

A STUDY OF CALORIES INTAKE OF GOVERNMENT AND PRIVATE SCHOOL BOYS OF CHANDIGARH

Mr. Narender Jhinjha,
Department of Physical Education,
Government High School, Chandigarh, India



ABSTRACT

The present study has been designed to investigate the pattern of calories intake of government and private school boys of Chandigarh. A total of 1000 boys aged between 13 to 17 years from 10 government and 10 private schools of Chandigarh were taken as subjects selected by purposive sampling. These students were studying from 6th to 10th class. T-test was employed to determine the significant difference in calories intake between the government and private school boys of Chandigarh. The level of significant was set at 0.05 level. It was found that slum school boys were taking significantly higher calories than elite school boys.

Keywords: Malnutrition, Nutrition, Children and Calorie intake.

INTRODUCTION

School children constitute one of the important segments of population. They account for 20% of population in India. School age is dynamic period of growth but malnutrition is a common problem during school age period. The problem of malnutrition among children has received wide spread attention. Researchers all over the world have contributed towards providing an answer to whether malnutrition adversely affects growth and development of children and if so, whether there is a possibility of reversing this damage. Good nutrition is an important aspect of a healthy life style. While poor nutrition can be the cause of a number of health problems that develop over a period of time. One cannot expect a good performance from a player who is undernourished. Therefore balanced diet with sufficient calories is required to make the balance in the energy expenditure and calories taken.

METHODOLOGY

A total of 1000 boys comprising of 500 boys from government schools and 500 boys from private school aged between 13 to 17 years from 10 government and 10 private schools of Chandigarh were taken as subjects selected by purposive sampling. These students were studying from 6th to 10th class. Non probability sampling technique namely purposive sampling technique was employed for the collection of data. By using this technique 10 slum and 10 elite schools of union territory of Chandigarh were selected. From each of slum and elite categories of schools 500 boys from class 6th to 10th were selected for obtaining data on calories intake. To measure calories intake, three day dietary intake recall method was used. Calories intake was recorded in calories taken by the subjects during three consecutive days. The method was comprised of a table in which the subjects recorded their dietary intake for three consecutive days. For assessment of the amount of food eaten, they were shown standardized utensils. These standardized utensils were then used to convert cooked food into raw ingredients and the nutrients were calculated by using the book "Nutritive Value of Indian Foods" by C. Gopalan, B. V. Rama Sastri and S.C. Balasubramanian (published by I.C.M.R, (2011)). Thus the total nutrient intake per day per subject was obtained.

RESULTS

The significance of mean differences in calories intake between government and private school boys have been presented in this section. Mean, standard deviation and t- value is presented in the table no.1.

TABLE No.1
MEAN DIFFERENCE IN SCORES OF CALORIES INTAKE BETWEEN
GOVERNMENT AND PRIVATE SCHOOL BOYS

Variables	Government		Private		M.D.	t
	Mean	S.D.	Mean	S.D.		
Calories intake	1733.3	475.36	1655.5	530.22	77.85	2.45*

*significant at 0.05 level

It is observed from table no.1 that government school boys were having mean score of 1733.3, whereas private school boys were having mean score of 1655.5. Table also indicates that government school boys were significantly superior in calories intake as the t-ratio of 2.45 was found to be significant at .05 level of confidence. Graphically presentation of results is given in the figure no.1.

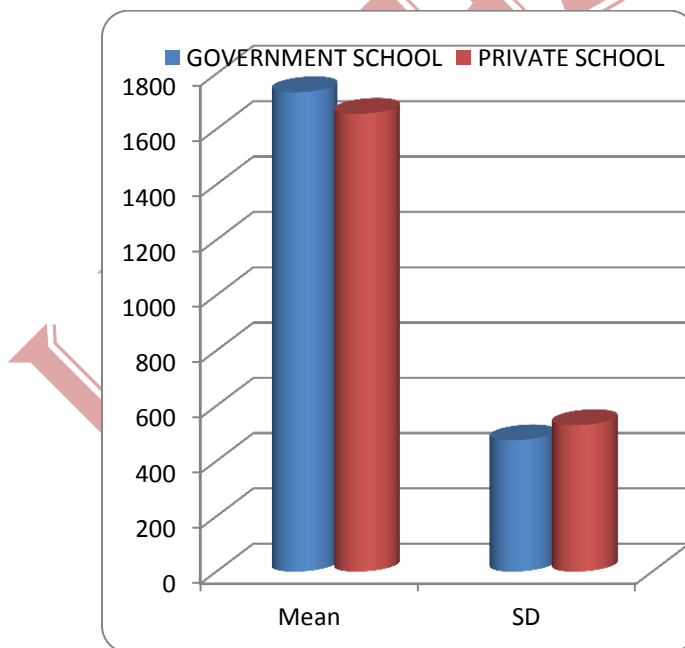


Figure No.1 Mean Difference in Scores of Calories Intake between Government and Private School Boys

FINDING AND CONCLUSION

Finding revealed that government school boys were significantly taking more food than their counterparts of private schools. It might be attributed to the fact that slum school boys were getting mid day meal free of cost, which helped them to have more calories intake. This might be attributed to the fact that government school boys were leading more active life than private school boys. The Government school boys might be indulged in domestic work and live a very hectic life for helping their parents in earning bread and butter for the family which in turn bound the private school boys to take more calories than their private counterparts. Government school boys were taking significantly more calories than private school boys.

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