



Awareness Level towards Importance of Nutrition among Youth

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Abstract: Because of the emerging industrial area and opportunities, people have as many options as they never had before in most fields, be it entertainment, delicacies, work, art etc. With the same, people are concentrating more on the worldly things and their health is getting deteriorated by days. Many studies show that there is a whole lot of people who suffer from the problem of sleep loss, from problems like depression, anxiety, fatigue, cardiac and brain diseases, eyesight problems, sore bodies, less energy and perpetual petulance. With the discussion, the need for utter heed has come up in order to restore the balance in the lives of people through attending and noticing the issue solemnly. It has an ultimate effect on the work life of working professionals and employees as well, which is consequently resulting in the low performance levels in the companies. The research revolves around the people's choice of choosing the type of their eatables, sleep schedule, energy levels, health status and their temperament.

Keywords- *Health Consciousness, Nutrition, Protein, Carbohydrates, Fibre, Vitamins, Income, Health*

1. INTRODUCTION

The mental as well as physical fitness matters in every sense to everyone. It behaves as an asset. If it gets corroded, person suffers in many aspects of his work life as well as personal life. The study is based on extracting out the conclusion as to how do people notice this side of their well-being.

Significance of the Study

The study is being undertaken to highlight the unnoticed but unignorable issues related to the most importance asset that is a human. The human health carries immense importance for themselves as well as for any place which they work for. If this problem doesn't get as much heed as it should get, it may result in massive health deterioration problems.



Statement of the Problem

The reason behind conducting this study is the problem of people's ignorance about their health deterioration which is resulting in the contemporary problems such as less productivity, depression and anxiety and major physiological diseases that may even become danger to life.

Objective of the Study-

1. To know the eating tendencies of people.
2. To know the status of health of students.
3. To know the affect the eating habits on the psychology of students-
 - a. Temperament and Mood Fluctuations.
 - b. Energy Level
 - c. Sleep Schedule
 - d. Health Status
 - e. Degree of Spleen
4. Effect of Income on the nutrition intake.
5. To know the degree of Health Consciousness among people.
6. To know the degree of Knowledge and Awareness pertaining to nutrition intake among people.

Hypothesis

H_0 = People belonging to Generation Z are health conscious.

H_1 = People belonging to Generation Z are not health conscious.

Where, H_0 denotes the Null Hypothesis and H_1 denotes the alternative Hypothesis.

Null Hypothesis- It is the presumption of how the result of problem solving is going to turn out after study, on the basis of the empirical knowledge of the problem.

Alternative Hypothesis- It is the antithesis of the Null Hypothesis described above.

Industrial Significance of Human Health

For the economy to grow, there has been an obvious contribution of industry. And they are humans who have made and worked for the industries with the required intellect and presence. With the time being so far, humans have been an indispensable part of anything which is goal oriented. Human Resources are the assets such that with the absence of which every asset is worthless. Hence, to take care of the well-being of human health, the issue needs to emerge out.

Scope of Study

The research has been undertaken for the young people belonging to the age group of 10 to 25 with the view to understanding the health status and other derivatives to forecast the quality of future human resources. The study would be working on the platforms of the repercussions of health on personal as well as professional life.

The data have been collected considering 100 generation Z dwellers, who have gone through the penned questionnaire, being the primary resource. Out of the secondary data as well, the



words are written down for the better understanding of the different people's perspective of health awareness and consciousness.

Understanding the plot

The human health majorly depends upon what body is consuming. And it is defined by the nutrition type. Scientifically, the type of nutrition affects how our body is going to respond with respect to physical as well as psychological health.

So, the study focuses on people's willingness as to being healthy by being conscious about the health which is extremely essential to retain the normal energy, temperature, temperament, physical as well as psychological soundness. The analysis of the survey conducted would provide the data as to what degree are people taking care of their health knowingly.

Terminology used

Primary Data- When the data is collected for the first time, raw and unaffected by any other person or organization, it is said to be the primary data. This research is based on the usage of the primary data wherein the data have been collected in the form of responses accumulated from the questionnaire filled by the people belonging the generation Z.

Protein, Vitamins, Fibre, Carbohydrates are the necessary constituents of Food that we consume or should consume for being healthy and free of any kind of disease for obvious. These are normal substances which any food should contain.

Literature Review

With respect to the Health Consciousness, many research projects have been undertaken to test people's consciousness on the basis of various aspects such as the knowledge they perceive pertaining to what they consume or want to consume; what are their preferences for food or being healthy. One research which was undertaken to check the impact of health consciousness on the 'perceived knowledge' of people, and their beliefs, attitude and their tendencies to purchase different foods. The study was done by Mohammed Ziaul Hoque, Md. Nurul Alam and Kulsuma Akter Nahid. The study concluded that there is a positive impact of health consciousness on people's perception, attitude and beliefs but it was negative for their purchase decisions.

