

ASSESS THE DIETARY HABITS AND NUTRITIONAL PROBLEMS RELATED TO HB AMONG ADOLESCENT GIRLS AT, SELECTED SCHOOL, PUDUCHERRY

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Abstract: Background: Approximately 20% of the population of the WHO South-East-Asia (SEAR), consists of adolescents¹. The foundation of adequate growth and development is laid before birth, during childhood, and is followed during adolescence. Adolescents are the future generation of any country and their nutritional needs are critical for the well being of society³. **Aims and Objectives:** To assess the dietary habits among adolescent girls and to assess the Nutritional problems related to Hb among adolescent girls. **Materials and methods:** The research design selected for the study was cross sectional design. Around 20 adolescent girls were selected by using purposive sampling technique. The structured interview questionnaire used to obtaining demographic variables, dietary habits and nutritional problems related to Hb among adolescent girls. **Results:** The result reveals that there is a significant association between the dietary habits and nutritional problem related to Hb among adolescent girls was analyzed and found that 3 of them had decreased appetite, Eleven adolescent girls had the complaints of weakness and tiredness each. Eight adolescent girls had the complaints of fatigue. Adolescent girls reported that had the nutritional problems of Pale in skin colour, Pale colour of conjunctiva and Pallor nails among seven members each. Five adolescent girls had the nutritional problem of Poor academic performance. Three adolescent girls were had nutritional complaints of irritability and poor attention and memory each. **Conclusion:** This was concluded that Good nutrition during adolescence is critical to cover the deficits suffered during childhood and should include nutrients required to meet the demands of physical and cognitive growth and development.

Key Words: Dietary habits & Nutritional problems related to Hb, Adolescent Girls.

1. INTRODUCTION:

Anaemia is an critical and it has a serious impact on growth during adolescence which has been reported with a high rate of iron deficiency anaemia in most of the region in the country. There are more disparities was observed between urban and rural regions of school and non-school going adolescents. It was also observed that socio-economic status determined the occurrence of anaemia among adolescents³. Approximately 20% of the population of the consists of adolescents..

The foundation of adequate growth and development is laid before birth and during childhood and may persist in adolescence^{4,5}. Sequencely, the upcoming generation is also gets affected when the girls are malnourished girls and become mothers during adolescent age. Adolescents population are the future generation of our country and meeting their nutritional needs are more critical for the well-being society⁶.

2. NEED FOR THE STUDY:

Anaemia is an critical and it has a serious impact on growth during adolescence which has been reported with a high rate of iron deficiency anaemia in most of the region in the country⁷. There are more disparities was observed between urban and rural regions of school and non-school going adolescents. It shows that the socio-economic status was determined the emergence of anaemia among adolescents¹.

In India adolescents constitute about 22.8% of total population which in absolute numbers is approximately 273 million forming a significant proportion of the population⁵. The importance of adolescents lies in the fact that they are going to be the adults of tomorrow and the future development of a nation rests in large part on the prospect of having adults who are educated, healthy and economically productive⁸.

Nutrition is of importance especially in adolescent girls where malnutrition, anemia and stunting could have adverse intergenerational effects. Micronutrient deficiency is also seen in a significant number of adolescents⁹. There is also increasing evidence that overweight and obesity is confined not only to adults but also being reported among the children and adolescents perhaps due to changing lifestyles¹⁰.

3. OBJECTIVES:

- To assess the dietary habits among adolescent girls.
- To assess the Nutritional problems related to Hb among adolescent girls.

4. RESEARCH QUESTIONS:

RQ1: What are the dietary habits among adolescent girls?

RQ2: What are the Nutritional problems related to Hb among adolescent girls?

5. RESEARCH METHODOLOGY:

In this study cross sectional study design was used. Around 20 adolescent girls were selected by using purposive sampling technique. The structured interview questionnaire used to obtaining demographic variables, dietary habits and nutritional problems related to Hb among adolescent girls. Collected data were analyzed by using descriptive statistics.

6. RESULTS:

DEMOGRAPHIC VARIABLES

In demographic variables most of the adolescent girls in control group at age of 13 year 5(50.0%) were as in experimental group at the age group of 13 years 4 (40.0%). Most of the adolescent girls in control group 5(50.0%) were as in experimental group 4(40.0%) school children are studying 7th standard. Among the subject 7(70.0%) belonged to Hindu religion in control and experimental group. Majority of the subjects were living in nuclear family 7(70.0%) in control group were as 6 (60.0%) living in join family. Number of family members in control group is 6(60.0%) were as in experimental group 4(40.0%) and 10(100%) all subjects of in control and experimental group belongs to upper middle class of socio economic status.

TABLE: I DIETARY HABITS AMONG ADOLESCENT GIRLS:

VARIABLES		ADOLESCENT GIRLS (n = 20)
Dietary Patterns	Veg	4
	Non- Veg	16
Types of food consumed	Well balance diet	10
	Iron rich diet	5
	Protein rich diet	5
Did you take diet in regular time	Yes	12
	No	8
Did you like take regularly Green leafy vegetables & Fruits	Yes	11
	No	9
Did you have the habits of consuming junk foods	Yes	20
	No	0
If, Yes mention the type of Primary Junk food	Coca cola	8
	Potato chip	7
	Popcorn	5

The dietary patterns was analyzed and found that 16 adolescent girls consuming non-vegetarian diet and 4 vegetarian diet. Types of food consumption shows that 10 belong to well balanced diet, iron rich diet 5 and protein rich diet by another 5 adolescent girls. Twelve Adolescent girls reported that there are consuming foods in regular timing and 8 did 'not. Consumption of green leafy vegetables and fruits were reported by 11 adolescent girls while 9 did 'not consume regularly. All of them said that they had the habit of taking junk food, among them the primary junk food consumed were coca cola by 8 adolescent, potato chips by 7 adolescent and popcorn by 5 adolescent (Table:1).

TABLE: II ASSESSMENT OF NUTRITIONAL PROBLEMS RELATED TO HB AMONG ADOLESCENT GIRLS:

S.N	INFORMATION	ADOLESCENT GIRLS (n = 20)
1.	Decreased appetite	3
2.	Weakness	11
3.	Tiredness	11
4.	Fatigue	8
5.	Irritable	3
6.	Poor attention span / memory	3
7.	Poor academic performance	5
8.	Pale in skin colour	7
9.	Pale colour of conjunctiva	7
10.	Pallor tongue	4
11.	Pallor nails	7

The assessment of nutritional problems related to Hb among adolescent girls was analyzed and found that 3 of them had decreased appetite. Eleven adolescent girls had the complaints of weakness and tiredness each. Eight adolescent girls had the complaints of fatigue. Adolescent girls reported that had the nutritional problems of Pale in skin colour, Pale colour of conjunctiva and Pallor nails among seven members each. Five adolescent girls had the nutritional problem of Poor academic performance. Three adolescent girls were had nutritional complaints of irritability and poor attention and memory each (Table: II).

7. CONCLUSION:

This study was concluded that number of adolescent girls suffered with various nutritional problems among that girls were suffering on anemia.

8. RECOMMENDATIONS:

- Need to enhance the knowledge to adolescent girls regarding iron rich diet and their importance will be helpful in physical and mental growth.
- Sensitize the parents regarding nutrition and the role of healthy rich diet for reproductive health group.
- Education about the importance of healthy eating habits and regular dietary habits.
- To prevent anaemia, increase the intake of green leafy vegetables and fruits.
- Encouraging the adolescents to take iron rich food including beetroot juice supplementation helps in increasing Hb level.

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