

## Original Research Article

# A Study of Knowledge and Adoption of Selected Health and Nutritional Practices of Rural Women in Pranpur Block of Katihar District of Bihar

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## ABSTRACT

Health is primarily a personal responsibility and demand personal care to enjoy it. Health is an essential requirement of all irrespective age, caste, creed, race religion and economic standard. Health means not the mere absence of disease but it is the “complete state of the physical, mental and social well being”. Health of an can be affected by general health condition of the society and vice-versa. Therefore health of the community needs higher attention while considering the development of a region or a country. Health is a precious asset for everyone. It is the crown of all possession and untheft treasure. It is certain that health is a basic need of all human being from womb to tomb.

### Keywords

Adoption,  
nutritional, health,  
rural

## Introduction

There is a significant relationship between housing condition and health. An adequate and safe water supply disposal of excreta and solid wastes drainage of surface water facilities for personal and domestic hygiene and sanitary food preparation, control of indoor air pollution, safe handling of things and suitable precaution where the home serve as a work place proper medical services at proper time are also needed to maintain health. Moreover, the health problems are rampant in rural areas, not merely because of lack of medical facilities but because of general poverty, lack of balanced and nutritious diet to large proportion of rural population and more over lack of knowledge with regards to health and hygiene.

The advantage in medical science have the treatment of many disease (like six killer disease) possible and simple.

And the benefits of modern medicines have not reached the vast majority of people in poverty groups and rural areas, especially women, but it is the women who are the prime producer of the necessities of life. Women on whom the society depends so heavily for economic support and family health care.

Good nutrition is a firm foundation for human happiness and sound health and skilled performance. It constitutes the most important readily improved environmental influence of earth.

Even, today 25 percent of our Indian population are trapped in the viscous circle of poverty, malnutrition and disease which reduce their work performance nullify all efforts

Undertaken for their for their developments and finally impede over nation's progress.

### **Materials and Methods**

The present study was designed to know the extent of knowledge and adoption of rural women regarding health and nutrition practices. Attempts were also made to identify the suggestions encountered by them in getting better health and nutrition. The present study was undertaken in Pranpur block of Katihar district. The study was conducted in three villages of katihar district. There were three villages namely, Madansahi, Siranda and kathghar. Since the study was related to health and nutritional practices. Villages having primary health centres. The villages are approachable through road. The village have got post office, school facilities.

### **Selection of the respondents of the study**

Since the main objectives of the study was to measure the knowledge and adoption level of rural women about health and nutritional practices which includes the different aspects like personal hygiene, sanitation, care of surrounding care and diet of the person or people, food preservative it was felt necessary that the respondents in the study have sufficient information of the family life.

So it was decided to select the married women. Twenty women were selected randomly as respondents from the elected villages. Total 60 respondents are taken to the study.

The present study communication behavior refers to different sources of information consulted by rural women with respect to general health and nutritional practices. Respondents were asked to provide information regarding their frequency of contact and use of their sources to seek solutions to their health problems. Later each of their sources contacted or used by the respondents were expressed in frequency and percentage

### **Method of scoring**

The knowledge test thus developed was used to measure the knowledge of rural women about health and nutritional practices. A score of one was given to the respondent had answered for the question "YES" and the score zero was given to the question answered "No". The summation of score for the correct answer of all the item for a particular respondents indicate the level of knowledge regarding health and nutrition practices. The maximum score, that one could get was twenty six and minimum was zero.

### **Results and Discussion**

#### **Adoption of rural women regarding health and nutritional practices of rural women**

Data presented in the table revealed that detailed adoption level of health practices of children, immunization is must for health of the child (100 percent) bathing the child daily(100 percent), giving the child enough safe water for drinking (100 percent) washing hands before holding and feeding the babies necessary (73.33 percent) regular health checkup of the baby every month in baby clinic or health centre is needed (43.33 percent).And the adoption level of respondent about health practice for adults it

was revealed that keeping the house clean by sweeping and swabbing daily is necessary (86.66 percent) the disease caused by mosquitoes, bedbugs, house flies etc. can be prevented by keeping surroundings clean without water stagnation (91.66 percent) treeming nails reduce many food born disease (27percent) taking boiling or filtered water prevents many water born disease (58.33percent) keeping the food articles or items covered will protect food born flies and dirt (53.33percent), washing vegetables before cutting them is good for health (63.33percent) and washing of utensil hands and plates before ooking and taking meal is good (38.33percent). Further, the table also reaveals that the partial adoption of child and adults health practices, washing hands before holding and feeding the body is necessary (63.33percent).

The same table also revealed that adoption of respondents about nutritional practices children colostrums should be given to new born baby (51 percent), breast beeding for infents is must (100 percent.) Introducing solid foods like kichari /rice/dal/soaked chapatis has to be given to seven months old children (65 percent) daily consumption of combination of rice, dal and vegetables is beneficial for growing children introducing small quantity of soap, juice, kheer etc to baby's diet at 3 months stage is good for child health (45percent), introducing milk milk product egg and its product is good for growing child (80 percent) and adoption about the nutritional practice of adults reveals that green leafy vegetable must be included in the diet (58.33percent) sprouted pulses are more nutritious (55 percent) including serial-pulse combination of milk and curd strengthen bones 56.66percent using the jiggyery often in the diet reduce iron deficiency 38 percent fruits provide vitamins & minerals 38.33 percent drinking of 2 litre of water maintain the good hygiene

73.33percent mixing soybeans with wheat during grinding makes food more nutritious 63.33percent. The possible reasons for the findings might be that respondent have knowledge about the importance of health & nutritious practices in order to get good health conditions.

