Research Article

KNOWLEDGE OF TRIBAL FARM WOMEN ABOUT HUMAN NUTRITION IN NARMADA DISTRICT

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ARTICLE INFO

ABSTRACT

The present study was conducted in Narmada district of Gujarat state. Malnutrition and under nutrition is the serious problems in especially Narmada district. In district, there are five talukas viz; Dediyapada, Tilakwada, Rajpipala, Garudeshwer and Sagbara. Two villages from each taluka and 20 tribal farm women from each village were randomly selected by lottery method. Thus, total 200 respondents from 10 selected villages of five talukas of Narmand district were included in the sample for the study. Data were collected through personal interview. To measure tribal farm women knowledge of human nutrition in Narmada district Keeping this in view present study was conducted to know about the extent of knowledge about human nutrition of tribal farm women.

INTRODUCTION

Malnutrition and under nutrition is the serious problems in rural area especially tribal locale. This can be solved supplementing food to the needy population through Food for All and alike programmes. But, it is not only the way to nourish millions of hungry population. Proper management of food, application of balance diet and know-how of specific nutrients requirement to the people of different age group are also the strategies to eradicate the hunger from the country and these can be achieved by education the people who suffer malnutrition. Notional education should be useful and be imparted considering the food habits, local food resources and present background knowledge of the targeted people. Keeping this in view present study was conducted to know the extent of knowledge about human nutrition of tribal farm women.

Objective

1. To Study Profile of Tribal Farm women.
2. To Study Level of knowledge of tribal farm women about human nutrition.
3. To Ascertain the relationship between Level of knowledge and profile of tribal farm women.

METHODOLOGY

Study was conducted in Narmada district of Gujarat. Multistage Random sampling method was employed for selecting the respondents. In the Narmada district, there are five talukas viz; Dediyapada, Tilakwada, Rajpipala, Garudeshwer and Sagbara. Two villages from each taluka and 20 tribal farm women from each village were randomly selected by lottery method. Thus, total 200 respondents from 10 selected villages of five talukas of Narmand district were included in the sample for the study. An Ex-post-facto research design was employed for the present study. The primary data were collected with the help of structured schedule by personal interview whereas secondary data were collected from the concerned agencies. Statistical tools such as Frequency, percentage, Mean, Standard deviation, correlation of coefficient were used to analyze the data.

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FINDINGS AND DISCUSSION

Personal Profile of Tribal Farm women
Age

Table 1 Distribution of Respondents according to their age

n= 200

Age	Criteria	Number	Percentage
Young	>35	133	66.50
Middle	35 to 60	40	20.00
Old	>60	27	13.50

Data presented in table-1 indicated that majority (66.50 per cent) of the respondents were young followed by middle aged. Rests of them were old (13.50 per cent).

Education level

Table 2 Distribution of Respondents according to their education level

n = 200

Education Level	Criteria	Number	Percentage
Illiterate	No education	33	16.50
Primary	1 to 8 Std	72	36.00
Secondary	9 to 10 Std	51	26.50
Higher Secondary	11 to 12 Std	35	17.50
Graduate	>12 Std	7	3.50

Information presented in table 2 indicated that more than one third (36.00 per cent) of the respondents had educated up to primary level followed by secondary level (26.50 per cent) and higher secondary level (17.50 per cent). Only 3.50 per cent of them received graduation. Rests of respondents were illiterate.

Annual income

Table 3 Distribution of Respondents according to their annual income

n = 200

Annual income	Criteria	Number	Percentage
Low	< 25000 Rs	34	17.00
Medium	25000 To 50000	83	41.50
High	>50000	83	41.50

The data of table 3 revealed that equal proportion (41.50 per cent of respondents had medium and high annual income. Only 17.00 per cent of respondents had low income status.

