CHAPTER – VI

RESULTS AND DISCUSSION

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RESULTS AND DISCUSSION

6.1 INTRODUCTION

Wellbeing is best gift of everything except lamentably it is matter of disappointment that numerous individuals in India are not cognizant about legitimate wellbeing and social insurance. By and large fitting wellbeing is considered as simply unlucky deficiency of ailment; however legitimate wellbeing relies on upon numerous variables. Wellbeing related faculty said that supplement nourishment propensities are critical element for good wellbeing. Presently days sustenance is called as art of feeding body. Sustenance instruction assumes critical part similarly as strength of persons is concerned. Through sustenance training understudies comprehend need of nourishment in improvement of personal satisfaction. Life can not exist without nourishment and it is thus that each living life form endeavors its most extreme to get its sustenance necessities.

The soundness of man relies on upon sort, equalization and nature of nourishment stuffs he decides to eat. Resistance force of body is straightforwardly impacted by sustenance stuffs. Absence of legitimate sustenance is wellbeing issue in India, India's nourishment and nourishment issues keep on being imposing and ailing health is still one of critical issues during time spent improvement. Almost 66% of India's populace is nutritiously insufficient. Extensive extent of Indian populace is under sustained in light of fact that sustenance taken is not of best possible quality and equalization.

Numerous studies on sustenance have led and reported over various years and same showed that dominant part of populace of all age gatherings experience ill effects of lack of healthy sustenance. It is just because of sustenance propensities for individuals in India having absence of defensive rich in minerals and vitamins.

There are diverse reasons of ailing health at distinctive levels. More over supplement admission and its use relies on upon components like age, physiological and financial status of people. It is certainty that

Financial status and social variable like family size, nourishment propensities and convictions, wellbeing angles, environment and so on specifically impact eating
regimen of individuals. Undesirable circumstance of general public is just because of absence of fitting learning and mentality towards estimation of nourishments in connection to needs of person. Ignorance and superstition also plays important role in rejection of locally available cheap nutritious foods. Thus nutrition education is highly essential and urgent to develop necessary awareness among students of all levels.

Youth stage is one of critical period in human life. Amid youth, exceptionally fast development happens in physical and mental parts of person. In this stage individual needs adequate supplement nourishment for ordinary development and improvement. At that point they may make general public solid and affluent. Nourishment instruction and wellbeing training is vital for understudies of higher classes.

Keeping above talk in view present study will be directed to gauge learning and disposition of youth age aggregate secondary school understudies towards sustenance in conditions of Bihar.

6.2 OBJECTIVES OF STUDY

The following objectives were laid down for study:-

1. To find out differences in knowledge and attitude towards nutrition between both sexes (BOYS and GIRLS) of state Bihar.

2. To find out differences in knowledge and attitude towards nutrition of different in different locations (RURAL and URBAN) of state Bihar.

6.3 RESULTS AND DISCUSSION

Results Pertaining to hypothesis $H_{1a}$:

$H_{1a}$: The provincial boys (RB) gathering contrasts altogether with urban young men (UB) group in regards as far as anyone is concerned towards sustenance. The table 5.1 shows that mean and SD of RB gathering is found (62.045 and 8.561) and mean and SD of UB gathering is found (67.495 and 8.405) separately. Again on premise of Mean Difference (5.45) and Std. Lapse of Mean (0.77)"t" worth is discovered 7.077 which is critical at 0.01 level, importance in this manner two gatherings (RB and UB) are fundamentally distinctive on premise of information about sustenance. Addition is agreeable to URBAN BOYS bunch.Figure-5.1
unmistakably highlights that mean of information of RB gathering is 62.045 and UB gathering is 67.495 towards sustenance. Above Graph plainly shows that said two gatherings contrast in their insight about sustenance. Consequently, invalid speculation OH1a is rejected and theory H1a is held.

The outcomes lead to reason that Boys has place with rural territory experiences absence of adequate learning about sustenance with regardless of Boys of Urban regions.

A comparable study was led by Zhang et al. (1993) on study on nourishment learning and state of mind practices of Sichuan Urban and Rural Adults, who recommended that change is required about level of sustenance information and demeanor of Adults of country territories than urban partners. Another study was directed by Meheta. (1994) and they found that rustic understudies are less mindful than their urban partners. Another study led by Juliff (2005) on Comparision of bosom sustaining information states of mind of chose pre-adult guys and females provincial and metropolitan auxiliary schools and it specified that metropolitan/urban understudies had higher nutritious learning than country understudies.

