

IMPACTS OF TIFFIN PRACTICE ON NUTRITIONAL STATUS OF PRIMARY SCHOOL CHILDREN

By

Mina Devi Sapkota

Symbol No. : 2410020

T.U. Regd No: 9-2-241-373-2004

A Thesis

Submitted to Health, Physical and Population Education Department

For the Partial Fulfillment in the requirements for Master Degree in Health Education

**TRIBHUVAN UNIVERSITY
FACULTY OF EDUCATION
BALKUMARI COLLEGE
NARAYANGARH, CHITWAN**

2011

RECOMMENDATION LETTER

This is to certify that Miss. Mina Devi Sapkota, has prepared this thesis entitled "Impacts of Tiffin Practice on Nutritional Status of Primary School Children" in Rajahar VDC of Nawalparasi District under my guidance and supervision.

I recommend this for acceptance.

Date: 2068/06/07

Mr. Shyam Prasad Sedai

Supervisor

Department of Health, Population and

Physical Education

Faculty of Education

Balkumari College

Narayangarh, Chitwan

APPROVAL SHEET

The dissertation entitled "Impacts of Tiffin Practice on Nutritional Status of Primary School Children" in Rajahar VDC of Nawalparasi District prepared by Miss. Mina Devi Sapkota, in partial fulfillment of the requirement for the Master's Degree in Health Education has been approved.

Thesis Evaluation Committee

Signature

Mr. Thakur Prasad Dhakal,

Health, Population and Physical Education

Head of Research Development Committee

Mr. Shyam Prasad Sedai,

Health, Population and Physical Education

Department FOE

Supervisor

Balkumari College

Narayangarh, Chitwan

Prof. Dr. Ashok Kumar Jha,

Health and Physical Education

Faculty of Education

External

P. N. Campus, Pokhara

Date: 2068/06/07

ACKNOWLEDGEMENT

I am please to present this thesis entitled "**Impacts of Tiffin Practice on Nutritional Status of Primary School Children**" to the Tribhuvan University faculty of education for the partial fulfillment of the requirement of the M. Ed. at Balkumari College. It would have been almost impossible to complete without cooperation and help from different section of intellectuals.

I would like to express my gratitude to supervisor Mr. Shyam Prasad Sedai, respected lecturer of Balkumari College Narayangarh, Chitwan, for his valuable suggestion and guidance. His continuous cooperation and coordination has been instrumental in the process of preparing this research work.

My special thanks go to Mr. Thakur Prasad Dhakal, Mr. Bishnu Lal Shrestha, Mr. Jagadish Chandra Ghimire, lecturer of Balkumari College for their proper encouragement & cooperation.

I would like to express my special thanks to all the respondents in Rajahar VDC Nawalparasi and Amarapuri Shroat Kendra Resource person Mr. Bhola Rijal, for providing secondary data. This dissertation would not has been completed without their support and cooperation.

I would like to thank all the Head teachers of all schools in Rajahar VDC, who helped me for data collection and my lovely brother Mr. Basu Dev Sapkota and Bhabi Mrs. Archana Sapkota, who helped me during my data collection and data analysis period in the field.

Last but not least, I am also appreciating to Mr. C. M. Adhikari & Mr. G. S. Gautam, of Classic Computer for their expert work in designing & printing this dissertation.

Mina Devi Sapkota

Balkumari College

ABSTRACT

The study entitled Impacts of Tiffin Practice on Nutritional Status of Primary School Children aimed to find teacher knowledge attitude and practices and student's knowledge and practice regarding Nutritional Status and Tiffin Practice in the Schools in Rajahar VDC of Nawalparasi district.

This research was fundamentally based on descriptive type. The necessary information's were taken from teachers and students of grade five. All together, there were 14 teachers and 140 students respondents from different Schools of Rajahar VDC. The source of data was primary. The researcher prepared 15 questionnaires for teacher and 20 questionnaires for students along with observation checklist.

Most of the schools of study area had no canteen and Tiffin Hall. Though, the respondents were positive on proper Tiffin Management and Supervision System. There were not even measuring instruments of student's height and weight. But, all teachers were strongly positive towards its necessity. The conditions of nail, cloth and teeth were better in private school than public. Most of the students habits of taking food three times per day. Usually they bring bitten rice and Dalmoth for Tiffin but their preference was noodles. Average height of boys was 39.64 cm and girls wear 52.9 cm. In this way boys average weight were 33.18 K.G. and Girls were 41.23 K.G. According to Gomez classification 12.13 percent student had normal and 38.56 percent students had mild 1st degree malnutrition 37.85 percent student had moderate 2nd degree malnutrition and 11.42 percent student had severe 3rd degree malnutrition. According to waterloo classification 62.85 percent were normal and 37.14 percent were acute stunted. Girls were found more having more height and weight in the comparison of Boys.

In the study area level of Tiffin managed system is very poor. So, School administrator should play vital role for proper plans and polices regarding good management of Tiffin in School.

