CHAPTER – VII
RECOMEDATIONS & SUMMARY, LIMITATIONS & SCOPE FOR FURTHER WORKS.

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>CONTENTS</th>
<th>NO. OF PAGES</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Recommendations &amp; Summary gains, Limitations, scope for further works.</td>
<td>231-242</td>
</tr>
<tr>
<td>7.1     :</td>
<td>Introduction</td>
<td>231-231</td>
</tr>
<tr>
<td>7.2     :</td>
<td>Suggestion for remedial measures</td>
<td>231-233</td>
</tr>
<tr>
<td>7.3     :</td>
<td>Summary gains</td>
<td>234-241</td>
</tr>
<tr>
<td>7.4     :</td>
<td>Limitations of the Study</td>
<td>241-241</td>
</tr>
<tr>
<td>7.5     :</td>
<td>Scope for further research and suggestions.</td>
<td>241-242</td>
</tr>
<tr>
<td>:</td>
<td>Conclusion</td>
<td>242-242</td>
</tr>
</tbody>
</table>
RECOMENDATIONS & SUMMARY, LIMITATIONS & SCOPE FOR FURTHER WORKS.

7.1 INTRODUCTION

The specialist feel glad herself that after fruition of exploration she is going to giving few recommendations and suggest for further research on premise of outcomes picked up. It is one of imperative section which helps further analysts those have enthusiasm on this region.

7.2 SUGGESTIONS FOR REMEDIAL MEASURES

From discoveries of present study with constrained specimen it is obvious that till now destinations of good wellbeing, wholesome information and mentality of youth age gather secondary school understudies of provincial territories of Bihar has not been accomplished up to imprint. Certain offices have been found in urban regions. Especially learning and state of mind towards nourishment of Boys gathering of understudies, are perform poor than young ladies of Bihar, again it is found that young ladies are better in their insight and disposition towards sustenance than that of boys. Keeping above perspective focuses analyst introduces accompanying proposal for due thought.

- Fitting rule ought to be encouraged to understudies those are living in provincial zones with respect to learning and inspirational disposition towards sustenance instate Bihar. It is crucial that legislature and Non-government associations have made moves to imply rustic understudies in regards to nourishment esteem and sound life, which will help to control illness and makes country solid.

- It is found all in all that Boys understudies of Bihar are not rival young ladies understudies of Bihar in their insight and mentality towards nourishment, it is just because of absence of legitimate sustenance training in school, absence of obligations, inadequate creation of vegetables, leafy foods rural things, dishonorable mindfulness programs on nourishment. Administration of Bihar ought to be taken most extreme offices with respect to matter.
Use of every single conceivable opportunities or offices ought to be utilized to make more enthusiasm for get information and inspirational mentality towards sustenance among country understudies.

Recognizable proof of genuine reasons for ailing health among provincial and young men bunch understudies and it ought to be minimized by uncommon consideration of government and non government powers.

Considering different superstitions, religious musings among country understudies about nourishment propensities and sustenance esteem, government ought to give fitting recommendation and direction through wellbeing individual and media, i.e. print, hardware and social to make sound society. Rao (2007) proposed that no huge contrast in change of sustenance learning levels was seen with second mediation over first intercession as of now kids in test gathering picked up information through print, sound and varying media so that part of media is vital for nourishment training.

Change of monetary state of provincial individuals and adequate offices ought to be given by legislature to rural items and its usage may help to make sound society.

Change of their day by day life i.e. production of sound instructive environment, financial status and unique consideration ought to be given about it. Kaur (2007) proposed that nourishment training is powerful measure to achieve positive and huge change in juvenile supplement consumption. At that point it is clear at last they can understand and ready to habituate to eat nutritious nourishment furthermore they can ready to demonstrate uplifting mentality towards nutritious sustenance.

Instruction is imperative for mindfulness and make uplifting state of mind towards nutritious nourishment. Distinctive issues on wellbeing and sustenance training must be incorporated in present school and school curricula. Sharma (2006) obviously proposed that nourishment training can have essential impact in diminishing occurrence of overweight/corpulence and its related complexities. Subbha Rao (2006) recommended that school youngsters ought to take in more about
sustenance through their educators in classroom setting if lesson arrangements are adjusted to nearby circumstances. Moreover, it can possibly make nourishment instruction intuitive, viable and reasonable. Theresa and Yeung (2010) School sustenance training in Hong Kong ought to be intended to engage young men and additionally young ladies, and powerful execution of nourishment instruction projects ought to instill empowering dietary patterns and sound cooking abilities and location needs of understudies with reference to sexual orientation contrasts. Bharati et al. have reported that instructive capability is key determinant of dietary status in Indian ladies.

