CHAPTER - V

SUMMARY
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Nutrition is the good we get from all the food we eat and it helps our bodies work. Food is made up of different types of nutrients that contribute to our food being nutritious! These nutrients include carbohydrates, fats, proteins, vitamins, minerals and water.

If our bodies fail to get all the nutrients they need this is called malnutrition. If a person suffers from malnutrition they can be more likely to catch diseases and it can effect the functions of their body such as brain, eyesight, organs, height, weight, as well as the formation of body parts if the child is still in their mother's womb.

In the developing world the biggest concerns often lie with the lack of vitamins and minerals, as well as the access to clean drinking water. For information on water see our resource, water and sanitation. In this resource we will focus on vitamins and minerals. When a person lacks these they are said to be suffering from micronutrient malnutrition.

Malnutrition can occur in developed countries but is most likely to be seen in children in developing countries. It is believed that almost one third of children in developing
countries are malnourished (Source: www.unicef.org). Breastfeeding is a vital source of micronutrients for babies.

The solution to a lack of nutrients is to improve people’s diet. This can be done naturally – this is the ideal, however, often people do not have access to the right types of food, and in some cases any food at all! As a result groups of people are fed ‘supplementary food’, this is food extra to their diets which contain the nutrients they lack. Another method of providing the needed nutrients in countries where a population as a whole is lacking a certain vitamin or mineral it is added to a staple food such as flour or salt, this is called fortification.

It is important to realise an inadequate supply of food is often caused by war (where people working in fields are unable to work for fear of violence or landmines, or people have had to flee their homes and so leave food supplies) or poverty (where food is available but people do not have the money to buy it or land to grow it). The situation can be especially bad if a country has suffered a combination of factors, for example, a drought and a civil war.

As well as the shortage of food, disease also causes malnutrition. Diseases such as diarrhoea cause the body to loose essential nutrients, by flushing them out of the body. They can take a long time to replace and may affect a child’s growth
and development. Another important fact is that malnutrition is increasing in developed countries. This is caused by people choosing to eat the wrong types of food, not by a lack of adequate supply.

Self in one of the most researched topics in social sciences. In very general terms self refers to the way in which as individual views and evaluates him or herself. Self-esteem has been one of the most evaluations which the individual makes and customarily maintains with regards to himself, it express as attitude of approval or disapproval (Rosenberg 1965). Coopersmith (1967) defined self-esteem as a "personal judgements of worthless that is expressed in the attitude the individual holds towards himself". Self-esteem generally connotes the positive or negative value one places on one's own attributes (Freshback & Weiner 1991), Seligman (1995). Maintained that self-esteem is an epiphenomenon that reflects how well one is doing in life. Consequently, the researcher selected the following research problem- "A study of personality, mental health and self-esteem among different nutritional status children".
Classification of different Nutritional Status

Poor Nutrition:

Poor Nutrition means that type of nutrition which does not contain proper nutrition according to our body. The poor nutrition has two stages -

1) Quantitative Dietary Deficiency

2) Qualitative Dietary Deficiency

Medium Nutrition:

Medium nutrition means that type of nutrition which contain not good not bad quantity or quality of nutrition means average type of nutrition.

Rich Nutrition:

Rich nutrition is said to be best nutrition. It means nutrition in that state in which the human being is healthy in mental and physical and contain work ability according to age good nutrition gives the good health to the human being.

Objectives of the Present Study:

1. To study the significant difference of mental health between rich & medium nutritional children.

2. To study the significant difference of mental health between rich & poor nutritional children.
3. To study the significant difference of mental health between medium & poor nutritional children.

4. To study the significant difference of self-esteem between rich & medium nutritional children.

5. To study the significant difference of self-esteem between rich & poor nutritional children.

6. To study the significant difference of self-esteem between medium & poor nutritional children.

7. To study the effect between gender (boys & girls) and different nutritional status children on personality as reserved - outgoing.

