### CHAPTER – IV
THE PROBLEMS AND HYPOTHESIS

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>CONTENTS</th>
<th>NO. OF PAGES</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>The Problem/Hypothesis (Introduction, Description, Details, History, Criticality, etc)</td>
<td>115-125</td>
</tr>
<tr>
<td>4.1</td>
<td>Introduction</td>
<td>115-115</td>
</tr>
<tr>
<td>4.2</td>
<td>Need and Significance of the Study</td>
<td>115-117</td>
</tr>
<tr>
<td>4.3</td>
<td>Objectives of the Study</td>
<td>117-117</td>
</tr>
<tr>
<td>4.4</td>
<td>Assumption</td>
<td>117-117</td>
</tr>
<tr>
<td>4.5</td>
<td>Statement of the Hypothesis</td>
<td>118-119</td>
</tr>
<tr>
<td>4.6</td>
<td>Scope and Delimitation of the Study</td>
<td>119-121</td>
</tr>
<tr>
<td>4.7</td>
<td>Methods</td>
<td>122-122</td>
</tr>
<tr>
<td>4.8</td>
<td>Population</td>
<td>122-123</td>
</tr>
<tr>
<td>4.9</td>
<td>Sample</td>
<td>123-123</td>
</tr>
<tr>
<td>4.10</td>
<td>Definitions of the term used</td>
<td>123-125</td>
</tr>
</tbody>
</table>
THE PROBLEMS AND HYPOTHESIS

4.1 INTRODUCTION

This is one of important chapter, which deals with need & importance of study, significance of study, objectives, assumptions, hypotheses, scope and delimitations, method, sample, tool used, statistical techniques, definition of terms, etc.

4.2 NEED AND SIGNIFICANCE OF STUDY

More than 25% world's people is amidst ages of 10 and 24 years. Close around (86%) of world's people i.e 1.7 billion adolescents live in making countries. (people division, 2002) As children formed into adults, they must get extent of interrelated learning and capacities that will allow them to lead fulfilled and productive lives. These capacities are segregating to helping youths stay strong, learn, procure occupation or livelihood, and share totally in overall population.

The period of youth has every one of reserves of being for most part strong – though not hazard leisure time of live. Adolescents speak to 15% of disease and mischief load world over, and more than 9 million fail horrendously consistently, essentially from preventable reasons (WHO, 1999). Regardless, more or less 70% of sudden misfortunes among adults can be joined with behavior that was begun in midst of pubescence. Case in point tobacco use and poor dietary examples (WHO, 2001). In particular, youths are impacted by going with certifiable wellbeing challenges.

Couple of mothers are twice as likely as more settled women to go on of pregnancy related reasons (World Bank, 1998) and conditions, for instance, feeble wellbeing spot youth Mothers' children at higher risk of sickness and death (AGI, 1998).

Fortifying deficiencies, for instance, sickliness are expansive in both youthful colleagues and women. They assemble threats that young women and energetic. Women face in midst of pregnancy and work( Delisle, et al.2001).

Poverty and lacking wellbeing system, irritate frailty of youngsters to pain and early passing. Going with facts give specific specimens.
A poor youngster is more than three times as inclined to consider posterity as well off high schooler (Gwatkin, Rutstein, Johnson, Paade & Wogstaff, 2000).

Weakening so as to shore declines poverty to irritated and ceasing school opportunities, or executing adolescents in prime of their putting in order to work lives, or significant cash related and social weights of families (Rosen, 2004).

From above trade, it is clear that youngsters are base of coming time. Their understanding and attitude towards sustenance can accept vital part in settlement of strong India particular and world when all is said in done.

It is seen as that, India is making country in all perspectives. Strong, secure, wealthiest and made India should be mission of each Indian. Sound and princely India is only possible by constructive data and perspective of youngsters in each edge. Wellbeing and sustenance is one of crucial viewpoints which can make sound society. Taking supplement sustenance is one of key endeavors of each Indian.

As researcher, serving inmost in converse state Bihar since latest 10 years and solidly related with tradition, custom, society, support inclinations, religious thought, dress style etc. In this affiliation pro considers that why Bihar will be backward to all more in opposite in relationship with distinctive states orderly. At first India & Bihar state is given underneath.

### Table 4.1. Figure at glance:- Total population – Male, Female, Rural, Urban and Literacy rate of India(Census of India, 2011).

