



A Descriptive Study to Assess the Nutritional Status of School Going Children in Selected School at Nadiad City

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ABSTRACT

Nutritional status during School age is a major determinant of nutritional and health status in adult life. The objectives are to assess nutritional status of school going children in school of Nadiad city and determine the association between socio demographic variables and nutritional status. The total numbers of sample was 100 school going children by using simple random sampling technique. Data collections are anthropometric measurement and observation checklist of clinical examination about the nutritional status. Finding about the nutritional status related BMI of school going children, out of 100 samples 44% were underweight, 48% were normal weight and 5% were overweight, 3% were obese. The findings of the variables Age and religion are significant with nutritional status, while Gender, type of family, education of mother and family income are not significant. The study was concluded that there is need for nutrition interventions and awareness for health dietary pattern among this population.

KEYWORDS

Nutritional status, Anthropometric measurement, Clinical examination

INTRODUCTION

Health of a child is a growing concern all over with rapid economic growth and social changes both in developed and developing parts of the world. Good nutrition is the fundamental basic right for the maintenance of positive health. Nutritional status is the condition of health of an individual as influenced by nutrient intake and utilization in the body.

Three anthropometric measurements are often used to assess nutritional status during childhood stage: underweight (weight for age), stunting (height for age) and thinness (BMI for age). The school age period is significant because this is the prime time to build up body stores of nutrients in preparation for rapid The term malnutrition covers 2 broad groups of conditions-one is “Undernutrition” -which

includes stunting (low height for age), Wasting (low weight for height), Underweight (low weight for age) and micronutrient deficiencies. The other is Overweight. Body mass index (BMI) has been recommended for use as a screening tool for overweight, obesity and thinness in adults and adolescents. Calculation of BMI is achieved by dividing client’s weight in kg by height in m²

OBJECTIVES

1. To assess the Nutritional status of the school going children.
- 2.To determine the association between socio demographic variable and nutritional status of school going children.

HYPOTHESIS:



H1: There will be significant association between socio demographic variables & Nutritional status of school going children.

RESEARCH APPROACH

A quantitative research approach is used for this present study.

RESEARCH DESIGN

A descriptive research design is used to assess the nutritional status of school going children in selected school at nadiad city.

SETTING OF THE STUDY

The study was conducted at Basudiwala public high school and D.P.Desai high school, Nadiad.

POPULATION

School going Children who are studying in Basudiwala highschool and D.P.Desai school under the age of 6-12 years at Nadiad city.

SAMPLE

It comprises of 100 school going children.

SAMPLING TECHNIQUE

This study, Simple random sampling technique was used. The researcher here used the lottery method for the study.

CRITERIA FOR SELECTION OF SAMPLE

Inclusion criteria

1. School children in the age group of 6-12years.
2. School children who can read and write English/Gujarati

3. Children who are health.

Exclusion criteria:

1. School children those who are not available at the time of study.
2. School children who are not willing to participate in the study.

Description of tool

The tool is divided into 3 sections:

Section 1-Socio demographic data of school going children

Section 2-Anthropometric measurements

Section 3-Clinical examination

CONTENT VALIDITY

The tool was sent to 9 experts in the field of pediatrics for their opinion including pediatricians. The tool was modified according to their suggestions.

RELIABILITY OF THE TOOL:

In this study, the tool was assessed for the reliability by using test, retest method where correlation coefficient came out to be 0.9.

PILOT STUDY:

The function of this is to obtain information for improving the project or for assessing its feasibility and practical hitches. After obtaining permission from the concerned authority a pilot study was conducted for 10 school going children in the month of march,2018 at Sardar Patel Vidhyalaya.

DATA COLLECTION PROCESS:



The data collection was done on 27th-29th march, 2018. Before data collection, the researcher obtained formal written permission from the concerned authorities of the Basudiwala high school and D.P. Desai high school, Nadiad .The purpose of the study was assessment of nutritional status and clear written informed consent was obtained from them for the subject.

PLAN FOR DATA ANALYSIS:

A data was planned to be analyses on the basis of objectives of the study using descriptive and inferential statistics.

The demographic data were analyzed in terms of frequencies and percentage table.it is also presented in the form of graph. Anthropometric measurement is done on the basis of IAP growth chart.

IAP GROWTH CHART

Age	Growth status	Percentile
6-12 years	Underweight	<3rd percentile
	Normal	5th to <85th percentile
	Overweight	>23rd adult equivalent line
	Obese	>27th adult equivalent line

RESULTS & DISCUSSION

A total of 100 school going children were studied belonging to the age group 6 to 12 years. Out of the 100 students, 52 were

boys and 49 were girls. Among the 100 children, 24 were belonging to 6-7 year’s age group, 23 were belonging to 8-9 year’s age group, and 53 were belonging to 10-12 year’s age group

Nutritional status of school going children

Sr. No.	Nutritional status	percentage
1	Underweight	44%
2	Normal	48%
3	Overweight	5%
4	Obese	3%

Table shows that out of 100 samples, 44 % were underweight, 48% were normal weight, and 5% were overweight whereas, 3 % were obese.

Association between selected demographics variables and Nutritional status

The findings reveals that the variables Gender, Type of Family, Education of Mother & Family Income are not Significant while Age & Religion are Significant with Nutritional status of School going children.(p value<0.05).

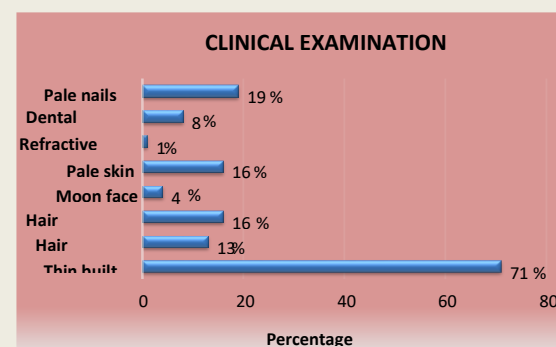


Fig 1 Bar graph showing percentage wise distribution of children of clinical examination



Above Bar graph shows percentage wise distribution of children according to their clinical examination which shows the highest percentage is 71 % were thin built ,19% were having pale nails and 16% were having pale skin which indicates that they may have Anemia. In hair examination 16 % were having hair discolored & 13% were having hair thinning Moreover,8 % were having dental caries whereas, 4% having moon face and only 1% having refractive error

preventive measures like health education should be given for this section of students.

DISCUSSION & CONCLUSION

The present study has concluded that the prevalence of underweight was found in 44 % children which was almost same as the result (47 %) reported by Dipika A.Murugkar on Nutritional status of school going children of Bhopal District, Madhya Pradesh, India In the present study BMI for age was utilized as an indicator of thinness. The WHO expert committee has recommended that it is the best indicator for the children to assess thinness. There are a number of studies reporting the prevalence of thinness utilizing BMI for age as an indicator among Nepalese children.5-7. On the basis of findings of the study, the following conclusions were drawn that Under nutrition were the key findings of the present study. Hence emphasis on primordial and primary



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