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Agriculture Development Issues & Challenges
Rajana Janardhan Gawli

GST Impact on Indian Economy
Dr. A. D. Bhosale

Role of Governmental Agencies in Development of Small Scale Industries
Dr. Vikas Choudhari

The Study of Digital payment Awareness in Nanded District
Mr. Donde Anil Bhimrao **Mr. Chavan D.R.**

NGOs Women Empowerment Policy of India
Dr. Yadav Sir

Gholap Sapna

काळ्या पैशाचे भारतीय अर्थव्यवस्थेवरील परिणाम
प्रा.डॉ.अनंत नरवडे

विमुद्रीकरणाचा भारतीय अर्थव्यवस्थेवरील परिणाम
डॉ.ज्ञानेश्वर जिगे

डॉ. बाबासाहेब आंबेडकर यांचे कृषी विषयक विचार
प्रा. डॉ. युवराज गुंडू सुरवसे

ग्रामीण विकासाची दशसूत्री
प्रा. शिवानंद जनकवाडे

भारतीय अर्थव्यवस्थेवर काळ्या पैशाचा परिणाम
डॉ. सुखदेव महादजी खंदारे

मेक इन इंडिया - नवीन आर्थिक सुधारणा

प्रा. डॉ. योगेश अशोकराव पाटील

Banking Sector Reforms In Post Reforms Period
Prof. Jawale Gautam R.

Impact of Black Money on Indian Economy
Gaikwad R.J.

A Study on Food Intake Pattern of Rural Families in Gondia District
Dr. G. Y. Dhokey (Bhalerao)

भारतीय अर्थव्यवस्थेतील अदृश्य कामगार आणि आर्थिक समावेशकता : स्त्रीवादी भिंगातून
डॉ. सविता बहिरट

महाराष्ट्राच्या उद्योग क्षेत्रातील समस्या
कु.पाटील सुलक्षणा भारत

A Study on Food Intake Pattern of Rural Families in Gondia District

Dr. G. Y. Dhokey (Bhalerao)

Abstract

The basic needs of rural development are good food, sanitation, quality education, health facilities and shelter. Sound mind lives in sound health. So that it should be targeted in any condition. Quality food plays an important role for healthy citizens. Healthy citizens make any country stronger and smarter. It is noticed that people from rural areas are illiterate, unaware and weak due to lack of facilities. Togetherness essential nutrient require for good health, you need to eat from each of the five food groups daily in the recommended amount. This study is mainly focused on the eating habits of rural families in Gondia district. The study was conducted in rural areas of Gondia district. Random sampling technique was followed. The study was based upon the sample of 175 families. The data were collected through personal interview. The data were tabulated and analysed using frequency, percentage.

Key Words

Food habits, food groups, rural family & rural development.

Introduction

The proper functioning of body, food is basic need and it gives proper information and material which are required for healthy life. If we don't get the right information, our metabolic processes suffer and our health declines. Better health is central to human happiness and well-being it makes an important contribution for economic progress. The healthy population live longer and become more productive.

India is known for its diversity in culture. It believes that their eating behaviour especially the people from coastal regions are known different dietary habits. Your food habits decide your health. Selection of food is based on persons culture, nutritional status, socioeconomically conditions and pattern of food consumption. The food must be changed according to the changing seasons but people take food as per the availability.

Food is the main source of good nutrition. Good nutrition involves in consuming a variety of foods in appropriate amount. Rural development is the process of improving the quality of life and economic wellness.

However if the heads of kitchen in the rural families do not provide good nutrition for their family members, it limits the ability of individual to carry out their functions. The development of rural area is mainly depend on its healthy people and their health is depend upon their eating habits, nevertheless all these factors are internally connected. To understand the eating habits of rural families this topic is selected.

Objectives

- 1) To study the food intake pattern of rural families in Gondia district.
- 2) To examine the food habits of rural families.

Hypothesis

- 1) Rural families are using healthy food in their meal.

Limitations

- 1) The study was limited to Gondia district.
- 2) The study was limited to rural families only.

Food Groups	Yes		No	
	Frequency	Percentage	Frequency	Percentage%
Use of rice	175	100	--	--
Use of cereals	175	100	--	--
Use of potatoes	117	66.85	58	33.14
Use of grains	175	100	--	--
Use of whole grain	153	87.42	22	12.57
Use of flour	159	90.85	16	9.14
Use of vegetables	175	100	--	--
Use of fruits	114	65.14	61	34.85
Use of meats	118	67.42	57	32.57
Use of fish	120	68.57	55	31.42
Use of eggs	135	77.14	40	22.85
Use of chickens	134	76.57	41	23.42
Use of milk	149	85.14	26	14.85
Use of yoghurt	115	65.71	60	34.28
Use of nuts	67	38.28	108	61.71
Use of oil	175	100	--	--
Use of ghee	125	71.42	50	28.57
Use of paneer	128	73.14	47	26.85
Use of butter	51	29.14	124	70.85

Conclusion

On the basis of the study it was concluded that rural families of Gondia district were intake all basic food groups by their meal.

