

## STUDY ON IMPACT OF MALNUTRITION OF TEENAGE TRIBAL GIRLS ON THEIR CREATIVITY IN SAURASHTRA REGION OF GUJRAT

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### Abstract

*In this research paper researcher tried to tell importance of nutrition for creativity in teenage tribal girls. Researcher examined relation between malnutrition and creativity. The data were collected through MTTGT and creative behavior test. Data collected from 30 teenage tribal girls of Saurashtra region of Gujrat.*

**Keywords:** *Malnutrition, teenage girls, Malnutrition in teenage girls, Malnutrition and creativity, tribal girls.*

### INTRODUCTION

According to the appointment Commission on the nutritional challenges of the 21<sup>st</sup> century malnutrition defined as ill health caused by deficiency of calories, protein, vitamins and minerals interacting with infectious and other poor health and poor performance. To provide them shape and strength and wellbeing of teenage tribal girls around the world.

According to the report of UNICEF (2011) 47% of teenage girls in India aged 15-19 years old are under weight-the highest in the world. UNICEF report stated that complications arising during pregnancy and delivery are among the leading cause of death for teenage girls aged 15-19 years. The health and wellbeing of the girl child is important part of the child right agenda. Under article 24 of the convention on the right of the child, "the right of the child to the enjoyment of the highest attainable standard of health" is recognized, including countries responsibility, to combat diseases and malnutrition.

On 10<sup>th</sup> July 2019 chief minister of Gujarat stated that no teenage girl should suffer from anemia. If teenage girls are healthy then the future will be healthy. They should get nutrition's food and any kind of deficiencies of iron, vitamins and other vital element should be eradicated. He further highlighted that to fight malnourishment in the Gujarat state.

### OBJECTIVES

1. To know relation between malnutrition and creativity of teenage tribal girls.
2. To find impact of malnutrition of teenage tribal girls on their creativity.

### REVIEW OF LITERATURE

1. Sahu, Swaroop et.al. (2015) have made study on malnutrition among under 5 children in India and strategies for control.
2. Agogue, Marine et.al. (2015) had studied about gamification of creativity: exploring the usefulness of serious game for ideation.
3. Warungboto, Soepomo(2016) have made study on the formation of high calories and rich-Fe biscuits for pregnant women with chronic energy malnutrition.
4. Kendra, Carolyn (2018) studied that regional variation in child hood malnutrition

associated with staple food consumption: evidence from Uganda.

5. Narayan, Jeetendra (2019) have made study on malnutrition in India: status and government initiatives.

### **HYPOTHESES**

**H<sub>01</sub>** There will be no significant correlation between malnutrition and creativity of teenage tribal girls.

**H<sub>02</sub>** There will be no significant difference between the mean score of malnutrition and creativity of teenage tribal girls.

### **DE-LIMITATION**

The sample for the present study was selected from teenage tribal girls of Saurashtra region of Gujarat.

### **SIGNIFICANCE OF THE STUDY**

1. This study shows the importance of nutrition to enhance creativity.
2. This study tells about importance of nourishment for sound health of teenage tribal girl.

### **METHODOLOGY**

The survey method was used in this research.

### **SAMPLE**

The sample was selected from teenage tribal girls aged (15-19 years) of Saurashtra region of Gujarat. Total 30 malnourished girls were selected. Random sampling was used to select sample.

### **TOOL**

For measuring malnutrition in teenage tribal girl there were no single test was available. So, the researcher made effort to get a scale to measure impact of malnutrition on teenage tribal girls. So, the first of all Malnutrition Test for Teenage Tribal Girl (MTTGT) has developed by the investigator. The test consisting that statement which is able to measure impact of malnutrition in teenage tribal girl's body. Teenage tribal girls who are considered as malnutrient chosen. Their lives, habits, their outlook towards tough situation, their ways of approaching problems etc. were studied and from their some attributes were identified. The statement in creative behavior test based on characteristics of those attributes. An individual response is use to infer teenage tribal girls creative potential. Teenage tribal girl who behaved like these were considered creative; So, a teenage tribal girls behaving like this ought to be creative. For measuring creativity in teenage tribal girls Creative Behavior Test has been used. The test has 30 statements. Each statement has 4 responses namely A- If you agree more often, B-If you disagree more often, C- Partially agree and D- Partially disagree.