TABLE OF CONTENTS

	Page
APPROVAL SHEET	
RECOMMENDATION LETTER	
ACKNOWLEDGEMENTS	I
ABSTRACT	II
TABLE OF CONTENTS	III-V
LIST OF THE TABLE	VI
LIST OF THE FIGURES	VII
ACRONYMS	VIII
CHAPTER – I: INTRODUCTION	1-8
1.1 Background of the Study	1
1.2 Statement of the problem	5
1.3 Objectives of the study	6
1.4 Significance of the study	6
1.5 Delimitation of the study	7
1.6 Definition of the terms used	7
CHAPTER – II: REVIEW OF RELATED LITERATURE	9-17
2.1 Theoretical Background	9
2.2 Related Literature	10
2.3 Conceptual Framework	17
CHAPTER – III: METHODOLOGY	18-19
3.1 Research Design	18
3.2 Population / Sources of Data	18
3.3 Sampling Procedure and Sample Size:	18
3.4 Construction and Standardization of tool and Instruments	18
3.5 Data Collection Procedure	19
3.6 Data Analysis and Interpretation	19
CHAPTER IV : DATA ANALYSIS AND INTERPRETATION	20-38

4.1	Knowledge, Attitude and Practice of Teacher	20
4.1.1	Average of Number of Students per Class	20
4.1.2	Types of Tiffin Which Student Brings in School	20
4.1.3	Tiffin Taking Place	21
4.1.4	Tiffin Time	21
4.1.5	Manage of Canteen	21
4.1.6	Before Taking Hand Washing Practice	22
4.1.7	Tiffin Supervision System	22
4.1.8	Measurement of the Height and Weight	23
4.1.9	Way of Good Tiffin Management In the School	23
4.1.10	Hindering Factor of Tiffin Management in School	23
4.2	Students Knowledge & Practice	24
4.2.1	Composition of Student by sex	24
4.2.2	Family Members	25
4.2.3	Education Background of the Parents	25
4.2.4	Occupation of Parents	26
4.2.5	Farming Land	27
4.2.6	Condition of Toilet	28
4.2.7	Condition Drinking Water	28
4.2.8	Food Taking Frequency Per Day	28
4.2.9	Condition of Like Green Vegetable	29
4.2.10	Condition of hands wash before eating	30
4.2.11	Knowledge about height & Weight	30
4.2.12	Student Bring Tiffin Daily	30
4.2.13	Daily Tiffin Items	31
4.2.14	Tiffin Time	32
4.2.15	Cleanness of Tiffin Bowel	32
4.2.16	Condition of Nail	32
4.2.17	Purpose of Nail Cutting	33
4.2.18	Cloth Washing Frequency	33
4.3	Student Observation Checklist	34

4.3.1	Average Height of Boys and Girl	34
4.3.2	Average Weight of Boys and Girl	35
4.3.3	Facial Appearance	35
4.3.4	Eye Colour of Students	35
4.3.5	Oral Hygiene of the Students	36
4.3.6	Condition of Nail	36
4.3.7	Gomez Classification	37
4.3.8	Waterloo Classification	38
CHAPTER: V SUMMARY, FINDING, CNCLUTION & RECOMMENDATION		39-44
5.1	Summary	39
5.2	Finding	40
5.3	Conclusion	42
5.4	Recommendation	43

BIBILOGRAPHY

APPENDIX

List of Table

Table No	Title	Page No
1	Types of Tiffin which Students bring School	20
2	Tiffin Taking Place	21
3	Manage of Canteen	21
4	Before Taking Tiffin hand wash Practice	22
5	Tiffin Supervisor System	22
6	Hindering Factor for Tiffin Management in School	23
7	Composition of Student by Sex	24
8	Family Members	25
9	Educational Background of Parents	25
10	Occupation of Father	26
11	Occupation of Mother	26
12	Farming Land	27
13	Condition of Drinking Water	28
14	Food Taking Frequency Per Day	28
15	Condition of Like Green Vegetable	29
16	Student Having Tiffin Daily	30
17	Daily Tiffin Items	31
18	Condition of Nail	32
19	Purpose of Nail Cut	33
20	Cloth Washing Frequency Per Week	33
21	Average Height Boys and Girl	34
22	Average Weight Boys and Girl	35
23	Facial Appearance of Student	35
24	Oral Hygiene of the Students	36
25	Condition of Nail	36
26	Gomez Classification	37
27	Waterloo Classification	38

List of Figure

Figure No	Title	Page No
1	Hindering Factor for Tiffin management in School	24
2	Farming Land	27
3	Food taking Per Day	29
4	Student Having Tiffin Daily	31
5	Daily Tiffin Item	32
6	Cloth Frequency Per week	34
7	Condition of Nail	37

ACRONYMS

CM	:	Centimeter
CMR	:	Child Mortality Rate
IMR	:	Infant Mortality Rate
INGO	:	International Non Government Organization
K.G.	:	Kilo Gram
MOH	:	Minister of Health
NDHS	:	Nepal Demographic & Health Survey
NGO	:	Non Government Organization
PEM	:	Protein Energy Malnutrition
SAQ	:	Self Administrated Questionnaire
TFR	:	Total Fertility Rate
TU	:	Tribhuvan University
VDC	:	Village Development Community