

**EATING HABITS AND EFFECT FOR CHILDREN STUDYING
AT BASIC LEVEL**

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FACULTY OF EDUCATION
JANTA MULTIPLE CAMPUS
DEPARTMENT OF HEALTH AND PHYSICAL EDUCATION
ITAHARI, SUNSARI
2022**

DECLARATION

I hereby declare that this thesis has not been submitted for candidature for any other degree.

Sweta Jha

January, 2022



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RECOMMENDATION LETTER

This thesis is entitled "**EATING HABITS AND EFFECT FOR CHILDREN STUDYING AT BASIC LEVEL**" submitted by **Sweta Jha** in partial fulfillment of requirement for the Master's degree in Health Education under my supervision. Therefore, it is recommended for viva voice.

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APPROVAL SHEET

This thesis entitled "**EATING HABITS AND EFEECT FOR CHILDREN STUDYING AT BASIC LEVEL**" submitted by **Sweta Jha** in partial fulfillment of requirement for the Master's degree in Health Education has been approved.

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ABSTRACT

"Eating habits and effect for children studying at Basic Level" is completely field based study which helps to analyze Nutrition condition of Basic Level students of different schools which are (i) Shree Public High School, Chatara Line, Ward No. 12 (ii) Shree Shiksha Niketan School, Niketan Galli, Ward No. 02 (iii) Shree Saraswoti School, Dharan, Ward No. 01, Sunsari and (iv) Shree Panchayat Basic Level School, Ganesh Man Chowk, Ward No. 16. The objectives of the study are to know the Eating habits and effect for children studying at Basic Level and to know the knowledge about Nutrition in the study area population, to know the condition of mal nutrition diseases in Basic Level students of study area, to impart the knowledge of importance of nutrition in their bodies, right sources of nutrition and nutrients along with micro-nutrients which are necessary for Basic Level students of study area.

This study had been carried out from of sample of 125 basic level students means that students from class 1 to class 8 only with the help of school administration. This study had been done with the help of primary data which are directly collected from my presence and observation. The sample data or students had been selected according to simple random sampling method. The data collected from the study area had been concisely analyzed and interpreted with the help of table, line graph, column graph, pie-chart diagram so that it can be self presented.

In terms of study population, the sex ratio of population is accounted 86.56. 76% of study population has been found Hindu where as Christian population 20%, Buddhist population 2.4% and Muslim population 1.6%. In the case to ethnicity composition, 21.6% study population is Brahmin, Chhetri 16.8%, Bishkarma 8.8%, Majhi 7.2%, Rai 6.4% and lowest percentage of study population is Khan 0.8%. About the educational attainment of parents of study population, the highest percentage of educational attainment is SLC 23.2%, Intermediate (+2) 13.6%, Bachelor 7.2%, Lower Secondary Level 20.8%, Primary Level 16.8%. Literate 11.2% and Illiterate population is 7.2%.

It had been found that the family structure of study area was 86.4% living in joint family where as 13.6% living in nuclear family. In the matter of occupation followed by the parents of study area children was Agriculture by 43.2%, Business by 10.4%, and Service by 10.4%. During the research conducted basic level students of study

area in the comparative of preference of the dish or food by them, it had been noticed that the basic level students of the study area were preferring to use or have Junk food or Packed food was 76.8% where as only the 23.2% of basic level students of study were preferring to have or use Home-made food. It clearly shows that impartment of knowledge of Importance and positive of impact of Home-made food and Negative impact of Junk or Packed food on their healthy is very necessary in the study area.

In the same way, 100% students of study area have already vaccinated or immunized. It is also found during observation that 80% students of basic level level are in Normal Nutrition, 16% study population are in Mild mal nutrition and 4% study population are found moderate mal nutrition. The administration and teachers of three schools have been found concerned about important of nutrition and they are conducting nutrition awareness program in school some time. But two schools of study area are not much concerned about nutrition program in their schools. However 86.4% study population had their lunch for tiffin 13.6% study population had not brought lunch for tiffin which shows that parents of them are not much concerned about their children nutrition. It shows that Nutrition knowledge to the parents and students of the study area is very necessary.

Practice of washing hands properly and sanitizing hands before having food is very mandatory. Recent contrast, the basic level students who are mostly under 18 years do not have vaccine against Corona Virus (Covid-19) are in high risk. So, washing hands before having any food must be taught and monitored to the basic level students so that we can help them to build of eating habits with sanitized hands whereby we can save them in danger of Corona Virus.

ACKNOWLEDGEMENT

This thesis on "Eating habits and effect for children studying at Basic Level" has been carried out efficiently and completed with enrichment of objective of the study with the great deal of support and guidance from many people and institution such as my Teachers, Supervisor, Head of Department, Basic Level students, Teachers and Principals of respective basic level schools.

