

IMPACT OF NUTRITION EDUCATION ON RURAL WOMEN OF JODHPUR REGION

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ABSTRACT

A longitudinal study indicated the impact of nutrition education on rural women of Shergarh Panchayat Samiti of Jodhpur region. A special nutrition programme revealed that nutrition education effected an increase in gain in knowledge, the motivation of women improvement reflected in the selection of food, cooking practices with increase in nutritive value of food. The most significant improvement was observed in the fuel consumption pattern, balanced diet and conservation of nutrients. It was observed that rural women if motivated and guided efficiently, it would definitely foster desirable changes in themselves which ultimately results in bringing improvements in the nutritional status of the community as a whole.

INTRODUCTION

India is predominantly a rural county. The soul of India lives in village. The progress depends on the progress of village. It has been realized that mere increase in income does not lead to improvement in quality of life of people; there should be the goal of rural development efforts to improve the awareness of people in the rural area.

Women's traditional knowledge about health care and nutrition spread to be in view of high risk of malnutrition and disease. Women face all the critical stages infancy, childhood, adolescent and reproductive phase, focused attention is to be paid on meeting the nutritional demands in all stages of life cycle. Ignorance leads to heavy infant mortality, high percentage of maternity deaths, dirty homes, extravagant customs, neglect in education, especially of girls and unplanned large families.

Developing awareness through the educational programmes will helps to make women trained in every sphere of life. The intervention programme can help them to identify their problems and also to tackle these problems in more tangible manner.

Objective

- (1) To find out the existing nutritional knowledge in women at various levels.
- (2) To develop a nutritional intervention programme for women empowerment in rural sector.

- (3) To assess the knowledge gain through intervention programme by pre & post test.

RESEARCH METHODOLOGY

The present study was conducted in purposively selected Panchayat Samiti, Shergarh of Jodhpur region. Rural women in Shergarh were having low awareness in relation to health & Nutrition. In Shergarh Panchayat Samiti there are 50 villages. Out of them one village Setarawa was selected purposively because of linking facility of the transport for the village. The Setarawa village area is divided in three different part one is Jato ki dhani, Second is Setarawa village and third is Meghwalo ki dhani. A sample of 400 rural women who were ready to participate and interested to be involve in training programme for their self Empowerment were purposively selected for this study. The women aged 15-35 years were selected belonging to middle to low economic group. As a preliminary step good rapport was established with the key leaders, women & teachers of the village school. A base line survey was conducted by making home visits and interviews to elicit information on socio-economic back ground of the families.

A semi structured pre tested questionnaire was designed and administered to gather data on socio demographic profile and to check the nutritional

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knowledge regarding various aspects of nutrition. to accomplish the objective of the study. Process to deal with scientific approach is followed

Table 1. Developing a nutritional intervention programme

S. No.	Areas of training	Teaching methods	Teaching Aids
1	Solar Cooking	Demonstration.	Working Model+ Pictures Display
2	Cooking on smokeless Chulha	Demonstration & Field tours	
3	Concept of food & Nutrition	Interactive Lecture Method	Exhibition
4	Balanced Diet	Group Discussion	Poster & Charts
5	Nutrients present in Foods	Demonstration of Eat well Plate	-do-
6	Importance of fruits & Vegetable in daily Diet	Interactive Lecture Method	Puppet Show & Black board
7	Cooking Methods	Group Discussion & Demonstration	Pictures
8	Preserving food technique	Question & Answer Session & Demonstration	Leaflet
9	Storage Facility	Group Discussion	Booklet
10	Measure to Preserve Nutrients & to increase the Nutritional Values	Interactive Lecture Method	Group discussion
11	Nutritious Recipes	Demonstration & GroupWork	Folder , Pamphlet & Specimen

Pre testing of training Package- The developed training package was pre tested with 25 rural women from Shergarh Panchayat Samiti of Jodhpur District. Purpose of pre testing was to check the clarity of visual message, content etc.

The questions were grouped under one heading for getting the specific information on various nutrition related topics. Different teaching methods supplemented with visual aids were used.

RESULTS AND DISCUSSION

During the study it was observed that the highest difference in gain in knowledge was found in Jato ki dhani 29% and Meghwalo ki dhani 23.1%. The lowest awareness related to consumption pattern was found in Meghwalo ki dhani prior to training 20.8%.

The reason was that the women were uneducated and they do not want to bring change in their household pattern. Setrawa women were

more aware of using fuel consumption pattern. In Setrawa village the adolescent women were more educated there was not much difference in gain in knowledge (9.4%) contradicting with the results of other two areas.

Table 2. Gain in knowledge regarding fuel consumption pattern

Area	Pre %	Post %	Gain in knowledge %
Jato ki dhani n-100	27.5	56.5	29
Setrawa n-250	49.3	58.7	9.4
Meghwalo ki dhani n-50	20.8	43.9	23.1

Table 3 indicates that in prior training there were more health hazards by using traditional chulha but after adopting improved technique of smokeless chulha percentage was decreased. The women felt

comfort while working in smokeless chulha. The problem related to health hazard was decreased. The gain in knowledge was found high in Meghwalo ki dhani 27.4%, when adopting smokeless chulha.