- Religion ought to be delinked from nourishment propensities through legitimate mindfulness and logical mentality.

  Constant motivational procedure ought to be sorted out through very much planned arrangement about nourishment for sound domain.

A couple of proposals are given above for change of country and young men gathering of said states Bihar. Uncommon consideration ought to be given for understudies of rustic territories with respect to legitimate mindfulness and inspirational mentality towards sustenance. We have far to achieve objective. Subsequently, we have no wavering to decipher that in any structure even fundamental and wellbeing training, sustenance instruction, nourishment propensities and so forth through any organizations is compelling weapon for creation or change of learning, state of mind, towards sustenance. United endeavors of all organizations viz. government and non-government offices panchayat specialists, wellbeing faculty, instructed group, high financial status bunch, instructive establishments, broad communications i.e. T.V. Radio, daily paper diaries and social medias are exceptionally fundamental for this reason. Hemalatha and Jamuna (2002) recommended that sustenance training project can be utilized as one of successful devices to realize dietary changes and in this way healthful status in general public. Kerketta (2000) recommended that wellbeing and healthful status of rustic offspring of Kalahandi area of Orissa was in general exceptionally poor. There is critical requirement for giving essential therapeutic human services offices and mindfulness program for nutritious sustenance admission for better advantage.
7.3 **SUMMERY GAINS**

The present study will be directed to gauge information and disposition towards nourishment of secondary school understudies in condition of Bihar. Study will through light on genuine circumstances of nourishment instruction and wellbeing training of distinctive areas of both young men and young ladies understudies instate Bihar.

The postulation manages examining method, instruments development, and organization of apparatuses and procedures of information accumulation. Populace of study was plainly specified. Multistage inspecting systems were received. For choice of delegate and satisfactory number of tests at season of development three noteworthy steps were taken after (1) introductory devices planning (2) confirmations of specialists and approval of apparatuses (3) last arrangement of devices. Last apparatuses were controlled on agent tests for gathering of important information. Considering nature and kind of examination work no trial variable was chosen.

The need and centrality of study is clear that young people are base of coming era. Their insight and mentality towards nourishment can assume crucial part in settlement of sound India specific and world all in all.

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 sexes (BOYS and GIRLS) in different locations (RURAL and URBAN) of state Bihar. Example in present study embodied 960 puberty age (15-16) gathering precisely tenth class understudies of each 50% (480) from Boys and Girls, guys and females classification further more from distinctive areas i.e. Nawada and Nalanda areas of Bihar for smooth examination.

The poll utilized as part of this study was separated into two sections, for example, took after:

- Knowledge about nutrition
- Attitude towards nutrition
The investigator was prepared above said two segments i.e. data based and perspective based survey towards sustenance study and general conspicuous confirmation sheet was prepared in Hindi vernacular besides translated into English lingos. Decision of suitable gadgets or instruments is pivotal and discriminating for productive exploration and social event data. Expert used survey had three point Liker sort of scoring method to gage data and attitude towards sustenance of understudies of youth age bundle. Each declaration of review is associated with three potential results of response, viz. Agree (A), Neutral (N) and Disagree (D). Each positive clarification are scored most noteworthy to slightest as 3, 2, 1 and each unfavorable declaration from minimum to most amazing i.e. (1, 2, 3) in reverse solicitation. General ID sheet was prepared for social affair of distinctive information i.e. name, area, age, sex, rank, religion, matrimonial status, instruction status calling, family compensation, et cetera.

The present examination consolidates, 960 adolescence (high school) age bundle understudies as tests, those were picked randomly from various informational associations, both provincial and urban locales, gentlemen and females class besides from particular zones i.e. of Nawada and Nalanda zone of Bihar. The inspecting stream diagram figure has been given in next page:

The keep going gadgets were coordinated on target illustration in year 2014. Contraptions were directed on 960 pre-grown-up age bundle understudies, 480 each from Boys and Girls class and again – 240 each from natural and urban zone of Nawada and Nalanda of Bihar. Preceding association of devices indispensable rules were given to understudies for responses to declarations.