Results Pertaining to hypothesis H₁ᵇ :
H₁ᵇ : The urban young ladies (UG) gathering contrasts fundamentally with provincial young ladies (RG) gathering in regards as far as anyone is concerned towards nourishment.

Table-5.2 shows that mean and SD of RG gathering is found (63.725 and 10.478) and mean and SD of UG gathering is found (69.025 and 7.725) separately. Again on premise of Mean Difference (2.728) and Std. Lapse of Mean (0.84)"t" quality is discovered 11.309 which is noteworthy at 0.01 level, importance along these lines two gatherings RG and UG are fundamentally diverse on premise of information about nourishment. Increase is agreeable to UG bunch. Figure-5.2 unmistakably highlights mean of information of RG gathering is 63.725 and UG gathering is 69.025 towards nourishment. Above Graph unmistakably demonstrates that two gatherings vary in their insight about sustenance.

Thus, invalid theory OH1b is rejected and speculation H1b is held.
From above discourse it is presumed that young ladies of urban zone are better in their insight towards nourishment than that of young ladies of rustic zone of Bihar.

A comparative study was directed by Balgiri(2002) on Clinical appraisal of Health and Nutritional status of Gond kids in Kalahandi region of Orissa, Division of Human Genetics, Regional Medical Research centre(ICMR) Bhubaneswar, Orissa and recommended that because of absence of legitimate mindfulness about individual wellbeing and cleanliness, sanitation, modest wellsprings of vital supplements, adjusted eating routine and essential wellbeing offices among provincial understudies, they are poor in their insight about sustenance. Another study was directed by Ananthakrishnan and Nalini (2002) and proposed to enhance instructive status and disposition of young lady tyke leaving in country zones/towns. Payghan et al (2014) directed relative investigation of healthful mindfulness among urban and rustic pregnant moms and found that urban moms (67%) have great learning contrasted with country mothers (50%).

**Results Pertaining to hypothesis H1c:**

H1c: The Urban Boys (UB) gathering contrasts essentially with Urban Girls (UG) gathering in regards as far as anyone is concerned towards sustenance.

Table-5.3 shows that Mean and SD of UB gathering is discovered (67.495 and 8.405) and Mean and SD of UG gathering is found (69.025 and 7.725) individually. Again on premise of Mean Difference (1.53) and Std. Lapse of Mean (0.7368)"t" quality is discovered 2.076 which is critical at 0.05 level, importance in this way two gatherings UB and UG are fundamentally distinctive on premise of learning about sustenance. Increase is agreeable to UG bunch. Subsequently, invalid speculation OH1b is rejected and theory H1b is held. Figure-5.3 plainly demonstrates mean of information of UB gathering is 67.495 and UG gathering is 69.025 towards sustenance. Above Graph unmistakably highlights contrast between above said two gatherings. It implies both gatherings are varying in their insight about nourishment.

It is presumed that urban young ladies of Bihar are better in their insight towards sustenance than that of urban young men of Bihar Students.
Results Pertaining to hypothesis H_{1d}:

H_{1d}: The Rural Boys (RB) gathering of understudies of Bihar varies altogether with Rural Girls (RG) gatherings of understudies in regards as far as anyone is concerned towards sustenance.

Table-5.4 demonstrates that Mean and SD of RB gathering is found (62.645 and 8.561) and Mean and SD of RG gathering is found (63.725 and 10.478) individually. Again on premise of Mean Difference (1.08) and Std. Slip of Mean (0.873) "t" quality is discovered 1.237 which is not huge at 0.05 level, importance consequently two gatherings RB and RG are not essentially distinctive on premise of information about sustenance. Increase is not for any gathering. Thus, invalid theory OH_{1d} is held and speculation H_{1d} is rejected. Figure-5.4 plainly highlights that mean of learning of RB gathering is 62.645 and RG gathering is 63.725 towards nourishment. Above Graph obviously demonstrates that two gatherings are not contrast in their insight about sustenance.