8. To study the effect between gender (boys & girls) and different nutritional status children on personality as less intelligence - more intelligence.

9. To study the effect between gender (boys & girls) and different nutritional status children on personality as affected by feeling - emotionally stable.

10. To study the effect between gender (boys & girls) and different nutritional status children on personality as phlegmatic - Excitable.

11. To study the effect between gender (boys & girls) and
different nutritional status children on personality as Obedient-Dominant.

12. To study the effect between gender (boys & girls) and different nutritional status children on personality as Sober-Enthusiastic.

13. To study the effect between gender (boys & girls) and different nutritional status children on personality as Expedient-Conscientious.

14. To study the effect between gender (boys & girls) and different nutritional status children on personality as Shy-Venturesome.

15. To study the effect between gender (boys & girls) and different nutritional status children on personality as Tough-Minded - Tender-Minded.

16. To study the effect between gender (boys & girls) and different nutritional status children on personality as Zestful-Circumspect Individualism.

17. To study the effect between gender (boys & girls) and different nutritional status children on personality as Forthright-Shrewd.

18. To study the effect between gender (boys & girls) and
different nutritional status children on personality as Self-Assured - Guilt-Prone.

19. To study the effect between gender (boys & girls) and different nutritional status children on personality as Undisciplined Self-Conflict-Controlled.

20. To study the effect between gender (boys & girls) and different nutritional status children on personality as Relaxed-Tense.

21. To study the effect between gender (boys & girls) and different nutritional status children on total personality.

22. To study the effect between gender (boys & girls) and different nutritional status children on mental health as Realistic.

23. To study the effect between gender (boys & girls) and different nutritional status children on mental health as joyful living.

24. To study the effect between gender (boys & girls) and different nutritional status children on mental health as autonomy.

25. To study the effect between gender (boys & girls) and different nutritional status children on mental health as emotional stability.

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26. To study the effect between gender (boys & girls) and different nutritional status children on mental health as social maturity.

27. To study the effect between gender (boys & girls) and different nutritional status children on total mental health.

28. To study the effect between gender (boys & girls) and different nutritional status children on self-esteem.

Hypothesis of the Present Study:

1. There is no significant difference of mental health between rich & medium nutritional children.

2. There is no significant difference of mental health between rich & poor nutritional children.

3. There is no significant difference of mental health between medium & poor nutritional children.

4. There is no significant difference of self-esteem between rich & medium nutritional children.

5. There is no significant difference of self-esteem between rich & poor nutritional children.

6. There is no significant difference of self-esteem between medium & poor nutritional children.
7. There is no effect between gender (boys & girls) and different nutritional status children on personality as reserved - outgoing.

8. There is no effect between gender (boys & girls) and different nutritional status children on personality as less intelligence - more intelligence.

9. There is no effect between gender (boys & girls) and different nutritional status children on personality as affected by feeling - emotionally stable.

10. There is no effect between gender (boys & girls) and different nutritional status children on personality as phlegmatic - Excitable.

11. There is no effect between gender (boys & girls) and different nutritional status children on personality as Obedient-Dominant.

12. There is no effect between gender (boys & girls) and different nutritional status children on personality as Sober-Enthusiastic.

13. There is no effect between gender (boys & girls) and different nutritional status children on personality as Expedient-Conscientious.
14. There is no effect between gender (boys & girls) and different nutritional status children on personality as Shy-Venturesome.

15. There is no effect between gender (boys & girls) and different nutritional status children on personality as Tough-Minded - Tender-Minded.

16. There is no effect between gender (boys & girls) and different nutritional status children on personality as Zestful-Circumspect Individualism.

17. There is no effect between gender (boys & girls) and different nutritional status children on personality as Forthright-Shrewd.

18. There is no effect between gender (boys & girls) and different nutritional status children on personality as Self-Assured - Guilt-Prone.

19. There is no effect between gender (boys & girls) and different nutritional status children on personality as Undisciplined Self-Conflict-Controlled.

