SOCIETY OF EXTENSION EDUCATION

RESEARCH ARTICLE

Knowledge of SHG Women Members regarding Nutrition in Surat District of Gujarat State

Gita J. Bhimani[1] and Minaxi K. Bariya[2]

1. Scientist (Home Science), KVK, NAU, Athwa Farm, Surat Gujrat
2. Asso. Professor, CoA, JAU, Mota Bhandariya, Gujrat, India
Corresponding author e-mail: gj2kvk@yahoo.com

ABSTRACT

The study was conducted in Surat district of Gujarat State to know the level of knowledge about nutrition among the SHG women members. Three talukas were selected purposively where SHG are formed under Mission Mangalam Yojana. From each taluka four villages were selected purposively where SHGs are formed from at least last three years. Ten SHG women members were selected randomly from each village. Thus total sample size was 120. The data were tabulated, classified and analyzed with appropriate statistical tools. The result revealed that the majority i. e. 65 per cent of the respondents had medium level of knowledge about nutrition. An education, occupation and source of information showed significant and positive correlation with the knowledge regarding nutrition among SHG women members.

***Key words** : SHG women members, Mission Mangalam Yojana, Knowledge level, Nutrients*

Good nutrition is an important factor in the promotion and maintenance of good health throughout the life. A balanced diet must include variety of foods in our daily diet. Number of factors affect on the selection of foods such as social, economical, geographical, environmental and knowledge regarding food and nutrition. All these factors interact in a complex manner to shape dietary consumption patterns and affect the morbidity and clinical status of women. Knowledge regarding food & nutrition is an important factor which independently can impact deeply on the choice, habits and nutritional status of an individual. It is important to know that how much awareness is there in the community, particularly in women because they select of food for entire family *Bhimani et al. (2020).*

Self-help group is a useful platform to enhance women's health through increased knowledge and awareness on nutrition and health issues. A woman is said to have health empowerment when she has the power to increase her own family welfare. The means of achieving health empowerment are improvement in accessibility of nutritious food, personal and family health and hygiene, access to modern health services, medical care to family members, etc. Keeping in view, present study was undertaken to study the level of knowledge about various nutrients among SHG women members *Bariya et al (2021).*

METHODOLOGY

The study was conducted in Mandvi, Mangrol and and Umarpada talukas of Surat district. From each block, 4 villages were selected randomly. From each village, 10 SHGs women were selected randomly thus total sample size was 120. The important components of nutrition were identified while developing structured interview schedule. To collect the data from the respondents, a personal interview method was used for analysis and to get inference, the collected data was analyzed by using different statistical tools *viz.*, percentage, mean, rank, standard deviation, correlation coefficient *etc.*

RESULTS AND DISCUSSION

Socio-economic profile of SHG women members : Socio-personal and economic profile of respondents plays an important role in knowledge and adoption of any household technologies.

Age : It is evident from Table 1 that majority (64.17%) of the respondents belonged to the middle age group followed by young age group and old age group i.e. 30.83 per cent and 5.00 per cent, respectively. The finding is in agreement with the findings reported by *Jhansi and Kalal (2022)*.

Education : Education is a process of bringing desirable changes in knowledge, skill and attitude of an individual. Education in a society is a primary requirement for its socio-economic development. Formal education is helpful to the women to equip them to face difficulties and challenges in a better way.

With regards to the education of the respondents, the findings revealed that 39.17 per cent had secondary education followed by 29.17 per cent with primary level of education. Only 9.60 per cent had a graduation and above level. This finding is in conformity with the finding of *Shinde et al. (2021)*.

Type of family : Majority (69.17 per cent) of the respondents belonged to the joint family followed by 30.83 per cent who belonged to nuclear family. This finding is similar confined with the findings of *Deshpande et al. (2022)*.

Size of Family: The data presented in Table 1 revealed that more than half (60.00 per cent) of the SHGs women had small family size followed by 29.17 and 10.83 per cent had medium and big family size respectively. This result is in line with the result reported by *Deshpande et al. (2022), Jhansi and Kalal (2022)* and *Shinde et al. (2021)*.

Occupation : Data in Table 1 reveals that the majorities (43.33%) of the respondents were belonged to Agriculture + Labour followed by Homemakers (22.50%) and only 5.00 per cent have government job and business.

