P-ISSN: 2617-9806
E-ISSN: 2617-9814

Impact Factor: RJIF 5.2
www.nursingjournal.net

International Journal of Advance Research in Nursing

Volume 4; Issue 1; January-June 2021; Page No. 06-11

Received: 05-11-2020
Accepted: 11-12-2020

Indexed Journal
Peer Reviewed Journal

Assessment of awareness regarding school lunch programme among parents at Bagadpur, Uttar Pradesh, India

Sulaiman Umar

College of Nursing, Teerthankear Mahaveer University, Moradabad, Uttar Pradesh, India

DOI: https://doi.org/10.33545/nursing.2021.v4.i1.A.124

Abstract
Background: School lunch programme provided by government of India at free of cost, its components use in the clinical settings are well defined, the present study aims at assessing the parent's awareness regarding school lunch programme (SLP).
Objectives
1. To assess the awareness of parents regarding school lunch programme.
2. To find the association between the level awareness among the parents with their sociodemographic variables.

Method: A study was used to assess the awareness of parents regarding SLP at Bagadpur, Uttar Pradesh. Data was collected from 80 samples using convenient sampling technique by structured questionnaire. The collected data was analysed using descriptive and inferential statistics and presents in the form of tables and figures.
Result: 1.25% parents have adequate level of awareness, 73.75% have moderate level of awareness and 25.00% have inadequate level of awareness.
Conclusion: There was no statistically significant association between sociodemographic variables of the respondents with their level of awareness.

Keywords: Assessment, awareness, school lunch programme and parents

Introduction

School lunch programme is provided by the government of India at school during break free of cost, according to current statistics, in India about 276 million people are under poverty, 42.5% of the children under 5 are under weight and about 13-14% of children receiving school lunch programme is still underweight and stunted. India's ranking in hunger index, a measure of child wasting and child stunning has improved from 63 to 55 in 2015 but still many don't get enough to eat, as their parents can't give what is desired or needed, especially support, food or sustenance which has far-reaching implication in the development of the country as a whole.

So improving child nutrition is of utmost urgency in most Indian states. Constitution of India guarantees civil liberties to all Indians in the form of a charter of rights known as the fundamental rights. Right to life, Right to education and right to information are the latest addition to the fundamental rights.

They are considered essential for the development of the personality of every individual and to preserves human dignity.mid day meal programme is one such facilities that can be accessed by Indian children and has proven to be contributory as social safety net for weak sections of the population and as an educational boost to ensure that children go to school and that their learning is optimized by elimination of hunger in the class room.

This centrally sponsored scheme was beneficial in enhancing nutritional level and improving attendance at school among students studying in classes I to V (in Government and aided schools). Annually anthropometric measurements are taken to monitor improvement in nutrition [1, 2, 3].

Materials and Methods

Methodology

Research Approach

Research Approach is the description of the plan to investigate the phenomenon under study in a structured (quantitative), unstructured (qualitative) or a combination of the two methods (quantitative-qualitative integrated approach).

In present study research approach was quantitative method of approach

Research Design

The research design refers to the researcher's overall plan for obtaining answer to the research questions.

Descriptive survey research design

Setting of Study

The study setting is the location in which the research is conducted-it can be natural, partially controlled, or highly controlled.

The study was conducted at Bagadpur village of Moradabad district, Uttar Pradesh.

Population
Population is the aggregation of all units in which a researcher is interested.
Target population:- A target population consists of the total number of people or objects which are meeting the designed set of criteria by researcher. The target population in this study are parents of Bagadpur village. Accessible population:- It is the aggregate of cases that conform to designated criteria and also accessible as subject for a study. n this study the accessible population are parents of Bagadpur village.

Sampling and Sample Size
Sample is defined as representative unit of a target population.
Non-probability onvnint sssampling method.
The proposed sample size for this study is 80.

Sampling Technique:
In this study purposive sampling is used to select the sample.