The outcomes prompts presume that Rural Boys and Rural Girls of Bihar state have measure up to learning about sustenance. Both Boys and Girls of Rural territory of Bihar state are not fundamentally distinctive in information about sustenance. Study was directed by Kapil et al. (2004) on learning and state of mind among well –to-do pre-adult school young ladies towards bosom sustaining and recommended that there is requirement for incorporating youthful young ladies in proceeding with training exercises about maternal and tyke wellbeing. Perumal et al.(2013) directed study on wellbeing and nourishment learning, demeanor and practices of pregnant ladies going to and not going to ANC facilities in western Kenya: cross-sectional examination and found that provincial ladies of Kenya needs to know more information about wellbeing and sustenance. Webb and Beckford (2014) were led study on Nutritional learning and state of mind of Adolescent swimmers in Trinidad and Tobago and finds that there was no noteworthy distinction found between any of methods when thought about between sexes.

Results Pertaining to hypothesis H_{1E}:

H_{1e}: The Rural (R) bunch understudies of Bihar contrasts essentially with urban (U) bunch understudies in regards as far as anyone is concerned towards sustenance.
Table-5.5 demonstrates that Mean and SD of R (Rural) gathering is found (62.885 and 9.595) and Mean and SD of U (Urban) gathering is found (68.258 and 8.099) separately. Again on premise of Mean Difference (5.373) and Std. Lapse of Mean (0.573) "t" quality is discovered 9.376 which is noteworthy at 0.01 level, importance consequently two gatherings R (Rural) and U (Urban) understudies are altogether diverse on premise of information about sustenance. Increase is supportive of U (Urban) gathering. Subsequently, invalid speculation OH1e is rejected and theory H1eis held. Figure-5.5 plainly highlights that mean of learning of Rural(R) gathering is 62. 885 and Urban (U) gathering of understudies is 68.258 towards sustenance. Above Graph unmistakably demonstrates that two gatherings are varying in their insight about sustenance. Outcomes lead to presume that rural territory understudies experiences absence of adequate learning about sustenance with independent of urban territories understudies. Comparative study was led by Jacqueline and Carrie (2002) and recommended that change is required in regards to information about sustenance among rustic understudies.

Choudhury (2002) demonstrated that understudies, living in urban ghettos have low I.Q than that different gatherings in regards to wholesome information and state of mind. Kinra et al. (2008) and finished up and proposed that understudies of low wage rustic families must be encourage fitting wholesome mindfulness. Grofts et al.(2005 ) led study on Adolescent wellbeing: country group's methodology and proposed that change is required with respect to familiarity with other wellbeing bargaining practices, including hazardous driving propensities and high push levels and recognized few stages they needed to take to enhance their wellbeing, and also obstructions to making those strides. Comparative study was directed by Juliff (2005) on examination of bosom nourishing information and mentality of chose immature guys and females from provincial and metropolitan optional schools and prescribed that correlation of country to metropolitan understudies found that metropolitan understudies had higher breastfeeding learning than that of rustic understudies. Study led by Mittal and Srivastava(2006) directed on eating regimen ,nutritious status and nourishment related conventions of Oran tribes of new mal Jalpaiguri(WB),India and proposed that country wellbeing experts ought to guarantee satisfactory amount and nature of sustenance supplementation and they ought to endeavor disperse wellbeing related information. Upadhyaya and Sikdar (2009)
directed study on learning and state of mind of B Ed understudies towards sustenance and suggested that rustic understudies are still behind than that of urban partners with respect to information about nutrition. Azemati, et al. (2010) has conducted study on Comparision of information, disposition and routine of urban and country family units towards wholesome components identified with osteoporosis and osteopenia and recommended that Knowledge level of urban families about calcium sustenance courses was likewise superior to anything that of provincial habitants. Perumal et al. (2013) led study on wellbeing and nourishment learning, mentality and practices of pregnant ladies going to and not going to ANC facilities in western Kenya: cross-sectional investigation and found that rustic ladies of Kenya needs to know more information about wellbeing and sustenance. Taslima Akhter et al (2013) directed study and found that numerous understudies both from urban and country settings have absence of information and consciousness of calcium and vitamin D. Country understudies are less acquainted with vitamin D than urban understudies.