Above all data scale was supplied to examinees for procuring their responses against declarations. One hour time was given to understudies for above reason. After that answer scripts was accumulated by inspector. By then same technique was moreover followed in occasion of perspective scale towards food. Thusly every one of mechanical assemblies was overseen unpicked test in supportive situation.

The specialists have taken after Liket Scaling Technique which have gives 3 point scale and assigns each of 3 positions scale regard. Perfect enunciations were scored from most compelling to slightest as 3, 2, 1 and each unfavorable clarification from minimum to most noteworthy i.e. in backwards ask for as 1, 2, 3.
The data social occasion and examination. Nawada and Nalanda ranges of Bihar were taken for review as examination area and pre-adulthood age cluster (optional school) understudies of unmistakable enlightening foundations of this district from nation and urban parts was taken as masses. Data were accumulated through field diagram by applying review. Accumulated data were separated unreason of region, sex and station. Scores were arranged (Knowledge about sustenance and perspective towards food) in alternate sheet. By then examination and interpretation was made by fitting accurate statistical methods.

The present study demonstrated that Knowledge about support and elevating perspective towards it accept essential part in getting sound, rich, thrive and infection free life. Fitting finding out about sustenance can propels motivational perspective and charming behavior of man. Both empowering data and uplifting mindset towards it are particularly fundamental to get changes dietary affinities and making support care which is absolutely depends on direction and get ready. Understudies won't change their feelings and affinities concerning use of sustenance unless they are convinced that change will advantage them. Again exploratory learning of sustenance is key for keeping up perfect quality of understudies.

The present study reveals that execution of urban understudies is better than common understudies. Understudies of urban region have ability to know and get chance for all sort of workplaces for smooth relationship of their business. Data and perspective towards support is one of discriminating piece of standard occupation, in meantime understudies of common reach are not ready to get fitting chance to learn and habituate same. That is reason Urban get-together perform better than anything Rural social occasion.

Present study is moreover shown that Rural Boys understudies of Bihar and Urban Boys understudies of Bihar reveals that urban young fellows understudies are more positive about their understanding and attitude towards sustenance than that of common young fellows understudies. Its right that nutritious support is available in both urban and natural ranges yet care concerning nutritious sustenance is open in urban areas than commonplace zones paying little heed to way that now days. It is deduced that Urban young fellows are better in their knowledge and mindset towards sustenance than that of Rural young fellows.
It has similarly been found from present study that Rural Girls understudies of Bihar and Urban Girls understudies of Bihar reveals that urban Girls understudies are more positive about their understanding and attitude towards food than that of nation Girls understudies. Its right that nutritious sustenance is open in both urban and rural districts now days yet care, workplaces to know concerning same is available most amazing in urban locales than common extents. It is deduced that Urban Girls are better in their understanding and perspective towards sustenance than that of Rural Girls.

The urban young women understudies of Bihar shows their better learning and perspective towards food than urban young fellows. Be that as it may, it was found that urban young women understudies of Bihar are more committed to know and practice about wellbeing and human administrations than urban young fellows. Data and perspective towards support of urban young women social event of Bihar is better than anything that of urban young fellows.

It is found from study that common young women of Bihar are comparable in their understanding with nation young fellows cluster understudies of Bihar however not in perspective particularly. Both commonplace young fellows and provincial young women are not unmistakable in their understanding about sustenance. Yet, commonplace young women are more perfect in their manner towards food than provincial young fellows.

It has been found from present study that execution of young women understudies of Bihar and young fellows of same state in their knowledge and air towards sustenance differentiations to one another, young women understudies are perform better in their understanding and disposition towards support than young fellows understudies. It is simply possible as result of fitting preparing workplaces and wholesome tips by people ,always arranged to be careful, affirmation of availability of sustenance, status to get learning thus on yet accomplices are far behind of over same. It is watched that young woman understudies are better in their understanding and manner towards support than young fellows in Bihar. Sweeting exhibited that females has all more finding out about dietary penchants.