Annual Income (Rs.) : From above table 53.34 per cent respondents earn 25,000/- to 50,000/- annually followed by 34.17 per cent earn Up to 25,000/-, only 5.84 per cent earn above Rs.1,00,000/-. This finding is supported by the result of Shinde *et al.* (2021).

Social Participation : Table 1 shows that social participation of respondents depicted one organization (67.50%) followed by more than one organization (29.17%) and some of the respondents (3.34%) not involved in any organization. The finding was in concurrence with the findings reported by *Jhansi and Kalal (2022)*.

Source of information : In source of information, majority respondents falls in KVK scientist (25.00%) group of personal cosmopolite, television (8.34%) in mass contact group and followed other groups. This finding is supported by the findings of *Bariya et al. (2017)*.

Level of Knowledge : Data in Table 2 reveals that majority (65.00%) had medium level of knowledge of the respondents regarding nutrition. In high level that 16.67 per cent and 18.34 per cent low level of

Table 1. Distribution of respondents based on socio-economic profile (N= 120)

Variables	No.	%
Age		
Young (Below 30 years)	37	30.83
Middle aged (30-50 years)	77	64.17
Old (above 50 years)	6	5.00
Education		
Primary education	35	29.17
Secondary education	47	39.17
Higher secondary education	27	22.50
Graduation and above	11	9.16
Type of family		
Joint	37	30.83
Nuclear	83	69.17
Size of family		
Small family	72	60.00
Medium family	35	29.17
Big family	13	10.83
Occupation		
Agriculture + Animal Husbandry	35	29.17
Agriculture + Labour	52	43.33
Homemakers	27	22.50
Govt. job/business etc.	6	5.00
Annual income (Rs.)		
Up to 25,000/-	41	34.17
25,000/- to 50,000/-	64	53.34
50,000/- to 1,00000/-	8	6.67
Above 1,00,000/-	7	5.84
Source of information		
Personal cosmopolite		
Family members	14	11.67
Neighbors	16	13.34
Friends/relatives	8	6.67
SHG members	12	10.00
Line department officer	16	13.34
KVK-Scientists	30	25.00
Mass contact		
News paper	6	5.00
Television	10	8.34
Magazine	6	5.00
WhatsApp	2	1.67
Social participation		
One organization	81	67.50
More than one organization	35	29.17
Not participation	4	3.34

Table 2. Level of Knowledge of the respondents regarding nutrition (N=120)

Level of Knowledge	No.	%
Low level	22	18.34
Medium level	78	65.00
High level	20	16.67
Total	120	100.00

Mean: 38.25, SD: 16.92

knowledge nutrition. This finding is supported by the result of *Bhimani et al. (2020)*.

Association between independent variables and Knowledge level of SHG women members regarding Nutrition : To study the relationship between characteristics of SHG women members and their level of knowledge is of great importance. These factors play important role in deciding the level of knowledge of the SHG women members.

In order to determine the relationship between the profiles of the SHG women members with their knowledge, a correlation coefficient was computed and presented in Table 3.

The analysis of data in the Table 3 indicated that three independent variables *viz.*, education, occupation and source of information showed significant and positive correlation with the knowledge regarding nutrition among SHG women in Surat district. This finding is in line with the findings of *Bariya et al. (2016)*.

CONCLUSION

It can be concluded form ongoing discussion that majority of SHGs women members had medium level of knowledge regarding nutrition. The SHG women members actively participated in different

Table 3. Association between profile and Knowledge level of SHGs women members regarding Nutrition

Variables	'r' value
Age	0.1747
Education	0.3735**
Family type	0.0961
Family size	0.1460
Occupation	0.2438**
Annual income	0.0389
Source of information	0.1818*
Social Participation	0.1530

* Significant at the 0.05 level (2 tailed - 0.178*)

** Significant at the 0.01 level (2 tailed - 0.233**)

activities carried out by Mission Mangalam Yojana and It was also observed that the work regarding cooking and household chores was mainly done by female members and their decision is highest in these practices and they were available at home for maximum time might be the probable reason for this type of result. For best results in the study area and other areas awareness should be created regarding the importance of nutrients and nutritious foods, so that health status of all the family members can be improved. Health and nutrition education should be done by the government and private organizations by using teaching materials like leaflets, posters, and other descriptive pictures with interesting educational contents. Mass media should also help the respondents to easily understand the need and importance of good health and nutrition condition of the family.

CONFLICTS OF INTEREST

The authors have no conflicts of interest.

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