**Results Pertaining to hypothesis H_{1f}:**

H_{1f}: Boys (B) gathering of understudies of Bihar varies altogether with Girls (G) understudies gathering in regards as far as anyone is concerned towards sustenance.

Table-5.6 demonstrates that Mean and SD of Girls (G) gathering is found (61.369 and 9.572) and Mean and SD of Boys (B) gathering is found (64.77 and 8.902) individually. Again on premise of Mean Difference (1.599) and Std. Blunder of Mean (0.595)"t" worth is discovered 2.687 which is noteworthy at 0.01 level, importance accordingly two gatherings Girls(G) and Boys(B)) understudies are altogether diverse on premise of learning about nourishment. Addition is supportive of Girls (G) gathering. Thus, invalid theory OH_{1f} is rejected and speculation H_{1f} is held. Figure-5.6 obviously highlights that mean of information of Girls (G) gathering is 611.369 and Boys (B) gatherings is 64.77 towards sustenance. Diagram unmistakably shows that two gatherings vary in their insight about sustenance. Outcomes lead to infer that Boys understudies experiences absence of adequate learning about sustenance with independent of Girls understudies of Bihar. Ruka et al. (2005) directed study on nourishing information, sustenance propensities and
wellbeing mentality of Chinese college understudies on premise of cross sectionals concentrate on and proposed that youthful Chinese female understudies had more prominent yearning to be more slender (62.0%) than males (47.4%). Habits including consistent eating examples and vegetables admission were accounted for and speak to practices that should be empowered. Comparative study was led by Juliff(2005) on examination of bosom nourishing information and state of mind of chose pre-adult guys and females from provincial and metropolitan auxiliary schools and suggested that female understudies had higher breastfeeding learning than that of male understudies. Study directed by Mittal and Srivastava(2006) led on eating routine, wholesome status and nourishment related conventions of Oran tribes of new mal Jalpaiguri(WB), India and found that guys were undernourished than female. Study identified with this point led by Sikdar (2008) on instructive status, information and disposition towards sustenance and prescribed that there were noteworthy contrast in middle of guys and females learning in regards to nourishment. Chowdhury et al.(2008) directed study to realize that pervasiveness of under nourishment in Santal offspring of Purulia region of West Bengal and proposed that in young ladies, predominance of hindering (21.7) and wasting (35.8) was higher in comparison to boys (13.8) hindering and (22.7) squandering. Upadhyaya and Sikdar (2009) directed study on information and state of mind of B Ed understudies towards sustenance and suggested that guys were lower achiever than females in their knowledge about nourishment.

Results Pertaining to hypothesis $H_{2a}$:

$H2a$: The Rural Boys (RB) gathering varies essentially with Urban Boys (UB) gathering in regards to their state of mind towards sustenance.

The table 5.7 demonstrates that Mean and SD of RB gathering is found (42.033 and 11.09) and Mean and SD of UB gathering is found (411.408 and 11.696) individually. Again on premise of Mean Difference (4.375) and Std. Slip of Mean (0.583)"t" worth is discovered 7.504 which is critical at 0.01 level, importance in this way two gatherings (RB and UB) are fundamentally diverse on premise of state of mind towards sustenance. Addition is supportive of UB gathering. Thus, invalid theory OH2a is rejected and speculation H2a is held. Figure-5.7 plainly demonstrates mean of information of RB gathering is 42.033 and UB gathering is 411.408 towards
sustenance. Above Graph plainly highlights contrast between above said two gatherings. It implies both gatherings are varying in their demeanor about sustenance.

The outcomes lead to infer that demeanor towards sustenance of Urban Boys of Bihar understudies are more positive than Rural Boys of Bihar understudies.

**Results Pertaining to hypothesis H\textsubscript{2b} :**

H\textsubscript{2b} : The Rural Girls (RG) gathering of understudies varies essentially with Urban Girls (UG) gathering of understudies in regards to their state of mind towards nourishment.

Table-5.8 demonstrates that mean and SD of RG gathering is found (44.979 and 8.431) and mean and SD of UG gathering is found (48.779 and 7.281) individually. Again on premise of Mean Difference (3.8) and Std. Slip of Mean (0.516)"t" worth is discovered 7.364 which is huge at 0.01 level, importance in this manner two gatherings RG and UG are fundamentally diverse on premise of mentality towards nourishment. Increase is agreeable to UG bunch. Henceforth, invalid theory OH\textsubscript{2b} is rejected and speculation H\textsubscript{2b} is held.

