

ASSOCIATION BETWEEN PERSONAL PROFILE AND NUTRITIONAL KNOWLEDGE AMONG SHGS WOMEN

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ABSTRACT

The study was conducted in purposively selected Navsari block of Navsari district. From Navsari block, five villages were selected purposively. From each village, 20 SHGs women were be selected randomly total size of 100. Majority of the SHGs women (40.00 per cent) belonged to medium level of knowledge followed by 39.00 and 21.00 per cent belonged to low and high level of knowledge respectively. Inferred that age (0.1277), education (0.0887), Family Type (0.0907), Occupation (0.0717), annual Income (0.0445), Social participation (0.1519), Mass media exposure (0.1252) of the SHGs women were found to have positively significant association with and level of knowledge of SHGs women about Nutrition.

Keywords: association, nutritional, knowledge, SHGs women

INTRODUCTION

In recent years self help groups (SHG) are emerging as alternative credit source to the poor. In self help groups, collective actions and solidarity is an important empowering mechanism. The empowerment of women through SHGs would lead to benefits not only to the individual woman and women groups but also for the family and community as a whole through collective action for development. Self help groups also play a very vital and critical role towards empowering women in almost all the fields. In recent years the group approach to various poverty alleviation programmes is getting recognition in India. Mostly, women are mobilized into groups for undertaking mutually beneficial social and economic activities. The group provides women, a base for self-employment and empowerment through group dynamics. In India

OBJECTIVE

To know the association between personal profile and nutritional knowledge among shgs women

METHODOLOGY

The study was conducted in purposively selected Navsari block of Navsari district. From Navsari block, five villages were selected purposively. From each village, 20

SHGs women were be selected randomly total size of 100. The data were collected through personal interview method and questionnaire method of nutritional knowledge. The data were be analyzed with appropriate statistical tools.

RESULTS AND DISCUSSION

Table 1: Distribution of SHGs women according to level of knowledge (n=100)

Sr. No.	Level of knowledge	Frequency	Per cent
1	low level of knowledge	39	39.00
2	Medium level of knowledge	40	40.00
3	High level of knowledge	21	21.00

It is evident from table 1 that majority of the SHGs women (40.00 per cent) belonged to medium level of knowledge followed by 39.00 and 21.00 per cent belonged to low and high level of knowledge, respectively.

Association between personal profile and nutritional knowledge among SHGs women

From the table 2 it was inferred that Age (0.1277), Education (0.0887), Family Type (0.0907), Occupation (0.0717), Annual Income (0.0445), Social participation (0.1519), Mass media exposure (0.1252) of the SHGs women were found to have positively significant association with and level of knowledge of SHGs women about Nutrition.

Table 2: Association between personal profile and level of knowledge of SHGs women about Nutrition (n=100)

Sr. No.	Personal characteristics	'r' value
X ₁	Age	0.1277**
X ₂	Education	0.0887*
X ₃	Family Type	0.0907*
X ₄	Family Size	-0.0459*
X ₅	Occupation	0.0717*
X ₆	Annual Income	0.0445*
X ₇	Social participation	0.1519**
X ₈	Mass media exposure	0.1252**

* Significant at 0.05 level ** Significant at 0.01 level

On the other hand, Family Size (-0.0459) of SHGs women was found to be negatively and significantly correlated with level of knowledge of SHGs women about Nutrition.

CONCLUSION

Majority of the SHGs women belonged to medium level of knowledge respectively. Inferred that age, education, Family Type, Occupation, annual Income, Social participation, Mass media exposure of the SHGs women were found to have positively significant association with and level of knowledge of SHGs women about Nutrition (Rathod

et al., 2019). The intake of all nutrients viz. energy, protein, fat, iron, thiamine, riboflavin, niacin and β -carotene were low except for calcium. Therefore it is the need of the hour that, the extension agencies involved in rural development should concentrate more on rural women and organizes extension programmes for the benefit of the rural women. The training interventions by the research played a strategic role by increasing self confidence of SHGs in undertaking small scale food processing of value added products of finger millet and capacity building of women.

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