

## TRIBAL FARM WOMEN' STATUS OF HUMAN NUTRITION IN NARMADA DISTRICT

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### ABSTRACT

*The present study was conducted in Narmada district of Gujarat state. Malnutrition and under nutrition is the serious problems in especially Narmada district. In district, there are five talukas viz; Dediapada, Tilakwada, Rajpipala, Garudeshwer and Sagbara. Two villages from each taluka and 20 tribal farm women from each village were randomly selected by lottery method. Thus, total 200 respondents from 10 selected villages of five talukas of Narmand district were included in the sample for the study. data were collected through personal interview. To measure tribal farm women status of human nutrition in Narmada district and finding of Proper management of food, application of balance diet and know-how of specific nutrients requirement to the tribal people of different age group of women. Keeping this in view present study was conducted to know about nutritional status of tribal farm women.*

**Keywords :** human nutrition, farm women, status

### INTRODUCTION

Malnutrition and under nutrition is the serious problems in rural area especially tribal locale (Patel and Vinaya, 2016). This can be solved supplementing food to the needy population through Food for All and alike programmes. But, it is not only the way to nourish millions of hungry population. Proper management of food, application of balance diet and know-how of specific nutrients requirement to the people of different age group are also the strategies to eradicate the hunger from the country and these can be achieved by education the people who suffer malnutrition. Notional education should be useful and be imparted considering the food habits, local food resources and present background knowledge of the targeted people.

### METHODOLOGY

Study was conducted in Narmada district of Gujarat. Multistage Random sampling method was employed for selecting the respondents. In the Narmada district, there are five talukas viz; Dediapada, Tilakwada, Rajpipala, Garudeshwer and Sagbara. Two villages from each taluka and 20 tribal farm women from each village were randomly selected by lottery method. Thus, total 200 respondents from 10 selected villages of five talukas of Narmand district

were included in the sample for the study. An Ex-post-facto research design was employed for the present study. The primary data were collected with the help of structured schedule by personal interview whereas secondary data were collected from the concerned agencies. Statistical tools such as Frequency, percentage, Mean, Standard deviation, correlation of coefficient were used to analyze the data.

### RESULTS AND DISCUSSION

#### Personal Profile of Tribal Farm women

#### Age

**Table 1 : Distribution of Respondents according to their age n= 200**

Age	Criteria	Number	Percent
Young	>35	133	66.50
Middle	35 to 60	40	20.00
Old	>60	27	13.50

The presented in table-1 indicated that majority (66.50 per cent) of the respondents were young followed by middle aged. Rests of them were old (13.50 per cent).

**Education**

**Table 2 : Distribution of Respondents according to their education level n= 200**

Education Level	Criteria	Number	Percent
Illiterate	No education	33	16.50
Primary	1 to 8 Std	72	36.00
Secondary	9 to 10 Std	51	26.50
Higher Secondary	11 to 12 Std	35	17.50
Graduate	>12 Std	7	3.50

Information presented in table 2 indicated that more than one third (36.00 per cent) of the respondents had educated up to primary level followed by secondary level (26.50 per cent) and higher secondary level (17.50 per cent). Only 3.50 per cent of them received graduation. Rests of respondents were illiterate.

**Annual income**

**Table 3 : Distribution of Respondents according to their annual income n = 200**

Annual Income	Criteria	Number	Percent
Low	< ₹ 25000	34	17.00
Medium	25000 To 50000	83	41.50
High	> ₹ 50000	83	41.50

The data of table 3 revealed that equal proportion (41.50 per cent of respondents had medium and high annual income. Only 17.00 per cent of respondents had low income status.

**Land Holding**

**Table – 4: Distribution of Respondents according to their land holding n= 200**

Land holding	Criteria	Number	Percent
Marginal	< 1 ha	16	8.00
Small	1.0 to 2.0 ha	154	77.00
Medium	2.1 to 4.0 ha	26	13.00
Large	>4 ha	04	02.00

The data of table 4 shows that majority (77.00 per cent ) of the respondents had small land holding followed by

medium land holding (13.00 per cent)

**Age at marriage**

Data regarding age at marriage were analyzed and presented in table 8.

**Table 5: Distribution of Respondents according to their age at marriage n= 200**

Age at marriage	Number	Percent
<22	150	75.00
22 to 28	43	21.50
>28	7	3.50

It is clear that majority (75.00 per cent) of tribal farm women married before 22 year of their age. Only few (3.50 per cent) did their marriage after the age of 28 year.

**Extension participation**

**Table 6 : Distribution of Respondents according to their extension participation. n = 200**

Extension Participation	Criteria	Number	Percent
Low	<15.3	48	24.00
Medium	15.30 to 23.15	110	55.00
High	> 23.15	42	21.00

Data pertaining to extension participation depicted in table- 10 clearly understood that more than (55.00 per cent) of respondents had medium level of extension participation

**Nutritional status of tribal farm women**

**Food consumption/intake tribal farm women**

The balanced diet is the practical prescription for consumption of food items, which is likely to provide all the required nutrients to the human body. Information pertaining to monthly food intake by the respondent's family was gathered and than per capita daily intakes of different foods by tribal farm women were calculated. The intake of foods was compared with the suggested balanced diets provided in recommended dietary Intakes for Indians (NNMB, 1981).

The data of table-7 clearly indicated that the per capita intake of cereals and millets was 398 g per day which was 94.35 per cent of RDI. Except for roots and tubers (116.00 per cent), the intake of all the other foods was lower than the suggested. Low intake of pulses and legumes, vegetables and fat and oil may attributed to high price of that food items and decreased intake of milk and milk products was linked to poor economic conditions.

**Table 7 : Average per capita intake of foodstuffs n= 200**

Food stuffs	Per capita Daily Intake of food stuffs (g/day)	RDI*	Per cent of RDI
Cereals & Millets	460	434	94.35
Pulses & Legumes	22	40	55.00
Vegetables	46	100	46.00
Roots & Tubers	41	58	116.00
Milk & Milk Products	61	150	40.67
Fats & Oils	18	20	90.00
Sugar & Jaggery	24	30	80.00
meat	28	30	93.33
Eggs	2.4	--	--
* RDI =Recommended Dietary Intake Sources: <a href="http://www.fao.org">http://www.fao.org</a>			

**Nutritional status of tribal farm women**

The nutritional status of tribal farm women was assessed based on Body Mass Index (BMI), which is a ratio of Weight (kg)/ height (m). The tribal farm women were categorized into different nutritional grades according to James et al. and WHO Consultative group classification as given below:

**Table 8 : Distribution of respondents according to their nutritional status n= 200**

Nutritional status	BMI* range	No. of respondent	Percent
Poor nutrition status	<18.5	62	31.00
Normal nutrition status	18.5 – 25.0	97	48.5
Over nutrition status	> 25.0	41	20.5

\* BMI = Body Mass Index

BMI = body weight (kg)/Height (m)

The data presented in table-8 revealed that nearly half (48.50 per cent) of the of tribal farm women had normal nutritional status (BMI<18.5 to 25.0) followed 31.00 percent poor nutrition status. Only 20.50 per cent of tribal farm women had over nutritional status. It can be concluded that majority of tribal farm women had good nutritional status.

**CONCLUSION**

Findings of the study presented above can be concluded that the intake of all the foods except for cereals

and roots and tubers was lower than the RDI suggested by NNMB. Nutritional status of tribal farm women was normal. However, one third of the tribal farm women found to be poor in nutrition status.

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