<table>
<thead>
<tr>
<th>India</th>
<th>Persons</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td>1,210,193,422</td>
<td>623,724,248</td>
<td>586,469,174</td>
</tr>
<tr>
<td>Rural</td>
<td>833,087,662(68.84)</td>
<td>78.57</td>
<td>58.75</td>
</tr>
<tr>
<td>Urban</td>
<td>377,105,760(31.16)</td>
<td>89.67</td>
<td>79.92</td>
</tr>
<tr>
<td>Literacy rate</td>
<td>74.04</td>
<td>82.10</td>
<td>65.50</td>
</tr>
</tbody>
</table>
Table 4.2. Figure at glance:- Total population – Male, Female, Rural, Urban and Literacy rate of Bihar(Census of India,2011).

<table>
<thead>
<tr>
<th>India</th>
<th>Persons</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td>104,099,452</td>
<td>54,278,157</td>
<td>49,821,295</td>
</tr>
<tr>
<td>Rural</td>
<td>92,341,436</td>
<td>48,073,850</td>
<td>44,267,586</td>
</tr>
<tr>
<td>Urban</td>
<td>11,758,016</td>
<td>62,043,07</td>
<td>55,537,09</td>
</tr>
<tr>
<td>Literacy rate</td>
<td>61.8 (lowest in India)</td>
<td>71.2</td>
<td>51.5</td>
</tr>
</tbody>
</table>

A few studies have been directed on different fields in said state Bihar yet after profound audit of related writing, agent found that there is crevice existing in this field and she had additionally awesome interest to think about information and mentality towards sustenance of youthfulness (secondary school) age bunch understudies of above said state in locational varieties.

4.3 OBJECTIVES OF STUDY

The following objectives were laid down for study.

1. To figure out distinctions in learning and mentality towards nourishment between both genders (BOYS and GIRLS) of state Bihar.

2. To figure out distinctions in learning and mentality towards nourishment of diverse genders (BOYS and GIRLS) in diverse areas (RURAL and URBAN) of state Bihar.

4.4 ASSUMPTION

The following assumptions were taken into account for smooth scientific investigation.

1. It is accepted that chose region of state speaks to alternate locale of said state.

2. It is additionally accepted that chose tests taken for study speaks to entire populace of state.

3. It is expected that chose tests uncover their insight; disposition towards nourishment speaks to entire populace of state.
4.5 STATEMENT OF HYPOTHESES

After deeply review of related studies, taking opinion of experts, Doctors& Educationists and on basis of Researchers’ own experiences following hypotheses were formulated:

H-1 *The knowledge towards nutrition of adolescence (high school) age group students of different locations differs significantly.*

H1a: The urban young men (UB) gathering varies altogether with rural young men (RB) gathering in regards as far as anyone is concerned towards sustenance.

H1b: The urban young ladies (UG) gathering varies altogether with rural young ladies (RG) gathering in regards as far as anyone is concerned towards sustenance.

H1c: The urban young men (UB) gathering varies altogether with urban young ladies (UG) gathering in regards as far as anyone is concerned towards sustenance.

H1d: The rustic young men (RB) gathering contrasts essentially with provincial girls (RG) gathering in regards as far as anyone is concerned towards nourishment.

H1e: The country (R) gathering varies essentially with urban (U) gathering in regards as far as anyone is concerned towards sustenance.

H1f: young men (B) gathering varies fundamentally with girls (G) gathering in regards as far as anyone is concerned towards nourishment.
H-2 The state of mind towards nourishment of pre-adulthood (secondary school) age bunch understudies of distinctive areas contrast fundamentally.

H2a: The urban young men (UB) gathering varies fundamentally with rustic boys (RB) gathering in regards to their demeanor towards nourishment.

H2b: The urban young ladies (UG) gathering varies fundamentally with rustic young ladies (RG) gathering in regards to their demeanor towards nourishment.

H2c: The urban young men (UB) gathering varies fundamentally with urban girls (UG) gathering in regards to their state of mind towards sustenance.

H2d: The provincial young men (RB) gathering varies fundamentally with country girls (RG) gathering in regards to their state of mind towards nourishment.

H2e: The provincial (R) gathering varies fundamentally with urban (U) gathering in regards to their disposition towards nourishment.

H2f: Young men (B) gathering contrasts essentially with girls (G) gathering in regards to their demeanor towards sustenance.

Correspondingly, Null hypotheses were framed to taste hypotheses.

