6 CONCLUSION

The study entitled “Nutritional Status and Eating Behavior of Adolescent Girls on Intervention with Nutrition Education in District Kurukshetra” highlighted the effectiveness of nutritional education program provided to the selected rural and urban adolescent girls. Nutrition education given to girls has a positive effect on Knowledge, dietary practices as well as on their attitude towards nutrition and health. The daily intake of calories, proteins, and iron by teenagers of both age groups was lower than the recommended dietary allowances (RDA). An improvement in the intake of nutrients has been observed, on imparting nutrition education.

Marked increase in growth parameters (height, weight, MUAC, calf circumference and chest circumference) was recorded in the subjects in early adolescence as compared to late adolescence after giving nutrition education through audio-visual aids. This might be due to the early adolescent age (13-15 years) which is still a period of growth. The increase in haemoglobin and serum iron levels in all experimental groups was measured after imparting nutrition education through different methods. The increase in haemoglobin and serum iron was seen in the subjects to whom nutrition education was imparted through audio-visual aids followed by audio aids alone. In the case of a behavioural aspect of adolescent girls, maximum improvement in self-confidence, self-expression and study habits were further observed in the subjects who received nutrition education through audio-visual aids as compared to audio and video aids alone.

Audio or visual aid alone give limited comprehension of the concept hence; to achieve a comprehensive learning, more than one sense should be involved. Adolescent girls to whom nutrition education was imparted through audio-visual aids learnt with enthusiasm and got better learning through audio-visual aids. Thus, indicating audio-visual aid is better, acceptable and interesting mode of imparting nutrition education which enriches and ensures a better learning.

Nutrition education imparted through audio-visual aids is a vital measure to improve dietary conducts and food selections of the adolescent girls as poor knowledge about nutritious foods are the chief causes of the poor nutritional status of the adolescent girls.

Hence, it can conclude from the present study that nutrition education given through
audio-visual aids is a dynamic allotment to develop good dietary conducts and food selections of the adolescent girls, as deprived dietary behaviors and obliviousness are the chief causes of the poor nutritional status of the adolescent girls. It would not only progress the health of adolescent girls, but future generation will also incline, as adolescent girls are would be mothers.

It was further suggested that to bring this to common practice, the good efforts are required by the government agencies and NGO’s to educate students and their families members, especially females by arranging repeated Health and Nutrition Programs for them through nutrition experts. Apart from this, schools should Create interesting and well-illustrated audio-visual teaching aids to educate students on Health and Nutrition by preparing simplified content for Health and Nutrition Programs in local languages.