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An exploratory study to assess the knowledge regarding balance diet among students in selected schools of Pune city

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Abstract

A study titled "An exploratory study to assess the knowledge regarding balance diet among students in selected schools of Pune city" was conducted for the partial fulfillment of the Diploma in General nursing and midwifery, Bharati Vidyapeeth Deemed University, Pune during the year 2017-2018. The study was conducted in Kanya Prashala School of Bharati Vidyapeeth Katraj Pune district of India. A balanced diet is one that gives body nutrients it needs to function correctly to get the proper nutrition from diet. Research design is non experimental design. Our assumption is that, students may have some knowledge regarding balance diet.

Objective: 1) To assess the knowledge regarding balanced diet among in selected schools of Pune city.
2) To associate the findings with selected demographic variable.

Method: This study was conducted among school going children of Pune city in the year of 2017 to 2018. The study of sampling techniques the tools and its validity and reliability, pilot study data collection and the plan for data analysis.

Result: The study showed that 86% of samples had excellent knowledge regarding balance diet, 12% of samples had good knowledge and 2% of samples had poor knowledge regarding balance diet.

The study had a greater number of female participants, 80% and lower number of male participants, 20%. The most participants from 6th to 7th standard 60% and 40% from 4th to 5th standard.

Keywords: knowledge regarding balance diet, school going children

Introduction

A balanced diet is one that gives the body the nutrients it needs to function correctly to get the proper nutrition from diet.

This days school going children at are much more pressure that what it was five years back with rising demands of career and increasing competition school have also become a place rat race balanced diet for school children is the only way to keep them healthy and also to enhance their power to achieve the aim.

Nutrition is the science that deals with the effects of food on the body food provides "nutrients", all the absorbable components of what we eat diet the body needs in order to fulfil the three main nutritional requirements of good health those are:-

1. The energy we need to keep warm and to help our organs function as well as full for moving and working.
2. Specific nutrition that are needed to utilize foods and finally the nutrients that are required for growth of cells and replacement of used up cells.

A balanced diet need to content food from all the main foods groups in the correct proportional to provide the body with optimum nutrition.

Benefits of balance diet

The benefits of balanced diet are full reaching the general mood of person who is well nourished is likely to be improves good nutrition makes exercising more effective as the physical activity combine with healthy nutrition well have great effect on the body a balanced diet improves overall the heath of a person which means the susceptibility to infection illness and disease will be reduced. A balance diet is a way of eating that allows you to consume all the nutrients your body needs from a wide range a food.

Methodology

The research process progresses from the initiation to the culmination stage in logical sequences. It refers to the strategy adopted the planning. Constitution and implementation on the study. The non-experimental study enrolling the 100 sample was conducted in 1st March 2018. The samples were selected by using non probability convenience sampling method. The collected data were analyzed by using descriptive and Description of sample based on demographic data.

Table no: 1

Table 1: Frequency and percentage distribution of the balance diet according to their demographic variables. N=100

Demographic variables	frequency	Percentages
Age (years)		
▪ 10-12	82	82%
▪ 12-14	15	15%
▪ 14-16	3	3%
Gender		
▪ Male	20	20%
▪ Female	80	80%
Standard		
▪ 4 th to 5 th	40	40%
▪ 6 th to 7 th	60	60%
Weight		
▪ 15 to 17 kg	14	14%
▪ 17 to 20 kg	17	17%
▪ 20 to 28 kg	69	69%

Table no 1.1 the table shows the percentage of age of the students in that 10 to 12 year in this is age group 82% student.12 to 14 year in this age group 15% student.14 to 16 year in this age group 3% student. Table no 1.2 the table shows the percentage of gender of the students in that 20% students are male.80% students are female. Table no1.3 the table shows the percentage of student standard in that40% students are 4th to 5th standard.60% students are 6th to 7thstandard.Table no 1.4 the table shows the percentage of weight of students in that14% students are 15 to 17.17% students are 17 to 20.69% students are 20 to 28.

Analyze the data related to the level of knowledge of balance diet.

Table 2: Frequency percentage of knowledge score. N= 100

Sr. No	Knowledge score	Frequency	Percentage
1.	Poor	2	2%
2.	Good	12	12%
3.	Excellent	86	86%

In this study 86% student are having excellent knowledge regarding balance diet. There are 12% students are having good knowledge regarding balance diet and 2% of students are having poor knowledge regarding balance diet

Table 3: Association of knowledge score with demographic data. N=100

Demographic data	Degree of association	Table Value	Chi- Saqure value	p- value
Age	4	14.85775	14.85775	0.9
Gender	1	0.543	0.543	0.1
Standard	1	0	0	0.1
Weight	4	21.2759	21.2759	0.9

The data presented in table-4 shows that the x2 value of the selected demographic variables are smaller than t-value which shows that there is no association between the selected demographic variables and knowledge of balance diet regarding. Among students in selected schools of Pune city.

Discussion

The focus of this study was to assess the knowledge of students regarding balance diet. The theory provides and understanding of knowledge of student regarding balance diet. The study was conducted in Kanya Prashala School of Bharati Vidyapeeth we are collected 100 samples. The duration of data collection 4 week and convient sampling technique was use to collect sample. The research approach used in the study was descriptive approach. This chapter deals with the discussion of the major finding of study. summery and its implication to nursing and recommendation for study. Finding of the study and discussion.

Finding of the study were based on the objectives of the study.

Recommendation

Similar study can be undertaken for large sample so that

results can be generalize.

- The some study can be done with an experimental research approach having a control growth.
- A comparative study can be conducted using two different teaching strategies to educate the student in relation to procedural preparation, management of balance diet.

Conclusion

A descriptive study to assess the knowledge of students generated by Bharati Vidyapeeth school of Pune city was undertaken as Bharati Vidyapeeth college of nursing pune-43.The following conclusion were based on findings the results were described by using descriptive and inferential statistics.

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