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GRT

INVESTIGATION OF NUTRITIONAL WELLNESS BETWEEN UNDER GRADUATE AND POST GRADUATE STUDENTS OF DIFFERENT PROFESSIONAL COURSES



Moradhvaj Singh

**Assistant Professor, Pt. Kamalapati Tripathi Govt. PG College,
Chandauli**



Moradhvaj Singh

ABSTRACT

Purpose: the purpose of the study was to assess and compare nutritional assessment between under Graduate and Post Graduate Students of different Professional Courses. **Materials and Methods:** Thirty two male students of different professional courses (4 from each profession) were selected from D.A.V.V Indore M.P. Age of the subjects were being ranging from 19 to 28 years. Nutritional assessment as traits of Life style was considered as dependent variable. Nutritional assessment was measured by 'Life-Style Assessment Inventory' developed by Anspangh David S. Michal, H.Hamrich and Fran D. Rosato. To assess and compare Life Style

related variable (Nutritional wellness) between undergraduate and post graduate students, Descriptive statistics and Independent T- test was used. **Results:** Mean and Standard deviation for under graduate and post graduate students was found 63.31 ± 12.25 , 68.25 ± 15.37 respectively in relation to nutritional assessment at .05 level and t value of nutritional assessment was 1.005 which was found less than the



required value 2.042 at 30 df .**Conclusions:**1) Insignificant difference was found between the means of under graduate and post graduate students in relation to nutritional wellness assessment. 2) Post graduate students were having greater mean of nutritional assessment in comparison to under graduate students.

KEYWORDS: Life style, Professional Courses, nutritional assessment, Postgraduate, Undergraduate .

INTRODUCTION :

Nutrition is the sum total of the processes involved in the taking in and the utilization of food substances by which growth, repair and maintenance of the body are accomplished. It involves ingestion, digestion, absorption and assimilation. Nutrients are stored by the body in various forms and drawn upon when the food intake is not sufficient. I have read and still read the great philosophers, going back to the Greeks. but I was appalled when I realized that those truly great men of those times seemed to know virtually nothing about nutrition. How could this happen? Why was nutrition ignored? That is the greatest puzzle of all time, as far as I am concerned. [1]. nutritional assessment means taking care of one's self through healthy eating, active living, and self-care practices which support optimal development and functioning. [2]. Understanding the relationship between your body's physical health and mental health is crucial in order to develop a balanced nutritional assessment. When you take the route to nutritional assessment you will learn to understand how your body performs physically and are able to connect it to how you feel mentally. Nutritional assessment encourages principles of good health and knowledge, which affect behaviour patterns that lead to a healthy lifestyle. [3]. under graduate and post graduate affects the nutritional assessment because under graduate students are new in experience but due to spend long time post graduate students do not interested to take a part in physical activity so scholar is interested to know differences between under graduate and post graduate students in relation to nutritional assessment.

OBJECTIVES OF THE STUDY

The main objective of the study was to assess and to compare nutritional assessment between undergraduate and postgraduate students.

Following sub objectives were formulated to achieve main objective of the study:-

- First sub- objective of the study was to assess life style related one variable (Nutritional Wellness) among students of undergraduate and post graduate of different Professional course (Institute of management science, Institute of Engineering Technology, Institute of Pharmacy and Physical Education).
- Second sub- objective of the study was to compare nutritional assessment between undergraduate and post graduate students.

MATERIAL AND METHODS

The subjects for this study were selected from Devi Ahilya Vishwavidyalya Indore Madhya Pradesh. A total of thirty (32) male students was selected, four (4) from each profession (Physical Education, Institute of Business management, and institute of Engineering technology) of Devi Ahilya Vishwavidyalya Indore Madhya Pradesh . Age of the subjects was being ranging from 19 to 28 years. Nutritional assessment was measured by 'Life-Style Assessment Inventory' developed by Anspangh David S. Michal, H.Hamrich and Fran D. Rosato. Nutritional assessment was considered as dependent variable.

RESULTS, DISCUSSION AND CONCLUSIONS

The statistical analysis of data was conducted on the Life style related variable (Nutritional Wellness) of thirty two male students of D.A.V.V Indore. The descriptive statistics [4] was applied to characterize the life style related trait (nutritional assessment) among male students of undergraduate and postgraduate students. T- Test [6] used was also applied to compare the Life style related trait

(Nutritional wellness) between undergraduate and postgraduate students. The results are given in table 1, 2.

