

KNOWLEDGE OF HOUSEHOLD NUTRITIONAL PRACTICES AMONG FARM WOMEN IN JAMNAGAR DISTRICT OF GUJARAT

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ABSTRACT

It is very truth the “knowledge/education cannot be divided, theft, not a burden, increase with sharing and usages”. To perform active role in any activity, information being understood play an important role. Knowledge of any individual increases his/ her awareness, mental alertness makes him/her familiar or acquaint with facts, objects, concepts or practices. Knowledge about nutrition of a respondent was measured by some selected questions regarding different aspects of nutritional value of farm products. Selected farm women were middle age group (65.83%), all were married, and living in joint family (51%). Television (51.33%) and mobile (40%) were the most favorite source information among the nutritional requirement and supplementary food. Among the knowledge bout nutritional requirement they believed Consume more nutritive food in maximum quantity during pregnancy (rank first) (69%) followed by Papaya, mango and other yellow colour fruit & vegetable are the source of vitamin-A (63.67%); Seasonal fruits having sufficient and natural nutritional amount instead of off seasonal fruit (63.67%); Consume whole grains and sprouted pulses in daily diet (63%); Daily consumption of different millets (Bajari, sorghum, maize, oat, ragi, rice with husk) reduce the risk of diabetes, heart attack, obesity etc.(60.67%) and Amla and guava and other sour(Acidic) fruits are the rich sources of Vitamin C (60%) were chronologically decline the rank.

Keywords : knowledge, nutrition practices, farm women, weaning food

INTRODUCTION

Health is a precious asset for everyone. It is an essential requirement of all irrespective age, caste, creed, race, religion and economic standard. There is a significant relationship between housing conditions and health. Women are the key operator of the house. They play an important role in domestic duties such as cooking food, washing utensils, cleaning house compounds (Bhattacharjee, 2015). An adequate and safe water supply, disposal of excreta and solid wastes drainage of surface water, facilities for personal and domestic hygiene and sanitary food preparation, control of indoor air pollution, safe handling of things and suitable precautions where the home serves as a work place. Moreover, the health problems are rampant in rural areas, not merely because of lack of medical facilities but because of general poverty, lack of balanced and nutritious diet to large proportion of rural population and more over lack of knowledge with regard to health and hygiene.

Good nutrition is a firm foundation for human happiness, and sound health and skilled performance. It constitutes the most important readily improved environmental influence of health. Even, today 25 percent of our Indian populations trapped in the viscous circle of poverty, malnutrition and diseases, which reduce their

work performance, nullify all efforts under taken for their development and finally impede over nation's progress.

Even though, there are many schemes, programmes, medical services to serve the people, there is a great bulk of illness in our country. The common factors, which contribute, are personal ignorance, poverty, isolation, lack of resources and lack of knowledge.

Nutritional knowledge has great importance in proper management of food, application of balance diet and specific requirements of different nutrients for people of different age groups. If women have optimum knowledge regarding that then they can fulfill nutrition of them and their family and only then food security of their family can be achieved. They can also save their family easily from malnutrition problem. Because woman can play an important role in selection, preparation and serving of food for their family members (Kumari *et al*, 2010).

The overall objective of the study is to bring the awareness to improve the nutrition status. The study provides the information on the knowledge of the nutritional practices of the farmwomen. It would also give the information on the suggestions to improve the health and nutrition status among the rural livelihood.

OBJECTIVES

- (1) To know the social variables of farmwomen
- (2) To study knowledge of farmwomen on selected human nutritional practices

METHODOLOGY

Knowledge of any individual increases his/her awareness, mental alertness makes him/her familiar or acquaint with facts, objects, concepts or practices. Knowledge about nutrition of a respondent was measured

by some selected questions regarding different aspects of nutritional value of farm products (Afrin Sultana *et al*, 2016). The study area of this research programme were all six blocks viz., Jamnagar, Jodia, Dhrol, Kalavad, Lalpur & Jamjodhpur of Jamnagar District. From each taluka four villages and from selected villages five women were select randomly for the study. Thus, total 120 women were constitute the sample size for this study. For collection of data personal interview technique were used. Data collected with the help of structured interview schedule. Frequencies, percentage and mean percent score were used for analysing the data statistically.

Name of District	Name of Taluka	Name of Village	No. of Respondent
Jamnagar	Jodiya	Keshiya, Hadiyana, Lakhtar, Bhadara	20
	Dhrol	Majoth, Soyal, Kharva, Vankiya	20
	Lalpur	Arablus, Rampar, Karana, Haripar	20
	Kalavad	Kalavad, NaniVavdi, Shanala, Nana Vadala	20
	Jamjodhpur	Gingni, Motigop, Vasantpur, AmbaradiMevasa	20
	Jamnagar	Harsadpur, Surpara, Chandragadh, MotaThavariya	20
Total	6	24	120

RESULTS AND DISCUSSION

In the present study results emerged out from the analysis of the data of the present investigation. The data have been organized and by taking into account the objectives of the study. All the pertinent information has been categorized and reported under the following major sections.

