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A Comparative Assessment of The Nutritional Status of Adolescent Boys and Girls Studying in Government School

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Abstract

Adolescence is stage of complete transition for both boys and girls where there is a change in physical, mental, biological psychological and most importantly change in the nutritional requirement of the body. The study was carried out in the government school at Kharkhauda village, District Meerut. Randomly 100 boys and girls were selected belonging to the age group of 12-19years. The B.M.I was calculated respectively and was compared with the W.H.O. classification. To find out the eating pattern a questionnaire was given to the students. The result concluded that the nutritional status of the boys was far better than that of the girls belonging to the same age group. The data was classified, tabulated and the Z- test was applied in order to find the nutritional status of boys and girls.

Introduction

Nutrition is one of the major aspect in today's life. Adolescent is considered to have marked biological, physical, mental changes. This age is also considered where the nutritional status is one of the main concern as the eating pattern for both girls and boys belonging to this age group of 12-19years has changed drastically. Their taste buds are more active to junk foods rather than a home cooked meal due to any peer pressure. This change in the eating habits results into a condition of obesity or under nutrition where the growth and the development of the child is affected most. Researchers have found that the increase in the BMI is related to many of the health issues in the adolescent life.

The review of literature stated that the overweight and stunting were higher in adolescent who belongs to the age of 15 or more due to malnutrition **Ramaris.et.al.,2014**.

According to **Hien.et.al.,2014** stated that the positive balance between the B.M.I. and the nutritional requirement of an adolescent promote adequate nutrition and physical growth.

Guilherne.et.al.,2014 claimed that B.M.I. plays an important role in determining the height on weight or weight on height according to the age.

Vegar.et.al.,2012 stated about the importance of physical activity in the daily routine of adolescent life for maintaining their health.

Objectives

- To assess the nutritional status of adolescent boys and girls
- To study and compare the nutritional status between boys and girls.
- To measure the B.M.I. of both boys and girls and comparing it with the W.H.O. Classification.

Hypothesis

- H1 : There is a difference in the nutritional status of boys and girls
H0 : There is no difference in the nutritional status of boys and girls.
- H1 : There is difference between the B.M.I of boys and girls.
H0 : There is no difference between the B.M.I of boys and girls.

Methodology

- **Local of the Study:** The study was conducted in government school at Kharkhauda, District Meerut. Kharkhauda is a village of diverse population.
- **Study design:** The study design was longitudinal in nature where the children were subjected to study over a particular period of time.
- **Sampling design:** 200 students both boys and girls were selected randomly from the government school.
- **Study plan:** 100 boys and girls were selected respectively belonging to the age group of 12-19 years. Their height and weight were measured and B.M.I was calculated and compared with the W.H.O. classification.
- **Statistical analysis:** The data was analyzed and Z- test was applied to find the significant amongst the groups.

Result And Discussion

	Severe (%)	Moderate (%)	Mild (%)	Normal (%)	Over-weight (%)	Pre-obese (%)	Obese-1 (%)
Boys (100%)	5	2.5	2.5	67	3.75	6.25	1.2
Girls (100%)	21	17	24	37	-	1	-

The result revealed that the mean B.M.I. of boys is 22.231 while the mean B.M.I. of girls is 18.190. thus there is significant difference between the B.M.I of both boys and girls.

The analysis of data shows that the 21% (100) girls were severely malnourished as their B.M.I was less than 16. On the other hand 17% (100) boys were in the category of moderate thinness according to the W.H.O. Classification. 37%(100) girls were in the normal category as their B.M.I lies in the normal range of 18.50-24.99. while 67%(100) of boys were in normal category of B.M.I classification.

The same result was found by a research conducted by **P.V. Kotecha.et.al.,2013** that the dietary pattern of school going adolescents plays an important role in the growth and development during that stage. The study concluded that that the eating habits has a supreme power. **Jennifer M Poti.et.al.,2013** gave the association of fast food consumption with poor dietary outcomes and obesity among children.

Zahedi H.et.al.,2014 stated that the consumption of high energy and low nutritional content foods, that is junk food has been increased day by day. The study gave a view about 3 in 5 are prone either underweight or obesity due to high intake of junk food.

Hence there is vast difference between the B.M.I of boys and girls. The girls were severely malnourished to that of boys.

Conclusion

Malnutrition is the silent killer that is persisting in our society. The most crucial age is adolescent where boys and girls are more devoted towards fashion, food fads, their likes and dislikes are changed from home made food to junk food due to identity formation or the peer pressure.

This study concluded that not only in the cities adolescent living in the villages and studying there are also more into junk eating habits which in result is harming their health and nutritional status. This leads to the poor growth and development among them.

The whole study show cased that still boys have a better nutritional status to that of girls.

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