The result of the table indicated that 70 percent of the respondents suggested conducting more number of educational programmes on health and nutritional aspects. 76.66 percent of the respondents suggested that use of audio-visual aids in educational programmes for effective learning. 91.66 percent of the respondents expressed that proper provision health facilities should be made by the government in the primary health centres. 86.66 percent of the rural women suggested that the educational programmes should be frequently conducted by the government or NGO. 83.33 percent of the respondents suggested that Hygienic conditions should be maintained in the local health centres or local hospitals.

80 percent of the respondents suggested that village should be kept clean by developing drainages and dust bins. 88.33 percent of the respondents expressed that safe disposal of non-degraded and health hazardous products from the village. 93.33 percent of the respondents expressed their proper guidance or training should be given to village or rural women regarding kitchen gardening to the nutritional requirement 81.66 percent of the rural women anganwadi workers and PHC staff expressed that proper mobility should be given to them.

So there is need to extend their hands in conducting the educational programmes and motivate the women to get the information and increase the adoption level of the health and nutritional practices.

**Knowledge Level of Rural Women about health and nutritional practices**

Total No. of respondent - 60

Sl. No.	Statements	Known		Unknown	
		Frequency	Percentage	Frequency	Percentage
<b>A</b>	<b>HEALTH PRACTICES FOR CHILDREN</b>				
1	Immunization is must for good health of the children	60	100		
2	Bathing the child daily is good for health	60	100		
3	Giving the child enough soft water for drinking regularly	60	100		
4	Washing the hand before holding and filling the baby is necessary	44	73.33	60	26.66
5	Regular health checkup of baby every month in baby clinic / health centre is needed	26	43.33	14	23
<b>B</b>	<b>HEALTH PRACTICES FOR ADULT</b>				
6	Keeping the house clean by sweeping and swabbing daily is necessary	52	86.66	10	16.66
7	The disease caused by mosquitoes, bed bug, house flies etc. can be prevented by keeping surroundings clean without water stagnation	55	91.66	10	16.66
8	Trimming nails clean reduce many food born diseases	32	53.33	24	40
9	Taking Boiling filtered water prevents many water born diseases	35	58.33	14	23
10	Keeping the food article and items covered will protect from flies & dirt	32	53.33	15	25
11	Washing vegetables before cutting them is good for health	38	63.33	16	26.66
12	Washing of utensils, hands and plates before cooking and taking milk is good	23	38.33	11	18.33
<b>C</b>	<b>NUTRITION PRACTICES FOR CHILD HEALTH</b>				
13	Colostrums should be given to new born baby	31	51	27	45
14	Breast feeding for infant / baby is must	60	100	-	-
15	Introducing Khichadi / rice, dal / soaked chapatti has to be given to seven months age old child	39	65	22	36.66
16	Daily consumption of rice, dal and vegetables is beneficial for growing child	36	60	27	45
17	Introducing small quantity of soup, juice, khir etc. to babies diet at three month stage	27	45	21	35
18	Introducing milk and milk products or egg and egg products is good for growing child	48	80	10	16
<b>D</b>	<b>NUTRITIONAL PRACTICES FOR ADULT</b>				
19	Green leafy vegetables must be included in daily diet	35	58.33	27	45
20	Sprouted pulses are more nutritious	33	55	40	66.66
21	Including cereal- pulse combination (dal chapatti dal-rice) in regular diet is nutritious for body	32	53	23	38.33
22	consumption of milk and curds strengthen bones	34	56.66	30	50
23	Using jiggery often in the diet reduce iron deficiency	23	38.33	48	80
24	Fruits provide vitamins and mineral good for health	44	73.33	14	23.33
25	Drinking 2 liters (8 glass) of water maintain the good hygiene	35	58.33	24	40
26	Mixing of soyabin and wheat during grinding makes food more nutritious	32	53.33	18	30

### **Suggestion of the respondents about health and nutritional practices**

(Number of respondent = 60)

S.no.	Suggestions	Frequency	Percent
1	Conduct more numbers of educational programmes on aspects	42	70
2	Use of Audio-visual aids in educational programmes	46	76.66
3	Proper provision should be made available in the (PHC) by the government.	5	91.66
4	Educational programme should be frequently conducted	52	86.66
5	Hygienic conditions should be maintained in the local health centres or local hospitals.	50	83.33
6	Village should be kept clean by developing drainage and dust bins.	48	80
7	Safe disposal of non-degraded and health hazards product from the village.	53	88.33
8	Training should be given to the rural women on Kitchen garden to met the nutritional requirements.	56	93.33
9	Mobility service should be provided to the auganwadi workers.	9	81.66

Women are the prime producer of necessities of life and the society heavily depends on women for economic support and family health care.

On of the for most objectives of our nation building activity is the maintenance sustains and improvement of the health and nutritional status of the people. If a country is to be healthy, community or society should be healthy. The latest news reported in the India is in lack of the nutritional status. So it is needed that to conduct the educational programmes health and nutritional aspects. But the society heavily depends on women for its economic support and family health care.

Looking at the importance of health in our day to day life and the role of women in the present study was conducted to explore the

knowledge level of rural women about the health and nutritional practices and their consultation behaviour.

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