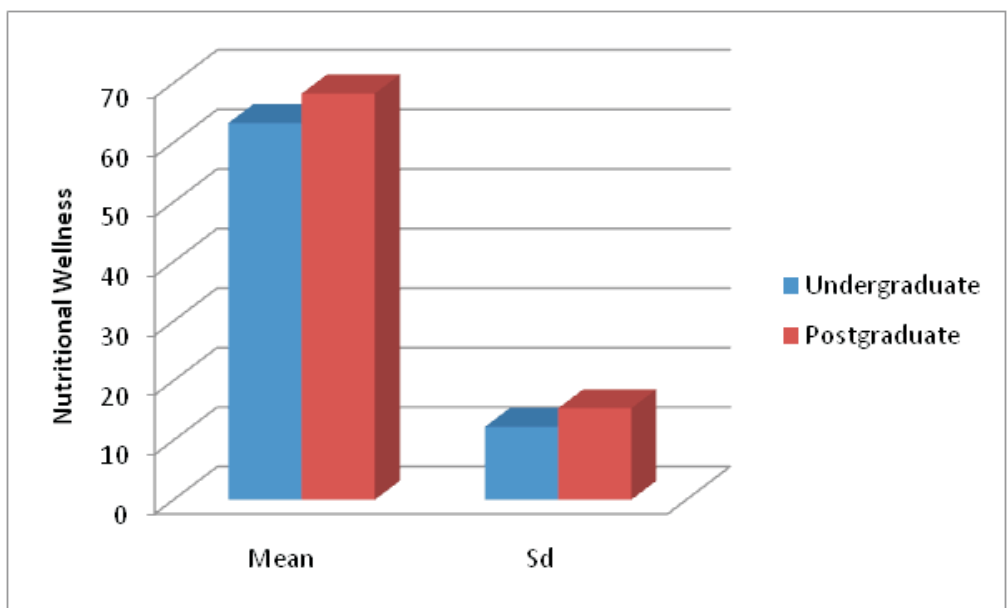
Table – 1
Comparison of nutritional assessment between Undergraduate and Postgraduate students

GROUP	MEAN	SD	t- value
Undergraduate	63.3125	12.25136	1.005
Postgraduate	68.2500	15.37314	

*significant at .05 level of significance

From the above table it is observed that the mean of undergraduate and postgraduate students is 63.312 and 68.25 respectively. After applying “t” test it is found that the t-ratio is 1.005 which was insignificant at the 0.05 level of significance because calculated T value (1.005) is less than the tabulated 1.69. This table has shown in figure 1

Figure: 1- Comparison of nutritional assessment between undergraduate and post graduate students



DISCUSSION OF FINDINGS

On the basis of result it was concluded that insignificant difference was found between undergraduate and postgraduate students in relation to nutritional assessment, this might be due to that students of undergraduate and postgraduate live in same hostel and take similar food and nutrition which is provided by mess of hostel . A Sidiga. Washi, B Maha. Ageib (2010) Conduct study on “Poor diet quality and food habits are related to impaired nutritional status in 13- to 18-year-old adolescents in Jeddah” In recent decades, diets have changed rapidly in the Kingdom of Saudi Arabia (KSA) because the Western diet is replacing the traditional Arabic diet. This has resulted in an alarming

increase in the number of overweight and obese children and adolescents in KSA. It is well documented that lifestyle is strongly associated with the development of obesity. Nevertheless, this remains to be demonstrated in adolescents from a rapidly developing country in the Middle East such as Saudi Arabia. This study tested the hypothesis that the new current dietary habits are related to the increase in overweight and obese Saudi Arabian adolescents. In 2006, a cross-sectional study was conducted among 239 adolescents (13-18 years old) who were selected by cluster sampling from schools in Jeddah, KSA. The nutritional status was assessed by anthropometric and biochemical parameters at the Saudi German Hospitals Group, Jeddah. Dietary habits were evaluated by a 3-day dietary recall (food diary) and a food frequency questionnaire. The mean age of the participants was 15.5 ± 2.5 years. The mean body mass index was 27.43 ± 4.61 kg/m². A total of 44.6% of the adolescents were overweight, and 56.6%, 30.5%, and 13.0% of energy was derived from carbohydrates, fats, and proteins, respectively. Compared with the Dietary Reference Intake, carbohydrate and fat intakes were higher, and calcium, iron, and zinc intakes were lower. Higher cholesterol and lower hemoglobin levels were found in 30.5% and 53.6% of the adolescents, respectively. In summary, increased weight status of 13- to 18-year-old Saudi adolescents was related to their inadequate dietary habits. This indicates the importance of rapidly promoting a healthier lifestyle among Saudi Arabian adolescents. The present study was supported by the study conducted by the A Sidiga, Washi, B Maha. Ageib (2010).

CONCLUSIONS

- Insignificant difference was found between undergraduate and post graduate students in relation to nutritional assessment.
- Post graduate students were having greater mean of nutritional assessment in comparison to post graduate students.

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