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A STUDY OF THE NUTRITIONAL STATUS OF ENGLISH MEDIUM SCHOOL STUDENTS IT'S RELATION TO THEIR ACADEMIC PERFORMANCE: SPECIAL REFERENCE TO AMRAVATI CITY

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ABSTRACT

School age is considered an active stage for physical and mental development. Therefore, proper nutrition of students during this period is considered very important, as nutrition of students during this period lays the foundation for lifelong health and intellectual ability. However, under nutrition in primary school age poses problems such as school attendance, school absenteeism, academic performance and dropout rates. Therefore, this study is conducted to see the relationship between the nutritional status of students in an English medium English school and their academic performance. A total of 100 students in the age group of 6-10 years were selected for this research. A structured schedule was used to collect the facts. The nutritional status of the students was assessed using three indices of malnutrition. It used the problem of underweight, growth and development. Furthermore, the academic performance of primary school children was evaluated using a seven-point grading system. Analysis of variance was used for statistical analysis of the data. In this study, the overall prevalence of underweight problem as well as malnutrition was 10.00%. Finally, it was found that the nutritional status of the students had a significant impact on their academic achievement in this research. This research can help in devising effective measures to reduce the burden of malnutrition among students and can also act as guidelines for the development of a better generation in the future.

INTRODUCTION:

Generally, children in the age group of 6 to 10 years are referred to as primary school children. The age period of primary school level students is considered to be very important in terms of nutrition. Because during the period of rapid growth and development during adolescence, this is the prime period for the body to store nutrients. Furthermore, it is important for students to be well-nourished at the primary school age, as nutrition during this period lays the foundation for a student's lifelong health, strength, and intellectual ability. The age of students at school level is considered to be an active phase of physical growth as well as mental development of students. During this period, nutrients play an important role in brain development. Overall, the quality of a student's growth

and development, health status and quality of life is reflected by their nutritional status. Nutritional imbalances during the school-age period can cause serious health problems for students throughout their lives.

Chronic undernutrition in childhood is associated with delayed cognitive development in students and serious health problems later in life that adversely affect quality of life in adulthood. Improved nutrition is associated with optimal brain function, and nutritional deficiencies can significantly affect brain development. Malnutrition in primary school age causes low school attendance, high absenteeism, unsatisfactory academic performance and high dropout rates. This is clear from previous studies. Apart from these factors, recent research findings have established the unbalanced nutritional status of school students as a major cause of their ineffective academic performance. Inadequate food intake, inadequate health care, frequent exposure to infections and uneven food distribution, modern lifestyles put students at risk of malnutrition. Despite the dynamic process of economic growth and development, malnutrition remains a major health problem for students in developing countries. For the development of the future generation as well as for the development of the nation, understanding the impact of nutritional status on the academic performance of primary level students is very important. An attempt has been made in this research to find out the relationship between nutritional status and academic performance of primary school children.

In the present situation, there is a significant increase in the number of English medium schools and the number of students studying in them. The students studying in these schools are generally from higher socio economic strata. The relationship between the nutritional status of students in these schools and their academic performance has been studied in this research considering all the aspects of these schools, school environment, school rules.

NEED AND JUSTIFICATION OF THE STUDY:

In the current situation, the number of parents who are turning to English medium education is increasing in a big way. The superstition that quality education is imparted through these schools is widely seen among parents. But if we think about the reality, it can be seen that in these schools more emphasis is placed on bhokampatti instead of conceptual clarity of the students. Moreover, a large amount of study burden is imposed on the students regardless of their age. For this, the parents are counselled in various ways by the teachers of this school and they try to teach outside the school. If you do not teach your child, he will fall behind in studies, he does not study at home, the teacher reads the problems in class parents. As a result, parents are ready to teach their children. Therefore, students spend the whole day between school in the morning and tutoring classes in the afternoon. So he can't give time to play and take care of his health. They only get a day off. In such a situation, the timetables and different types of activities in these schools have an impact on the health of the students. In such a situation, the relationship between the health status of students in these schools and their academic performance has been studied in this research.

OBJECTIVE OF THE STUDY:

1. To study the nutritional status of students in English medium schools.
2. To study the academic performance of students in English medium schools.
3. To study the relationship of nutritional status of students in English medium schools with their academic performance.

