

Nutritional Status of Adults in Low and Middle Income Strata

Dr. Vikram Singh * Dr. T. Onima Reddy **

*Assistant Professor, Department of Physical Education, Banaras Hindu University, Varanasi.

**Supervisor/Field Guide, Assistant Professor, Department of Physical Education, Banaras Hindu University, Varanasi.

(Received 25 February 2016 – Accepted & Published 29 February 2016)

Abstract

Background: The purpose of the study was to assess and compare the nutritional status of adults in low and middle income strata.

Method: Subjects: For the purpose of the study sixty male adults of low and middle income strata (30 Adults in each group) from Varanasi region/district was randomly selected as the subject for the study. The age level of the adult subjects was ranging from 18 to 25 years.

Variable: Keeping the feasibility aspect in mind the following variable was selected for present study: Total Nutrition. **Criterion Measure:** The following criterion was adopted for the present study: **To Assess Nutritional Status:** Nutritional Status was assessed by the total scores in Nutritional Questionnaire. **Procedure:** With the help of the questionnaire related to nutritional assessment (Nutritional Questionnaire) necessary data was collected. Data was collected with regard to nutritional aspects from 60 male adults of low and middle income strata (30 adults in each group) from Varanasi region/district in two consecutive days at their respective city/place.

Statistical Technique: The data was analyzed by applying Descriptive statistic & independent “t” test in order to assess and compare the nutritional assessment of adults in low and middle income strata from Varanasi region/district. The level of significance was set at 0.05. The data was analyzed with the help of SPSS.

Results: The findings of the study in relation to total nutritional showed significant difference was found between male adults of low and middle income strata from Varanasi region/district.

Conclusions: On the basis of the findings of the study, the following conclusions were drawn: Significant difference was found between male adults of low and middle income strata from Varanasi region/district in relation to total nutrition Male adults of low income strata possess high/greater in total nutrition in comparison to male adults of middle income strata.

Key words: Nutritional Questionnaire, Low and Middle Income Strata.

INTRODUCTION

Nutritional status is the condition of health of an individual as influenced by the utilization of nutrients. How do we determine the nutritional status of a person? The definition makes it sound difficult, doesn't it? To determine nutritional status all you have to do is to put together information about:

- ⇒ What kind of diet is being consumed;
- ⇒ What types of illnesses, if any, the person has suffered/is suffering from including any observable signs of ill health such as discolored skin or bleeding;
- ⇒ What is the level of nutrients and other substances in the blood and urine (as determined by blood and urine tests).

You will understand the concept better with the help of an example. If a person does not consume enough of vitamin C (one of the water-soluble vitamins), its levels in the blood will drop and one can predict that the person is likely to get vitamin C deficiency. This finding can be

confirmed if a look at the diet reveals very few foods being eaten which are rich in this vitamin.
(Swamy Kulandai et. al. 2013)

The Objectives of the Study were:

- To assess the nutritional status of adults in low and middle income strata.
- To compare the adults of low and middle income strata in relation to nutritional Status.

It was hypothesized that there might not have been significant difference in nutritional status of adults in low and middle income strata.

METHODOLOGY

Subjects: For the purpose of the study sixty male adults of low and middle income strata (30 Adults in each group) from Varanasi region/district was randomly selected as the subject for the study. The age level of the adult subjects was ranging from 18 to 25 years.

Variable: Keeping the feasibility aspect in mind the following variable was selected for present study: Total Nutrition.

Criterion Measure: The following criterion was adopted for the present study:

To Assess Nutritional Status: Nutritional Status was assessed by the total scores in Nutritional Questionnaire.

Procedure: With the help of the questionnaire related to nutritional assessment (Nutritional Questionnaire) necessary data was collected. Data was collected with regard to nutritional aspects from 60 male adults of low and middle income strata (30 adults in each group) from Varanasi region/district in two consecutive days at their respective city/place.

.Statistical Technique: The data was analyzed by applying Descriptive statistic & independent “t” test in order to assess and compare the nutritional assessment of adults in low and middle income strata from Varanasi region/district. The level of significance was set at 0.05. The data was analyzed with the help of SPSS.

RESULTS

The findings pertaining to descriptive statistics and independent t ratio for the nutritional variable from 60 male adults of low and middle income strata (30 Adults from low income strata & 30 Adults from middle income strata) from Varanasi region/district have been presented in table No.1to2.

