



URBANIZATION, ITS EFFECT ON DIETARY PATTERN-HABITS OF ADOLESCENTS FROM URBAN AND RURAL AREA

Tejeshwari M. Tembhare & Madhuri Y. Nasre¹

S.S.Girls College, Gondia

¹ Head of the Dept of Home Science

Email ID: tejutembhare8095@gmail.com

ABSTRACT

Adolescents demand good nutrition to maintain growth- development and healthy life. During this period the development of eating good habits and good dietary pattern is of supreme important. The present study was carried out to assess the urbanization and its effect on dietary pattern and habits of adolescents from urban and rural area. Survey of rural adolescent was done in Darbada, Gondia district and of urban adolescent was done in Gondia city. An interview cum questionnaire schedule was to elicit general information, anthropometric measurements, dietary habits and dietary pattern. Nearly 85% of adolescents had consumed regular foods like chapatti, rice, dal and vegetables including green leafy vegetables from both area. Majority of Adolescent do not missed a meal but one- third of adolescents from urban area were missing a meal once or twice a week. Nearly 70% of adolescents of rural area had their breakfast daily while only 25-45% of urban adolescents had their breakfast daily. Majority of urban adolescents were consumed chocolate, soft drinks, icecream, pastries, chips and other fast foods with missing meals once or twice a week whereas rural adolescent do not consumed that junk food. adolescents agreed that urbanization has a greater influence on changing food habits due to availability of fast food in different varieties force them to eat fast food.

Keywords: Urbanization, Adolescents, Dietary pattern, Nutrition

INTRODUCTION

Urbanization refers to the population shift from rural to urban areas, “the gradual increase in the proportion of people living in urban areas”, and the ways in

which each society adapts to the change. It is predominantly the process by which towns and cities are formed and become larger as more people begin living and working in central areas.



Urbanization creates enormous social, economic, environmental and dietary changes, which provide an opportunity for sustainability with the “potential to use recourse more efficiently, to create more sustainable land use and to protect the biodiversity of natural ecosystem.

‘Adolescence’ is derived from the Latin verb ‘adolescere’ which means ‘grow to maturity.’ Adolescence is a grey area in the spectrum of life falling between childhood and adulthood .It is an age transition when an individual experiences rapid growth and development, both physical and psychological and changes from being a child to an adult.

Dietary habits and traditional meal patterns also differ in urban environment. Physical and psychological pressure influence adolescents eating habits. Teenagers have the reputation of having the worst eating habits .They may skip a meal or they may eat fast food which are generally

inadequate in some nutrients and high in calories, saturated fat and sodium. In this phase, the curiosity arose to see effect of urbanization on the dietary pattern - habits of adolescents from rural and urban area.

METHODOLOGY

The present study was conducted to see the dietary pattern-habits of adolescents belonging to rural and urban area. Sample was selected by purposive sampling technique, 50 girls and 50 boys from urban area of Gondia city and 50 girls, 50 boys from rural area named Darbada, Taluka-Salekasa, and District-Gondia. The information was collected by questionnaire cum interview method. The questionnaire was focused to collect the information regarding dietary pattern and food habits of adolescents, in which the questionnaire were asked on the types of food consumed in 24 hours ,consumption of junk food, consumption of breakfast, and their habits of skipping meals. The



anthropometric measurements included height (cm); weight (kg) which was taken using proper instruments. BMI was calculated.

RESULT AND DISCUSSION

The present study was conducted and the data was presented and discussed in the

From the table no.1 it is observed that from the selected sample maximum of 44% and 48% adolescent boys from the age group of 18 years and maximum 40 and 44% adolescent girl from the age group of 20 years.

From the table no.2 it is observed that 44% and 48% of fathers of boys and girls respectively were educated SSC. Maximum percent of mothers (54% & 40%) of boys and girls where completed their middle school. In other hand maximum percent of parents of urban boys and girls where graduate and post-graduate. Maximum percent of adolescents from rural area come from joint family and maximum percent of adolescents from urban area come

The collected data was compiled and tabulated. Data was done by percentile method

following ways. The age wise distribution of the subjects from rural and urban area is presented in the table 1.

from nuclear family. Majority of adolescents from rural and urban area were Hindus, while Muslim and Christian constituted 24% and 16% respectively from urban area. Maximum adolescent boys and girls (34% & 52%) from rural area belongs to monthly family income less than Rs 50,000, while in about 38% and 30%, it was between Rs. 5,000 and 10,000 per month. It is also observed that maximum adolescent from urban area (42% & 38%) was come between Rs 30,000-40,000 per month.

