

A Study of the Role of Nutrition in Determining the Immunity of the Body among 9th std students of Thakur Vidya Mandir School, Kandivali East, Mumbai

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Abstract: *The present study aims to study the role of nutrition in Determining the immunity of the body among 9th std students of Thakur Vidya Mandir School, Kandivali East, Mumbai*

For the present study, a questionnaire is used to collect data from 9th-standard Thakur Vidya Mandir School, Kandivali East, Mumbai students.

Nutrients are substances that provide energy and physical components to the organism, allowing it to survive, grow, and reproduce. Each stage of the body's immune response relies on the presence of many micronutrients. Examples of nutrients that have been identified as critical for the growth and function of immune cells include vitamin C, vitamin D, zinc, selenium, iron, and protein (including the amino acid glutamine). The purpose of this study was to examine school students' eating habits and knowledge of nutritional requirements for health.

The purpose of this study is to better understand the factors that impede healthy eating behaviors among students. We utilized the information from a group of students and determine what changes occur in eating behavior after embracing a healthy diet. During the analysis, the sample was grouped by different stud

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I. INTRODUCTION

As individuals transition from home to school life, nutritional knowledge becomes more important because food options change and dietary challenges arise. Traditional on-campus students use school dining facilities to eat meals. Students have the liberty of choosing a variety of healthy and unhealthy food options. If school students are unaware of the nutritional requirements to maintain a healthy body weight, they can make poor nutritional decisions, which can cause poor weight management and health problems. Individuals entering schools are beginning to live independently. Students' physical activity and eating habits usually shape or change during these years. Establishing good eating habits during this time is critical because this behavior often continues through adulthood and can be very difficult to change once they are established. Overweight students are more likely to become overweight adults and are at a higher risk for diet-related chronic diseases such as cardiovascular disease, type 2 diabetes, some cancers, and hypertension". Educational interventions need to be addressed to help school students meet their daily nutritional requirements. The purpose of this study was to examine school students' eating habits and knowledge of nutritional requirements for health.

1.1 NEED OF THE STUDY

The researcher felt that the eating habits of students are changing day by day various poor eating habits have been noted among school groups in many recent studies. Students nowadays are selecting food according to convenience, taste, time, and price rather than nutritional value. Many school students tended to choose quick and tasty options, which were usually available through vending machines.

The prevalence of overweight/obesity was 28.8%. The majority ate regular daily meals, but more than half skipped breakfast. Frequent snacking, fried food Consumption at least three times per week, and low intake of daily fruits were common. The frequency of visits to fast food restaurants was significantly higher among the overweight/obese. 25.4% of the students exercised at least three times per week. Almost all students are aware of balanced nutrition and the food

pyramid. But some students are not at all aware of the ill effects that they will have after having these kinds of eating habits so the researcher felt this as the need of this study.

1.2 RESEARCH QUESTION

In this research, there are several questions that need to be focused on:

- Are there any seminars conducted on health and nutrition in school for the students?
- How can you help the students of school to maintain the immune system in the body?
- What other factors affect the child's immunity?
- Since there is minimal published data on the role of nutrition in determining the immunity of the body, the present study helps to identify the immunity among 9th students of Thakur Vidya Mandir High School and Junior College”.

1.3 TITLE OF THE PROBLEM

“A Study of the role of nutrition in Determining the immunity of the body among 9th std students of Thakur Vidya Mandir School, Kandivali East, Mumbai”.

1.4 OPERATIONAL DEFINITION

- **Study:** The devotion of time and attention to gaining knowledge of an academic subject, especially by means of books.
- **Student:** A person formally engaged in learning, especially one enrolled in a school or college
- **School:** An institution for educating children.
- **Nutrition-** Nutrition is the process of taking in food and converting it into energy and other vital nutrients required for life
- **Immunity-** The immune system's way of protecting the body against infectious disease.
- **Body:** The physical whole of a living or dead organism

1.5 OBJECTIVE OF THE STUDY

- To know the eating habits of secondary school students.
- To study the awareness about eating healthy food.
- To suggest ways to develop healthy eating habits.
- To protect and promote diets, services and practices that support optimal nutrition, growth

1.6 SCOPE OF THE STUDY

- The study focuses on the different aspects of nutrition for people.
- The study guide on eating habits and nutrition for people.
- The study makes a discipline of science that deals with fitness, health, and eating well.
- The researcher selected the target population as students the age of 20 years and above.
- The target population of students includes both girls as well as boys living in the suburbs of Mumbai.

