

International Multidisciplinary  
Research Journal

Golden Research  
Thoughts

Chief Editor  
Dr.Tukaram Narayan Shinde

---

Publisher  
Mrs.Laxmi Ashok Yakkaldevi

Associate Editor  
Dr.Rajani Dalvi

Honorary  
Mr.Ashok Yakkaldevi

---

## Welcome to GRT

RNI MAHMUL/2011/38595

ISSN No.2231-5063

Golden Research Thoughts Journal is a multidisciplinary research journal, published monthly in English, Hindi & Marathi Language. All research papers submitted to the journal will be double - blind peer reviewed referred by members of the editorial board. Readers will include investigator in universities, research institutes government and industry with research interest in the general subjects.

### *International Advisory Board*

Flávio de São Pedro Filho  
Federal University of Rondonia, Brazil

Kamani Perera  
Regional Center For Strategic Studies, Sri Lanka

Janaki Sinnasamy  
Librarian, University of Malaya

Romona Mihaila  
Spiru Haret University, Romania

Delia Serbescu  
Spiru Haret University, Bucharest, Romania

Anurag Misra  
DBS College, Kanpur

Titus PopPhD, Partium Christian  
University, Oradea, Romania

Mohammad Hailat  
Dept. of Mathematical Sciences,  
University of South Carolina Aiken

Abdullah Sabbagh  
Engineering Studies, Sydney

Ecaterina Patrascu  
Spiru Haret University, Bucharest

Loredana Bosca  
Spiru Haret University, Romania

Fabricio Moraes de Almeida  
Federal University of Rondonia, Brazil

George - Calin SERITAN  
Faculty of Philosophy and Socio-Political  
Sciences Al. I. Cuza University, Iasi

Hasan Baktir  
English Language and Literature  
Department, Kayseri

Ghayoor Abbas Chotana  
Dept of Chemistry, Lahore University of  
Management Sciences[PK]

Anna Maria Constantinovici  
AL. I. Cuza University, Romania

Ilie Pinteau,  
Spiru Haret University, Romania

Xiaohua Yang  
PhD, USA

.....More

### *Editorial Board*

Pratap Vyamktrao Naikwade  
ASP College Devrukh, Ratnagiri, MS India Ex - VC. Solapur University, Solapur

R. R. Patil  
Head Geology Department Solapur  
University, Solapur

Rama Bhosale  
Prin. and Jt. Director Higher Education,  
Panvel

Salve R. N.  
Department of Sociology, Shivaji  
University, Kolhapur

Govind P. Shinde  
Bharati Vidyapeeth School of Distance  
Education Center, Navi Mumbai

Chakane Sanjay Dnyaneshwar  
Arts, Science & Commerce College,  
Indapur, Pune

Awadhesh Kumar Shirotriya  
Secretary, Play India Play, Meerut (U.P.)

Iresh Swami  
Ex - VC. Solapur University, Solapur

N.S. Dhaygude  
Ex. Prin. Dayanand College, Solapur

Narendra Kadu  
Jt. Director Higher Education, Pune

K. M. Bhandarkar  
Praful Patel College of Education, Gondia

Sonal Singh  
Vikram University, Ujjain

G. P. Patankar  
S. D. M. Degree College, Honavar, Karnataka

Maj. S. Bakhtiar Choudhary  
Director, Hyderabad AP India.

S. Parvathi Devi  
Ph.D.-University of Allahabad

Sonal Singh,  
Vikram University, Ujjain

Rajendra Shendge  
Director, B.C.U.D. Solapur University,  
Solapur

R. R. Yallickar  
Director Management Institute, Solapur

Umesh Rajderkar  
Head Humanities & Social Science  
YCMOU, Nashik

S. R. Pandya  
Head Education Dept. Mumbai University,  
Mumbai

Alka Darshan Shrivastava  
Shaskiya Snatkottar Mahavidyalaya, Dhar

Rahul Shriram Sudke  
Devi Ahilya Vishwavidyalaya, Indore

S.KANNAN  
Annamalai University, TN

Satish Kumar Kalhotra  
Maulana Azad National Urdu University

Address:-Ashok Yakkaldevi 258/34, Raviwar Peth, Solapur - 413 005 Maharashtra, India  
Cell : 9595 359 435, Ph No: 02172372010 Email: ayisrj@yahoo.in Website: www.aygrt.isrj.org

POCKET MONEY AND SNACKING PATTERN OF SCHOOL CHILDREN



Jasmina Chrysolyte S

Lecturer, Department of Clinical Nutrition, Sri Ramachandra University, Porur, Chennai, TN.

