

Research Paper :

Assessment of nutritional awareness in women of urban slums in Jodhpur city

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ABSTRACT

The study was conducted to assess the nutritional awareness in women of urban slums of Jodhpur city before and after training. Sixty samples randomized selected from three urban slums, the training programme was divided into three phases. In pre test, knowledge regarding nutritional awareness was collected through questionnaire. In experimental phase nutrition training was given to women with the help of various teaching aids and to evaluate the degree of awareness in women in post test phase, same questionnaire was given to them. Nutritional awareness was noted in entire five categories after the training programme but significant improvement was found in the category of food handling and cooking techniques.

Key words : Nutritional awareness, Urban slums, Training programme, Qwareness in urban slums women

India is predominantly a rural country. The progress of country depends on the progress of villages. It has been realized that mere increase in income does not lead to improvement in quality of life of people, therefore the goal of rural development efforts is to improve the awareness of people in rural area.

Housewife can work more effectively when she gets better opportunity and integrated experience to understand the value of good health and the ways of improving health habits, but unfortunately they are not acquainted with adequate training and education (Park, 1995).

Effective training is the key point to the success of any strategy and programme whether it is related to women/children of urban slum. Training has considerable impact on trainers, the experiences shown that quite often trainees do not get the things for which, they are called and thus the required results are not achieved. A number of apparent and inherent factors are responsible for this state of affairs. The main purpose of training and education is to help people to change their behaviour and practices in order to increase productivity and to raise standard of living. Training is always purposive when it is linked with trainees needs. Objectives of the training programme for women in urban slums, carry the basic points :

- Encouragement of woman to ask questions, to conduct experiments for herself.
- Helping women to collect the information about the world around and to persue the information in orderly way.
- Empowering women to develop self sufficient skills to learn for themselves.

METHODOLOGY

The conformity with main focus of the programme was to give emphasis on nutrition education and to create awareness in women of urban slums. The participants were purposively selected from three major areas of urban slums residing in different sections of Jodhpur. The aim was to improve their nutritional status with the availability of their own resources. A standard pre test questionnaire was developed for this purpose.

The topics which were included in creating awareness were divided in the following five major categories:

- Food handling and cooking techniques
- Sanitation and personal hygiene
- Purchasing of food stuffs
- Clean drinking water
- Diet in special condition

Sample criteria and sampling technique:

The test was performed on 60 purposively selected women of urban slums aged 18 to 35 years residing in Chopasing Housing Board, Masuriya side and Factory workers (Iscon surgical). Experimental design of the study has been shown in Table 1.

FINDINGS AND DISCUSSION

Level of education for the urban slums revealed that in Housing Board and Masuriya urban slums mostly the women were illiterate (92.5%) where as in factory workers urban slum, 40% were literate and 60% were illiterate. The level of education was not more than eighth standard. Among the total samples, 40 per cent of women