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TABLE OF CONTENTS

TITLE	Page No.
COVER PAGE	I
DECLARATION	II
RECOMMENDATION	III
APPROVAL SHEET	IV
ABSTRACT	V
ACKNOWLEDGEMENT	VII
TABLE OF CONTENTS	VIII
LIST OF TABLES	XI
LIST OF FIGURES	XII
ABBREVIATION	XIII
CHAPTER-I : INTRODUCTION	1-14
1.1 Background of the Study	1
1.2 Statement of the Problem	8
1.3 Objectives of the Study	10
1.4 Significance of the Study	11
1.5 Delimitation of the Study	12
1.6 Operational Definition of the Key terms	14
CHAPTER-II: REVIEW OF LITERATURE	16-21
2.1 Theoretical Review of Literature	16
2.2 Empirical Review of Literature	17
2.3 Implication of the review for the Study	19
2.4 Conceptual Framework	19

CHAPTER-III: RESEARCH METHODOLOGY	22-23
3.1 Research Design	22
3.2 Population and Sample	22
3.3 Sampling Procedure and Sample Size	22
3.4 Tools of Data Collection	22
3.5 Data Collection Procedure	23
3.6 Data Analysis and Interpretation Techniques	23
CHAPTER-IV: ANALYSIS AND INTERPREATION OF RESULTS	24-45
4.1 Socio-Demographic Characteristics	24
4.1.1 Age and Sex Composition	24
4.1.2 Religious Composition of Study Area	26
4.1.3 Educational Status of parents	27
4.1.4 Occupational Status of parents	28
4.1.5 Caste Composition of Study Area	30
4.1.6 Family Structure of Study Area	31
4.2 Nutritional Disorders and Health Condition	31
4.2.1 Participation in immunization programme	32
4.2. Participation in Vitamin "A" capsule and worm infestation	32
4.2.3 Nature of Tiffin/Snack in the school	33
4.2.4 Nutrition Status in the Morning Breakfast	33
4.2.5 Lunch and Dinner Status of Study Area	34
4.2.6 Use of Pre-cooked food	34
4.2.7 Preference to the dish Junk or Home -made	35
4.2.8 Minor Health Problem and Solution	36
4.2.9 Exercise and Playing Activities	36
4.3 Anthropometric Measurement	37

4.3.1 Measurement of Height for Percentage of Height according to age and sex (Waterlow's Classification)	37
4.3.2 Measurement of Weight for Percentage of Weight according to age and sex (Gomez's Classification)	39
4.3.3 Body Mass Index (BMI)	40
4.3.4 Status of Mid Upper Arm Circumference (MUAC measurement)	41
4.4 Status of Snacks in Tiffin and Food intake	42
4.5 Summary	42
4.6 Findings	44
CHAPTER-V: CONCLUSION AND RECOMMENDATION	46-50
5.1 Conclusion	46
5.2 Recommendation	47
5.2.1 Recommendation for Policy Related	47
5.2.2 Recommendation for Practice Related	48
5.2.3 Recommendation for Further Research	48
REFERENCE	50
APPENDICES	
ANNEX - I	
ANNEX - II	

LIST OF TABLES

Table No.	Title Name	Page No.
01.	Age and Sex wise population of Primary level students	25
02.	Composition of Religion in Study Area	27
03.	Literacy and Educational Status of Parents	27
04.	Occupational Status of Parents	29
05.	Ethnicity Composition in the study area	30
06.	Family Structure in the study area	31
07.	Knowledge and Practice about vaccines/immunization	32
08.	Participation in Vitamin "A" capsule and worm Infestation	32
09.	Nature of Snack	33
10.	Morning Breakfast status of Study area	33
11.	Status of Lunch and Dinner in study area	34
12.	Usage of Pre-cooked food in the study area	35
13.	Best dish preference in study area	35
14.	Status of Measures to solve the minor health problem	36
15.	Status of Exercise and Playing activities in study area	37
16.	Nutrition Status on the basis of Height as per Sex and Age	38
17.	Nutrition Status on the basis of Weight as per Sex and Age	40
18.	Body Mass Index as per Weight and Height	41
19.	Status of Mid-Upper Arm Circumference (MUAC) Measurement	42
20.	Status of Snack in Tiffin	42

LIST OF FIGURES

Figure No.	Title Name	Page No.
01.	Impact of Nutrition and Mal nutrition	21
02.	Religious Composition of Population in the study area	26
03.	Literacy and Educational status of parents	28
04.	Bar Graph Presentation of Waterlow's Classification	39
05.	Pie-Chart Presentation of Nutrition Status as per Weight	40

ABBREVIATION

BMI	:	Body Mass Index
CB-IMCI	:	Community-Based Integrated Management of Childhood Illness
CBS	:	Central Bureau of Statistics
DHS	:	Demographic Health Survey
EPI	:	Expanded Program on Immunization
INGO	:	International Non- Government Organization
MUAC	:	Mid Upper Arm Circumference
NDHS	:	Nepal Demographic and Health Survey
NGO	:	Non-Government Organization
NPCS	:	Nutrition Promotion and Consulting Services
PEM	:	Protein Energy Malnutrition
RBC	:	Red Blood Cell
UNICEF	:	United Nation International Children Education Fund
WHO	:	World Health Organization