Sampling Criteria
Inclusion Criteria
- Parents of Bagadpur village (male and females)
- Parents whose children are studying in schools where school lunch programme is optional.
- Parents who can read, write and speak Hindi or English.

Exclusion Criteria
- Parents those who are not willing to participate will be excluded.
- Parents who are not available at the time of data collection will not be included.

Variables
Variables refers to the attributes or characteristics that can have more than one value, such as height, weight.
In the present study the research variables are –awareness regarding school lunch programme.

Independent Variable: Variables that are purposely manipulated or changed by the researcher. In this study independent variable is school lunch programme.

Dependent Variable: Variables that change as the independent variable is manipulated by the researcher. In this study dependent variable is parents.

Description of Tool: Structured questionnaire. Tool

Part A: Performa for collecting socio-demographic variables It consist of demographic variables like sex, age, area of living, religion, people's income.

Part B: Structured knowledge questionnaire to assess the awareness of Parents regarding school lunch programme at Bagadpur, Uttar Pradesh. It consist of questionnaire to assess the awareness related to school lunch programme, this questionnaire consist of 20 questions. The questionnaire A score of one mark was given to every correct answer and zero was given for wrong answer.

The score was ranged as follows-
Adequate knowledge- 75-100% Moderate knowledge 50-74% Inadequate knowledge- below 0-49%

Plan for Data Collection Procedure
Before actual collection of data, permission was obtained from the head of village. Then the researcher introduce themselves to the respondent regarding the tool. Each respondent will be given 40 minutes to complete the questionnaire.

Plan of Data Analysis and Interpretation
Data Analysis:–The data were summarized, organized, tabulated and analyzed. The data was analyzed according to the objectives of the study by using non experimental descriptive statistics (frequency and percentage) and an inferential statistics (chi square, anova, t test). The analysis and interpretation of data collected from the sample to determine the level of awareness. A quantitative research approaches are used for the present study. The analysis is done in order to achieve the result of the study.

Organization of the study finding
Section 1: Distribution of sample according to the socio-demographic variable.

Section 2: Distribution of sample according to the level of awareness.

Section 3: Association between level of awareness and socio-demographic variable.

Summary
In this chapter we have included methodology research approach, research design, population, setting of the study, sample, sample size, sampling technique, criteria for sample selection, and development of tools content validity of tools, reliability of tools, description of final tools, pilot study, data collection procedure, plan for data analysis.

Results and Discussion
Data Analysis and Interpretation of Result
This chapter deal with analysis and interpretation of the data gather to assess the awareness of Parents regarding school lunch programme at Bagadpur, Uttar Pradesh, India.

Organization and presentation of Data
The obtained data were entered into the master sheet for tabulation and statistical processing. Descriptive and inferential statistical methods were used to analyze the collected data.
The analysis of the data was organized and finalized according to the plan of data analysis and presented in the form of tables and figures which is organized under the following sections.

Section I: Description of demographic variables of the parents.

Section II: Distribution of parents according to their level of awareness.

Section III: Association between the level of awareness with demographic variable like age, sex, qualification, family etc.

