

NUTRITIONAL SUPPLEMENT FOR ADOLESCENT GIRLS: A NEED ASSESSMENT STUDY

Dr. Rubavel M, Dr. Jonas Richard A, Dr. Winnie Joyce A,

Department of Social Work, Kristu Jayanti College (Autonomous), Bengaluru-560077

ABSTRACT:

Adolescence is a critical period of life. It is a time of rapid development of body, brain, and behaviors that opens up opportunities for interventions that may affect health throughout life. They undergo puberty changes and a lot of changes that sets back the growth of the girls. It is important to understand the Nutritional health status of adolescent girls. This study helped understand the problem of anemia among Adolescent Girls in the Village and found strategies to improve the Health Condition of Adolescent Girls. It helped to create a positive effect in reducing Maternal Mortality Ratio (MMR), Infant Mortality Rate (IMR), Neonatal Mortality Rate and Crude Birth Rate.

PROBLEM STATEMENT

The nutritional requirement should be higher among adolescents than in any other period of life. Inadequate diet intake is one of the critical problems among adolescent girls which leads to stunted growth and delayed sexual maturation. Media has influences on the diet and lifestyle among adolescents and leads to nutritional disorders by making them sedentary and false hopes. These issues can be reduced by regular screening and nutritional education. Lack of proper nutritional support to the adolescent girls may affect mental and physical health and prone to multiple diseases during their lifetime. It may have negative impacts on the Maternal Mortality Ratio, Infant Mortality Rate, Neonatal Mortality Rate and Crude Birth Rate. It may help to reduce the drop-out rate of Adolescent girls in Higher Education.

OBJECTIVES

- To understand the Socio-Economic status of the families of Adolescent Girls
- To understand the Nutritional Intake by the adolescent Girls
- To measure the Body Mass Index (BMI) & Mid- Arm circumference (MAU) of Adolescents Girls

METHODS

A descriptive research design has been adopted for this study. This study describes Socio-Economic status of the families of Adolescent Girls, Nutritional Intake by adolescent Girls, measure the Body Mass Index (BMI) & Mid- Arm circumference (MAU) of Adolescents Girls and Suggest recommendation. This empirical study conducted using simple random sampling among the rural adolescent girls at Purushnahalli, Oddrahalli, Amblegre, Kannswadi and Bhadrapura. The measurement was taken and data had been collected from the adolescent girls of five villages. In each village 10 samples would be selected and 50 samples were collected for the analysis and presented in the research. Adolescent girls in the age Group 13-16 have been selected as respondents for the study. The data had been analyzed and presented as results in the Study.

KEY FINDINGS

1. Higher education of Parents and better the health statuses of adolescent girls.
2. Only 4% percentages of adolescent girls are not taking a three-meal in a day which could be addressed and should be ensured to take three meals a day. However in the qualitative discussion with adolescent girls, 30% are skipping breakfast due to their economic condition of families and lack of time.
3. Parents who are getting more than Rs. 15001 and their children are not falling under thinness and severe thinness.
4. It is found that around 44% of adolescent girls are not aware of the Iron tablets, 54% of them not aware of Vitamins & Minerals and 72% of the adolescents not aware of calcium.
5. Sixty percentages of the Adolescent Girls were not taking Fish, 52% of them were not taking Meat, 36 % of them were not taking egg in seven days.
6. More than half of the adolescent girls (58%) are not taking Iron tablets.

PUBLICATION DETAILS

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