

ASSEMENT OF NUTRITIONAL STATUS OF SCHOOL GOING CHILDREN OF WORKING MOTHER AND NON-WORKING MOTHER

Dissertation for the Degree of Master of Science
Foods and Nutrition

By

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Abstract:

Health is a fundamental right of every individual. The factors which influence the growth are heredity, sex, race, nationality, environment such as pre- natal and post-natal, cultural influences, socioeconomic status of family nutrition, climate, season, exercise, hormonal influences. This thesis examines the nutritional status of school-going children, focusing on the influence of maternal employment status. The study compares children of working mothers to those of non-working mothers, exploring various factors such as dietary habits, meal patterns, micronutrient intake, growth parameters, and overall health indicators. Through a comprehensive review of literature and empirical research, the thesis aims to shed light on potential disparities in nutritional status between these two groups. By analyzing the findings, implications for public health interventions and policies to improve children's nutrition and well-being are discussed

Aim: The objectives of study were to assess the nutritional status of children (6-12 years) among working and non-working mother s to compare the nutritional status of those children.

Method: To conduct a study on the assessment of the nutritional status of school-going children of working women and non-working women, a mixed-method research approach can be employed. This would involve quantitative method to gather comprehensive data. Data will be collected from a sample so it will be a survey.100 samples will be taken from different sectors of Gandhinagar. Snow Ball sampling method will be used in this research. In which 50 working mothers and 50 non-working mothers will be taken. The sample will be selected randomly. Data collection was done in month of April 2024.

Result: Analysis and interpretation was done according to the objectives of the study. Curve graph are used to depict the findings nutrition status. The present study of children who were assessed for nutritional status was in the age group of 6-12 years. Age of mothers falls under 30-40 years whose occupation of father is private, government and business and mother is housewife, government job and private job and education of mother is graduate/post graduate and type of family is nuclear. Majority children's dietary habit was same and nutrition status is also same.