### **CONTENT VALIDITY**

The content validity of this test item are solely based on research proven. Items are expected to be high and promising. The content validity of MTTGT was examined by expert judgment. Before the pilot study. A well prepared list of MTTGT including 6 statements was sent to experts providing contribution in the field of food & nutrition and psychology. These 6 statements

related to eating nutritious food, tiredness and irritability, ability to concentrate, depression, taking longer to heal, difficulty on focusing at work and school. The list of MTTGT was sent to expert with following request to seek their guidance in the development of the tool. And asked them about enough item, suggestion on MTTGT test and appropriateness of scale, suggestion regarding sequence of item. The suggested improvements were incorporated before the pilot study was under taken.

### PILOT STUDY

Thus a pilot form for MTTGT test consisting 6 items was prepared on a Likert Type scale. In all to be responded on a 5 point scale from SA to SD. These items were framed with a case to include positive and negative statement of impact of malnutrition on teenage tribal girls. For negative items marking was from 5 to 1 (SA to SD) and for positive items marking was from 1 to 5 (SD to SA). The score for each subject were computed.

### RELIABILITY

The test retest reliability of the scale has been calculated by the researcher of MTTGT. The reliability coefficient in this case is simply correlation between the scores obtained by the some teenage tribal girls. A time gap of 1 month was kept between the 1<sup>st</sup> administration and the second administration. The correlation between two set of scores was calculated by product moment method. The reliability coefficient was 0.87 for MTTGT . This demonstrate high reliability of the scale. This reliability coefficient is significant at 0.05 level.

### DATA COLLECTION

The researcher personally visited to meet and collect data from teenage tribal girls those are having malnutrition. Researcher explained the purpose of study and they were requested to respond to the statements. Proper time allotted to all participants for their response. The completion of data collection work finished in 5 days.

### DATA ANALYSIS

The analysis of data was done to find that is there any relation between malnutrition and creativity of teenage tribal girls. And if there is relation then malnutrition is giving impact on creativity of teenage tribal girls.

### STATISTICAL TECHNIQUE

The obtained data were analyzed by using statistical device of Karl Pearson's product moment method for correlation and mean, SD(Standard deviation) , SED( Standard error of deviation), and 't' test of significance for interpretation of result of impact of malnutrition of teenage tribal girls on their creativity.

### RESULT AND FINDING

**Table – 1: Significant correlation between malnutrition and creativity of teenage tribal girls**

S.No.	particular	Sample size	Degree of freedom	Calculated r value	Significant level
01.	Whole (teenage tribal girl)	30	28	.65	Significant at 0.01 level

The data in table – 1 were used to test the hypotheses  $H_{01}$  that There is no significant correlation between malnutrition and creativity of teenage tribal girls.

The calculated value of  $r = .65$  was significant at 0.01 percent level. For ( $df = 28$ ). The hypothesis was therefore retained. The direction of correlation is positive. Which indicate that as the creativity in respondents not found it is due to malnutrition in teenage tribal girl.

**Table - 2: Significant difference between the mean score of malnutrition and creativity of teenage tribal girls**

S. No	Variables	N	Mean on Test Y	SD on Test Y	Mean on Test X	SD on Test X	Cal. R value	Diff. of Two Mean on test X	Standard Error of Diff. of two mean on Test X	'T' value
01	Teenage Tribal Girl	30	14.2	12.5	8.5	6.3	.89	4.2	.379	9.80

\*\* Statistically significant at both level.

In the observation table -2 calculated 't' value is more than table value for  $df = 28$  at 0.01 level is 1.70 and at 0.05 level is 2.05. So, the given table revealed that the 't' value of difference between the mean score of impact of malnutrition on creativity of teenage tribal girls. Therefore the null hypothesis 'H<sub>02</sub> There is no significant difference between the mean score of malnutrition and creativity of teenage tribal girls'. Is rejected. This study supports the impact of malnutrition on creativity of teenage tribal girls.

## DISCUSSION

Table - 1 reveals that there was positive correlation between malnutrition and creativity. And table - 2 reveals that if a teenage tribal girl will intake of proper nutrients then she must have creativity towards to solve tough situation and find numerous ways to approaching problems.

## CONCLUSION

It can be concluded that there was high positive correlation between malnutrition and creativity. If problem of malnutrition solved in teenage tribal girls then they will be overcome from the tiredness and irritability, ability to concentrate, depression, taking longer to heal, difficulty on focusing at work and school.

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