4.6 SCOPE AND DELIMITATION OF STUDY

Out of considerable number of phases of human life, pre-adulthood stage is one of vital stage. Individual in this stage may change entire world. Young people are producers of sound and well off society. It is uncovered from related studies that decent number of scientists directed their studies on young people with distinctive issues. Be that as it may, here specialist needs to know their insight and disposition towards sustenance on premise of distinctive areas and sex varieties in condition of Bihar. Since Bihar is regressive state in all over India. Conventions, traditions,
societies, sustenance propensities, religious considerations, dress style and so on are practically same in examination with different states. Yet, it is matter of imagined that state is not similarly created as other neighbor states.

For this reasons, present study “A SURVEY OF KNOWLEDGE AND ATTITUDE TOWARDS NUTRITION OF HIGH SCHOOL STUDENTS INSTATE OF BIHAR “ had been undertaken by researcher. For completion of work in time, study is restricted to following items.

4.6.1 Tools:

The questionnaire used in this study was divided into two parts, such as followed:

- Knowledge about nutrition
- Attitude towards nutrition

The specialist was readied above said two sections i.e. information based and demeanor based survey towards sustenance poll and general distinguishing proof sheet was readied in Hindi dialect furthermore interpreted into English dialects. Determination of suitable apparatuses or instruments is essential and critical for fruitful research and social occasion information. Analyst utilized survey had three point Liker sort of scoring system to quantify information and state of mind towards sustenance of understudies of youthfulness age bunch. Every announcement of poll is connected with three potential outcomes of reaction, viz. Concur (A), Neutral(N) and Disagree (D). Every ideal proclamation are scored most extreme to least as 3,2,1 and every single unfavorable explanation from least to greatest i.e.(1,2,3) in inverse request. General ID sheet was readied for gathering of different data i.e. name, location, age, sex, standing, religion, conjugal status, proficiency status calling, family salary, and so forth. Informative supplement I , II.(Questionnaire in English and Hindi Languages)

4.6.2 Sample and Area of Study :

The example in present study included 960 youth age(15-16) gathering precisely tenth class understudies of each 50%(480) from Boys and Girls, guys and females classification furthermore from diverse areas i.e. Nawada and Nalanda locale of Bihar for smooth examination
Figure 4.1 Pictorial Study Area.
4.7 METHOD

The "Regularizing Survey" system for instructive examination is exceptionally basic. It is system for examination which endeavors to portray and decipher what exists at present as conditions, practices, procedures, patterns, impacts, demeanors, convictions and so on. It is concerned with wonders that are run of mill of typical conditions. It examines into conditions or connections that exist, rehearses that win, convictions, perspectives or mentalities that are held, forms that are going on, impacts that are being felt and patterns that are creating (Sidhu, 1994). John Best said that, overview is imperative kind of study. It should not be mistaken for more administrative routine of social affair and classifying figures. It includes neatly characterized issue and clear targets. It obliges master and creative arranging, cautious examination and translation of information assembled and intelligent and capable reporting of discoveries (Best, 1977).

Keeping in mind end goal to accomplish destinations of present study "Standardizing Survey" system was utilized for researching information and state of mind towards sustenance of youthfulness (secondary school) understudies in area and sexual orientation varieties.

4.8 POPULATION

Van Dalen characterized expression "populace" alludes to any gathering of indicated gathering of people or of non human substances, for example, objects, land zones, fine units, routines, test or schools. By populace we mean total or totality of items or people's with respect to which inductions are to be made is examining study. It implies every one of those individuals or records and so on, why should proposed be secured under plan of study (Sidhu, 1994). As indicated by John Best , "A populace is any gathering of people that have one or more qualities in like manner, that are of enthusiasm to analyst. Populace may incorporate every one of people of specific sort or more limited piece of gathering". Populace, from factual perspective, is any self-assertively characterized gathering. So analyst's call it universe. Regardless, analyst’s concept of populace is entirely unique in relation to famous thought. Once in while would any factual study respects whole populace of country, city or of some topographical locale as its universe. (Best, 1977)
The High school understudies especially (tenth Class) of Nawada and Nalanda District of Bihar are chosen as populace for this study. Populace incorporates young men and young ladies from both country and urban zones.

4.9 SAMPLE

Once populace is characterized for study, following step is to choose agent test from populace. Garrett (1981) characterized "example will be illustrative of its populace". So test is little extent of populace chose for perception and investigation. By watching qualities of populace from which it is drawn.