Figure-5.8 obviously highlights that mean of disposition of RG gathering is 44.979 and UG gathering is 48.779 towards sustenance. Above Graph obviously demonstrates that said two gatherings contrast in their state of mind towards sustenance. Outcomes lead to reason that demeanor of Urban Girl understudies towards sustenance are more positive than Rural young ladies understudies of Bihar. Payghan et al (2014) directed similar investigation of nourishing mindfulness among urban and rustic pregnant moms and found that urban moms (67%) have great learning contrasted with provincial mothers (50%).

**Results Pertaining to hypothesis H\textsubscript{2c} :**

H\textsubscript{2c} : The Urban Boys (UB) bunch understudies of Bihar varies altogether with Urban Girls (UG) gathering of understudies in regards to their mentality towards sustenance.

Table 5.9 demonstrates that Mean and SD of UB gathering is discovered (411.408 and 11.696) and Mean and SD of UG gathering is found (48.779 and 7.281) separately. Again on premise of Mean Difference (2.371) and Std. Blunder of Mean
"t" worth is discovered 3.71 which is critical at 0.01 level, importance in this way two gatherings UB and UG are fundamentally diverse on premise of demeanor towards sustenance. Increase is supportive of UG gathering. Consequently, invalid theory OH2c is held and speculation H2c is rejected.

The Figure-5.9 plainly highlights that mean of disposition of UB gathering is 411.408 and UG gathering is 48.779 towards sustenance. Above Graph unmistakably shows that two gatherings are vary in their disposition towards sustenance.

The outcomes lead to reason that disposition towards sustenance of Urban Boys are not equivalent with Urban Girls. Young ladies understudies demeanor towards sustenance is high than rustic understudies of Bihar. Acheampong and Haldeman (2013) directed study on Are sustenance learning, mentality, and convictions connected with weight among low-Income Hispanic and African American ladies overseers and pointed that dominant part of African Americans had great nourishment information, while large portion of Hispanics had just reasonable information about sustenance.

Results Pertaining to hypothesis H2d:

H2d: The Rural Boys (RB) gathering of understudies of Bihar contrasts essentially with Rural Girls (RG) gathering in regards to their disposition towards nourishment.

Table-5.10 shows that Mean and SD of RB gathering is found (42.033 and 11.09) and Mean and SD of RG gathering is found (44.979 and 8.431) separately. Again on premise of Mean Difference (2.946) and Std. Blunder of Mean (0.671)"t" worth is discovered 4.390 which is critical at 0.01 level, importance in this way two gatherings RB and RG are essentially diverse on premise of demeanor towards sustenance. Addition is agreeable to RG bunch. Thus, invalid theory OH2d is rejected and speculation H2d is held.

The figure-5.10 plainly highlights that mean of demeanor of Rural Boys (RB) is 42.033 and Rural Girls (RG) gathering is 44.979 towards nourishment. Chart obviously demonstrates that two gatherings are varying in their disposition towards sustenance. Outcomes lead to presume that disposition towards sustenance of country young men are not as much as that of provincial young ladies understudies of Bihar. Webb and Beckford (2014) were directed study on Nutritional information and state
of mind of Adolescent swimmers in Trinidad and Tobago and finds that there was no noteworthy distinction found between any of methods when looked at between sex.

Results Pertaining to hypothesis $H_{2e}$:

$H_{2e}$: The Rural (R) gathering of understudies of Bihar varies fundamentally with Urban (U) bunch understudies in regards to their state of mind towards nourishment.

Table-5.11 demonstrates that Mean and SD of R (Rural) gathering is found (43.506 and 7.493) and Mean and SD of U (Urban) gathering is found (47.593 and 7.087) separately. Again on premise of Mean Difference (4.087) and Std. Slip of Mean (0.471)"t" quality is discovered 8.677 which is huge at 0.01 level, importance subsequently two gatherings R (Rural) and U (Urban) understudies are fundamentally distinctive on premise of state of mind towards sustenance. Addition is agreeable to U (Urban) bunch. Subsequently, invalid theory OH$H_{2e}$ is rejected and speculation H$H_{2Re}$ is held. Figure-5.11 unmistakably highlights that mean of disposition of Rural(R)group is 43.506 and Urban(U) bunch understudies is 47.593 towards sustenance. Diagram obviously shows that two gatherings are contrast in their demeanor towards nourishment.