From the table no. 3 it is observed that 72% of boys from rural area had a normal BMI, 28% were underweight. 44% and 52% of girls from rural area were underweight and normal



respectively. While 46% (boys) and 56%(girls) of adolescents from urban area had normal BMI,24% boys were overweight ,30% girls of urban area were underweight and 12% were overweight,12% were underweight

From table no.4 it is observed that majority of 76% boys and 64% girls of urban area were nonvegetarian and 46% boys,68% girls from rural area were vegetarian.54% boys of rural area were nonvegetarian.

From the table no. 5 it is observed that nonveg intake of rural boys and girls is 28% and 14% monthly they don't take nonveg weekly and fortnightly. In urban adolescents it was found that 16% and 22% boys and girls were take nonveg ones a week, remaining 16%, 20% and 24 % boys take nonveg 2-3 times a week, fortnightly and monthly respectively.16% and 26% of urban girls eat nonveg fortnightly and monthly

Table no. 6 shows that 76% and 84% of boys and girls from rural area had their breakfast daily whereas only 28% and 46% boys and girls from urban area had their breakfast daily. Maximum 36% of boys and 44% of girls of urban area had their breakfast 1-2 days a week and 3-4 days a week respectively.24% of urban adolescents boys were never had breakfast.

In this study, nearly 96% and 100% of boys and girls of rural area had habits of taking regular meals.74%and 82% boys and girls from urban area also had habits of taking regular meals but 20%, 10% boys and girls missed a meal once or twice a week (Table 7).

Table no. 8 shows the dietary pattern of adolescents from both rural and urban area. Majority of them (80%-100%) had consumed regular foods like chapatti, rice, dal and vegetables including green leafy vegetables.88%and 64% boys and girls of rural area had consumed milk while only 12% and



18% boys and girls of urban area consumed milk. Rural adolescents consumed more milk due to availability; they had cow's and buffalo's in their home. Consumption of fruits was lower in rural areas adolescents because of its cost; they cannot afford costly fruits in their monthly income of family.

From the table no 9 it is observed that majority of urban adolescents (80-100%) consumed chocolates, icecream, chips, biscuits and chinees food. Nearly 30-40% urban adolescents also consumed pizza, burger and pestries. It also seen that majority of rural adolescents had not consumed all those food items, they had consumed only biscuits and chips (50-70%). This was due to unavailability of fast food and junk food in a rural area and also due to their low monthly income.

CONCLUSION:

In general most of the adolescents in this study had

healthy eating habits and consumed regular food. However, majority of urban adolescents were consumed chocolate, soft drinks, icecream, pestries, chips and other fast foods with missing meals once or twice a week whereas rural adolescent do not consumed that junk food. Were adolescents admitted that this was due to availability of fast food places and their pocket money. Majority of the adolescents from urban area agreed that eating fast foods is the way of showing that they belongs to higher society. adolescents agreed that urbanization has a greater influence on changing food habits due to availability of fast food in different varieties force them to eat fast food, packaging of those fast food is very attractive, in rural area fast food places and junk foods was not available so they do not know and attracted towards fast food. Socio-economic factor play the contributory role for consuming fast food and junk food.

**Table no.1: Age wise Distribution of the Subjects**

Sr. No.	Age	Rural Area				Urban Area			
		Boys		Girls		Boys		Girls	
		No.	%	No.	%	No.	%	No.	%
1.	18	22	44	18	36	24	48	18	36
2.	19	16	32	12	24	11	22	10	20
3.	20	12	24	20	40	15	30	22	44

Table No.2: Demographic details of the Subjects

Sr. No.	Parameters	Rural Area				Urban Area			
		Boys		Girls		Boys		Girls	
		No.	%	No.	%	No.	%	No.	%
1.	Educational Qualification (Father)								
	Middle school	08	16	13	26	-	-	-	-
	SSC	22	44	24	48	08	16	10	20
	HSC	12	24	07	14	15	30	12	24
	Graduate	05	10	04	08	18	36	12	24
	Post Graduate	03	06	02	04	09	18	16	32
Sr. No.	Parameters	Rural Area				Urban Area			
		Boys		Girls		Boys		Girls	
		No.	%	No.	%	No.	%	No.	%
	Educational Qualification (Mother)								
	Middle school	27	54	20	40	04	08	04	08
	SSC	09	18	16	32	06	12	08	16
	HSC	12	36	14	28	14	28	14	28
	Graduate	02	04	-	-	14	28	11	22
	Post Graduate	-	-	-	-	12	24	12	26
2.	Type of Family								
	Nuclear	21	42	23	46	42	84	36	72
	Joint	29	58	27	54	08	16	14	28



