



ISSN: 2456-0057

IJPNE 2018; 3(2): 324-328

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www.journalofsports.com

Received: 16-05-2018

Accepted: 17-06-2018

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A survey study of nutritional awareness and health status among students

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Abstract

A study was conducted on the nutrition awareness and health status of the students of lovely professional university. 100 Samples was selected randomly from lovely professional university. Nutrition awareness and health status of the student's measure by a questionnaires was developed by Dr. Sweyta and W. k. Hoeger. Nutrition awareness and health status questionnaires contains 52 questions regarding nutrition and health status related to nine variables like nutrition, health related fitness, avoiding chemical dependency, stress management, personal hygiene, disease prevention, emotional wellbeing, personal safety, environmental health and protection.

Descriptive statistics (pie diagram and percentage) were used to assess the data we explain the data through pie diagram. On the basis of data obtained from the students of lovely professional university, Punjab studied 9 variables related to nutrition awareness and health status. It showed that 21% students were found under excellent category, 55% were found under good category, and 24% students were found under need improvement category in nutrition awareness and 27.13% students were found under excellent category, 36.38% were found under good category, and 36.50% students were found under need improvement category in health status.

Keywords: Nutritional awareness, health status among students

Introduction

Nutrition is the science that deals with food and its uses by the body. Like other living things we need food to live. Food provides material that our body needs to build up and repair its tissues and to regulate the functions of its organs and systems. A proper diet helps in prevention of certain illnesses and also helps in recovery from diseases and injuries.

The world health organization defined health in its broader sense in 1946 as "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity." Although this definition has been subject to controversy, in particular as having a lack of operational value and the problem created by use of the word "complete", it remains the most enduring. Classification systems such as the WHO family of international classifications, including the international classification of functioning, disability and health and the international classification of diseases (ICD), are commonly used to define and measure the components of health.

Statement of the problem

The purpose of the study is to see the nutritional awareness and health status of the students of various schools of lovely professional university, Punjab. "A Survey Study of Nutritional Awareness and Health Status among Students".

Objectives of the study

The objectives of the study are as under

1. To determine the nutritional awareness among the students of lovely professional university (Punjab).
2. To determine the health status of the students of lovely professional university, Phagwara (Punjab).

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Review of related literature

B. Robert Carlson and Kevin Petti (1989) have determined the physical activity participation patterns of college students when defined by their health locus of control orientation. One thousand thirty-three college-aged students completed the wellness activity profile, a questionnaire that yielded data on health locus of control and self-reported frequency of participation in physical activities. Discriminant analyses indicated that the combination of physical activities associated with internally and externally oriented students were different for both males and females.

Jayanta Bhattacharya *et al* (2004) [4] examine the relationship between nutritional status, poverty and food insecurity for household members of various ages. While poverty is predictive of poor nutrition among preschool children, food insecurity does not provide any additional predictive power for this age group.

Michele Gagnolati *et al.* (2005) examined the study explores the dimensions of child under nutrition in India 5% and the effectiveness of the integrated child development services (ICDS) program in addressing it.

Harsha Aturupane *et al* (2008) examine the determinants of child weight and height in Sri Lanka: A quantile regression approach, it reveals that reducing child malnutrition is a key goal of most developing countries. To combat child malnutrition with the right set of interventions, policymakers need to have a better understanding of its economic, social and policy determinants.

Method and Procedure

In this chapter design of the study, description, tools and statistical procedure for analyzing the data has been presented.

Tools

Description of questionnaires

Health Status

The questionnaire was given to the students of Lovely Professional University, Punjab, Containing thirty two questions. This questionnaire was developed by Wener W.K. Hoeger. The questionnaire was based on the life style and having its aim to assess the health status of the individuals. Through this questionnaire we assessed the four variables like. Health related fitness, stress management, personal hygiene/health, environmental health and protection. There was five point rating scale.

Scoring

The Scoring was done according to the responses of the subjects.