The outcomes lead to infer that demeanor towards nourishment of urban understudies of Bihar are more positive than rural understudies of Bihar. Comparative study was led by Juliff (2005) on examination of bosom sustaining learning and state of mind of chose pre-adult guys and females from country and metropolitan optional schools and prescribed that correlation of provincial to metropolitan understudies found that metropolitan understudies had higher mentality towards breastfeeding than that of rustic understudies. Upadhyaya and Sikdar (2009) directed study on information and demeanor of B Ed understudies towards sustenance and suggested that there were no attitudinal contrasts among rustic urban partners with respect to state of mind towards nourishment. Azemati, et al. (2010) has conducted study on Comparision of information, disposition and routine of urban and country families towards nourishing components identified with osteoporosis and osteopenia and proposed that level of mentality and routine of provincial family units towards osteoporosis and osteopenia was weaker than urban families.
Results Pertaining to hypothesis $H_{2f}$:

$H_{2f}$: Boys (B) gathering of Bihar contrasts altogether with girls (G) gathering in regards to their state of mind towards nourishment.

Table-5.12 shows that Mean and SD of Girls (G) gathering is found (411.879 and 8.096) and Mean and SD of Boys (B) gathering is found (44.22 and 11.758) separately. Again on premise of Mean Difference (2.659) and Std. Mistake of Mean (0.481) "t" worth is discovered 5.528 which is huge at 0.01 level, importance in this manner two gatherings Girls(G) and Boys(B)) understudies are altogether distinctive on premise of learning about sustenance. Increase is supportive of Girls (G) gathering. Consequently, invalid speculation OH2f was rejected and theory H2f is held. figure-5.12 unmistakably highlights that mean of disposition of Girls (G) is discovered 411.879 and Boys (B) gatherings is 44.22 towards nourishment. Diagram unmistakably shows that two gatherings contrast in their demeanor towards sustenance. Outcomes lead to reason that state of mind towards nourishment of young lady understudies of Bihar are more positive than young men understudies of Bihar. Study directed by Town (2006) remarked that information and mentality on nourishment propensities and practices can averts sustenance borne sickness at home. Comparative study was directed by Juliff (2005) on correlation of bosom nourishing information and state of mind of chose youthful guys and females from rustic and metropolitan auxiliary schools and prescribed that examination of country to metropolitan understudies found that female understudies had higher breastfeeding demeanor than that of male understudies. Study identified with this theme directed by Sikdar (2008) on instructive status, learning and demeanor towards nourishment and suggested that there were critical distinction in middle of guys and females disposition in regards to sustenance. Upadhyaya and Sikdar (2009) led study on information and state of mind of B Ed understudies towards nourishment and suggested that there were no huge distinction in demeanor among guys and females. Theresa and Young (2010) led study on Gender Perspectives on Adolescent eating practices: study on eating states of mind and practices of Junior auxiliary school understudies in Hong Kong and recommended that female understudies were more weight cognizant than male understudies. Awojobi et al,(2014) led study on nourishment administration suppliers' mentalities towards sustenance and sustenance taking care of practices in Osogbo, Osunstate, Nigeria and prescribed that there is
noteworthy relationship between disposition of nourishment administration suppliers and sustenance taking care of practices, age, sex (male and female) and instruction. Webb and Beckford (2014) were led study on Nutritional information and state of mind of Adolescent swimmers in Trinidad and Tobago and finds that female competitors had fundamentally higher disposition score than that of male competitors.

6.4 GENERAL DISCUSSION

Information about sustenance and inspirational disposition towards it assumes essential part in getting sound, rich, flourish and sickness free life. Legitimate learning about nourishment can advances inspirational demeanor and alluring conduct of person. Both wholesome information and uplifting disposition towards it are extremely vital to acquire changes dietary propensities and making sustenance mindfulness which is altogether relies on instruction and preparing. Understudies won't change their convictions and propensities concerning utilization of sustenance unless they are persuaded that change will advantage them. Again experimental learning of nourishment is key for keeping up ideal wellbeing of understudies.

