

IMPACT OF TRAINING ON KNOWLEDGE OF TRIBAL FARM WOMEN REGARDING HEALTH AND NUTRITION OF MOTHER AND CHILD

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ABSTRACT

In our country, tribal farm women share abundant responsibilities and perform a wide spectrum of duties in running the family. This role entails heavy mental and physical effort which often leads to complete exhaustion of women due to over work. Good health is a requirement throughout life and vital to women in terms of their daily activities. In this regard the prime importance should be focused on nutritious diet of the tribal farm women with proper knowledge. Therefore, the present study was undertaken to know the knowledge of tribal farm women about health and nutrition with the specific objectives. KVK, Tapi has organized four days training programmes on 'Health and Nutrition for mother and child' for tribal farm women during the year 2016-17. Keeping the theme of the training content in mind a simple objective type questionnaire were prepared and administered to the trainees before training and after training respectively as pre and post training evaluation. It was found that the mean score of knowledge of tribal farm women who participated in training was higher and found to be statistically significant as compared with pre test evaluation. It was also found that the independent variables viz. age was negatively significant relationship with knowledge score of tribal farm women. Whereas education had positively significant relationship with knowledge score of tribal farm women clearly indicated the importance of education in the knowledge level of tribal farm women.

Keywords: training, knowledge, health and nutrition, tribal farm women

INTRODUCTION

Tribal farm women provide 14 to 18 hour of productive physical labour every day in a wide variety of activities directly connected with agriculture, allied and domestic chores (Manju Suman-2002). This role entails heavy mental and physical effort which often leads to complete exhaustion of women due to over work. Good health is a requirement throughout life and vital to women in terms of their daily activities. Tribal women's health is varies because of such factors as local disease prevalence, health related behaviour, women education and health information. Nutritional anemia and malnutrition are major problem among tribal farm women and children have been reported in several studies. A majority of rural and tribal women suffer from anemia which leads to low birth weight among babies (Jhamtani,1995). In this regard the prime importance should be focused on nutritious diet of the tribal farm women with proper knowledge. In view of this the present study was undertaken to know the knowledge of tribal farm women

about health and nutrition with the following objectives.

OBJECTIVES

- (a) To study the personal profile of tribal farm women.
- (b) To assess the knowledge of tribal farm women before and after training on health and nutrition for mother and child.
- (c) To ascertain the relationship between personal attributes and knowledge of tribal farm women.

METHODOLOGY

Krishi Vigyan Kendra, Navsari Agricultural University, Vyara, Dist. Tapi has organized four days on campus as well as off campus training programme on 'Health and Nutrition for mother and child' during the year 2016-17. Total 59 tribal farm women from Ukhalda village (Block:Songadh) and Bedkuvadur village (Block:Vyara) of Tapi district were participated in training programme. For

studying the impact of training on knowledge of health and nutrition for mother and child, trainees were exposed through various effective communication media which included lectures, demonstrations, discussion, film show, games etc. during the training period. Keeping the theme of the training content in mind a simple objective type questionnaire having total ten questions were prepared and administered to the trainees before training and after training respectively as pre and post training evaluation. The level of knowledge regarding health and nutritional aspects was measured as response given by trainees. The correct answer was given '1' score whereas '0' score was given to incorrect answer. The data was analyzed with appropriate statistical tools such as frequency, percentage, rank, mean, standard deviation, pair 't' test and co-efficient of correlation (r) test.

RESULTS AND DISCUSSION

Profile of respondents

(1) Age

The data in Table 1 revealed that majority of tribal farm women (59.00 per cent) were in the middle age group, 29.00 per cent were in the young age group and 12.00 per cent were in the old age group.

Knowledge level before and after training

Table 3: Knowledge gain by tribal farm women on health and nutritional aspects

n=59

Sr. No.	Health and Nutritional aspects	Before Training		After Training		Difference in Percent	Rank
		Frequency	Percent	Frequency	Percent		
1	Protein is essential for growth & development of body.	14	24	44	75	51	I
2	During pregnancy period, pregnant woman can gain on an average 7 to 10 kg weight.	17	29	47	80	51	I
3	Complete protein is required to prevent malnutrition in children. e.g. Combination of cereal & pulse in the ratio of 3:1	15	25	43	73	48	II
4	Initial two to three days of mother's milk is known as 'Colostrum'.	16	27	41	69	42	III
5	Healthy lactating mother should produce app. 600 to 800 ml milk per day.	10	17	34	58	41	IV
6	The normal birth weight of newborn baby should be 2.5 kg.	28	47	47	80	33	V
7	Leptospirosis is an infectious disease that can occur major in farming community during rainy season.	36	61	54	92	31	VI
8	A deficiency of iron produces the disease Anemia in human beings.	30	51	47	80	29	VII
9	Oral Rehydration Solution is used to treat dehydration caused by diarrhoea.	43	73	54	92	19	VIII
10	Supplementary foods should be given to child after 6 months of age.	42	71	47	80	09	IX