The present examination incorporates, 960 adolescence(high school) age bunch understudies as tests, those were chosen arbitrarily from distinctive instructive establishments, both rustic and urban ranges, guys and females class furthermore from diverse areas i.e. of Nawada and Nalanda area of Bihar. Inspecting stream diagram figure 4.2 has been given in next page:

- **Total No. of Sample:**
  - 960

- **BOYS/URBAN**
  - 480
    - Boys/ Rural (240)

- **GIRLS/RURAL**
  - 480
    - Girls/ Urban (240)

- **BOYS/RURAL**
  - 240
    - Boys /Rural (240)

- **GIRLS/URBAN**
  - 240
    - Girls/Urban (240)

Fig. 4.2 Sampling Flow Chart

4.10 DEFINITION OF TERM USED

4.10.1. Nutrition:

As indicâtes by Bosert, Briggs and Callow, "Nourishment is art of sustenance which keeps up ideal wellbeing and productivity of person. It adds to up keep development and repair of singular's wellbeing". (Mohanty et.al, 1994)
The procedure which includes admission ingestion and processing of nourishment materials and after that retention lastly osmosis of watched sustenance is called sustenance.

Sustenance we mean dynamic procedure in which sustenance that is devoured is used for sustaining body.

4.10.2. Knowledge:

Sprout (1956) characterizes as "those practices and test circumstances which accentuate recollecting that them by acknowledgment or review of thoughts, materials and marvels".

Gronluad (1970) characterizes it, as recollecting of beforehand learned material. This may include review of extensive variety of material, from particular certainties to finish speculations, however all that is needed is inferring suitable data. Learning speaks to most reduced level of bearing results in intellectual area.

Information is only reviewing and recollecting thoughts and educated materials on proper time.

4.10.3. Attitude:

Allport (1929) characterizes demeanor "A mental and non partisan condition of status, composed through experience, applying chief or element impact upon singular’s reaction to all goals and circumstances with which it is connected".

Carruth et al. (1977) quote summers as saying that mentalities have motivational quality. States of mind add to routinizing conduct as well as they have directional quality in that they include full of feeling measurement, for example, individual's assessment of preferring for or passionate reactions to attitudinal article.

Disposition we mean is quality which have instructional, motivational, and directional quality in fitting circumstance.

4.10.4. Adolescents:

Couple of social orders concur on limits of pre-adulthood on grounds that most social orders characterize puberty as far as both age and life situation, and along these lines, significance of terms pre-adult, youth and youngster differ crosswise over nations. Political contemplations or accessibility of information for particular ages additionally can decide how social orders characterize youth. In Bolivia, for instance,
President’s Decree on Youth issued in 1999 characterizes youth as those individuals somewhere around 18 and 30 years of age. Different nations have smaller or more extensive age ranges. Universally, one can discover some concurrence on definitions, initiated by World Health Organization, which characterizes youngsters as persons in 10-24-year age gathering and consolidates teenagers, ages 10-19, and youth, ages 15-24. As opposed to hold fast to strict meaning of age go, this asset aide utilizes terms youngsters, youth, and teenagers reciprocally to allude to 10-24 age bunch. This more extensive utilization of terms underscores requirement for approaches and projects to concentrate less on age and more on perceiving particular formative needs of individuals as they move from adolescence to adulthood (Rosen, 2004). Immaturity we mean period or time of person in middle of youth and adulthood, i.e. 10-22.

4.10.5. Rural Area:

According to 1991 enumeration, is range directed by nearby bodies like panchayat or whatever other such neighborhood bodies. Spot having populace of 5000 or under 5000, three fourth of which rely on upon horticulture and needing in amenities like workplaces, exchanging focuses, clinics, water supply, jolt, metal streets and so forth may be considered as rustic territories.

The scientist feels that country region is only group where have no lavish life.

4.10.6. Urban Area:

According to 1991 enumeration, urban region incorporates every single metropolitan town, cantonments and some other ranges being controlled by nearby bodies, for example, Town Committee, Union Committees and so on and some other spot which fulfilled accompanying experimental criteria, by means of (1) populace of at very least 5000 persons, (2) thickness of no less than 1000 persons for each square mile, (3) Three fourth of control of working populace ought to be outside of horticulture, and (4) spot ought to have couple affirmed urban qualities and civilities like area of instructive, medicinal, or open establishments, office or exchanging focuses in it.

Urban zone is polar opposite of provincial territory where is everything in it inside of one's hand.