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GRT FOOD BELIEFS AND DIETS OF PREGNANT WOMEN

Sandhya Ayaskar

Asst. Prof. Dept. of Home Science , Mahila Kala Mahavidyalaya, Beed.

Abstract:-Pregnancy is physiological condition in which the fetal growth is accompanied by intensive changes in maternal body composition and metabolism. Diet during pregnancy is one of the most important factors in achieving a successful outcome of pregnancy in terms of healthy baby and maintenance of her own health, as the overall development of a child is determined to a great extent by the type of nourishment it receives right from the conception.

Keywords:Food Beliefs , Pregnant Women , physiological condition ,metabolism .

INTRODUCTION

Nutrition plays an important and special role in the course of pregnancy for the maintenance of sound maternal health. Hence the requirement of nutrients for women during pregnancy increases significantly in order to meet the extra demands for rapid growth and development of foetus.

The prevailing customs and traditions in India with regard to the inclusion or exclusion of certain foods, in the diet of pregnant women, are known to affect the maternal status. Papaya and eggs are considered to be hot foods and hence are reported to be avoided for consumption by the women during pregnancy due to fear of causing abortion which on the contrary are highly nutritious in supplying vitamins and minerals.

Therefore a study was conducted to assess “Nutritional and Health status of pregnant and lactating women in Parbhani Taluka”.

METHODOLOGY –

A random sample of 300 pregnant women was selected. The sample of early pregnancy stage (1st trimester) was selected for this study and till delivery they were observed. Data were stratified on the basis of women's SES, Living area and education.

RESULTS AND DISCUSSION –

Background information of the selected pregnant women dependent on their living area. In case of the type of family, from rural area the majority of the pregnant women (72%) were found to be nuclear family and remaining 28 percent were found to be joint family, whereas from urban sample, 75 percent pregnant women belonged to the nuclear type family and 25 percent pregnant women belonged to joint family

As compared to rural area, some what higher percent of the urban respondents were from nuclear type of family. The percentage of respondents from joint family was less due to changing family pattern.

Among the selected pregnant women 70 percent of the respondent from rural area were Hindu and the remaining 30 percent were muslim, whereas from urban area 74 percent respondents belonged to Hindu religion and remaining 26 percent belonged to muslim religion respectively.

In case of educational level majority of the pregnant women (36.44%) from rural area were middle school educated, 28 percent high school educated, 13 percent were college educated, whereas 14 percent were primary educated and the remaining 8 percent were non literates. On the other hand majority of the pregnant women (60%) from urban area were college educated, 14 percent were high school educated and middle school educated and the remaining 4 and 6 percent were primary

school educated and non literate respectively.

This result showed that majority of the respondents from urban area were college educated as against the rural area they were middle school educated. Area wise difference in educational level are seen.

In terms of occupation from the rural area the majority of the respondents (77 and 71 percent) were in service or in their own business and home makers respectively, while 11 percent respondents were labour and one percent of respondents were in skilled worker.

Table 1. Background information of the selected pregnant women depending on the basis of their area.

Sr. No.	Particulars	Area	
		Percentage and no of respondents	
		Rural (N=118)	Urban (N=182)
1.	Type of Family		
	Joint	(28) 33	(25) 46
	Nuclear	(72) 85	(75) 136
2.	Religion		
	Hindu	(70) 83	(74) 134
	Muslim	(30) 35	(26) 48
3.	Educational level		
	Non-literate	(08) 10	(06) 12
	Primary	(14) 17	(05) 09
	Middle school	(36) 43	(14) 25
	High school	(28) 33	(14) 25
4.	College	(13) 15	(60) 110
	Occupation		
	Home makers	(75) 89	(37) 67
	Labourer	(11) 13	(05) 09
	Service/business	(11) 13	(43) 78
	Skilled worker	(0.14) 01	(05) 09
	Semi professional	(0.14) 01	(04) 08
	Professional	Nil	(06) 11
5.	SES group		
	Low	(48) 56	(24) 44
	Middle	(43) 51	(27) 49
	High	(09) 11	(49) 89
6.	Food Habit		
	Vegetarian	(60) 71	(65) 118
	Non vegetarian	(40) 47	(35) 64
7.	Age in years		
	Below 20 years	(10) 12	(05) 08
	20-35	(90) 106	(95) 174