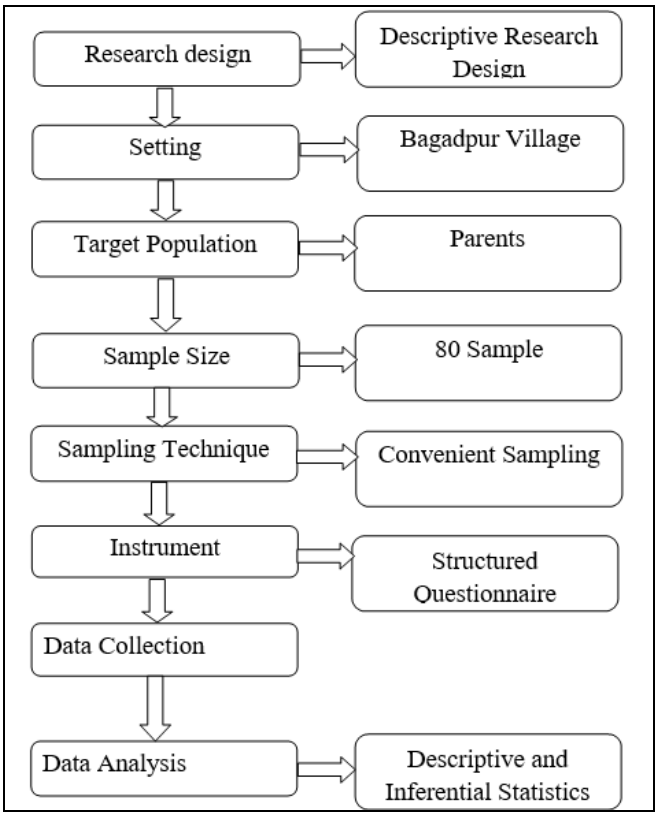


Fig 1: Schematic representation of research methodology

Section I

Table 1: Descriptionf of Demographic Variables of Parent

SL.NO	Demographic Variables		Frequency	Percentage
1.	Age of parents	20 -29 Years	20	25%
		30 – 39 Years	42	52.5%
		40 – 49 Years	10	12.5%
		50 and above	8	10%
2.	Sex	Male	29	36.25%
		Female	51	63.75%
3.	Qualification	PG, Diploma	62	77.5%
		1 to 12 class	15	18.75%
		Illiterate	3	3.75%
4.	Occupation	Govt.	50	62.5%
		Private	21	26.25%
		Others	9	11.25%
5.	Income	More than 15,000	12	15%
		10,000 to 15,0000	26	32.5%
		5000 to 10,000	20	25%
		1000 to 5000	22	27.5%
6.	Family	Nuclear	42	52.5%
		Joint	36	45%
		Single parent	2	2.5%
7..	Source of information	Health personnel	16	20%
		Friends	5	6.25%
		Relatives	10	12.5%
		Mass media	5	6.25%
		School authority	44	55%

1. Analysis Related To Demographic Variables

- Table Ist is describing the frequency among the parents with their selected demographic variables like age, sex, qualification, occupation, income, source of information
- The variables, age in present study were 52.5% parents belongs to 30 – 39 years and 25% parents belongs to 20 – 29 years and 12% parents belongs to 40 – 49 years and 10% parents belongs 50 and above.
- The variable, Sex of parents 63.75% of were female

and 36.25% of were male.

- As regard to qualification PG, Diploma 77.5% of parents, 1 -12 classes 18.75% of parents and 3.75% of were illiterate.
- As regard to occupation 62.5% of parents have government job, 26.25% have private job, and 11.25% of parents have other type of job.
- The variable, income of parents 32.5% 10,000 to 15,000, 27.5% 1,000 to 5000, 25% 5,000 to 10,0000 and 15% more than 15,000.
- The variable, 52.5% parents belongs to nuclear family, 45% parents belongs to joint family and 2.5% parents belongs to single family.
- In relation to the sources of information 55% from school authority, 20% from health personnel, 12% from relatives, and 6.25% from friends and mass media.

Section –II

Table 2: Frequency and percentage distribution of level of knowledge N=80

Sl. No.	Level of awareness	Score range	Frequency	Percentage
1	Adequate	>74	1	1.25%
2	Moderate	50-74	59	73.75%
3	Inadequate	<50	20	25.00%

- Table 2 is describing the frequency and percentage according to the level of awareness of the parents.
- 1.25% parents have good level of awareness, 73.75% parents have average level of awareness and 25.00% parents have poor level of awareness

