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A Study to Assess the Nutritional Status among School age Children's in Government Primary School, Kallankuzhi

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Abstract
Nutritional deficiencies are common in children of developing countries like India. Assessment of nutritional status among school children's is essential for identifying the nutritional status which mainly involved in their overall health & it shows their immunity power against infectious diseases. So I selected this study to understand about the nutritional status among school going children, so that further measures can be implemented among the school children's for improving their nutritional status. I conducted a descriptive study among school age children's in Government primary school, Kallankuzhi. The study sample were collected by simple random sampling method. The children's were assessed for nutritional status by Gomez classification, Water low classification. The tool used for the study includes two section that is section I had items related to demographic data consists of such as age, Sex Standard/ Class, father education, mother education, father occupation, mother occupation family income and section II comprised of check list to assess the nutritional status among school children's. A total of 150 primary school children were selected by simple random sampling technique for my study. The study result shows that 50% of the primary school children are Normal/ Adequately Nourished, 30% of the primary school children are Mild Malnutrition, 18% of the primary school children are Moderate malnutrition and 2% of the primary school children are Severe malnutrition. Nutritional status of the primary school children in Kallankuzhi was assessed, and based on the result findings, children's coming under mild, moderate & severe malnutrition should be considered and at the same time rising cost of food supplement should also be considered and treated with adequate nutritious diet and at same time, create awareness among parents and teachers, mainly helps to improve the nutritional status of the school age children's. Above all children's health is very much important because they are the future pillars of our Nation.
Keywords: *Health education, Nutritional status, School children.*

Introduction

"Children's are the back bone of a country... To make our countries back bone stronger we should provide adequate nutrition to our children's and make them healthier and active."

Nutritional deficiency is one of a Global challenges. Nutritional deficiencies are common in children of developing countries like India.

School age stage is an active growing phase. Physical growth as well as of mental development of the child is more during primary school period. Many research study reviews shows that health problems during primary school-age period is due to nutritional deficiencies and also it leads to low school enrolment, high absenteeism, early dropout and unsatisfactory or inactive in classroom

performance. According to the national family health survey (NFHS) data, show that 53% of children in rural areas in India are underweight, and this varies across states. The percentage of underweight children in our country was 53.4 in 1992; it decreased to 45.8 in 1998 and rose again to 47 in 2006. Undernutrition in childhood was and is one of the reasons behind the high child mortality rates observed in developing countries. Chronic undernutrition in childhood is linked to slower cognitive development and serious health impairments later in life that reduce the quality of life of individuals and which indirectly affect the growth of our country.

Nutritional status is an important index for the growth and development of our country citizens. In this respect, understanding the nutritional status of children has far-reaching implications for the better development of our future generations. Growth monitoring is universally used to assess the nutritional status of the children's, also we can estimate the health and development of individual children, While comparing with other health assessment tools, anthropometric measurement is a relatively inexpensive, easy to perform and non-invasive process, which help the children's to cooperate without any fear and anxiety.

Significance of the Study

In our country, most of the school age children's from rural area falls in under nutrition category, it is also a global challenge. To rectify such nutritional deficiency problem our Government has implemented various nutritional programmes like mid-day meal programme for school children's. By keeping this problem in my mind I decided to check whether the school age children belongs to my rural area is physically fit or whether they are suffering from nutritional deficiencies. Assessment of nutritional status among school children's is essential for identifying the nutritional status which mainly involved in their overall health &also it shows their immunity power against infectious diseases which occurs during school age period. So I

selected this study to understand about the nutritional status among school going children, so that further measures can be implemented among the school children's for improving their nutritional status.

Problem Statement

A Study to Assess the Nutritional Status among School Age Children's In Government Primary School, Kallankuzhi.

Objective

- ❖ To assess the nutritional status among school age children's in Government primary school, Kallankuzhi.
- ❖ To find out the association between nutritional status and demographic characteristics such as age, Sex ,Standard/ Class, father education, mother education, father occupation, mother occupation family income.

Materials and Methods

Research Approach: Descriptive approach used in this study

Research Design: Descriptive research design

Study Setting: I conducted a descriptive study among school age children's in Government primary school, Kallankuzhi.

Population/Sample size: 150 school age children's from Government school Kallankuzhi was selected as a study subjects.

Sampling technique: The study sample were collected by simple random sampling method.

Tool: The children's were assessed for nutritional status by Gomez classification, Water low classification. The tool used for the study includes two section that is section I and section II.

Section- I- Section I had items related to demographic data consists of such as age, Sex Standard/ Class, father education, mother education, father occupation, mother occupation family income.

Section-II-This comprised of check list to assess the nutritional status among school children's

Results & Discussion

This section shows the result findings of the study which is based on data analysis and interpretation of data collected from the participants

The data collected during the present study were analysed based on the objectives formulated for the study. The objectives of the study were

❖ To assess the nutritional status among school age children's in Government primary school, Kallankuzhi.