Figures in parenthesis indicates percentage

Food Beliefs And Diets Of Pregnant Women

One percent of the respondents were in semiprofessional jobs. On the other hand from urban area majority of the respondents (43 percent) were in service or in their own business followed by 37 percent were both in labourer and skilled workers and 6 and 4 percent of the respondent were occupied in professional (lecturer, doctor and semi professional) jobs respectively. On the basis of above result it can be said that from rural area large number of respondents were home makers and the remaining occupied as labourer whereas from urban area, more of the respondent were engaged in their own business and in service. Nobody from rural area occupied in professional job but urban area respondent worked in professional job. As the educational level increased the occupation level also increased and as the occupation increased the SES status also increased.

In case of SES of the selected pregnant women, the majority of the respondents (48%) from rural area belonged to low SES group, Whereas the majority of the respondents that is 49 percent from urban area were from high SES, 27 percent were middle SES and remaining 24 percent were from low SES group respectively.

It is clear from the study that the majority of the respondents from the rural area belonged to low SES group where as majority of the respondents from urban area belonged to high SES group.

In case of food habit, more percent (60) of the pregnant women were vegetarian and remaining 40 percent were nonvegetarian from rural area respectively, where as from urban area more percent (65%) were vegetarian and 35 percent of the respondents were vegetarian from both urban and rural area.

From rural area large number of the respondents (90%) were belonging in the age group 20-35 years and remaining 10 percent belonged in the age group below 20 years. The similar results were observed from urban area is, more percent of the respondents (96%) belonged in the age group of 20-35 years and the remaining (4%) percent belonged to age group < 20 Years.

It is clear from this study that more percent of the respondents from both rural and urban areas belonged to the nuclear type of family and were vegetarian, whereas the majority of the urban respondents were college educated, high SES group, and occupied in professional jobs, in service or in their own business. However the opposite results were seen for the rural area, that is more rural respondent were educated upto middle school, belonging in low SES group and occupied as labourer and skilled worker only.

Kaur et al (1982) reported that majority of expectant mothers in suburban, villages were reported to be vegetarian.

Reasons expressed by the pregnant women for the exclusion of different food in the diet during pregnancy on the basis of their living area.

Sr.	Particulars	Area			
		Rural	Urban	Total Frequency	Reason
1.	Papaya	61 (52)	40 (21)	101	Hot food
2.	Non-veg	---	03 (02)	03	Hot food
3.	Spices & Chillies	10 (08)	20 (11)	30	Hot food
4.	Banana	05 (04)	04 (02)	09	Cold food
5.	Curd	-	01 (01)	01	Cold food
6.	Fried food	--	05 (05)	05	Causes Acidity
7.	Tea	06 (05)	20 (11)	26	Causes Acidity
8.	Salt	--	02 (01)	04	B.P.
9.	Citrus food	--	01 (01)	01	
10.	NIL	85 (72)	35 (19)	120	

Table 2 focuses the reasons expressed by the pregnant women for exclusion of different food in the diet during pregnancy on the basis of their living area.

In case of urban area, 21 percent of the women were found to be avoiding papaya from their diet, considering to be "hot food" spices and chilli were not included by 11 percent of urban women.

Tea, fried foods, meat and banana were avoided by 11, 3, 2 and 2 percent of the women very few (1%) of the respondents were found to be excluding salt and citrus fruit.

A higher percent (72%) of the women from rural area reported that they did not excluded any food from their diet.

CONCLUSION –

It can be observed that as pregnancy is one of the most important factors in achieving a successful outcome of pregnancy in terms of healthy baby but as a burden of customs and traditions more pregnant women excluded nutritious foods from their daily diet.

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258/34 Raviwar Peth Solapur-413005, Maharashtra
Contact-9595359435
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