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23

A Study on Health Awareness Among Home Science Students

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Abstract

Consumption of health & hygienic food is imperative to live a healthy life. Students need to realize the importance of staying healthy and fit. Home science is multidisciplinary field of study it is the education for better living. The present study was done to observe awareness regarding health among home science student of final year. Total 70 students were randomly selected for the study. Data were collected through personal interview. For statistical significance chi square test were apply. Highly significant difference were observed. Result revealed that home science students are aware about their health.

Key words: Health, awareness, Home science, student.

Introduce

Health and fitness is the key to a long, active and enjoyable life. These days people are becoming more and more health conscious. Good health is central to handling stress and living along and active life. A healthful life style provides the means to lead a full life. The best way to maintain health is to preserve it through a healthful life style, rather than waiting until we are sick to put things right. The most important thing to consider is that a balanced diet is the true secret to healthy eating. A well balanced diet will draw on all the food group consumption of healthy and hygienic food is imperative to live a healthy life. Home science include all the things that concern the person, home, family members and resources. It is the education for better living. Home science study deals with health, diet and other subjects concerned with home.

The present study was mainly focus on awareness of home science student about their health. The study was done to find out whether they apply health and diet related knowledge in their daily life, whether they benefited by their subject, how much they use valuable information for living. Studies in India literature have documented low health awareness and many health related issues in adolescent. Students need to realize the importance of staying healthy and fit.

Objective

1. To identify health awareness among Home science students.

Hypothesis

1. Home science students are aware about their health.

Limitations

1. The study was limited to home science students.

Research Methodology

A survey was conducted in two college students of home science final year. The data were collected through personal interview schedule developed by researcher. The data collected included the information related to awareness of health. Total 70 students were randomly selected. The collected data were processed, tabulated and presented in the form of table after giving appropriate statistical treatment.

Result and Discussion

It was observed by table that 98.57% students were interested in health related information they read more health related articles and 91.42% were concerned about their personal health. It was observed that 81.42% students are taken enough rest and sleep. 87.14% students were reduce stress and anxiety and 85.71% students involved in those activities which is purposefully and connected with community, it was seen that 95.71% students maintain balance in work and play. The present study was done on Home Science students so data represent in table shows that 91.42% were interested in nutrition and nutrition is the main subject of Home Science so data reveal that

attention to sugar intake. It was observed by able that 90% students were eat fresh fruit and 98.57% eat fresh vegetable. Data present in table shows that 42% students watch amount of fat consumed. Very few students that is only 21.42% are doing regular health check up. About eating fresh food it was notice that 98.57% students eat fresh food daily. Table show that v100% students are pay attention to personal hygin and wash their hand before every meal.

Table 1: Information about health awareness

S. No.	Statements	Yes		No		Statistical Significance χ^2 value at Df =1
		Frq	%	Frq	%	
1	Interested in health information	69	98.57	1	1.42	$\chi^2 = 66.04$ $P < 0.01$
2	Concerned about personal health	64	91.42	6	8.57	$\chi^2 = 48.04$ $P < 0.01$
3	Enough rest and sleep	57	81.42	13	18.57	$\chi^2 = 27.64$ $P < 0.01$
4	Reduce stress and anxiety	61	87.14	9	12.85	$\chi^2 = 38.62$ $P < 0.01$
5	Maintain balance in work and play	67	95.71	3	4.28	$\chi^2 = 58.5$ $P < 0.01$
6	Interested in nutrition	64	91.42	6	8.57	$\chi^2 = 48.04$ $P < 0.01$
7	Knowledge about nutrition	67	95.71	3	4.28	$\chi^2 = 58.5$ $P < 0.01$
8	Eat balanced diet	56	80	14	20	$\chi^2 = 25.2$ $P < 0.01$
9	Aware about harmful ingredients in food	67	95.71	3	4.28	$\chi^2 = 58.5$ $P < 0.01$
10	Avoid foods with additives and preservatives	62	88.57	8	11.42	$\chi^2 = 41.64$ $P < 0.01$
11	Aware about nutritional information on labels	66	94.28	4	5.7	$\chi^2 = 54.9$ $P < 0.01$
12	Exercise regularly	20	28.57	50	71.42	$\chi^2 = 12.84$ $P < 0.01$
13	Watch salt content in diet	65	92.85	5	7.14	$\chi^2 = 51.42$ $P < 0.01$

22	involve in those activities which is purposeful and connected with community	60	85.71	10	14.28	$\chi^2 = 35.7$ $P < 0.01$
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The present study concentrated on health awareness among home science students of final year. The present data indicated highly significant difference between home science students about their health awareness.

Conclusion

The study reveals that home science student of final year are aware about their health

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