Short Profile

Jasmina Chrysolyte S. is Lecturer at Department of Clinical Nutrition in Sri Ramachandra University, Porur, Chennai, TN.

Co - Author Details :

V. Raji Sugumar

Associate Professor & Head, Dept of Home Science, Avvaiyar Govt. College for Women, Karaikal, UT of Puducherry.



**ABSTRACT:**

The present study was intended to delineate the pocket money usage and snacking pattern of school going children between 12 and 15 years of age in Puducherry. Stratified proportionate random sampling method was adopted to pick the samples and accordingly 571 children both from government and private schools were selected. Data was collected through self administered questionnaire. The entire study was spread over a period of eight months from January 2012 to August 2012. The

data collected was statistically analysed and percentages and illustrations were sparingly used. It was found that samples having increasing access to pocket money are interested in spending money for eatables. Higher the range of pocket money, higher is the money spent for eatables and it was found to be directly proportional. Peer group influence and television advertisements play a major role in influencing the food pattern of children irrespective of the age.

Article Indexed in :

DOAJ  
BASE

Google Scholar  
EBSCO

DRJI  
Open J-Gate

## KEYWORDS

*Pocket Money, Snacking Pattern, statistically analysed.*

## INTRODUCTION

School going children are more desirous for junk foods due to peer pressure and television advertisement. Pocket money gives the children a liberty to spend on their own for buying snacks of their interest. This leads to unhealthy choice of snacks among the adolescents which are detrimental to health. Indian urban adolescent children current pocket money trends is increasing steeply and spending on food was one among the top list (Punitha et al., 2014). Hence the following study aimed to study the pocket money usage and the choice of snacks by the sample group.

## OBJECTIVE:

To study the amount of pocket money and snacking pattern of the sample group.

## METHODOLOGY:

This study was done in Puducherry for a group of five hundred and seventy one (N=571) school going children of age between 12 and 15 years belonging to both sexes. Stratified proportionate random sampling method was used to pick the samples. A pre-tested self administered questionnaire was used for collecting data. The results were interpreted with percentages, illustration and statistically.

## RESULT AND DISCUSSION:

### Pocket money and its usage

The table reveals whether pocket money is given to the sample group, the amount of pocket money they receive and the way in which they make use of the money. The percentages are as follows:

Table: 1. Basic details on pocket money

VARIABLES	N= 571	PERCENTAGE
<b>Pocket money</b>		
Yes	434	76
No	137	24
<b>Amount in Indian Rupees</b>		
15 – 50	231	40
55 – 150	189	33
200 - 300	14	02
<b>Savings</b>		
Full savings	143	34
Partial savings	50	09
No savings	241	42

The above table says that more than half of the respondents i.e., 76% get their pocket money and 24% are not given pocket money which may be due to the poor economic status of the family or strict upbringing. About 40% of the respondents get their pocket money between Rs.15 and Rs.50, 33% between Rs.55 and Rs. 150 and only two per cent are given pocket money between Rs.200 to Rs.300. Among those who receive the pocket money 42% spend their money fully, 9% have the habit of spending for eatables and also saving a small percentage of their money, whereas 34% do not spend their pocket money at all and save their money fully.

$H_0$ : There is no association between range of pocket money and savings

Table 1.2 Amount of pocket money Vs Spending pattern

N=571

Amount of pocket money (Rs.)	Spending of pocket money										X <sup>2</sup> value
	Mobile recharge		Eatables		Accessories		Others		Total		
	N	(%)	N	(%)	N	(%)	N	(%)	N	(%)	
< 25	1	0.1	19	3	7	1	20	3	47	8	0.036
25-50	1	0.1	27	5	5	1	34	6	67	12	
50-75	1	0.1	21	4	2	0.3	8	1	32	6	
75-100	1	0.1	36	6	11	2	32	6	80	14	
>100	7	1	29	5	5	1	23	4	64	9	

The amount of spending pocket money for mobile recharge, eatables, accessories and for stationeries are computed in the above table. It is clearly seen that about 15% of the samples have their

pocket money widely ranging from Rs. 50 to even Rs.300, and are interested in spending the money for snacks/eatables, etc. A statistically significant difference of  $p < 0.05$  is found and the null hypothesis is rejected. Hence there lies an association between the amount of pocket money they receive and the different methods in which it is spent. It can be thus concluded from the above table that higher the range of pocket money, higher is the money spent for eatables and it is directly proportional. The present study coincides with a study conducted by verstraeten et al., (2014), which reported that adolescents are having financial autonomy to choose food, generally originating from pocket money received from parents/grandparents and this pocket money was mainly used to purchase foods of poor nutritional quality at school.