20. There is no effect between gender (boys & girls) and different nutritional status children on personality as Relaxed-Tense.
21. There is no effect between gender (boys & girls) and different nutritional status children on total personality.

22. There is no effect between gender (boys & girls) and different nutritional status children on mental health as Realistic.

23. There is no effect between gender (boys & girls) and different nutritional status children on mental health as joyful living.

24. There is no effect between gender (boys & girls) and different nutritional status children on mental health as autonomy.

25. There is no effect between gender (boys & girls) and different nutritional status children on mental health as emotional stability.

26. There is no effect between gender (boys & girls) and different nutritional status children on mental health as social maturity.

27. There is no effect between gender (boys & girls) and different nutritional status children on total mental health.

28. There is no effect between gender (boys & girls) and different nutritional status children on self-esteem.

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Method and Procedure:

The method and procedure of the study have been discussed with regard of the following data.

(a) Population
(b) The sample
(c) Research Design and Variable Involved
(d) The Tools used
(e) Procedure
(f) The Statistical Technique used.

(a) Population:

The present study was confided the personality mental health & self-esteem among different nutritional status children of Bundelkhand area of Uttar Pradesh. There are:

1) Jalaun
2) Banda
3) Hamirpur
4) Lalitpur
5) Jhansi
6) Mahoba
7) Chitrakut dham (Karvi)

But I have taken only one district Jalaun as per the study.

(b) The Sample:

In the present study 300 children 8-13 years of age
(boys and girls) of selected through their children ideal height & weight difference and though purposive sampling.

The subject were selected as a distributing technique 100 each in rich nutritional status children 100 medium nutritional status children and 100 poor nutritional status children and than further were divided for about 50 each in boys and girls group of both rich, medium & poor nutritional status children.

(c) Research Design and Variable Involved:

The present study is concerned with the effect of gender (boys & girls) and types of nutritional children (rich, medium & poor). 2x3 factorial design is considered suitable with the present study.

The variable of the present study are as follows -
Independent Variable -

"Independent variable is a condition in a scientific study that is manipulated so that its effects may be observed" - Rathus

"An Independent variable is that factor manipulated by the experimenter in his attempt to ascertain its relationship on the observed phenomenon" - Townsend

"The variable over which the investigator has control are called independent variable". - Edwards

"In general, then an independent variable is any variable manipulated by experimenter, either directly or through selection order to determine its effects on a behavioural measure (dependent variable)". - D. Amato

Dependent Variable -

" A dependent variable is that factor which appear, disappears, or varies as the experimenter introduces removes as varies the independent variable" - Townsend

Any measured behavioural variable of interest in a psychological investigation in called a dependent variable

- D. Amato.
There are two types of variable involved in the study.

1. Independent variable - Gender (boys & girls)
   - Types of nutritional children
     (Rich, Medium & Poor)

2. Dependent Variable - Personality
   - Mental Health
   - Self-esteem

(d) The tools to be used:

1) Indian adaptation of children personality questionnaire
   - S.D. Kapoor & S. Rao

2) Mental Health Scale - Taresh Bhatia & S.C.Sharma

3) Self-esteem - Mr.G.P. Thakur & M.S.Prasad

Data Analysis and Discussion:

PART-A: Overall comparison of rich, poor & medium nutritional children mental health.

PART-B: Overall comparison of rich, poor & medium nutritional children self-esteem.

PART-C: To see the effect of gender (boys & girls) and types of nutritional children (rich, medium & poor) on personality.
PART-D: To see the effect of gender (boys & girls) and types of nutritional children (rich, medium & poor) on Mental Health.

PART-E: To see the effect of gender (boys & girls) and types of nutritional children (rich, medium & poor) on Self-esteem.

(e) Procedure:

In the present study researches took 300 subjects of which 100 rich nutritional status children (50 boys and 50 girls), 100 medium nutritional status children (50 girls & 50 boys) & 100 poor nutritional status children (50 boys & 50 girls).