Table 1: Distribution of tribal farm women according to their age

n=59

Sr. No.	Categories	No.	Percent
1	Young age (below 35 yrs)	17	29
2	Middle age (35 to 50 yrs)	35	59
3	Old age (above 50 yrs)	07	12

(2) Education

It is evident from Table 2 that 39 .00 per cent of tribal farm women were illiterate and 19.00 per cent of tribal farm women had education up to primary school, followed by secondary school (19.00 per cent), graduate (17 per cent) and higher secondary school (6.00 per cent)respectively.

Table 2: Distribution of tribal farm women according to their education level

n=59

Sr. No.	Categories	No.	Per cent
1	Illiterate	23	39
2	Primary	11	19
3	Secondary	11	19
4	Higher Secondary	04	06
5	Graduate	10	17

The data presented in Table 3 indicated that the major health and nutritional aspects gained by tribal farm women after training were: function of protein and health and nutritional aspects for pregnant women (51.00 per cent) ranked first, followed by prevention of malnutrition in children (48.00 per cent), importance of mother’s milk (42.00 per cent) and health & nutrition for lactating mother (41.00 per cent) were ranked second, third and fourth, respectively. The normal birth weight of newborn baby (33.00 per cent), information about Leptospirosis disease (31.00 per cent) and iron deficiency anemia (29.00 per cent) were ranked fifth, sixth and seventh, respectively. Whereas Oral Rehydration Solution (19.00 per cent) ranked eighth and supplementary foods for children (9.00 per cent) was ranked ninth.

In Tapi district, many of children have poor nutritional and health status *i.e.* malnutrition. During the training programme, the emphasis was given to the importance of protein to control the malnutrition.. Besides, health care should be taken by mothers during pregnancy and lactation period. Therefore, looking to the importance of these aspects by trainees, the data presented that major nutritional aspects gained by trainees after receiving training such as function of protein and health & nutrition for pregnant women were ranked first and complete protein is required for preventing malnutrition was ranked second, followed by importance of mother’s milk was ranked third compared to other health and nutritional aspects. Whereas before training, the majority tribal farm women (73 percent and 71 percent) already had knowledge about Oral Rehydration Solution and supplementary foods respectively. This might be due to the fact that the tribal farm women have gained their knowledge through various health programmes namely *Aanganwadi*, *Creche centre etc.*

Table 4: Average score of knowledge of tribal farm women among before and after training n=59

Category	No. of respondents	Mean Score	Standard deviation	‘t’ value
Before training	59	4.271	1.414	7.7895
After training	59	7.779	3.535	

It is observed from Table 4 that the mean score of knowledge of tribal farm women who participated in training was higher than before training of tribal farm women and difference was found to be statistically significant.

Table 5: Relationship between independent variables and knowledge of tribal farm women after training

n=59

Sr. No.	Independent Variables	Correlation co-efficient (r)
X ₁	Age	-0.28208*
X ₂	Education	0.26710*

* Significant at 5 per cent level of probability

The data presented in Table 5 revealed that the independent variables viz. age was negatively significant relationship with knowledge score of tribal farm women indicated that the young tribal farm women are more educated and ready to understand the concept of health and nutrition aspects. Whereas education had positively significant relationship with knowledge score of tribal farm women clearly indicated the importance of education in the knowledge level of tribal farm women.

CONCLUSION

It is concluded that the major health and nutritional aspects gained by tribal farm women after training were: function of protein and health and nutrition for pregnant women (51.00 per cent) ranked first, followed by prevention of malnutrition in children (48.00 per cent), importance of mother’s milk (42.00 per cent) and health & nutrition for lactating mother (41.00 per cent) were ranked second, third and fourth, respectively. It was found that the mean score of knowledge of tribal farm women who participated in training was higher than before training of tribal farm women and difference was found to be statistically significant. That means, it indicated that an increase in knowledge of tribal farm women after receiving the training.

Age was negatively significant relationship with knowledge score of tribal farm women found that the young tribal farm women are more educated and ready to understand the concept of health and nutrition aspects. Whereas education had positively significant relationship with knowledge score of tribal farm women clearly indicated the importance of education in the knowledge level of tribal farm women.

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