2. RESEARCH DESIGN AND METHODOLOGY

Research design is the structure sticking to which the research data is presented in the form of Research Paper.

Here, the research design is of a descriptive type.

Since the research is descriptive, the analysis and interpretation of data are tried to be done through charts, tables and graphs. The tools used here are mathematical such as percentage and average. The Hypothesis is tested on the basis of observations made through the responses.



Sampling Techniques

Sample Size- The study has focussed on the group of 121 people belonging to the generation Z. This group consists of the people who are either adolescent studying and pursuing the best of knowledge as much as they can or at the brink of getting employed with the best of all the skills and qualities they possess.

Source of Data Collection- The source of data is **primary**; the data have been collected through the questionnaire the questions under which are framed describing the degree to which they are related to the people's behaviour and psychology.

Method of Data Analysis- The data is analysed through a research analysis tool that is **regression** and directly looking into the responses extracted out of the questionnaire.

Limitation of Study

The data which have been filled in through the questionnaire, may be flooded with the biased responses.

Analysis and Interpretation of Data

Briefing before analysing and interpreting the data

However, the significance of human health for the professional as well as the personal cause has been stated beforehand already: the need to understand what exactly is health consciousness about becomes imperative to comprehend the paper clearer.

The Concept of Health Consciousness- When a person is said to be conscious health wise, he is expected to be taking care of his **NUTRITION TYPE, SLEEP SCHEDULE, PHYSICAL AND PSYCHOLOGICAL FITNESS** through exercise or gyms.

However, **NUTRITION** intake is the most important and even indispensable aspect for judging whether the person is health conscious. A person who plans his meal on the basis of present **PROTEIN, VITAMINS, CARBOHYDRATES AND FIBRE**, is likely to be having a fit body. It is scientifically proven that if a person takes in the right nutrition type, he is fit not only physically but psychologically as well due to the proper rush of the desired chemicals into the brain.

If a person is health conscious, he consumes the right nutrition type, and hence he is expected to be physically and psychologically healthy and fit. The concept of health consciousness is something that looks over the whole concept of **WELL BEING** and **HAPPINESS**. The well-being and the state of happiness depend on the **COMFORT** that we feel within the body. This **COMFORT** is a broad term to pay heed to.

SLEEP is that essential element which cannot be looked over for anything else. It is the most essential element of our well-being as well for our normal temperament. Sleep is complementary to what good or bad we eat. It assists the food cycle and is responsible for **HOW WE FEEL** finally the whole day after waking up. And most importantly, it helps in **DIGESTION**.

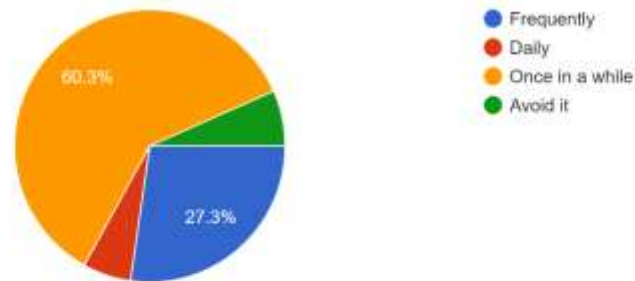


METABOLISM is a term that delineates the process of converting the food into energy. Higher the metabolism, fitter the person. If a person feels heavy, less energetic or suffers the issue of improper digestion should work out on boosting his metabolism. Once the metabolism gets boosted, body's major and most problems get solved.

Frequency of Eating Junk Food 60.3% people eat junk food once in a while, 27.3% people eat it frequently, 5 people eat it on daily basis and 8 people avoid it.

How often you eat Junk Food?

121 responses

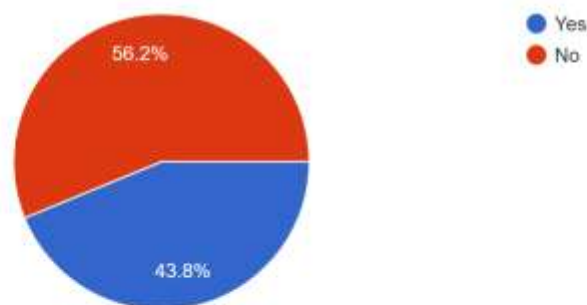


Planning of Diet

According to the collected responses 56.2% people do not plan their diet on the basis of the distribution of Vitamins, Protein, Carbohydrates and Fibre; whereas, 43.8% people of the total do plan it.

Do you plan your meal based on the quantity of Protein, Vitamins, Fibre and Cabohydrates?