Finally it is inferred that understudies of urban range are superior to understudies of country zone in their insight and state of mind towards sustenance. It
is just because of better mindfulness, sustenance related instruction, accessibility of foods grown from ground, better offices for correspondence and transportation, standard monetary condition furthermore in all angles urban understudies are superior to anything that of country understudies. Such large number of reasons arrive, for example, absence of mindfulness, absence of fitting money related condition, narrow-mindedness, absence of offices for horticulture, absence of correspondence and transportation offices, absence of promoting offices, poor financial condition and in conclusion absence of legitimate instruction framework for which understudies of provincial zone are not ready to learn fitting training with respect 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 state of mind towards sustenance, for incredible sound, rich and prosperous live in cutting edge. Study directed and proposed by Jacqueline and Carrie that change is required with respect to learning about sustenance among rustic understudies. Choudhury demonstrated that understudies, living in urban ghettos have low I.Q than that different gatherings with respect to dietary information and demeanor. Kinra et al. what's more, closed and recommended that understudies of low wage rustic families must be encourage legitimate dietary mindfulness. Grofts et al. recommended that change is required with respect to consciousness of other wellbeing bargaining practices, including risky driving propensities and high stretch levels and recognized few stages they needed to take to enhance their wellbeing, and additionally boundaries to making those strides. Juliff prescribed that correlation of country to metropolitan understudies found that metropolitan understudies had higher breastfeeding learning than that of rustic understudies. Mittal and Srivastava proposed that provincial wellbeing experts ought to guarantee satisfactory amount and nature of nourishment supplementation and they ought to endeavor spread wellbeing related learning. Upadhyaya and Sikdar suggested that rustic understudies are still behind than that of urban partners with respect to learning about nourishment. Azemati et al. proposed that Knowledge level of urban family units about calcium sustenance courses was likewise superior to anything that of country habitants. Perumal et al. found that provincial ladies of Kenya needs to know more information about wellbeing and nutrition. Taslima Akhter et al. found that numerous
understudies both from urban and country settings have absence of information and attention to calcium and vitamin D. Rustic understudies are less acquainted with vitamin D than urban understudies. Ruka et al. recommended that youthful Chinese female understudies had more noteworthy longing to be more slender (62.0%) than males(47.4%). Habits including normal eating examples and vegetables admission were accounted for and speak to practices that should be supported. Juliff prescribed that female understudies had higher breastfeeding information than that of male understudies. Study directed by Mittal and Srivastava found that guys were undernourished than female. Study identified with this theme led by Sikdar prescribed that there were critical contrast in middle of guys and females learning in regards to sustenance. Chowdhury et al. 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 suggested that guys were lower achiever than females in their knowledge about nourishment. Kapil et al. recommended that there is requirement for incorporating juvenile young ladies in proceeding with instruction exercises about maternal and tyke wellbeing. Perumal et al. found that rustic ladies of Kenya needs to know more learning about wellbeing and nourishment. Webb and Beckford finds that there was no noteworthy contrast found between any of methods when analyzed between sex. Jacqueline and Carrie proposed that change is required with respect to learning about nourishment among rustic understudies. Choudhury proposed that understudies of low wage provincial families must be encourage fitting nutritious mindfulness. Grofts et al recommended that change is required with respect to consciousness of other wellbeing trading off practices, including dangerous driving propensities and high push levels and recognized few stages they needed to take to enhance their wellbeing, and in addition boundaries to making those strides. Juliff prescribed that correlation of rustic to metropolitan understudies found that metropolitan understudies had higher breastfeeding information than that of provincial understudies. Mittal and Srivastava proposed that provincial wellbeing experts ought to guarantee satisfactory amount and nature of sustenance supplementation and they ought to endeavor scatter wellbeing related learning. Upadhyaya and Sikdar prescribed that rustic understudies are still behind than that of urban partners with respect to information about nutrition. Azemati, et al. proposed that Knowledge level of urban families about
calcium nourishment courses was additionally superior to anything that of provincial habitants. Perumal et al. found that country ladies of Kenya needs to know more learning about wellbeing and nourishment. Taslima Akhter et al. found that numerous understudies both from urban and rustic settings have absence of information and consciousness of calcium and vitamin D. Provincial understudies are less acquainted with vitamin D than urban understudies. Ruka et al. recommended that youthful Chinese female understudies had more noteworthy craving to be more slender (62.0%) than males (47.4%). Habits including general eating examples and vegetables admission were accounted for and speak to practices that should be empowered. Juliff prescribed that female understudies had higher breastfeeding information than that of male understudies. Mittal and Srivastava found that guys were undernourished than female. Sikdar prescribed that there were huge contrast in middle of guys and females learning with respect to sustenance. Chowdhury et al. recommended that in young ladies, predominance of hindering (21.7) and wasting (35.8) was higher in correlation to boys (13.8) hindering and (22.7) squandering. Upadhyaya and Sikdar prescribed that guys were lower achiever than females in their knowledge about sustenance. Payghan et al. found that Urban moms (67%) have great information contrasted with provincial mothers (50%). Webb and Beckford finds that there was no critical distinction found between any of methods when analyzed between sex. Juliff prescribed that examination of rustic to metropolitan understudies found that metropolitan understudies had higher state of mind towards breastfeeding than that of provincial understudies. Upadhyaya and Sikdar suggested that there were no attitudinal contrasts among provincial urban partners with respect to demeanor towards sustenance. Azemati, et al. recommended that level of demeanor and routine of country families towards osteoporosis and osteopenia was weaker than urban families. Town remarked that information and demeanor on nourishment propensities and practices can counter acts sustenance borne disease at home. Juliff prescribed that examination of provincial to metropolitan understudies found that female understudies had higher breastfeeding state of mind than that of male understudies. Sikdar prescribed that there were huge contrast in middle of guys and females state of mind in regards to nourishment. Upadhyaya and Sikdar prescribed that there were no noteworthy contrast in disposition among guys and females. Theresa and Yeung proposed that female
understudies were more weight cognizant than male understudies. Awojobi et al. prescribed that there is huge relationship between state of mind of sustenance administration suppliers and nourishment taking care of practices, age, sex (male and female) and instruction. Webb and Beckford find that female competitors had altogether higher state of mind score than that of male competitors.