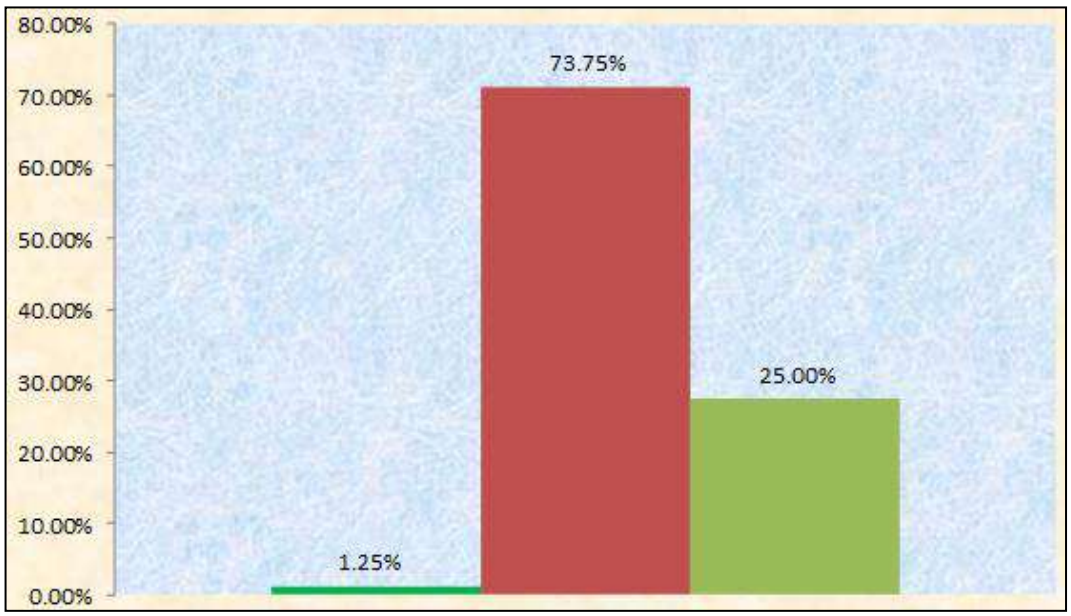


Fig 2: Bar diagram showing percentage distribution of level of awareness of parents regarding school lunch programme

Section – III

Table 3: Association between the Level of Awareness with Demographic Variables N=80

Sl. No.	Demographic Variables		Level of awareness						Chi square value	P Value Inference
			Poor		Average		Good			
			F	%	F	%	F	%		
1	Age of parents	20 –29 Years	1	1.25	29	36.25	10	12.5	5.44	0.48 NS
		30 – 39 years	0	0	14	17.5	2	2.5		
		40 – 9 years	0	0	2	2.5	1	1.25		
		50 and Above	0	0	12	15	9	11.25		
2	Gender	Male	0	0	26	32.5	9	11.25	0.93	0.62 NS
		Female	1	1.2	31	38.75	13	16.25		
3	Qualification	PG Diploma	1	1.25	15	18.75	3	3.75 7.5	9.01	0.06 NS
		1 – 12 class	0	0	44	55	16	20		
		Illiterate	1	1.25	12	15	3	3.75		
4	Occupation	Government	0	1.2	2	2.5	1	1.25	1.25	0.87 NS
		Private	0	0	16	20	4	5		
		Others	0	0	39	48.75	17	21.25		
5	Income	More than 15,000	1	1.25	14	17.5	3	3.75	12.45	0.05 NS
		10,000 – 15,000	0	0	6	7.5	7	8.75		
		5,000 – 10,000	0	0	21	26.25	3	3.75		
		1,000 – 5,000	0	0	16	20	9	11.25		
6	Family	Nuclear	0	0	30	37.5	8	10	3.24	0.51 NS
		Joint	0	0	1	1.25	0	0		

		Single Parent	1	1.2	25	31.25	15	18.75		
7	Source of Information	Health personnel	0	0	12	15	3	3.75	9.04	0.33 NS
		Friends	0	0	5	6.25	2	2.5		
		Relatives	1	1.2	8	10	5	6.25		
		Mass mdia	0	0	3	3.75	1	1.25		
		School Authority	0	0	30	37.5	10	12.5		

*x^2tab=9.038(P< 0.05) df-6

Hence, there was no statistically significant association between the level of awareness of parents with their sociodemographic variable i.e. age, gender, qualification, occupation, income, type of family and source of information as the chi square values obtained were greater than the table values.