Background information of the respondents

The socio economic characteristics were studied by interview method and depicted in table 1.

Table 1: Personal characteristics of respondents rural women

(n=120)

Sr. No.	Personal characteristics	Frequency	Percent
1	Age		
	a) 18 – 35 years	38	31.67
	b) 36 – 50 years	79	65.83
	c) 50 above	03	2.50
2	Marital Status		
	a) Married	120	100
3	Family structure		
(i)	Family Type		
	a) Nuclear	58	48.33
	b) Joint	62	51.67

Sr. No.	Personal characteristics	Frequency	Percent
(ii)	Family Size		
	a) Small (up to 4)	69	57.50
	b) Medium (5-8)	47	39.17
	c) Large (above 8)	04	03.33
4	Education		
	a) Illiterate	04	03.33
	b) Primary (up to VII Std.)	21	17.50
	c) Secondary School (VIII to X Std.)	30	25.00
	d) Higher Secondary (XI &XII Std.)	21	17.50
	e) Graduate	36	30.00
	f) Post graduate	08	06.67
5	Occupation		
	a) Farming	35	29.17
	b) Farming + Animal Husbandry	67	55.83
	c) Farm Labour	0	0.00
	d) Farming + other activity	18	15.00
6	No of animals		
	a) No animal	53	44.17
	b) Up to 1 animals	24	20.00

Sr. No.	Personal Characteristics	Frequency	Percent
	c) 2 to 5 animals	43	35.83
	d) Above 5 animals	0	0.00
7	Annual income		
	a) Low annual income (up to ₹ 100000/-)	37	30.83
	b) Medium annual income (₹ 100001 to ₹ 200000/-)	61	50.83
	c) High annual income (Above ₹ 200000/-)	22	18.33

Table 1 revealed that the respondent were young age group (18 to 35 years) 31.67 per cent, middle age group (36 to 50 years) were 65.83 per cent, however, old age group (above 50 years) were very low (2.5%). According to marital status all the respondents were 100 per cent married. Looking to the family structure, more than half (52.67%) lived in joint family, followed by 48.33 per cent were lived in nuclear family. Similar way, size of the family also small (less than 4 members) were 57.50 per cent, medium size (5 to 8 members) were 39.17 per cent, whereas very few (3.33 %) large size family (more than 8 members) were found in the recent era.

Table 2 : Use of mass media usages

(n=120)

Sr. No.	Mass media exposure	Regularly	Frequently	Not at all	Wt. Mean	Rank
1	Radio	10	46	64	22.00	VII
2	Television	39	76	05	51.33	I
3	News paper	23	64	33	36.67	III
4	Printed literature	06	76	38	29.33	V
5	Mobile	36	48	36	40.00	II
6	Visit to Anganvadi	0	95	25	31.67	IV
7	Any other programme organized in village	01	83	36	28.33	VI

It can be concluded from table 2, television was proved the most favorite of every women. It stand on first rank for media usage with 51.33 weightage mean. The another media usages chronologically, mobile stand second rank (40.00), newspaper stand third rank (36.67), visit to anganvadi stand fourth rank (31.67), printed literature stand fifth rank (29.33), other programme organized in village were stand sixth rank (28.33) and radio stand last rank (22.00) for mass media usage by farm women. These finding can be prove that very few respondents were usage of radio. Similar trends were also recorded by Baraya *et al* (2019).

Knowledge of rural women regarding weaning food for infant

In India nearly 75% of the population lives in rural

On other way of education, highest members were educate up to graduate (30%), however, few respondents 3.33 per cent were remain illiterate and only 6.67 per cent having higher education up to post graduate. The secondary school (VIII to X Std.), higher secondary (XI & XII Std.) and primary (up to VII Std.) having 25, 17.50 and 17.50 per cent education, respectively. According to family occupation, the majority of farmwomen were engaged agriculture + animal husbandry field (55.83%), whereas 19.17 per cent were engaged with agriculture and, 15 per cent with farming including other activity. Along with the occupation number of animal keeping groups no body have more than 5 animals, 35.83 per cent farm women having 2 to 4 animals, 20.00 per cent farmwomen having only one animals and 44.17 per cent farm women without animals.

According to annual income majority groups 50.83 per cent having medium annual income (₹ 100000 to 200000), and it was followed by Low annual income (up to ₹ 100000/-) 30.83 per cent and High annual income (Above ₹ 200000/-) 18.33 per cent.

Use of mass media for increasing the knowledge

How frequently do you use the following mass media for Nutrition knowledge?

These rural women especially belonging to agricultural families are mostly engaged in agriculture activities with household responsibilities like cooking, cleaning, care of family members especially children and adults.

Knowledge is most important component of behavior and it plays major role in the convert and overt behavior of human being. Once knowledge is acquired, it produces change in one's opinion/thinking, which would lead to further changes in attitude of the individual. Knowledge as a function or stages in the innovation-decision process was recognized. This exemplifies the importance of knowledge in innovation-decision process.