HYPOTHESIS OF THE STUDY:

1. There is no significant impact of the area and gender of English medium students on their nutritional status.
2. There is no significant impact of the area and gender of English medium students on their academic performance.
3. There is no significant impact of nutritional status of students in English medium schools on their academic performance.

VARIABLE OF THE STUDY:

Independent Variable : Nutritional status
Dependent variable : Educational performance
Gender : Boys students and Girls Students
Area : (1) Students Resident in Backward Area (2) Students Resident in Standered Area

LIMITATIONS OF THE RESEARCH:

The present research work is limited to students studying in English medium schools in Amravati city. In relation to the nutritional status of these students, their age and weight were studied, and grades in the progress report of the students were used in relation to academic performance.

MATERIAL AND METHOD:

Survey method has been used for this research. For this, 78 students studying in Class 5 of Amravati city were selected. For this, random sampling method was used. A structured schedule was used for data collection. Nutritional status of children was assessed using an index based on weight and height of students. Also, the academic performance of the students was evaluated through internal assessment. Inferential statistical techniques were used to analyze the data.

RESULT AND DISCUSSION:

Table no. 1.1
Significant difference between the nutritional status of English medium school students

Source	Type III sum of Squares	df	MS	F-Ratio
Area	3009.24	1	3009.24	3.251 ^{NS}
Gender	1324.477	1	1324.477	1.431 ^{NS}
Area*Gender	1121.022	1	1121.022	1.211^{NS}
Error	88838.885	96	925.405052	
Total	1808745	100		

From the above table shown that, rural and urban area English medium students and gender wise boys and girls students nutritional status calculated F-ratio is 3.251 and 1.431 respectively. its is not significant at 0.05 level of significant. It's means that no significant difference between the nutritional status of area and gender wise students studying at English medium school. Area and Gender of wise nutritional interaction status of English medium

students it's calculated F-ratio is 1.211. it's not significant at 0.05 level of significant. It's means that no significant interaction area and gender wise students for their nutritional status.

Table no. 1.2

Significant difference between the educational performance of English medium school students

Source	Type III sum of Squares	df	MS	F-Ratio
Area	6491.291	1	3009.24	1.502
Gender	2884.255	1	1324.477	0.661
Area*Gender	2325.055	1	1121.022	0.559
Error	192247.922	96	2002.58252	
Total	3871751	100		

From the above table shown that, rural and urban area English medium students and gender wise boys and girls students educational performance status calculated F-ratio is 1.502 and 0.661 respectively. its is not significant at 0.05 level of significant. It's means that no significant difference between the educational performance status of area and gender wise students studying at English medium school. Area and Gender of wise educational performance interaction status of English medium students it's calculated F-ratio is 0.559. it's not significant at 0.05 level of significant. It's means that no significant interaction area and gender wise students for their educational performance.

Table no. 1.3

Impact of nutritional status of students in English medium schools on their academic performance.

SV	SS	Df	MS	F-Ratio
Between group Some of Square	126395.773	2	63197.8865	6.498
Within group Some of Square	943304.811	97	9724.79187	
Total	859700.584	99		

From the above table shown that, the significant impact of nutritional status of English medium students on their academic performance. It's calculated F-ratio is 6.498. this calculated value is greater than the table value of 0.5 level of significant on degree of freedom BSS 2 & WSS 97. It means that nutritional status of English medium students is significantly impact on their academic performance.

CONCLUSION:

This research shows that the nutritional status of English medium school students is satisfactory. As the parents of students studying in these schools are of good socio-economic status, they pay good attention to their children's health and their families have the ability to plan all aspects of nutritious food, exercise and studies for them. As the parents of the students studying in the specialty English medium schools are more aware of their progress and health, they are able to nurture their children effectively. In such a situation this nutritional status has a significant

impact on the academic performance of the students. That is, the academic performance of students whose nutritional status is good was found to be effective in this study. Moreover, the academic performance of students whose nutritional status is normal was found to be normal and the academic performance of students with low nutritional status was low. In such a case, active efforts at the school, community, and family level to develop healthy habits among students will help improve student nutrition. It is necessary to pay attention to the nutritional aspects of the students at the school level as well. At the school level, teachers need to coordinate the nutrition and study habits of the students in this research.

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