



## Impact of Nutrition on Learning

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### Introduction

Education lies at the heart of attempts made by governments in developing countries to ensure that their people obtain the basic necessities of life food, shelter, live hood and a secured future. In this regard initiatives such as the millennium development Goal Two (MDG2) which advocates for universal primary education for all by the year 2015 and the education for All (EFA) agendas are targets of most governments. In the past, Nutrition was relegated to the background and was rarely considered by policy makers when designing and implementing educational programmers aimed at improving participation and high performance of school children. However in recent years many countries, development partners and other international organizations now re.eognize the importance and role of health and nutrition as a key component for the achievement a? Globally set goals such as the MDG2 and the EFA campaign. In this regard international organizations such as UNESCO, WHO UNICEF, Education international and the world bank launched a frame work "Focus resources on Effective school health. The world education forum held in Dakar, Senegal in 2000 emphatically stressed on good school health, especially water, sanitation and nutrition are key components as part of efforts to achieve the EFA goals. Man's greatest adjustive resources are his intellectual gifts - his superior capacity for learning, reasoning, and imagining. It is largely by virtue of these resources that he has been able, as a species, to master so many facets of his environment and establish his supremacy over other members of the animal kingdom. And on the individual level, the person who develops and learns to use his intellectual capacities effectively has a decided advantage in adjusting to life problems; also he is likely to enjoy greater material and psychological benefits - high earning power and status and the feelings of adequacy and worth which come from being able to handle a wide range of problems.

**Key words:** Nutrition, life food, shelter, live hood

### Statement of the problem:

The upper primary school children mostly spend their time in school. In Rural areas schools were located at two kilometers away from home. So the upper primary school children do not take breakfast at home. Most parents of upper primary school

children have lesser control over what they eat. This was because at this stage, less attention was paid to them as it assumed they can take care of themselves. Parents do not provide packed lunch or snacks for the children. Malnutrition was a known major contribution to the total global disease



burden and the possibility of these school children becoming malnourished was very high.

" Learning problems due to lack of Nutrition among 7th class children studying in manadala praza parishad upper Primary school, private high school and municipal high school in terms of Gender, Locality, parental education and recreational interest were taken as variables in the present study. The investigator analysed all the above variables through t-test and anova tests.

**Objectives of the study:**

1. Assessing the learning problems due to lack of nutrition among 7th class boys and girls.
2. To study the learning problems due to lack of nutrition among 7th class rural and urban children.
3. To study the learning problems due to lack of nutrition among 7th class children having parental education viz X, intermediate and Degree.
4. To study the learning problems due to lack of nutrition among 7th class children having different recreational interests viz watching TV, playing and reading.
5. To study the learning problems due to lack of nutrition among 7th class children studying in different management viz. manadala praja parishad upper primary school. Private high school & Municipal High School.

**Formulation of hypotheses:**

1. There will be significant difference in the learning problems due to lack of Nutrition among 7th class boys and girls.

2. There will be significant difference in the learning problems due to lack of Nutrition among 7th class rural and urban children.
3. There will be significant association in the learning problems due to lack of nutrition among 7th class children having parental education X, Intermediate and Degree.
4. There will be significant association in the learning problems due to lack of nutrition among 7th class children having different recreational interest viz watching T.V, playing and reading.
5. There will be significant association in the learning problems due to lack of nutrition among 7th class children studying in different managements viz mandala a prajaparishad upper primary school, private high school and municipal high school.

**Variables of the study :**

A few variables were selected by the investigator as the problem was limited to a certain area in the present study.

**Gender :** The investigator selected both the gender.

**Locality :** Geographical location effects the population characteristically and also it may effect learning problems. In the present study rural and urban was chosen as to understand the differences in the 7<sup>th</sup> class children.

**Parental Education :** The parental education also play main role in the



learning problems due to lack of nutrition among 7<sup>th</sup> class children. So the investigator selected the parental education as a variable.

**Recreational Interest :** The recreational interest also plays main role in the learning problems due to lack of nutrition among 7<sup>th</sup> class children, so the investigator selected the recreational interest as a variable.

**Management:** The opinion of the 7<sup>th</sup> class school children with regard to the learning problems due to lack of Nutrition among 7<sup>th</sup> class children mainly depend upon the management of the school. So the investigator selected mandala prajaparishad upper primary school, private high school and municipal high school.

**Sample of the study :**

The sample in the present study was taken from 7<sup>th</sup> Class children. The children located in the Krishna District were drawn at random for the purpose of the present study. Due consideration was given to make the sample representative with regard to Gender, Locality, Parental Education , recreational interest and Management. The sample was distributed across the gender groups viz 102 boys and 138 girls students. The students in studying Mandala Praja Parishad upper primary school, private high school and municipal high school are included.

**Tools used :**

On the basis of the definitions of the variables a total of 70 statements were prepared. These statements were administered to a set of 100 students and on the basis of their responses and the feedback 50 statements were retained. As a next step the opinionnaire with 50 statements were administered to 50

students and inter correlations were computed among the items. Based on the inter correlations the items were refrained and final tool was constructed by Dr.V.M.Chandrika and the investigator.

The opinionnaire comprises of 50 items with five alternatives viz Strongly Agree (SA), Agree (A), neutral (N), Disagree (DA), Strongly disagree (SDA). The tool was standardized with the help of split half method.

**Findings of the study:**

1. There is no significant difference in the learning problems due to lack of Nutrition among 7<sup>th</sup> class boys and girls.
2. There is no significant difference in the learning problems due to lack of Nutrition among 7<sup>th</sup> class rural and urban children.
3. There is no significant association in the learning problems due to lack of nutrition among 7<sup>th</sup> class children having parental education of SSC Intermediate and Degree. Qualifications.
4. There is no significant association in the learning problems due to lack of nutrition among 7<sup>th</sup> class children having different recreational interest viz watching T.V, playing and reading.
5. There is significance association in the learning problems due to lack of nutrition among 7<sup>th</sup> class children studying in different managements viz mandala prajaparishad upper



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