1. Excellent (E): If a subject secure seventeen or more marks under each factor. This shows that subjects were aware of the importance of this category to their health status. He has been put his knowledge to work for him by practicing good habits.

2. Good (G): If a subject secure between thirteen and sixteen marks under each factor. This shows that his practices in this area were good, but there was room for improvement.

3. Needs Improvement (NI): If a subject secure between four to twelve marks under each factor. This shows that he had taken serious and unnecessary risks with his health. Most likely he needed additional information and help in deciding how to successfully make the changes in his desire.

There was five point rating scale –

1. Always - 5 points
2. Nearly always - 4 points
3. Often - 3 points
4. Seldom - 2 points
5. Never - 1 point

Thus the lowest score was four and highest score was twenty in each factor.

Nutrition Awareness

This questionnaire was developed by Dr. Sweyta in 2011 Asst. Prof. Department of hotel management. This questionnaire contains 20 questions. Each question contains 3 options of 5 marks each. This questionnaire should be filled with in 5 minutes. The Scoring is done according to the responses of the subjects.

0-33%	Need improvement
34-66%	Good (medium knowledge)
67-100%	Excellent

Statistical Procedure

Descriptive statistics (Percentage and pie diagram) was used to describe nutritional awareness and health status of students (male and female) of Lovely Professional University.

Result, Discussion, Interpretation and Recommendation

In this chapter the result of the study, which was collected through the administration of the questionnaires has been described. So students of Lovely Professional University, Phagwara were tested in this study.

The questionnaire was based on the Nutrition awareness and Health status. There were 52 questions and these questions study nine variables which were nutrition, health related fitness, avoiding chemical dependency, stress management, personal hygiene/ health, disease prevention, emotional well-being, personal safety, environmental health and protection. Nutrition is the study of the food and how the body makes use of it. It is not only concerned with the quantity and quality of the food one eats but the processes by which one receives and utilizes the food in the body for growth and renewal as well as for maintenance of the different body functions. The meaning of nutrition is significant. It's not just a matter of diet. Technically, the meaning of nutrition is that it is an investment.

If you put the right things in your body this can help promote physical fitness and prevent illness. Good nutrition can help prevent disease and promote health. There are six types of nutrients that the body needs to accomplish this. This includes carbohydrates, protein, fat, vitamins minerals, and water. Under this variable 21% students were found under excellent category, 55% students were found under good category and 24% students were found needs improvements category.



Fig 1

Health Related Fitness

Health related fitness is the "ability of the body to carry out every day activities without excessive fatigue and with enough energy left over for emergencies". This means that, as well as performing our normal daily tasks, we can also perform additional physical activities including sports. There is what we call "components of Health Related Fitness" and if there is a good balance between the developments of all of these, then we can say that a good level of Health Related Fitness has been reached. There are five health related components of fitness. These are Cardiovascular Endurance, Muscular Strength, Flexibility, Muscular Endurance, and Body Composition.

Under this variable 27% students were found under excellent category, 41% students were found under good category and 32% students were found under needs improvements category.

