

Differences in Nutritional Awareness Among Urban Semi Urban and Rural Girls of South India

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Abstract : The foremost aim of physical education has been to inculcate a healthy mind in a healthy body. The aim of this study was to find out the differences in nutritional awareness among urban, semi urban and rural girls of South India. The investigator administered a nutritional awareness questionnaire consisting of 25 statements among 100 rural; 100 semi urban and 100 urban girls studying in different schools in South India. The filled up questionnaire were scored and the total scores for all the twenty five statements were considered as the nutritional awareness level of the subjects. The differences on nutritional awareness among urban, semi urban and rural girls were tested for statistical significance using ANOVA. In all cases 0.05 level was fixed to test the significance. The results proved that there were significant differences on nutritional awareness among urban, semi urban and rural girls ($P < 0.05$). The paired mean comparisons proved that urban girls were having highest nutritional awareness (M: 86.86), followed by semi urban girls (M: 81.86) and then by rural girls (M: 79.48). The differences between urban and semi urban girls and urban and rural girls were significant and there was no significant differences between semi urban and rural girls. The findings of this study proved that rural girls were significantly having lesser nutritional awareness and hence the study recommends the strong need of nutritional education for rural girls in South India.

Keywords : nutrition, awareness, urban, semi urban, rural girls

Conference Title : ICPESS 2014 : International Conference on Physical Education and Sport Science

Conference Location : Bangkok, Thailand

Conference Dates : December 18-19, 2014