
G. Eating smaller portions	5	2	2
H. Less sugar/sugary foods	1	1	2
I. Eating regularly/ not snacking	9	5	8
j. More variety	2	1	3

Table 2 shows the option wise comparison between urban and rural school boys on the statement "What do you consider to be a healthy diet?". The result were presented through a bar diagram in Figure 2, for better understanding of the results.

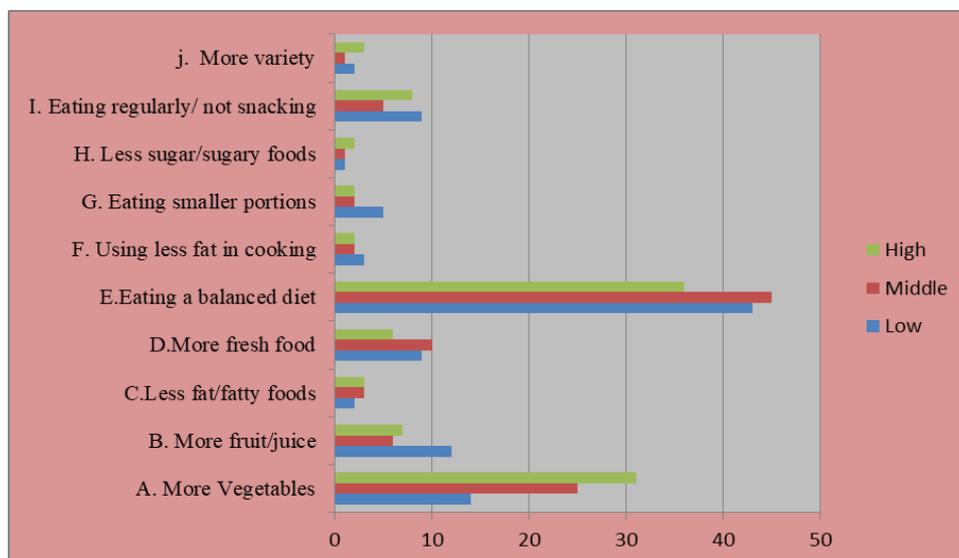


Fig 2: Bar Diagram Showing The Option Wise On Statement "What Do You Consider To Be A Healthy Diet?"

3.1. Discussion On Statement “What Do You Consider To Be A Healthy Diet?”

The results presented in Table 1 and 2 proved that there was a no significant difference existed low, middle and high income groups as the obtained F value on the scores 1.97 was lesser r than the required F value 3.09, to be significant at 0.05 level. This proved that there was significant differences existed between urban and rural school boys.

Further the option wise analysis proved that among the low, middle and high income groups 43, 45 and 36% respectively consider eating more vegetables as the healthy diet.

3.2. Results On Statement “What Changes Would You Make To Your Own Diet?”

The data on Knowledge and attitude towards healthy eating and physical activity among low, middle and high income group was collected and subjected to statistical treatment using independent “F” test. Table 3 shows the results obtained.

Table 3: Showing The Mean And F Value on The Statement “What Changes Would You Make To Your Own Diet?” (Scores in Numbers)

Groups	Mean	SV	Df	SS	MS	O F
Low	4.53	Between	2	64.32	32.16	4.34*
Middle	3.69					
High	3.45	Within	297	2201.05	7.41	

Table F ratio at 0.05 level of confidence for 2 and 297 = 3.09. *Significant

Table 3 shows the obtained means on the statement what changes would you make to your own diet? The obtained F value on the scores 4.34 was greater than the required F value 3.09 to be significant at 0.05 level This proved that there was a significant differences existed among groups.

As there was significant difference the scorers were subjected to Scheffe’s Post hoc test. The results were given in Table 4

Table 4: Scheffe’s Post Hoc Test on Statement “What Changes Would You Make To Your Own Diet?”

Low	Middle	High	MD	C.I
4.53	3.69		0.84	1.17
4.53		3.45	1.08	1.17
	3.69	3.45	0.24	1.17

*Significant

The multiple comparison among the groups shows that there were no significant difference among the groups as the obtained mean differences were less than the less than critical value.

The result were presented through a bar diagram in Figure 3, for better understanding of the results.