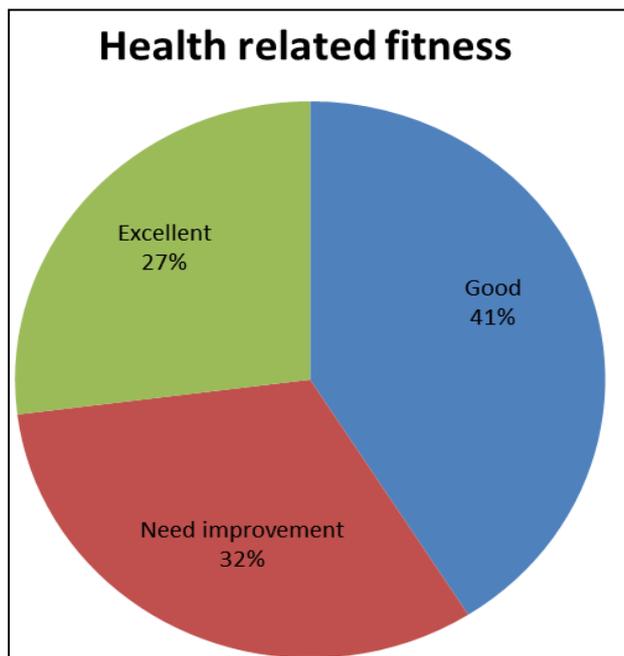


Fig 2

Stress Management

Stress management is a condition or feeling experienced when a person perceives that demands exceed the personal and social resources the individual is able to mobilize. Stress is therefore a negative experience and it is not an inevitable consequence of an event: It depends a lot on people's perceptions of a situation and their real ability to cope with it. Under this variable 13% students were found under excellent category, 43% students were found under good category and 44% students were found under needs improvements category.

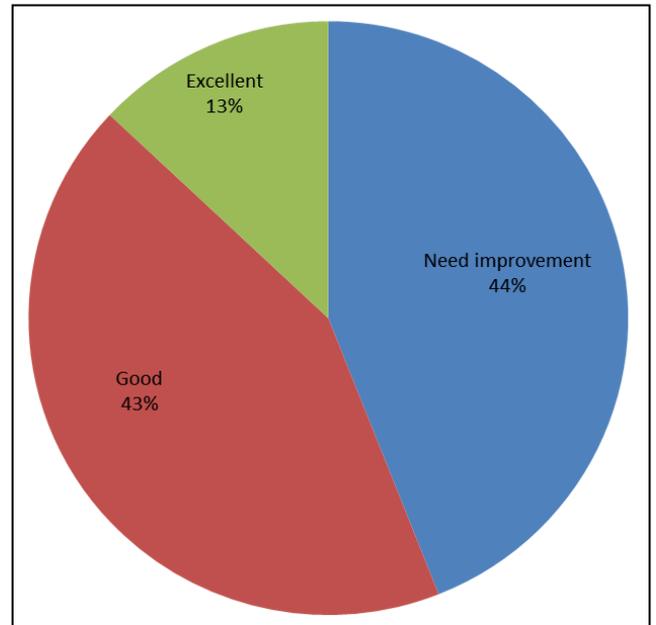


Fig 3

Personal Hygiene

Personal hygiene and body style are visible parts of your identity. It is very important how you look and smell. The olfactory sense (how we smell to others) is very strong in determining how people react to and remember us. Personal hygiene and style are also absolutely necessary components of being successful in the work place. Ask yourself (or those around you): Is your perfume attractive? Is it too heavy? How are you taking care of your skin? How often do you wash your clothes, shampoo, shower, shave, manicure and pedicure? What kinds of hygiene products are you using? How do you attend to facial hair? Do you keep your hair in good condition and have it styled regularly? Taken together, hygiene practices play an important part in giving others signals as to your personality, your sexuality, and your sense of self-worth. Personal Hygiene is taking care of and maintaining a clean, sanitary body, including hair and nails.

Under this variable 33% students were found under excellent category, 33% students were found under good category and 34% students were found under needs improvements category.