121 responses



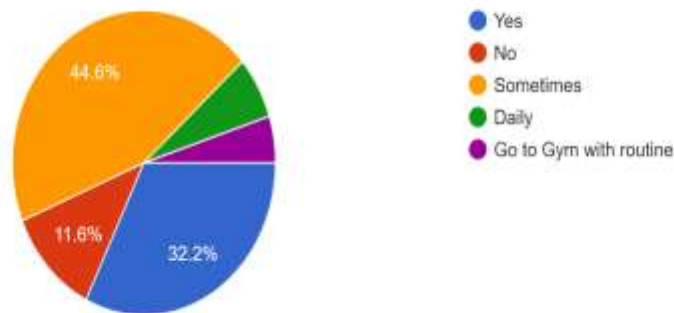


Work OUT ROUTINE

32.2% people exercise often, 44.6% people work out not very often except for sometimes, 6.6% people exercise on daily basis, 5% people go to gym with routine and 11.6% people never work out.

Do you exercise or work out in any way in the day?

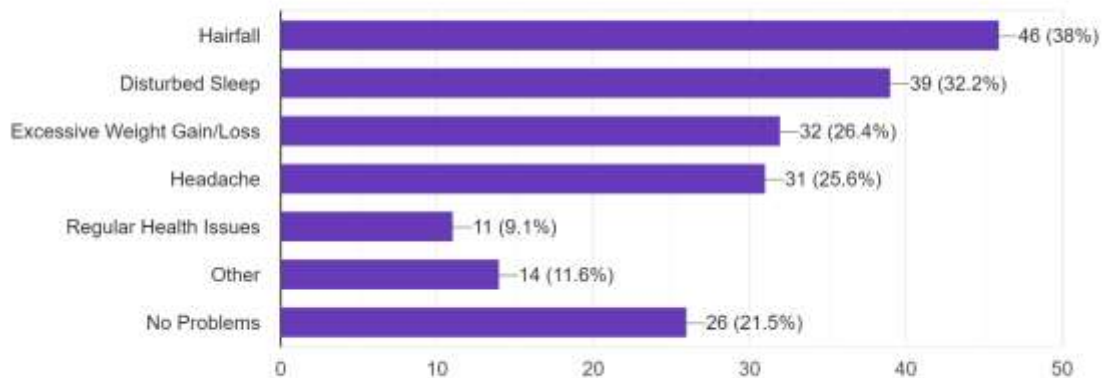
121 responses



General Problems People Face-

What problems do you face these days?

121 responses



On the general basis, most people face the problems such as hair fall, disturbed sleep and sudden excessive weight gain/loss.

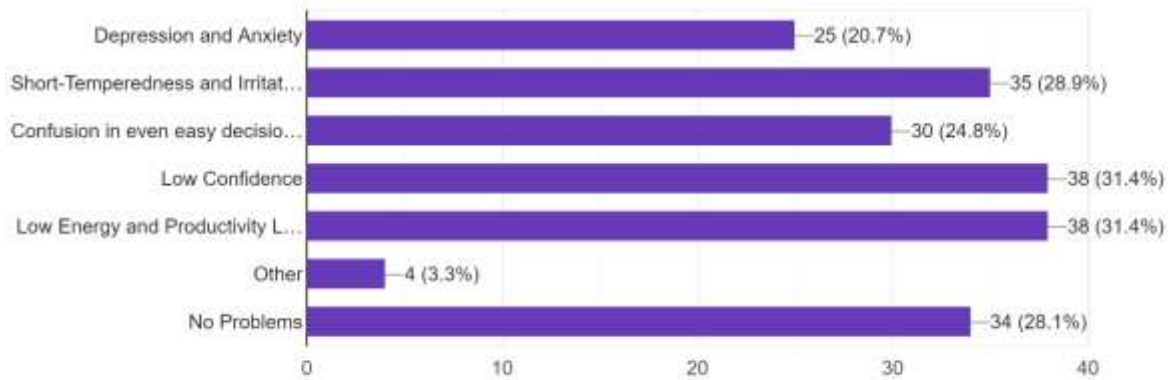
Psychological Problems

According to the respondents, maximum people suffer from the psychological problem of being unconfident, and being in the situation of low productivity.



What psychological problems do you face?

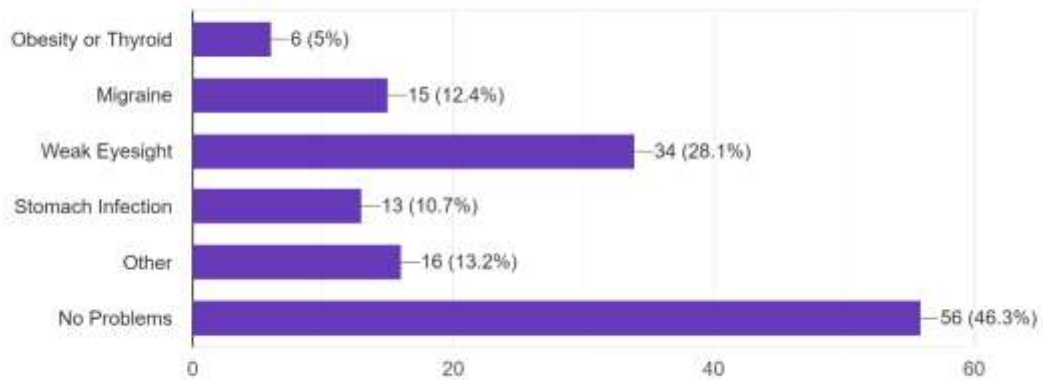
121 responses



Medical Problems

Which of the following medical issues or their symptoms are you facing at present?