Table-1: Descriptive Statistics of Male Adults from Low and Middle Income Strata in Relation to Total Nutrition

	N	Range	Minimum	Maximum	Mean	Std. Deviation	Skewness	Kurtosis			
	Statistic	Statistic	Statistic	Statistic	Statistic	Std. Error	Statistic	Std. Error	Statistic	Std. Error	
Lower Class	30	32.00	34.00	66.00	49.3333	1.57373	8.61968	.340	.427	-.531	.833
Middle Class	30	38.00	31.00	69.00	44.6000	1.64394	9.00421	1.098	.427	1.391	.833
Valid N (listwise)	30										

It is evident from table -1 that mean and standard deviation scores of male adults of low and middle income strata from Varanasi region/district in relation to total nutrition have been found 49.33 & 44.60 and 8.61 & 9.00 respectively whereas range of scores and standard error were found 32 & 38 and 1.573 & 1.643 respectively.

Table-2: t-Ratio for the comparison of Means of Male Adults from Low and Middle Income Strata in Relation to Total Nutrition

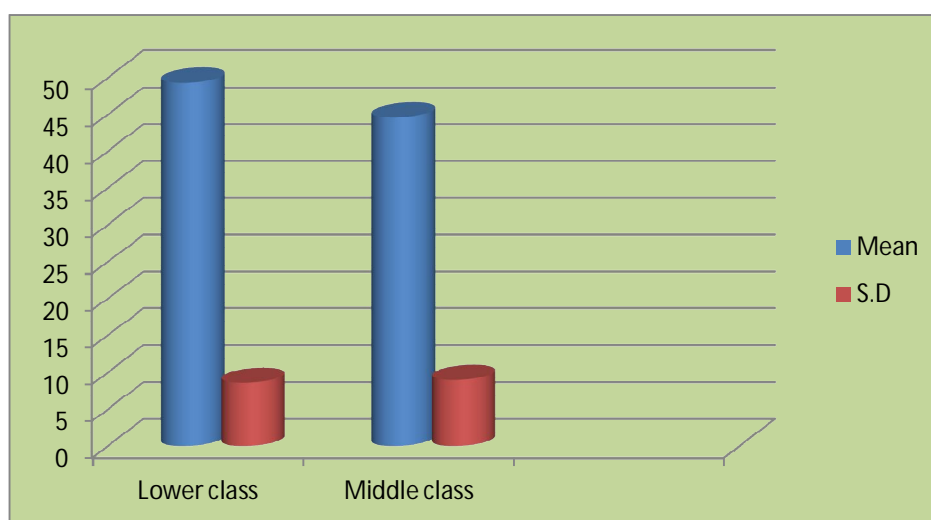
	Paired Differences					t	df	Sig. (2-tailed)
	Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
				Lower	Upper			
Pair 1 Lower Class – Middle Class	4.73333	10.04450	1.83387	.98266	8.48401	2.581	29	.015

Level of Significance at 0.05 level, t-value required at 58 df =2.00

Table-2 revealed that significant difference was found between male adults of low and middle income strata from Varanasi region/district in relation to total nutrition, since t-value of 2.581 was found higher than the required tabulated value of 2.00 with 58 df at 0.05 level of significance.

Male adults of low income strata possess high/greater in total nutrition in comparison to male adults of middle income strata.

The graphical representation of means between male adults of low and middle income strata from Varanasi region/district in relation to total nutrition has been presented in figure No.1.



Discussion of Findings

From the findings of the study, in case of total nutrition it was evident that the significant difference was found between male adults of low and middle income strata from Varanasi region/district. Further, graphical picture represents that male adults of low income strata possess high/greater total nutrition in comparison to male adults of middle income strata. The findings may be attributed to the fact that nutritional is a science of food which deals with complete fate of food.

Discussion of Hypothesis

The hypothesis earlier set that there might not have been significant difference in nutritional status of adults in low and middle income strata is rejected.

CONCLUSIONS

On the basis of the findings of the study, the following conclusions were drawn:

1. Significant difference was found between male adults of low and middle income strata from Varanasi region/district in relation to total nutrition
2. Male adults of low income strata possess high/greater in total nutrition in comparison to male adults of middle income strata.

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