1.7 DE-LIMITATION OF THE STUDY

- The study is limited to a particular group of students of a particular age and standard.
- The study is limited to students of a particular school.
- The study is limited to students' nutrition.
- The study is limited to determining the immunity of the body.
- The study is limited to 30 to 35 questions.
- The study is limited to the nutrition of the body.
- The study is limited to the SSC school board only.

II. RESEARCH DESIGN AND METHODOLOGY

The researcher has selected the descriptive survey method for her present study.

Population: In this study, 9th std students of Thakur Vidya Mandir School, Kandivali East, Mumbai have participated.

Sample: The sample comprises 45 male and female students from Thakur Vidya Mandir School, Kandivali East, Mumbai.

Sampling technique: The researcher has selected a random sampling method for her present study.

Tools: All data for the present study was collected through a questionnaire prepared to conduct the study. This had a statement-type question in all. There were 20 number statements in all distributed under four sections. Three parameters were used for each statement for giving the answer that is yes, no, and sometimes.

Procedure of data collection:

The researcher studied different articles in magazines and newspapers, searched different sites, and then noted down a few titles for the study. She then took guidance from her research guide and finalized a title on which the researcher has completed this research.

After finalization of the title the researcher under the guidance of her guide prepared around 40 statements for the survey that was required for the research. The guide then selected 20 statements for the study. Once the statements were selected, the researcher prepared a questionnaire, distributed it among the 9th std students of Thakur Vidya Mandir School, Kandivali East, Mumbai, and completed her survey.

The survey tool consisted of the following directives:

Please read each sentence carefully and answer in terms of how well it describes you in the situation.

There are no right or wrong answers.

Select any one more suitable option.

The survey was completed with the full cooperation of the respective guide teacher, and parents as well as teachers of 9th std students of Thakur Vidya Mandir School, Kandivali East, Mumbai.

The name of the data collection center and count of the respondents are given in the table below:

Name of the School	No. of respondents
Thakur Vidya Mandir School, Kandivali East, Mumbai	45

IV. ANALYSIS OF DATA

Once the data collection process was completed, it was required to be analyzed scientifically. Since the survey conducted is short, the researcher decided to proceed with percentage analysis. The researcher used a pie chart for graphical representation.

The technique used by the researcher for analyzing the data is percentage-based. The data collection process can be conducted using various tools. The researcher selected the questionnaire as a tool for the collection of data where the information collected from the 9th std students of Thakur Vidya Mandir School, Kandivali East, Mumbai.

The researcher has used a descriptive survey method for analysis. Descriptive analysis is used to describe the characteristics of each sample.

V. MAJOR FINDINGS

All the findings are about the objectives of the study and data analysis performed in this study are mentioned in the following paragraphs.

- Junk food and processed foods seem to be an increasing part of our daily feeding.
- This low nutrition, high-calorie eating behavior is leading to weight gain, increased blood pressure, and increased cholesterol levels that are contributing to our current obesity
- Foods are high in sugar and fats and low in nutritional value.
- It is important to teach your children to eat more balanced, whole foods and avoid junk food.
- Healthy eating habits will affect their physical, emotional, and mental growth and development, and even their adult years

VI. CONCLUSION

The study has gone through the length and breadth-wise analysis of the topic “A Study of the role of nutrition in Determining the immunity of the body among 9th std students of Thakur Vidya Mandir School, Kandivali East, Mumbai”.

The purpose of this study is to better understand the factors that impede healthy eating behaviors among students. We utilized the information from a group of students and determine what changes occur in eating behavior after embracing a healthy diet. During the analysis, the sample was grouped by different students and their enrollment to provide variety and an in-depth interpretation of the results.

Good nutrition is fundamental for children’s current and future health, as well as their development and learning. The benefits of developing healthy dietary and lifestyle patterns from an early age onwards can positively impact on people’s nutrition and health throughout their adult lives, and enhance the productivity of individuals and nations. Nutrition education is an important element in an overall strategy aimed at improving food security and preventing all forms of malnutrition.

Schools (from pre-school to secondary) are ideal settings for promoting lifelong healthy eating habits and lifestyles.

To conclude, regular consumption of fruits and vegetables will help us maintain a healthy lifestyle. It is advisable to avoid regular consumption of junk foods as they do not add any nutritional value to our body and thus, make us inactive.

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