121 responses



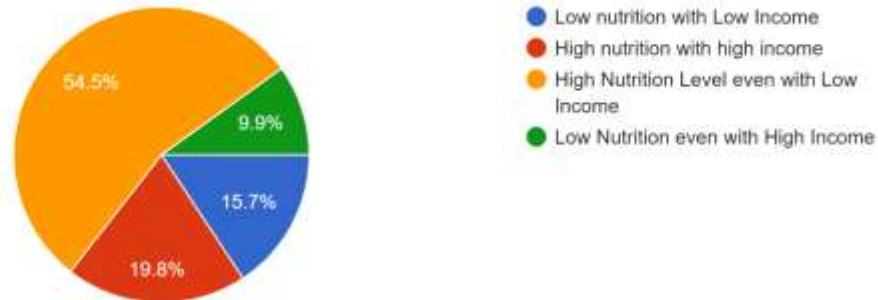
46.3 % people say that they face none of the mentioned problems, but 28.1% people say, they suffer most with the weak eyesight problem, and rest with the above-mentioned data.

People’s Perception on Income and Nutrition

54.6% people consume the required good nutrition type irrespective of the income, 9.9% people do not focus on the good nutrition type even with the good income level, and 35.5% of people’s nutrition intake shares a direct relationship with their income.

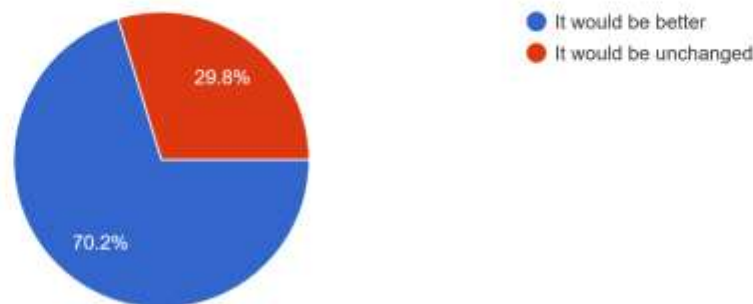
Do you decide your nutrition intake on the basis of your income level?

121 responses



Would your nutrition type be different had your income been raised up to some level?

121 responses



Respondents also state that had their income level been raised up, their nutrition intake would be of better quality.

3. RESULT

The research has been conducted on the basis of the following three aspects-

1. Consumption habits of people.
2. The status of their health.
3. The relationship between the income and nutrition type.

By observing and analysing the questionnaire, it is extracted out that-

Consumption habits of people

1. 60.3% people say that they have junk food once in a while in their routine, 6.6% say that they avoid it.
2. 75.2% people say that they are health conscious.
3. 56.2 people say that they plan their diet on the basis of Protein, Vitamin, Carbohydrates and Fibre and rest do not.



Status of Health

1. People are facing the problems of hair fall and disturbed sleep the most.
2. 21.5% of the people face no problems otherwise 78.5% people face some or the other general problems.
3. The psychological problem of being unconfident and unproductive is very common in individuals, however when it comes to the medical problems, 46.3% of people do not face any major medical issue.

Income and Nutrition

1. 51.2% people prefer nuts in their meal, which is one of the cheapest sources of protein.
2. 75.2% people say that their had their income been more, their nutrition would have been better.

Hypothesis testing for the Descriptive Research Type- since the research type is mentioned to be of a descriptive type, the framed hypothesis has been tested on the basis of observation of percentages.

On the basis of the observations made (with respect to the consumption habits of people), it has been concluded that on an AVERAGE aspect, people belonging to generation Z are health conscious and hence the Null Hypothesis is accepted.

4. CONCLUSION

This research has been undertaken to find out the human's consciousness about his health. For, this purpose, the data have been collected from 121 respondents belonging to the generation Z. They were asked to filled the questionnaire with such questions that relate to the normal existence and behaviour of people. They were questioned on three aspects which are their eating habits, their status of being fit and their income. They filled the questionnaire on the basis of which the data were analysed and reached the final conclusion. The analysis of the data shows that most people are aware that they should be health conscious, however, they somewhere lack with the routine essential for being with the good status. However, the limitations of the research perch on the fact that respondents may have been biased with their responses.

5. REFERENCES

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