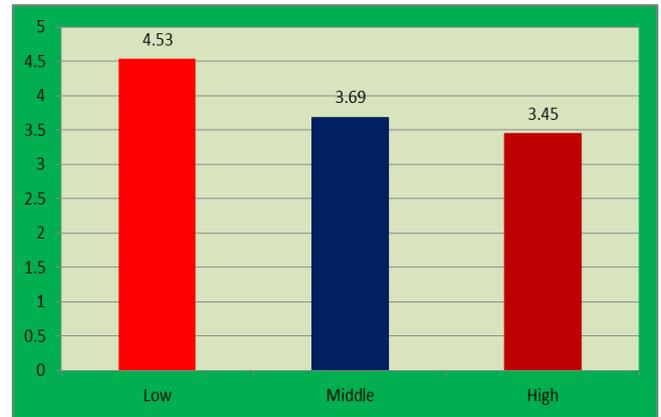


Fig 3: Bar Diagram Showing The Mean Scores Of Low, Middle And High Income Groups On Statement “What Changes Would You Make To Your Own Diet?”

The results were subjected further option wise analysis for better understanding. The results were presented in Table 5

Table 5: Option Wise Analysis on the Statement “What Changes Would You Make To Your Own Diet?” (Scores in Numbers)

Option	Low	middle	High
A. Healthier diet	23	29	25
B. More fruit/fruit juice	6	9	11
C. More vegetables (including salad)	19	27	36
D. Less fat/fatty foods	9	5	3
E. More fresh food	8	7	8
F. More variety	3	1	2
G. More organic food	5	5	4
H. Eat regularly/not snacking	15	11	5
I. Better quality foods	8	3	2
J. Less sugar/other sugary foods	4	3	4

Table 5 shows the option wise comparison among low, middle and high on the statement “what changes would you make to your own diet?”. The results were presented through a bar diagram in Figure III, for better understanding of the results.

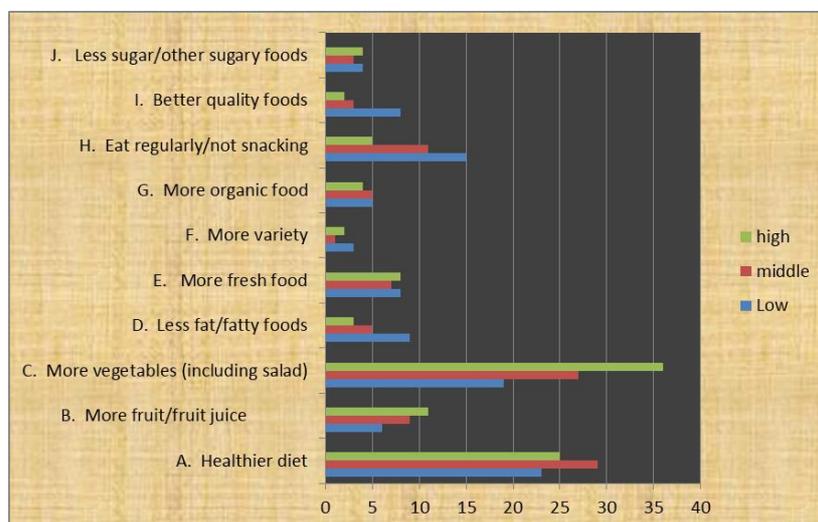


Fig 4: Bar Diagram Showing The Option Wise On Statement “What Changes Would You Make To Your Own Diet?”

3.3. Discussion On Statement “What Changes Would You Make To Your Own Diet?”

The results presented in Table 3 and 4 proved that there was a significant difference existed among the groups as the obtained F value on the scores 4.34 was greater than the required F value 3.09, to be significant at 0.05 level This proved that there was a significant differences among the groups.

Further the option wise analysis proved that among the low income group 23% considers healthy diet, middle income 27% considers healthy diet and 36% considers more vegetables (including salads) as the changes in their diet.

4. Conclusion

Within the limitation and delimitation the following conclusion was drawn.

1. It was concluded that the statement on “what do you consider to be a healthy diet? that statement result shown that no significant difference among Low Middle and High Income Groups.
2. Among the low, middle and high income groups 23, 27 and 36% respectively consider eating more vegetables as the healthy diet.
3. It was concluded that the statement on “what changes would you make to your own diet?”, that statement result shown that significant difference among low middle and high income groups.
4. Among the low income group 23% considers healthy diet, middle income 27% considers healthy diet and 36% considers more vegetables (including salads) as the changes in their diet.

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