Table 3. Gain in knowledge regarding health hazards by fuel

Area	Pre %	Post %	Gain in knowledge %
Jato ki dhani n-100	48.3	43.8	4.5
Setrawa n-250	64.2	55.1	9.1
Meghwalo ki dhani n-50	76.3	48.9	27.4

In the study of Pandey (2001) it was observed that coal smoke had varied profile of metal emission and domestic coal emits metals in quantities which is potentially harmful to human health.

The use of wood as fuel in long term effects causes intestinal problems and nervous system disorder. The fumes produce irritation in eyes, reactions on skin and give exposure to high level of metallic substances that damages the brain and kidney of developing fetus. Regarding health hazards no difference was found in pre and post phase of Jato ki dhani 4.5 per cent and Setrawa village 9.1 per cent. 70 per cent families implanted smokeless chulha in their kitchen with the help of experts.

Table 4. Gain in knowledge regarding balanced diet

Area	Pre %	Post %	Gain in knowledge %
Jato ki dhani N-100	15	49.8	34.8
Setrawa N-250	25.9	39	13.1
Meghwalo ki dhani N-50	8.8	22.6	13.8

The gain in knowledge regarding balanced diet

of three rural areas has been shown in Table 4. The result indicates that prior to study higher knowledge 25.9% was found in women of Setrawa village as compare to other two areas. The difference between pre and post study was 34.8% in women from Jato ki dhani, which was found higher than the result of the other two areas. It was concluded that the awareness was created in all the three rural areas, the difference in level of gain in knowledge was found to be low in Meghwalo ki dhani and Setrawa.

It was also observed that after training all three areas women were found to include green leafy vegetables, seasonal fruits in their daily routine diet.

Table 5. Gain in knowledge regarding cooking methods

Area	Pre %	Post %	Gain in knowledge %
Jato ki dhani n-100	46	75.5	29.5
Setrawa n-250	49.3	68.5	19.2
Meghwalo ki dhani n-50	42.6	78.7	36.1

Table 5 showed that gain in knowledge regarding the cooking techniques the slight increased variation in difference was found in pre and post phase in three different rural areas. It was found that in post study women skills in cooking techniques was raised.

Khetrappaul et. al (1996) observed that majority of women were unaware about different food sources, loss of nutrients during cooking. It was felt the need to educate most of the housewives through various communication media and aids.

The similar results were found in the training programme depicted that when methods like demonstration was used and booklets regarding using correct cooking methods were distributed to them in masses, the women learnt the techniques with interest and they also adopted the right methods in cooking food. The level of awareness was raised in Meghwalo ki dhani 36.1% as compare to other two areas.

Table 6. Gain in knowledge in conserving nutrients

Area	Pre %	Post %	Gain in knowledge %
Jato ki dhani n-100	33.3	57.1	23.8
Setrawa n-250	33.3	75.3	42
Meghwalo ki dhani n-50	10.6	68.1	57.5

Data from the present study shows gain in knowledge regarding the methods to conserve nutrients. The result indicates that in pre test knowledge regarding conserve nutrients was low in women of Meghwalo ki dhani (10.6%) when comparing to other two areas. The rest of two areas shows similar result in pre test. The women from Meghwalo ki dhani gained in knowledge to 57.5%.

It was observed that in pre phase most of the women do not know the use of sprouts in their diet, they wash vegetable after cutting. After training period they understood the importance of conserving nutrients in the diet. The findings is in conformity with the findings of Panwar (2004) revealed that when training includes education, it aims for bringing desirable change in knowledge, skills, value, attitude, beliefs & understanding of learner.

Table 7. Gain in knowledge regarding to increase nutritive value of food

Area	Pre %	Post %	Gain in knowledge %
Jato ki dhani N-100	16	46.9	30.9
Setrawa N-250	16.4	60.7	44.3
Meghwalo ki dhani N-50	21.1	50.9	29.8

In Setrawa village and Jato ki dhani, the lowest awareness with regards to increase the nutritional value in food was 16%. It was observed that the

most of the women in these areas throw the boiled water of rice and pulses. Mostly the women keep iron utensils but they do not want to use and cook food in those utensils. A study conducted on children who fed food from iron pots had lower rate of anemia and better growth than those children where food was cooked in aluminum pots. Provision of iron cooking pots for house hold in less developed country is useful procedure to prevent from iron deficiency (Adish 1999). Women from Meghwalo ki dhani cooked food in iron pots they scored higher percentage 21.1% in pre test. Gain in knowledge regarding increase nutritive value of food was very high 44.3% in women from Setrawa. After training programme the improvement regarding following good food practices was observed. The women cooked food with covered pan and included different combination of cereals and pulses in their daily routine diet.

CONCLUSION

The impact of developed package in empowerment of rural women in terms of knowledge gain revealed that before the training awareness of respondents was poor, after training majority of women responded gain in knowledge. It has been revealed from the study that over all impact of nutritional intervention programme in empowering the rural women was effective in achieving the objectives.

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