Summary

In this chapter we have include analysis and interpretation of the data according to demographic variables and organization of findings.

Conclusion

On the basis of analysis of the study the following conclusion were drawn. It also brings out the limitation of the study into the picture, the implications are given on the aim of school lunch programme facilities, nutritive values, placed, time investment and research it also gives insight into the future studies.

The awareness regarding school lunch programme at Bagadpur village of 80 samples.1.25% parents have adequate level of awareness, 73.75% have moderate level of awareness and 25.00% have inadequate level Fof awareness.

Nursing Implication

The finding of the study has implication in the field of nursing education, nursing administration, and nursing research

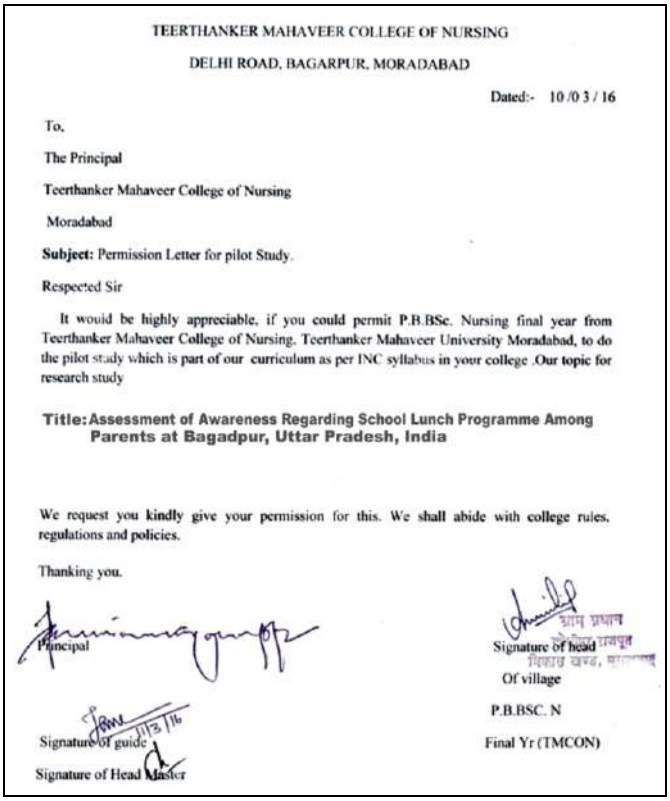
Nursing Practice: Nurses should participate actively in various awareness camp/facilities organized by government and other organization related/regarding school lunch Programme and its importance. Nurse should take initiative to find out the vulnerable groups for school lunch Programme.

Nursing Practice: Nursing practice needs to be based on scientific knowledge, Nurse have to gather information regarding facts, ethical issues and myths about the studies. Research essentially is a problem solving process. The present study focuses on parent's awareness regarding school lunch Programme, as they future in their awareness about school lunch Programme.

Recommendation

- A large-scale study can be done for assessing the awareness of school lunch Programme.
- The descriptive study can be undertaken with control group.
- Experimental study can be done to assess the effectiveness of structured teaching programme regarding school lunch programme among parents.

Appendix



TEERTHANKER MAHAVEER COLLEGE OF NURSING

DELHI ROAD, BAGARPUR, MORADABAD

Dated:- 10/03/16

To,

The Principal

Teerthanker Mahaveer College of Nursing

Moradabad

Subject: Permission Letter for pilot Study.

Respected Sir

It would be highly appreciable, if you could permit P.B.BSc. Nursing final year from Teerthanker Mahaveer College of Nursing, Teerthanker Mahaveer University Moradabad, to do the pilot study which is part of our curriculum as per INC syllabus in your college .Our topic for research study

Title: Assessment of Awareness Regarding School Lunch Programme Among Parents at Bagadpur, Uttar Pradesh, India

We request you kindly give your permission for this. We shall abide with college rules, regulations and policies.