Table 3 : Distribution of the respondents regarding their knowledge about human nutritional practices

(n=120)

Sr. No.	Nutritional practices	High	Medium	Low	Wt. Mean	Rank
1	Proteins helps the body to grow and development and defend against infections	63	44	13	56.67	VII
2	Animal food like meat, fish, egg and milk contains high amount of protein and good quality proteins.	57	46	17	53.33	VIII
3	Consume whole grains and sprouted pulses in daily diet.	75	39	06	63.00	IV
4	Sprouted pulses are easy to digest and increase amount of Vitamin C & B	29	41	50	33.00	XII
5	Vitamin and minerals are protect our body and maintain hormones balance	21	39	60	27.00	XIII
6	Green leafy vegetables are rich source of calcium, iron, B-carotene and Vitamin C, Riboflavin and folic acid	36	40	44	37.33	X
7	Amala and guava and other sour(Acidic) fruits are the rich sources of Vitamin C	65	50	05	60.00	VI
8	Papaya, mango and other yellow colour fruit & vegetable are the source of vitamin-A	76	39	05	63.67	II
9	Consume more nutritive food in maximum quantity during pregnancy	93	21	06	69.00	I
10	During Pregnancy more requirement of iron, folate and calcium	40	47	33	42.33	IX
11	Daily consumption of different millets (Bajari, sorghum, maize, oat, ragi, rice with husk) reduce the risk of diabetes, heart attack, obesity etc	65	52	03	60.67	V
12	Seasonal fruits having sufficient and natural nutritional amount instead of off seasonal fruit	81	29	10	63.67	III
13	Avoid tea before and after an hour of meal	12	34	74	19.33	XIV
14	Increase in haemoglobin by jointly consumption of ferrous, Vitamin-c and folic acid.	12	32	76	18.67	XV
15	Green leafy vegetables, legumes, nuts and liver are good sources of folic acid	07	34	79	16.00	XVI
16	Leaves of beet, radish, cauliflower and drum stick are good source of Iron	29	54	37	37.33	XI

In the area of Jamnagar district, nearly half of the farm women know about consume more nutritive food in maximum quantity during pregnancy (69.00 wt. mean) having Rank-I; Papaya, mango and other yellow colour fruit & vegetable are the source of vitamin-A (63.67 wt. mean) having Rank-II; Seasonal fruits having sufficient and natural nutritional amount instead of off seasonal fruit (63.67 wt. mean) having Rank-III; Consume whole grains and sprouted pulses in daily diet. (63.00 wt. mean) having Rank-IV; Daily consumption of different millets (Bajari, sorghum, maize, oat, ragi, rice with husk) reduce the risk of diabetes, heart attack, obesity etc (60.67 wt. mean) having Rank-V; Amla and guava and other sour(Acidic) fruits are the rich sources of Vitamin C (60.00 wt. mean) having Rank-VI; Proteins helps the body to grow and development and defend against infections (56.67 wt. mean) having Rank-VII; Animal food like meat, fish, egg and milk contains high amount of protein and good quality proteins. (53.33 wt. mean) having Rank-VIII; During Pregnancy more requirement of iron, folate

and calcium (42.33 wt. mean) having Rank-IX; Green leafy vegetables are rich source of calcium, iron, B-carotene and Vitamin C, Riboflavin and folic acid (37.33 wt. mean) having Rank-X; Leaves of beet, radish, cauliflower and drum stick are good source of Iron (37.33 wt. mean) having Rank-XI; Sprouted pulses are easy to digest and increase amount of Vitamin C & B (33.00 wt. mean) having Rank-XII; Vitamin and minerals are protect our body and maintain hormones balance (27.00 wt. mean) having Rank-XIII; Avoid tea before and after an hour of meal (19.33 wt. mean) having Rank-XIV; Increase in haemoglobin by jointly consumption of ferrous, Vitamin-c and folic acid (18.67 wt. mean) having Rank-XV; and lastly Green leafy vegetables, legumes, nuts and liver are good sources of folic acid (16.00 wt. mean) having Rank-XVI. The present research work closely supported by Mamta Tiwari, 2017; Baraiya *et al*, 2019; Bhasin *et al*, 1995; Maya Kumari *et al*, 2010; Okunaiya *et al*, 2016; Parikh and sharma (2011); Tiwari *et al*, 2017; Suchitra and Ravindra Kumar, 2018; Patel *et al*, 2017 and Chandravadia *et al*. (2021).

CONCLUSION

It can conclude that majority of farm women were from middle age group, married marital status, small size of land holding and nuclear family. It is also be concluded that, major source of information was television and mobile regarding getting knowledge about nutritional pattern. Nutritional requirement during pregnancy, source of nutrition and vitamins are fruit and vegetables known most of the farmwomen. Pulses and minor millets are very important in the nutritional supplements.

IMPLICATION

Government should setup minor millets and pearl millet sales by ration shop. Every people should aware about nutritional importance by TV programmes and advertisements. Support to farmers for growing millets.

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CONFLICT OF INTEREST

There is no conflict between author.

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