

INFLUENCE OF MOTHER'S EDUCATION AND OCCUPATION ON ANTHROPOMETRIC MEASUREMENTS OF ADOLESCENT GIRLS OF MARATHWADA REGION

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ABSTRACT

The present study was carried out in selected urban, rural and tribal places of Marathwada region of Maharashtra State. The selected sample comprised of adolescent girls belonging to the age group 13-18 years. A total sample of 500 adolescent girls were selected randomly from urban (200), rural (200) and tribal (100) areas. The adolescent girls of illiterate mothers were exhibiting significantly lower values for different anthropometric measurements in urban area. However, adolescent girls with college educated mothers showed better height (155.11 cm), weight (43.64 kg) and body mass index (18.14). Further, it was noted that the percent of normal girls increased from 10.34 to 41.18 percent and percent of severely undernourished girls decreased from 34.48 to 5.88 percent with improvement in educational status of mothers. The girls of farmer mothers in urban areas and the girls of labour mothers in rural areas had low anthropometric measurements. In case of tribal population more percent of normal girls were belonging to mothers who were labourer while more percent of severely undernourished girls were from mothers who were farmers.

Key words : Mother, Adolescent girls, Anthropometric, Measurement, Education, Occupation

Adolescent girls are constituting nearly one tenth of the population and form an extremely important segment of our society. These girls need special care in view of their role in shaping the health and well being of the present as well as future generation (Anonymous 2000). Adolescence is often defined as a transient stage between childhood and adulthood, and a formative period during which many life patterns are learned and established. Adolescence is a significant period of human growth and maturity and during this phase of life unique changes occur in an individual, adult patterns are established following early childhood. Studies conducted by Malhotra *et al.* (1984) reported that nutritional status of preschool children was found to be better when the mothers were educated.

The better literacy level enhances intake of nutritious foods such as pulses, fruits, milk and milk products (Devi and Arya 1990) which contributes for improvement in nutritional status. The results revealed by Zanvar *et al.* (1998) are also in the same line, that the educational status of mother was found to be helpful for improvement of nutritional status of preschool children. But data regarding the impact of mothers educational and occupational status on the nutritional status of adolescent girls is scanty. As the adolescent girls are important and

most crucial segment of our population from the view point of quality of our future generation who are just on the threshold of marriage and motherhood and influence of mothers education and occupation is directly correlated with the nutritional status of adolescent girls. Hence the present study was taken up to assess the influence of mothers educational and occupational status on the nutritional status of adolescent girls.

METHODOLOGY

A survey was carried out in selected urban, rural and tribal places of Marathwada region of Maharashtra State. The urban population was selected from different parts of Parbhani city, while rural population was selected from villages around Parbhani within the radius of 25 KM. The tribal areas covered under the study were selected from Nanded district. The selected sample comprised of adolescent girls belonging to the age group 13-18 years. A total sample of 500 adolescent girls were selected randomly from urban (200), rural (200) and tribal (100) areas. While selecting the sample care was taken that equal number of 13-15 and 16-18 year of adolescent girls were covered. Using standard procedures of anthropometry (Jelliffe, 1966) height (cm) and weight (kg) of the selected 500 adolescent girls were recorded. The body weight was recorded to the nearest 0.5 kg using portable weighing machine. The height was recorded in the standing position to the nearest 0.5 cm. The Body