3.	Religion				100				
	Hindu	50	100	50		38	76	30	60
	Muslim	-	-	-	-	12	24	12	24
	Christian	-	-	-	-	-	-	08	16
4.	Family Income								
	Less than Rs 5,000	17	34	26	52	-	-	-	-
	Rs.5,000-10,000	19	38	15	30	04	08	06	12
	Rs.10,0000-20,000	09	18	03	06	10	20	14	28
	Rs.20,000-30,000	02	04	04	08	15	30	11	22
	Rs30,000-40,000	03	06	02	04	21	42	19	38

Table No.3: Distribution of Study participants based on BMI

Sr. No.	BMI Class kg/m ²	Classification	Diagnosis	Rural area		Urban area	
				Boys	Girls	Boys	Girls
1	Below 16.5	CED grade-III	Severe Malnutrition	-	-	-	-
2	16.5-17.0	CED grade-II	Moderate Malnutrition	-	-	-	02(4%)
3	17.0-18.5	CED grade-I	Mild Malnutrition	-	02(04%)	04(8%)	04(8%)
4	18.5-20.0	Underweight	Low weight but Normal	14(28%)	22(44%)	04(8%)	15(30%)
5	20.0-25.0	Normal	-	36(72%)	26(52%)	23(46%)	28(56%)
6	25.0-30.0	Obese grade-1	Over weight	-	-	12(24%)	04(04%)
7	30.0-40.0	Obese grade-2	-	-	-	02(4%)	04(8%)
8	Above 40	Obese grade-3	Extreme Obesity	-	-	-	-

Table no.4 Food habits of Subjects:

Food Habits	Rural area		Urban area	
	Boys	Girls	Boys	Girls
Vegetarian	23(46%)	34(68%)	12 (24%)	18(36%)
Nonvegetarian	27(54%)	16(32%)	38(76%)	32(64%)

**Table no. 5. Nonveg intake of Subjects:**

Non veg intake	Rural area		Urban area	
	Boys	Girls	Boys	Girls
Weekly	-	-	08(16%)	11(22%)
2-3 times a week	-	-	08(16%)	-
Fortnightly	-	-	10(20%)	08(16%)
Monthly	18(36%)	07(14%)	12(24%)	13(26%)
Other	09(18%)	09(18%)	-	-

Table no 6: Consumption pattern of breakfast among adolescents

Participants	Daily		3-4days a week		1-2 days a week		Never	
	No.	%	No.	%	No.	%	No.	%
Rural Area								
Boys	38	76	09	18	03	06	-	-
Girls	42	84	06	12	02	04	-	-
Urban Area								
Boys	14	28	11	22	13	26	12	24
Girls	23	46	15	30	09	18	03	06

Table no.7 Pattern of missing meal among adolescents

Participants	Never		1-2 times a week		3-4 times a week		No response	
	No.	%	No.	%	No.	%	No.	%
Rural Area								
Boys	48	96	02	04	-	-	-	-
Girls	50	100	-	-	-	-	-	-
Urban Area								
Boys	37	74	10	20	-	-	03	06
Girls	41	82	05	10	-	-	04	08

**Table no 8: Various food items consumed by adolescents in the last 24 hours**

Food Items	Rural area				Urban area			
	Boys		Girls		Boys		Girls	
	No.	%	No.	%	No.	%	No.	%
Chapati/paratha/bh akhri	42	84	46	92	48	96	45	90
Rice	50	100	50	100	39	78	32	64
Dal	48	96	50	100	50	100	50	100
Greenleafy vegetables	36	72	40	80	38	76	47	94
Fruit and fruit juice	16	32	14	28	34	68	32	64
Salad	02	04	06	12	22	44	30	60
Sprouted legumes	-		-		-		06	12
Milk	44	88	32	64	06	12	09	18
Other vegetable	45	90	50	100	50	100	50	100

Table no. 9 weekly consumption of fast food /junk food by the adolescents:

Food items	Rural area				Urban area			
	Boys		Girls		Boys		Girls	
	No.	%	No.	%	No.	%	No.	%
Pizza/Burger	-		-	-	17	34	22	44
Ice-cream	09	18	13	26	40	80	43	86
Pestries	-		-	-	23	46	26	52
Chocolate	18	36	21	42	41	82	50	100
Soft drinks	-		-	-	22	44	08	16
Chinese food	-		-	-	48	96	47	94
Biscuits	34	68	33	66	50	100	50	100
Chips	29	58	36	72	42	84	45	90

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