

A STUDY ON LACK OF KNOWLEDGE AROUND NUTRITION IN WOMEN OF THE CITY OF BRAMHAPURI LIVING BELOW POVERTY LINE

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Abstract :-

We have seen that impact of Nutrition mostly affect on women health. Women health and Nutrition are very important for Social Community. If woman is physically, mentally, socially and educationally fit and healthy then it will be benefit for her family as well as society.

In present research we have studied lack of knowledge around Nutrition in women of the city of Bramhapuri living below poverty line. For this research included group of 30 women age in between from 25 to 30. What is lack of knowledge about Nutrition and How it's affects their health studied in this research.

Keywords :- Knowledge, Nutrition, Women Bramhapuri, Below Poverty Line, Health.

Introduction :-

Nutrition is most important part of human life. Nourishing food leads to healthy and balanced life. Every man - women, girl's - boy's aged people need proper balanced Nutrition in every stage of life.

But the Nutritional food much more needed for women because she is birth giving. She establishes a new generation to come. If she is healthy then and then the upcoming generation will be healthy to come into existence.

Women face lots of problems in their life due to lack of knowledge about Nutrition and Nourishing food. Financial condition and Lack of Nutritional knowledge affects their whole life. In women life the need of Nutrition changes according to their age group. There are lots of Nutrient for women's health. For example Iron, Folic Acid, Calcium, Iodine and Vitamin A, C. The insufficiency of these Nutrients causes Anemia, Fatigue, Weakness, Pain in hands and legs. So every woman needs good nutrition for their daily routine, healthy life and proper reproduction.

Due to Lack of knowledge of Nutrition they don't know what to it and when to it. They don't know which Vitamin and Protein they needed and where it's come from. What is the value of nourishing food which kind of Nutrition we they need and How it fulfill. They only fulfill their hunger.

In Below poverty level family is difference between boys and girls. They think that boys used to work hard outside the home, that's why boys get more food than girls. As compare to boys - girls get less food in family. And this is depicted of girls mind. That's why in the Adulthood they only eat sufficient food for their hunger not for Nourishing of to their body. Due to poverty they cannot get the right Nourishing food.

Research Objectives :-

The following of the objectives to know lack of knowledge about Nutrition in women of the city of Bramhapuri living below poverty line -

- 1) To understand lack of knowledge about Nutrition in women.
- 2) To study women lack of Nutrition related their financial problem.

Methodology :-

In this research we have studied 30 below poverty level women of age of group between 25 to 30. To know tack of knowledge about Nutrition. We make survey observation, interview and questionnaire as a tool.

Conclusion :-

By studding over women of group of 30 women age from 25 to 30 in Bramhapuri city. We found that because of low financial condition they don't take proper balanced Nutrition. They don't fulfill their Nutritional nourishing food due to poor financial condition.

Due to lack of education they don't know importance of Nutrition. In their life whatever available they used to eat. They used to eat at night whatever they eat at day dinner like rice and vegetable. They don't afford dal at all. They used to it chapati at no consueative day but alternately there is no inclusion of milk, curd, vegetables, fruit's in their diet. So they don't get all Nutrients. They used to eat only two times in a day. In between two dinners is no breakfast in their diet. In each dinner they don't have sufficient rice and vegetables to eat. Due to lack of Nutritional food they become make weak, get fatigue weakness and Anemia.

Due to lack of education they also lack of knowledge about Nutrition and due to lack of poor financial condition they cannot spent money over Nourishing food.

Financial insufficiency and lack of Nutritional knowledge leds to women Nutritional problem.

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