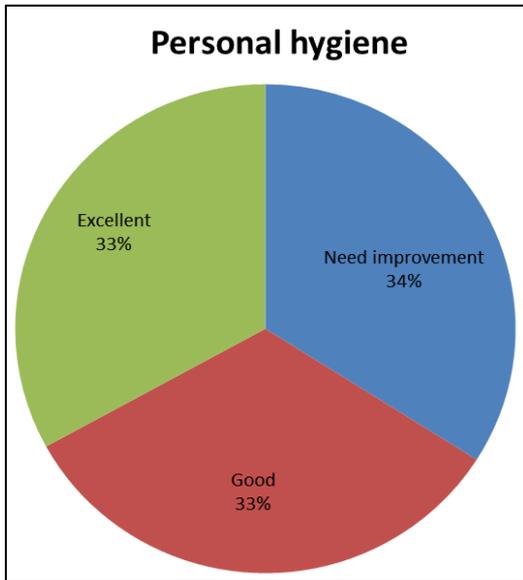


Fig 4

Environmental health and protection

Environmental protection definition includes all available practices used to protect our Environmental environment, whether on individual, organizational or global (international) level. This basically means that each and every one of us can do something to protect our environment but of course, global actions are the ones that would help our environment the most. The general opinion is that our environment is in the constant state of degradation due to so many different environmental problems (climate change, all forms of pollution, deforestation, biodiversity loss, etc). The scientists have been issuing warnings about the negative state of our environment for quite some time but unfortunately world leaders do not listen to science and global action to protect our environment from further degradation still looks like mission impossible. This was best demonstrated in talks about the new climate change deal where world leaders once again failed to find the mutual language being divided by different individual interests.

Overall Health status 27.13% students were found under excellent category, 36.38% students were found under good category and 36.50% students were found under needs improvement category.

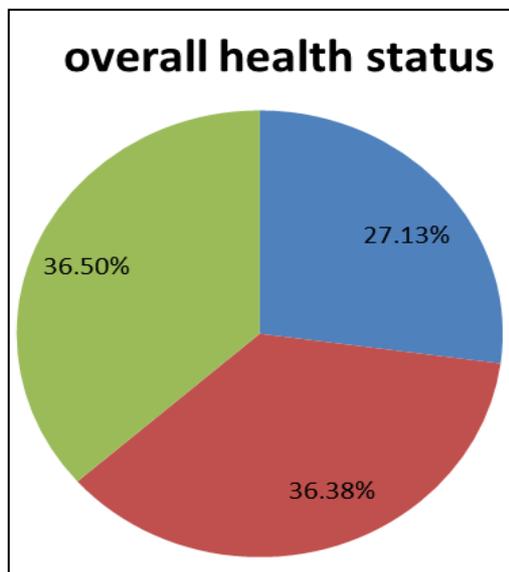


Fig 5

Discussion

The variables wise discussion of the present study of “Survey of Nutrition awareness and Health Status of students of Lovely Professional University” was presented as follows:

Nutrition: Resources to nutrition indicated that 21% students were found under excellent category, 55% students were found under good category and 24% students were found under need improvements.

The result shows that 24% students require nutrition. It is necessary for students that they should be take proper nutrition in their daily life.

Health Related Fitness: Resources to health related fitness indicated that 27% students were found under excellent category, 41% students were found under good category and 32% students were found under need improvements. We can so 32% students were not participated in physical activities (Strength, Flexibility, Coordinative and aerobic exercises). So it is very essential to encourage the students to the participated in physical activities to improve their physical fitness.

Stress management: Resources to stress management indicated that 13% students were found under excellent category, 43% students were found under good category and 44% students were found under need improvements. It is the ability of students to easily maintain the level of stress but students needs little level of improvement. We can motivate them for recreational activities and discuss their personal problem to reduce stress.

Personal hygiene: Resources to personal hygiene indicated that 33% students were found under excellent category, 33% students were found under good category and 34% students were found under need improvements. Thus research scholar can say that students are taking care of personal hygiene but the result shows that 34% students required focus in their personal hygiene. Research scholar can motivate them for proper sleep and daily clean their body with medicated soap.

Environmental health and protection: Resources to environmental health and protection indicated that 29% students were found under excellent category, 38% students were found under good category and 33% students were found under need improvements. Thus Research scholar can say that maximum students are taking care of their environmental hygiene but 38% students are needed to aware the environmental hygiene. The Research scholar can motivate them for environmental hygiene like- clean home, clean schools etc.

Recommendations

It is recommended that-

1. A similar study may be conducted on school students.
2. A similar study may be undertaken on the subject of different age groups and occupations the businessman working class in factories and other group of people.
3. A further studies may be conducted separately on each Nutrition Awareness and health related variables.

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