❖ To find out the association between nutritional status and demographic characteristics such as age, Sex, Standard/ Class, father education, mother education, father occupation, mother occupation, family income.

The data gathered were tabulated, analyzed and interpreted using both descriptive and inferential statistics.

Distribution of frequency and percentage of demographic variables among School age children's (N=150)

Demographic factor	Category	% Of Sample
Age	5-6years	30
	7-8years	23.33
	9-10years	23.33
	11-12years	23.33
Gender/sex	Male	56.66
	Female	43.33
Standard/Class	1 -2standard	30
	3-4 standard	23.33
	5-6 standard	23.33
	7-8 standard	23.33
Father Education	Un educated	20.66
	Primary school level	36.66
	Secondary school level	25.33
	College level	17.33
Mother Education	Un educated	36
	Primary school level	21.33
	Secondary school level	23.33
	College level	19.33
Father Occupation	Unemployed	5.3
	Private Sector	58.66
	Government Sector	8.66
	Self-employed	27.33
Mother Occupation	Unemployed	59.33
	Private Sector	29.33
	Government Sector	7.3
	Self-employed	4
Family income per –month	Less than Rs2000/-	30
	Rs2001/- to Rs5000/-	34.66
	Rs5001/- to Rs10000/-	32.66
	Rs10001/-and above	2.6

Frequency & percentage distribution of Nutritional status of the school age children's (N=150)
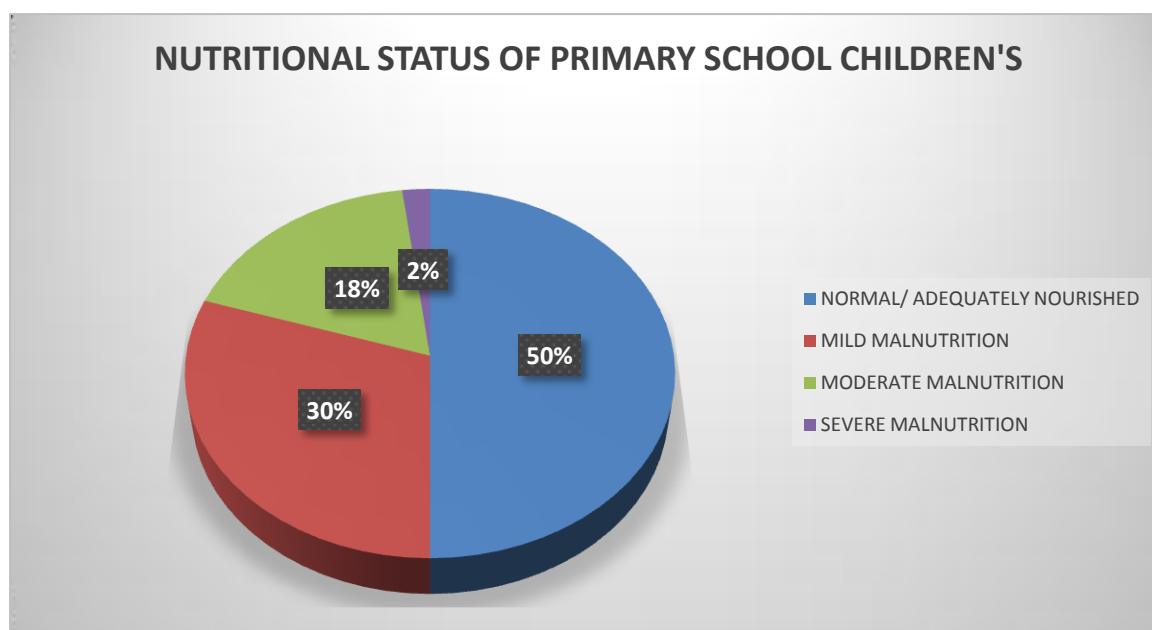
The above diagram shows the study result, 50% of the primary school children are Normal/ Adequately Nourished, 30% of the primary school children are Mild Malnutrition, 18% of the primary school children are Moderate malnutrition and 2% of the primary school children are Severe malnutrition.

The findings also revealed that there was significant association between nutritional status and age, gender, occupation of the father, occupation of the mother, family income. But there is no association between standard/class, education of the father, education of the mother.

Recommendation

The recommendation to improve the health status of the school children

- ❖ Health education, nutrition education may be made as part of the school curriculum apart from the regular educational activities in the community.
- ❖ Alleviation of poverty.
- ❖ Better school health services may be planned periodically for the school children.
- ❖ Production of local fresh food.

- ❖ Creation of facilities for improving economic status of the population in the study area.

Conclusion

Nutritional status of the primary school children in Kallankuzhi was assessed , and based on the result findings children's coming under mild, moderate & severe malnutrition should be considered and treated with adequate nutritious diet and create awareness among parents and teachers , which mainly helps to improve the nutritional status of the school age children's. Above all children's health is very much important because they are the future pillars of our Nation.

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