### Snacking pattern

The pattern of snacking of the respondents is described in the following figure 1.

The figure 1 shows that three fourth (70%) of the respondents have the habit of munching their favourite snack foods which include a variety of savouries such as chips, etc while watching television. Thirty two percent of the respondents have the habit of taking both fruit and vegetable juices whereas a large number (35%) of the samples consume only fried items as snacks.

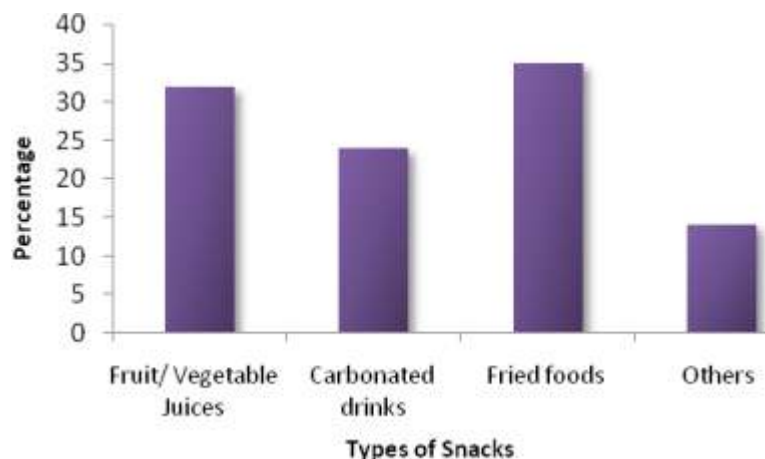


Figure 1  
SNACKING PATTERN

### MAJOR FINDINGS:

- About 76% of the samples get pocket money of which 57% of the samples have the privilege of buying their own snacks from the shops, bakeries, food joints available near their schools and also on their way back home.
- It was also found that 15% of the samples have a higher range of pocket money and are interested in spending money for eatables. The higher the range of pocket money higher is the money spent for eatables.

**CONCLUSION:**

Considering the health outcome of the growing children the quality of food sold in school canteen and nature of food advertisements should be under strict scrutiny.

**BIBLIOGRAPHY:**

- 1.V.C. Punitha, A.Amudhan, P.Sivaprakasam,V.Rathnaprabhu (2014).Pocket Money: Influence on Body Mass Index and Dental Caries among Urban Adolescents, Journal of Clinical and Diagnostic Research 12: 10-12
- 2.Roosmarijn Verstraeten, Kathleen Van Royen, Angelica Ochoa-Aviles, Daniela Penafiel, Michelle Holdsworth, Silvana Donoso, Lea Maes, Patrick Kolsteren (2014). A Conceptual Framework for Healthy Eating Behavior in Ecuadorian Adolescents: A Qualitative Study, Public Library of Science ONE (1): 1-7

# Publish Research Article

## International Level Multidisciplinary Research Journal For All Subjects

Dear Sir/Mam,

We invite unpublished Research Paper, Summary of Research Project, Theses, Books and Book Review for publication, you will be pleased to know that our journals are

### Associated and Indexed, India

- ★ International Scientific Journal Consortium
- ★ OPEN J-GATE

### Associated and Indexed, USA

- EBSCO
- Index Copernicus
- Publication Index
- Academic Journal Database
- Contemporary Research Index
- Academic Paper Database
- Digital Journals Database
- Current Index to Scholarly Journals
- Elite Scientific Journal Archive
- Directory Of Academic Resources
- Scholar Journal Index
- Recent Science Index
- Scientific Resources Database
- Directory Of Research Journal Indexing

Golden Research Thoughts  
258/34 Raviwar Peth Solapur-413005, Maharashtra  
Contact-9595359435  
E-Mail-ayisrj@yahoo.in/ayisrj2011@gmail.com  
Website : www.aygrt.isrj.org