For the data collection of children (boys & girls) researcher went to different public school to find out the ideal height and weight that children & know about. What type of nutritious they take. If they have good health they take good nutritious food. If they have medium health they take medium nutritions food & If they have poor health means they take poor under nutritious food.

For the data collection of the children we went to different public schools and measure the, height and weight of their children and takes the result of their various test papers (personality, mental health & self-esteem) and we take conclusion about their meals according to performance.
(f) The Statistical Technique used:

The first purpose of the present study was to compare the personality, mental health & self-esteem. Mean and standard deviation of each group were calculated. The comparison between different groups were made on the basis of critical ratio with 0.05 and 0.05 level of confidence considered significant. Hypothesis were tested by applying critical ratio. Than calculate the effect of gender (Boys & Girls) and types of nutritional children (rich, medium & poor) on personality, mental health and self-esteem and testing the hypothesis.

Importance of the Present Study:

Certain development projects & several others measures taken up for betterment of different children of Bundelkhand region. One basic reason for poor results is a lack of forming nutrients in these area.

A through knowledge of the nutrients affecting development such as personality mental health & self esteem children have a important role in forming different welfare policies such as mid day meals & forming different nutrients presently such situation so that childrens development may be produce.
Delimitations of the Present Study:

The present study has been delimited in the following ways:

1. The present study is confined to the Bundelkhand region of Uttar Pradesh. Hence the result obtained and the inferences drawn are relevant to the subjects of Bundelkhand Area.

2. The present study is confined to the subjects of 8 to 13 years of age in the range of rich, medium & poor nutritional status children.

3. The present study is confined to the subjects of 8 to 13 years of age in the range of height and weight of the children.

Suggestions for further studies:

There is always great scope for further work in any field of research. There are immeasurable problem in the field of present study in order to understand these problems more clearly and precisely. It is essential to conduct many reasearch studies. One piece of research work can not explain all the problems in the field of different nutritional status childrens. Hence more and more research studies should be undertaken to examine these problem. Further it is also not possible for a single research worker to cover all dimentions of particular
problem or to extend the field of investigation to cover all the different types of childrens.

The present study is confined to study of personality, mental health and self-esteem among different nutritional status childrens an attempt has made to analysis the relationship of there variables with height & weight. The results of the present study are open to further research and verification.

The present study was confined to the subjects & weight personality, mental health and self-esteem of Bundelkhand area of Uttar Pradesh. Hence conclusions drawn from the present study are applicable to the subjects of this particular area.

Further researches may be taken up on the wider childrens of the different region of the state in order to make broader generalizations about subjects.

To understand the bevaioir of the different types of childrens. It is essential to study them in respect of other variable as socio-economic status and their family problems in various fields and other personal characteristic.

Conclusion :

1. The children who takes rich nutrition is more mental health as realistic, joyful living and autonomous than medium nutritional children.
2. Medium nutritional children have high mental health as emotional stability and social maturity than rich nutritional children.

3. The children who takes rich nutrition is more mental health as realistic, joyful living and autonomous than low nutritional children.

4. Rich nutritional children have high mental health as emotional stability and social maturity than poor nutritional children.

5. The children who takes medium nutrition is more mental health as realistic, joyful living and autonomous than medium nutritional children.

6. Medium nutritional children have high mental health as joyful living and autonomous than poor nutritional children.

7. The children who takes rich nutrition have high self-esteem than medium nutritional children.

8. The children who takes rich nutrition have high self-esteem than poor nutritional children.

9. The children who takes medium nutrition have high self-esteem than poor nutritional children.

10. Nutritional status (rich, medium & poor) significantly effect mental health as realistic, joyful living and autonomous.

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11. Nutritional status (rich, medium & poor) and gender (boys & girls) significantly effect mental health as emotional stability.

12. Nutritional status (rich, medium & poor) and interaction significantly effect self-esteem.