7.4 LIMITATIONS OF STUDY

The analyst made endeavor to get discoveries that learning and state of mind towards sustenance of pre-adulthood age assemble secondary school understudies both young men and young ladies in diverse areas i.e. Provincial and Urban in conditions of Bihar. Scientist attempted his best level to take after standard routines and systems for building up instruments vital for study. Yet at same time study may have few impediments. Specialist needed to work under specific constraints. These are as per following:

In this examination just Nawada and Nalanda locale of Bihar were taken for study zone. It has not been conceivable to cover every one of areas of said state Bihar. Subsequently specimen is not completely illustrative.

In spite of fact that development of hardware was done through precise methodology and every one of areas were approved. There is still extension for further measurable advancement in every one of instances of accumulation of reactions against every announcement.

Accentuation was given on Likert sort three point rating scale. It was additionally another vital territory of impediments.

Next impediment was in age bunch determination. Analyst taken youthfulness age bunch secondary school understudies of states Bihar those were concentrating on in auxiliary level. i.e.10th class.

7.5 SCOPE FOR FURTHER RESEARCH AND SUGGESTIONS

This study indicates needs for conducting further works on following lines for complete understanding at problems in India.
A study may be attempted covering every one of locale of said state i.e. Bihar to recognize issues in regards to sustenance.

A study may be embraced to distinguish effect of sustenance training among diverse employment holders.

A study may be embraced to distinguish learning and state of mind towards sustenance instruction among populace of educating calling.

A study may be attempted to recognize issues of nourishment in diverse age bunch understudies of state Bihar.

A study may be attempted to recognize effect of nourishment training among diverse standings and tribes

A study may be attempted about dietary information and disposition of diverse instructive status bunch.

A Study on information and mentality towards nourishment of populace of diverse states may be embraced.

A study may be embraced with respect to learning and state of mind towards sustenance on premise of locational variety i.e. mechanical region, semi-urban region and tribal region with rustic and urban territory.

A test study may be attempted to distinguish effect of nourishment training among individuals.

A test study may be attempted to distinguish effect of nourishment training among school going understudies.

The above same as well as any issues identified with wellbeing and medicinal services, sustenance and nourishment training of any gathering of individuals i.e understudies, work holders in any area may be attempted for further research, then it might be help to make sound, rich and prosperous India.

7.6 CONCLUSION

Over all research is always given importance on this portion. This chapter is cream of all chapters. On basis of this part one can easily understand past, present and future of this research and also have glorious future for further research.