

**RESEARCH PAPER****Determination of Nutritional Status of Rural Children in Rajasthan Region by Ecological & Family Factor****Shivani Jain**

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Email: [dr.shivani72@gmail.com](mailto:dr.shivani72@gmail.com)Received: 11<sup>th</sup> January 2017, Revised: 24<sup>th</sup> February 2017, Accepted: 26<sup>th</sup> February 2017**ABSTRACT**

*Nutritional status of the subject was assessed on the basis of dietary. Prevalence of clinical signs of nutritional deficiency & helminthes infestation data. Environmental deprivation exacted its toll on the nutrition & health of the people with children its worst victim. Agriculture was the Mainstay of the economy. By and large, a two crop pattern that of Rabi and Kharif was followed by the families. Animal husbandry was integral part of agriculture. Buffaloes, goats and cows were the most commonly owned animals.*

**Key words:** Determination, Nutritional Status, Rural Children, Family Factor

**INTRODUCTION**

Rural children in the present study were seen to have considerable weight deficit when compared with their other well-nourished nutritional status of the subjects was assessed on the basis of anthropometry, dietary, prevalence of clinical signs of nutritional deficiency and helminthes Infestation data. Environment of deprivation exacted its toll on the nutrition and health of the people with children its worst victim. The current investigation was conducted in the rural areas of four districts of each Rajasthan with the main objective of assessing the nutritional status of the children in the age range of 1 to 9 years.

**STUDY AND METHOD**

Interview technique was used to gather information about the village, family and the child. Information pertaining to the village was collected from the sarpanch or other village influential's. This included details on various basic amenities and facilities available in the village.

The current investigation was conducted in 8 to the 50 Panchayat Samities of the four district of Alwar, Bharatpur, Jaipur and Tonk. From these panchayat Samities, a total of 95 villages were selected.

Agriculture was the mainstay of the economy. By and large, two crops can be harvested in a year, namely Rabi and Kharif wheat, mustard and Bengal gram are the chief Rabi crops. During the Kharif season, bajra and maize are grown. However, in Alwar district, groundnuts are also cultivated but, to limited extent mustard, groundnuts and potatoes are the chief cash crops. Income from agriculture is supplemented through animal husbandry, dairying and rearing of sheep for wool.

**RESULT DISCUSSION**

The data revealed that children below 18 years of age comprised a little over half (52%) of the total population and children in the age range of 1 to 9 years, the focus group for the present study, formed one-third of the total population (34%). In the current investigation, only the available children could be included in the sample, their number being 2654.

As evident from table a large proportion (766/1372) of the households could be broadly categorized as Brahmins, Kshatriyas or Vaishyas. In addition, 22.7 per cent of the families belonged to the scheduled castes and 9.1 per cent to the scheduled tribes. In the study area, the main scheduled tribe was 'Meena' and a very small proportion was either Dhanka or Bhil. These tribal families do not have nomadic existence and an overwhelming majority possessed land for

agriculture. Among the four distributions of families as per their caste group was more or less similar, exception, however, being that the percentage of tribal households was higher in Alwar and almost negligible in Bharatpur. The same could be attributed to sampling variation. In the former district, some of the villages in the randomly selected clusters comprised primarily of tribal families.

**Table 1:** Caste wise distribution in Rajasthan

	<b>Alwar (n=268)</b>	<b>Bharatpur (n=438)</b>	<b>Jaipur (n=481)</b>	<b>Tonk (n=185)</b>	<b>Tota (n=1372)</b>
<b>Castes</b>					
Scheduled Cast	57 (21.27)	112 (25.57)	107 (22.24)	36 (19.46)	312 (22.74)
Scheduled Tribes	57 (21.27)	2 (0.46)	49 (10.19)	17 (9.19)	125 (9.11)
Other Backward Castes	43 (16.04)	48 (10.96)	58 (12.06)	20 (10.81)	169 (12.32)
Other Castes	111 (41.42)	276 (63.01)	267 (55.51)	112 (60.54)	766 (55.83)
Total Family Family Members	2042	3300	4039	1350	10731
Family Size	7.62 3.99	7.53 ±3.64	8.40 ±3.97	730 ±3.12	7.82 ±3.79
Type of Family					
Joint	118 (64.03)	218 (49.77)	30 (62.37)	86 (46.49)	722 (52.62)
Nuclear	150 (55.97)	220 (50.23)	181 (37.63)	99 (53.51)	650 (47.38)

In the selected rural areas, too, certain sociological changes were observed. The age old practice of living together under the joint family system was gradually changing and the families were breaking into smaller units. Except Jaipur, in all the economy of the area revolves around agriculture. Wheat, bajra, barley maize, Bengal gram and other pulses and oilseeds are the main crops. Where irrigation facilities are available sugarcane and cotton, too, are cultivated.

**Table 2:** Crop Harvested in Different District of Rajasthan

<b>Types of crops</b>	<b>Alwar N=209</b>	<b>Bharatpur N=337</b>	<b>Jaipur N=330</b>	<b>Tonk N=161</b>	<b>Total N=1037</b>
Rabi	3 (1.43)	35 (10.38)	13 (3.94)	6 (3.73)	57 (5.50)
Kharif	19 (9.09)	8 (2.37)	33 (10.0)	2 (1.24)	63 (5.98)
Rabi and Kharif	186 (88.99)	281 (83.38)	270 (81.82)	152 (94.41)	889 (85.73)
Kharif and others	0 (0)	0 (0)	1 (0.30)	0 (0)	1 (0.10)
Rabi, Kharif and others	1 (0.48)	13 (3.86)	13 (3.94)	1 (0.62)	28 (2.70)

The present study was limited to the four districts of east Rajasthan namely, Alwar; Bharatpur; Jaipur and Tonk. The former two are bordering the states of Haryana and Uttar Pradesh; while the latter two do not share their boundaries with any other state figures in parentheses give percentages.

The selected villages were poorly connected by all weather roads, and travel and transport facilities were inadequate. As seen from table II, only 23 of the 95 villages had punched roads. Bus and rail were the main means of transport. However, only 42 per cent of the villages were connected by bus routes, and from a majority of villages the nearest bus stop was about 5 km away. Similarly, availability of train services too was poor, the villages having to travel a distance of 1 to 60 km to reach the nearest railway station. In the absence of public transport facilities, the villagers

had to depend on alternate means of communication, which were camel and bullock carts, and in a few instances tractors, too, were used.

### CONCLUSION

Statistical analyses of the data revealed that parental literacy and percapita income influenced the school enrolment and immunization coverage of the children positively. Children residing were most adversely affected, a probable outcome of variables related to the parental literacy & economic profile of the family. In such a restrictive scenario the ray of hope lies in the area of education of the community an area which has received attention at the planning stage of new programmers-nutritional or developmental.

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