Thanking you.

Principal

Signature of head

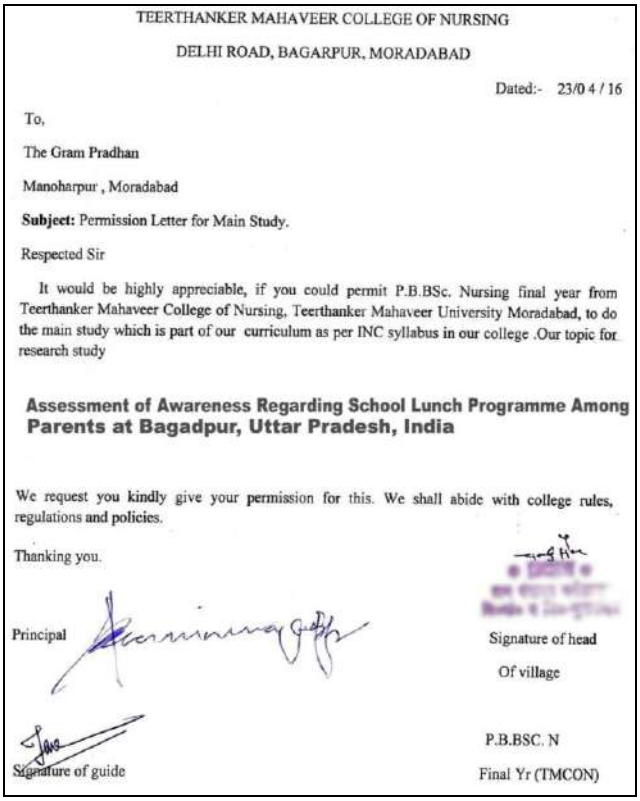
Of village

Signature of guide

P.B.BSC. N

Signature of Head Master

Final Yr (TMCON)



TEERTHANKER MAHAVEER COLLEGE OF NURSING

DELHI ROAD, BAGARPUR, MORADABAD

Dated:- 23/04/16

To,

The Gram Pradhan

Manoharpur , Moradabad

Subject: Permission Letter for Main Study.

Respected Sir

It would be highly appreciable, if you could permit P.B.BSc. Nursing final year from Teerthanker Mahaveer College of Nursing, Teerthanker Mahaveer University Moradabad, to do the main study which is part of our curriculum as per INC syllabus in our college .Our topic for research study

Assessment of Awareness Regarding School Lunch Programme Among Parents at Bagadpur, Uttar Pradesh, India

We request you kindly give your permission for this. We shall abide with college rules, regulations and policies.

Thanking you.

Principal

Signature of head

Of village

Signature of guide

P.B.BSC. N

Final Yr (TMCON)

Acknowledgments
Sulaiman Umar thanks my project guide and the participants of the study.

References

1. Dibyendu Bhattacharyya KS. Comparison of opinion between rural guardian and urban guardian on the effectiveness of mid-day meal programme. Gold Res Thoughts 2015;5(1):1-5.
2. Fundamental rights in India - Wikipedia, the free encyclopedia [Internet]. [cited 2016 Feb 2]. Available from: https://en.wikipedia.org/wiki/Fundamental_rights_in_India.
3. Agarwal DK, Agarwal KN, Upadhyay SK. Effect of mid-day meal programme on physical growth & mental function. Indian Journal of Medical Research 1989;90:163-74.
4. Chutani AM. School lunch program in India: background, objectives and components. Asian Pacific Journal of Clinical Nutrition 2012;21(1):151-4.
5. Miyoshi M, Tsuboyama-Kasaoka N, Nishi N. School-based “Shokuiku” program in Japan: application to nutrition education in Asian countries. Asian Pacific Journal of Clinical Nutrition 2012, 21.
6. Afridi F. The Impact of School Meals on School Participation: Evidence from Rural India. Journal of Developmental Studies 2011;47(11):1636-56.