



# A Study of Awareness towards Good Nutrition Food of Secondary School Students

Research Scholar

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## Introduction

Awareness of proper nutrition, nutritional value of food and healthy eating practices can make a difference in the health of the entire society and country. Nutrient deficiencies can make entire nations unproductive. Poor diet is the 4th largest global risk factor for disease. Nutrition can be easily obtained by eating a well-balanced and varied diet. Nutritious food plays an important role in maintaining a healthy body which is compatible with longevity. Nutrition education is important not only as a means of raising living standards, but as an activity to prevent malnutrition. Knowledge of what people eat and why they eat it will be a prerequisite for effecting the necessary changes in the desired direction. Non-standard nutritional habits definitely have harmful and long-term effects on health. People who are aware of the connection between poor nutrition and certain health conditions follow a balanced diet and avoid being overweight. In present study, the researcher investigated secondary school students' awareness towards good nutrition food.

## Objectives of the Study

Objectives of present study are as given below:

- To study awareness of secondary school students towards good nutrition food.
- To study awareness of secondary school students towards good nutrition food in relation to area.
- To study awareness of secondary school students towards good nutrition food in relation to gender.

## Hypotheses of the Study

- H0<sub>1</sub> There is no significant difference between mean scores of awareness test obtained by students of urban and rural area.
- H0<sub>2</sub> There is no significant difference between mean scores of awareness test obtained by boys and girls.

## Variables of the Study

The researcher defined independent and dependent variables as mentioned in table below.

**Table 1.0**  
**Variables of the Study**

No.	Type of Variable	Variable	Levels of Variable
1	Independent variable	Area	Urban
			Rural
		Gender	Boys
			Girls
2	Dependent variable	Scores of awareness test	

## Limitations of the Study

Limitations of present study are as below.

1. Present study was conducted of secondary school students of Surat district.
2. The researcher selected different schools from urban and rural area of Surat district.
3. The researcher selected only grade-9 students for present study.

## Research Method

When sample of study has been selected randomly from a vast area of population, to collect data regarding self-constructed tool survey method is used. In present study, the researcher constructed an awareness test for secondary school students towards good nutrition food. To perform this study, a descriptive survey research method is used.

## Research Tool

The researcher constructed an awareness test regarding good nutrition food to study awareness of secondary school students of Surat district. The researcher constructed multiple choice questions in this test. Total 32 questions were constructed by the researcher. Each question has four responses out of this only one response is true, other three responses are false.

## Sample of the Study

The researcher selected 200 secondary school students from Surat district. Out of these, 50 boys and girls were selected from urban area and 50 boys and girls were selected from rural area.

**Table 2.0**  
**Sample of the Study**

Area/Gender	Urban	Rural	Total
Boys	50	50	100
Girls	50	50	100
<b>Total</b>	100	100	<b>200</b>

## Data Collection

The researcher approached principals of different schools to obtain data regarding awareness test from secondary school students. At the time given by principals, the researcher visited schools individually and gave awareness test to students with the help of class teachers. The researcher provides all information to the students regarding test before giving it. The students were given 45 minutes to complete this test.

## Data Analysis

The main objective of researcher was to study the effect of area and gender on awareness of students regarding good nutrition. For this, the researcher constructed two hypotheses mentioned above. The researcher conducted t-tests to check hypotheses. The results of t-tests are given in tables below.

**Table 3.0**  
**t-test between mean scores of students of urban and rural area**

Area	N	M	SD	SED	t	Significance
Urban	100	23.48	4.58	0.65	4.31	0.01
Rural	100	20.67	4.65			

df	0.05	0.01
198	1.97	2.60

As mentioned in above table, calculated t-value is 4.31. Table t-values for df=198 are 1.97 at 0.05 level and 2.60 at 0.01 level. Here, calculated t-value is more than table t-values at both levels. Thus, hypothesis  $H_{01}$  is rejected and there is a significant difference between mean scores obtained by students of urban and rural area in awareness test. Moreover, mean score of students of urban area is more than mean score of students of rural area. Therefore, it is revealed that the students of urban area have more awareness towards good nutrition food than students of rural area.

**Table 4.0**  
**t-test between mean scores of boys and girls**

<b>Gender</b>	<b>N</b>	<b>M</b>	<b>SD</b>	<b>SED</b>	<b>t</b>	<b>Significance</b>
Boys	100	21.12	4.99	0.65	2.90	0.01
Girls	100	23.02	4.24			

<b>df</b>	<b>0.05</b>	<b>0.01</b>
198	1.97	2.60

As mentioned in above table, calculated t-value is 2.90. Table t-values for df=198 are 1.97 at 0.05 level and 2.60 at 0.01 level. Here, calculated t-value is more than table t-values at both levels. Thus, hypothesis  $H_0$  is rejected and there is a significant difference between mean scores obtained by boys and girls in awareness test. Moreover, mean score of girls is more than mean score of boys. Therefore, it is revealed that the girls have more awareness towards good nutrition food than boys.

### Major Findings

After data analysis, following major findings were derived by the researcher.

1. The students of urban area have more awareness towards good nutrition food than students of rural area.
2. The girls have more awareness towards good nutrition food than boys.

### Conclusion

People who are aware of the connection between poor nutrition and certain health conditions follow a balanced diet and avoid being overweight. In present study, the researcher investigated secondary school students' awareness towards good nutrition food. The main objective of researcher was to study the awareness of secondary school students regarding good nutrition food. It is revealed that the students of urban area have more awareness towards good nutrition food than students of rural area. It is also revealed that the girls have more awareness towards good nutrition food than boys.

## References

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