Land Holding

Table 4 Distribution of Respondents according to their land holding

n= 200

Land holding	Criteria	Number	Percentage
Marginal	< 1 ha	16	8.00
Small	1.0 to 2.0 ha	154	77.00
Medium	2.1 to 4.0 ha	26	13.00
Large	>4 ha	4	2.00

Data of table 4 shows that majority (77.00 per cent) of the respondents had small land holding followed by medium land holding (13.00 per cent)

Age at marriage

Table 8 Distribution of Respondents according to their age at marriage

n= 200

Age at marriage	Number	Percentage	Percentage
<22	92	150	75.00
22 to 28	76	43	21.50
>28	32	7	3.50

Data regarding age at marriage were analyzed and presented in table 8.it is clear that majority (75.00 per cent) of tribal farm women married before 22 year of their age. Only few (3.50 per cent) did their marriage after the age of 28 year.

Extension participation

Table 6 Distribution of Respondents according to their extension participation. n = 200

Extension Participation	Criteria	Number	Percentage
Low	<15.3	48	24.00
Medium	15.30 to 23.15	110	55.00
High	> 23.15	42	21.00

Data pertaining to extension participation depicted in table- 10 clearly understood that more than (55.00 per cent) of respondents had medium level of extension participation

Knowledge of Human Nutrition

The knowledge about human nutrition possessed by respondents was measured with help of structured scale consisting five major aspects, each of which consisted statements related to of human nutrition. There were total 65 statements in the structured schedule. The schedule was administered to get dichotomous reply -"Yes" or "No" - from the respondents. Score, then, calculated and results are presented in the table 13 and 14.

Table 7 Distribution of Respondents according to their knowledge level

n = 200

Knowledge Level	Criteria	Number	Percentage
Low Knowledge Level	<28.90	39	19.50
Medium Knowledge Level	28.90 - 58.00	132	66.00
High Knowledge Level	>58.00	29	14.50
Mean = 43.45 SD = 14.55			

It can be seen from the table 7 that the majority (66.00 per cent) of the respondents had medium level of knowledge about the human nutrition. This is followed by low level of nutrition (19.50 per cent). It can be concluded that respondents had medium level of knowledge about human nutrition.

Table 8 Distribution of Respondents according to their knowledge about different aspects of human nutrition

n = 200

Domains of nutritional knowledge	Maximum score	Average score	Percentage to total score
Knowledge about nutrient in food	11	4	36.36
Knowledge about nutrition related food processing	10	7	70.00
Knowledge about health Nutrition	10	6	60.00
Knowledge about child Nutrition	15	10	66.67
Knowledge about pregnant and maternal nutrition	15	8	53.33

Data of Table 8 revealed that respondents had highest knowledge about nutrition related food processing (70.00 per cent) followed by child Nutrition (66.00 per cent), health Nutrition(60.00 per cent) and pregnant and maternal women nutrition (53.33 per cent . in case of knowledge about nutrient in food, respondents had 36.36 per cent knowledge.

Relationship between tribal farm women's personal profile and their knowledge about human nutrition

Table 9 Relationship between personal profiles and respondents knowledge about human nutrition

n = 200

Independent variable	Correlation co-efficient (r)	"t" Value
Age	-0.55370*	-9.35636
Education level	0.48586*	7.82201
Annual income	0.06241NS	0.87993
Land Holding	0.16685NS	2.38113
Family size	-0.13051NS	-1.85235
Family Type	0.04321NS	-4.14264
Number of children	-0.28242*	0.68923
Age at marriage	0.04892NS	-6.70563
Work load	-0.43020*	2.71505
Extension participation	0.18946*	0.60859

* = Significant at 0.05 level
NS = Non-significant at 0.05 level

Data of table 9 shows that respondents' profiles such as Age, education level, , number of children, work load and extension participation were significantly correlated with knowledge level about human nutrition whereas annual income, land holding, family size, family type, and age at marriage were non-significantly correlated with knowledge level about human nutrition. Age, number of children, and work load had negative whereas education level and extension participation had positive correlation with knowledge level about human nutrition.

CONCLUSION

Findings of the study presented above can be concluded that tribal farm women had medium knowledge about the human nutrition. The study points out the needs of nutrition education and intervention programmes for improving nutritional knowledge and behavioral change of tribal farm women.

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