The present study uncovers that execution of urban understudies is superior to provincial understudies. Understudies of urban region have capacity to know and get chance for all sort of offices for smooth association of their job. Information and mentality towards nourishment is one of critical part of standard employment, at same time understudies of rustic range are not able to get legitimate opportunity to learn and habituate same. That is reason Urban gathering perform superior to anything Rural gathering.

Present study is likewise demonstrated that Rural Boys understudies of Bihar and Urban Boys understudies of Bihar uncovers that urban young men understudies are more positive about their insight and state of mind towards sustenance than that of country young men understudies. Its right that nutritious nourishment is accessible in both urban and rustic regions yet mindfulness in regards to nutritious sustenance is accessible in urban ranges than country regions regardless of possibility that now days. It is reasoned that urban young men are better in their insight and state of mind towards nourishment than that of rural young men. Comparable study was led by
Zhang et al. (1993) on overview on sustenance information and state of mind practices of Sichuan Urban and Rural Adults, who recommended that change, is required about level of nourishment learning and demeanor of Adults of country regions than urban partners. Another study was led by Meheta. (1994) and they found that provincial understudies are less mindful than their urban partners. Another study directed by Juliff (2005) on Comparision of bosom bolstering information states of mind of chose juvenile guys and females country and metropolitan optional schools and it said that metropolitan/urban understudies had higher nutritious learning than provincial understudies.

It has likewise been found from present study that Rural Girls understudies of Bihar and Urban Girls understudies of Bihar uncovers that urban Girls understudies are more positive about their insight and state of mind towards nourishment than that of country Girls understudies. Its right that nutritious sustenance is accessible in both urban and rustic ranges now days however mindfulness, offices to know with respect to same is accessible most extreme in urban regions than country zones. It is presumed that Urban Girls are better in their insight and demeanor towards sustenance than that of Rural Girls. Comparative study was led by Juliff (2005) on examination of bosom encouraging information and state of mind of chose youthful guys and females from country and metropolitan optional schools and prescribed that correlation of provincial to metropolitan understudies found that metropolitan understudies had higher disposition towards breastfeeding than that of rustic understudies. Upadhyaya and Sikdar (2009) led study on learning and disposition of B Ed understudies towards nourishment and suggested that there were no attitudinal contrasts among rustic urban partners with respect to mentality towards sustenance. Azemati, et al. (2010) has conducted study on Comparision of learning, state of mind and routine of urban and provincial family units towards nourishing elements identified with osteoporosis and osteopenia and recommended that level of mentality and routine of rustic families towards osteoporosis and osteopenia was weaker than urban families.

The urban young ladies understudies of Bihar demonstrates their better information and state of mind towards nourishment than urban young men. In any case, it was found that urban young ladies understudies of Bihar are more dedicated to know and practice about wellbeing and human services than urban young men.
Learning and state of mind towards nourishment of urban young ladies gathering of Bihar is superior to anything that of urban young men. Comparative study was directed by Jacqueline and Carrie (2002) and proposed that change is required with respect to information about sustenance among country understudies. Choudhury (2002) demonstrated that understudies, living in urban ghettos have low I.Q than that different gatherings with respect to nourishing information and state of mind. Kinra et al. (2008) and finished up and proposed that understudies of low pay rustic families must be encourage fitting wholesome mindfulness. Grofts et al. (2005) directed study on Adolescent wellbeing: provincial group's methodology and proposed that change is required with respect to consciousness of other wellbeing trading off practices, including risky driving propensities and high stretch levels and recognized few stages they needed to take to enhance their wellbeing, and in addition obstructions to making those strides. Comparative study was led by Juliff (2005) on correlation of bosom bolstering learning and demeanor of chose juvenile guys and females from rustic and metropolitan auxiliary schools and prescribed that examination of provincial to metropolitan understudies found that metropolitan understudies had higher breastfeeding information than that of country understudies. Study directed by Mittal and Srivastava (2006) led on eating routine, wholesome status and nourishment related conventions of Oran tribes of Mal Jalpaiguri (WB), India and recommended that country wellbeing experts ought to guarantee sufficient amount and nature of sustenance supplementation and they ought to endeavor spread wellbeing related learning. Upadhyyaya and Sikdar (2009) directed study on learning and state of mind of B Ed understudies towards sustenance and suggested that provincial understudies are still behind than that of urban partners with respect to information about nutrition. Azemati,et al. (2010) has conducted study on Comparision of learning, state of mind and routine of urban and rustic family units towards nutritious components identified with osteoporosis and osteopenia and recommended that Knowledge level of urban families about calcium nourishment courses was additionally superior to anything that of country habitants. Perumal et al. (2013) directed study on wellbeing and sustenance learning, mentality and practices of pregnant ladies going to and not going to ANC centers in western Kenya:cross-sectional examination and found that country ladies of Kenya needs to know more information about wellbeing and nourishment. Taslima Akhter et al
(2013) directed study and found that numerous understudies both from urban and provincial settings have absence of information and consciousness of calcium and vitamin D. Rustic understudies are less acquainted with vitamin D than urban understudies.

