

# NUTRITIONAL NEEDS OF DIFFERENT AGE GROUP SCHOOL GOING CHILDREN OF 'HO' TRIBE IN WEST SINGHBHUM OF JHARKHAND

Rani Dubey

Assistant Professor, Dept. of Education  
Dr. H.S.G.V, Sagar, M.P. (Central University)

Sarita Soy

Research Scholar, Dept. of Education,  
Dr. H.S.G.V., Sagar, M.P. (Central University)

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## Abstract

*“A sound mind in sound body” is well-known fact. A sound body is impossible without proper food and nutrition. Proper food and nutrition diet enhance “healthy mind in a healthy body”. Balanced food and nutritious food related to good health. The right kind of food plays important role in promoting good health of an individual. Healthy children have bright clear eyes smooth glossy hair, a clean and shining skin, well-developed muscles erect on well-formed sturdy bones. They also possess food stamina and physique are active mentally and physically have good endurance, vigour and vitality. They are very cheerful and good natured. Good food means good health. For the nutritional needs of the school going children is very important roles in education. Therefore, the present topic has made an honest attempt to the study the nutritional needs.*

**Keyword:** Nutrition, Children, Development

Human body needs balance diet and nutritious food for the physical well-being of child. Because nutritious diet fulfills body requirement for healthy living. Nutritional needs of the children is directly related to overall development. Nutritious diet is necessary for school going children for the proper development such as physical, mental, emotional and social and it enhance healthy environment and for the prevention and control of communicable and non-communicable disease.

Therefore, balanced diet and nutritious diet is directly related to health of school going children. School going children are the future generation of any country and nutritional needs are critical for the well-being of society. The complex myriad of physiological as well as psychological changes, accompanied by rapid growth and increases in physical activity creates special nutritional needs that are higher during adolescence than at any other time in life. Failure to consume adequate diet at this time can potentially retard physical growth, intellectual capacity and delay sexual maturation (World Health Organization 1999). Addressing the nutrition needs of school going children could be an important step towards breaking the vicious cycle of intergenerational malnutrition, chronic disease and poverty.

As we known tribal populations in India re considered to be socio-economically the most disadvantaged group. The problems of tribal communities differ from area to area. We also know that school going children are the neglect group especially rural areas of schedule tribe children. Since the target group is school going children of different age group. Thus, the nutritional needs of school going children is prominent topic in present education discourse.

**Need and significance of the study**

Healthy mind lives in a healthy body. Healthy body require balanced diet or nutritious diet. Psychological changes and development of their own personality can impact on their dietary habits during a phase when they are very influenceable (WHO 2006).

Schools plays an important role for the future and has a major effect on the issues including nutrition. The teachers can provide necessary instructions to the school going children to requirement and needs of nutritious food/ diet will usually carry those habits into their adulthood too.

**Objectives of the study**

To study the nutritional status of school going children of ‘Ho’ tribe boys and girls;

To study the nutritional status of school going children of ‘Ho’ tribe of urban and rural area of West Singhbhum district.

**Hypothesis of the study**

There is no significant difference between boys and girls regarding nutritional needs;

There is no significant difference between rural and urban school boys and girls regarding nutritional needs.

**Methodology**

Descriptive survey method was used using tool (self-developed questionnaire) 2- point scale i.e. ‘Yes’ and ‘No’ regarding nutritional status, and data was collected for the study. Mean, S.D. and T-test statistical technique were used for analysis of the data.

**Sample:** The sample of the study constituted randomly selected 60 students of elementary / primary classes boy and girls from Wes Singhbhum district of Jharkhand.

**Delimitations of the study:** The study is limited to sample of 30 boys and 30 girls students studying in various elementary schools of rural and urban are in Wes Singhbhum district of Jharkhand only.

**Major finding of the study:** Keeping in view the objectives and hypothesis of study, the results of the data after using the statistical technique “T-test” have been explained as follows.

**Hypothesis 1:** There is no significant difference between boys and girls regarding nutritional status.

To test the hypothesis obtained data are arranged in following table

**Table – 1**

Variable	N	S D	T- Value	Level of Significance	
Boys	30	4.63	1.92	0.05	0.01
Girls	30	5.07		(2.00)	(2.66)
				Not Sig.	Not Sig.

The computed T-Value is 1.92, which is quite smaller than table value at 0.05 level (2.00) and 0.01 level (2.66) of significance. Hence we can conclude that there is no significant difference between boys and girls regarding nutritional needs of different age group school going children. So Ho1 is accepted at both of 0.05 level and 0.01 level of significance. So we say that both boys and girls are aware about their nutritional needs.

**Hypothesis 2:** There is no significant difference rural and urban school boys and girls regarding nutritional needs.

**Table 2**

Variable	N	Mean	S.D.	T- Value	Level of Significance	
Rural School	30	27.7	5.05	4.46	0.05	0.01
Urban School	30	21	3.83		(2.00) Sig.	(2.66) Sig.

The computed value is 4.46 is quite larger than table value at 0.05 level is (2.00) and at 0.01 level is (2.66). Hence it is taken as quite significant at the 0.05 level and 0.01 level of significant. However, we can conclude that 95 times out of 100 and 99 times out of 100, there can be difference between urban boys and girls and rural boys and girls regarding nutritional needs. So, Ho2 is rejected at both level of significance.

This can be concluded, as we can notice significant difference between urban boys and girls and rural school boys and girls regarding nutritional needs. This may be due to most of families and off course teachers are aware and known towards nutritional needs of their school going children.

**Conclusion**

Now days most of the families of urban and rural area are educated. They know the nutritional values and needs of own and their children very well. And school play a crucial role for the overall development of the school going children as well as nutritional requirement. Awareness of teachers and parents and students towards nutritional needs for the overall development and good health and also have increases through good promotions of media and newspaper about nutritional needs.

With a view to enhancing enrolment, retention and attendance and simultaneously improving nutritional levels among children, the National programme of nutritional support to primary education was launched as a centrally sponsored scheme on 15<sup>th</sup> August 1995. The nutrition needs of school going children could be an important step towards breaking the vicious cycle of intergenerational malnutrition, chronic disease and poverty.

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