It is found from study that rustic young ladies of Bihar are equivalent in their insight with country young men bunch understudies of Bihar however not in disposition especially. Both rustic young men and country young ladies are not distinctive in their insight about sustenance. Yet, provincial young ladies are more positive in their state of mind towards nourishment than rustic young men.

It has been found from present study that execution of young ladies understudies of Bihar and young men of same state in their insight and mentality towards sustenance varies to each other, young ladies understudies are perform better in their insight and disposition towards nourishment than young men understudies. It is just conceivable because of fitting training offices and healthful tips by folks, constantly prepared to be mindful, acknowledgment of accessibility of sustenance, ability to pick up information and so on yet partners are long ways behind of overcome. It is watched that young lady understudies are better in their insight and demeanor towards nourishment than young men in Bihar. Study led by Sweeting, (1994) demonstrated that females has more learning about dietary propensities. Ruka et al. (2005) directed study on nutritious learning, nourishment propensities and wellbeing demeanor of Chinese college understudies on premise of cross sectionals ponder and recommended that youthful Chinese female understudies had more noteworthy craving to be more slender (62.0%) than males (47.4%). Habits including standard eating examples and vegetables admission were accounted for and speak to practices that should be supported. Comparative study was led by Juliff (2005) on examination of bosom encouraging learning and state of mind of chose juvenile guys and females from rustic and metropolitan optional schools and prescribed that female understudies had higher breastfeeding information than that of male understudies. Study directed by Mittal and Srivastava(2006) led on eating routine, wholesome status and nourishment related customs of Oran tribes of new mal Jalpaiguri(WB),India and found that guys were undernourished than female. Study identified with this theme directed by Sikdar (2008) on instructive status, information and disposition towards nourishment and suggested that there were
critical contrast in middle of guys and females learning in regards to sustenance. Chowdhury et al. (2008) led study to realize that predominance of under nourishment in Santal offspring of Purulia area of West Bengal and recommended that in young ladies, commonness of hindering (21.7) and wasting (35.8) was higher in comparision to boys (13.8) hindering and (22.7) squandering. Upadhyaya and Sikdar (2009) directed study on information and disposition of B Ed understudies towards nourishment and prescribed that guys were lower achiever than females in their knowledge about sustenance.

In conclusion it is inferred that understudies of urban region are superior to understudies of provincial zone in their insight and state of mind towards sustenance. It is just because of better mindfulness, nourishment related training, accessibility of products of soil, better offices for correspondence and transportation, standard financial condition furthermore in all angles urban understudies are superior to anything that of provincial understudies. Such variety of reasons arrive, for example, absence of mindfulness, absence of fitting money related condition, self-centeredness, absence of offices for agribusiness, absence of correspondence and transportation offices, absence of promoting offices, poor monetary condition and in conclusion absence of legitimate instruction framework for which understudies of country region are not ready to learn fitting training in regards to nourishment. Again it is found that young lady understudies are better in their insight and state of mind towards sustenance than that of young men in Bihar. Young ladies understudies might dependably contend to live in general public with their insight and mentality towards nourishment, for awesome solid, rich and prosperous live in cutting edge.

6.5 CONCLUSION
This Chapter is critical piece of proposal which bargains outcomes and exchange. Every one of theories is tried and examined quickly forgetter elucidation.