A STUDY OF HEALTH AND NUTRITION STATUS OF TEENAGE GIRLS AT TARODA (BUDRUK) VILLAGE IN NANDED,MAHARASHTRA.

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Abstract
Adolescence is a transitional period between childhood and adulthood during which rapid physical, mental, emotional, and social development occurs. Adolescent girls are most at risk of under nutrition, which affects their overall development. With this background, this study was conducted to study some aspects of the socio-demographic profile and to assess the nutritional status of adolescent girls by anthropometry in a rural area of a district. Being healthy is one of the most crucial aspects of a human life. The World Health Organization (WHO) stated "Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity,". Additionally, it is noted that every person has the fundamental right to the best possible level of health, regardless of their race, religion, political beliefs, economic status, or social standing. It is crucial to take into account the health of the teenage girls in rural areas . Consequently, the research study focus is on the young girls, or teenagers, in the aforementioned village. It is also well known that achieving peace and security depends on both individuals and states working together as fully as possible to ensure everyone's health. The research study also analyse the detrimental effects of consuming junk food and the significance of eating a balanced diet with high nutritional values.

Keywords: Nutrition, Health, Teenage, Girls, Food.

Teenage girls between the ages of 13 and 19 make up more than 105 million of India's youth population, which is among the fastest growing in the world. Teenagers go through a turbulent time when they reach menarche, which is seen as the most blatant indicator of sexual maturity in them. Even though adolescence is a crucial stage of life, many teenagers lack the knowledge, skills, and comfort that adults do when it comes to accessing resources for reproductive health. This leads to improper and unhealthy behaviour during this menstrual cycle as a result. All of these health issues need to be managed with thorough care and support that addresses both medical and psychosocial concerns. In a person's lifetime, the adolescent years are a crucial time. It is referred to as the period between childhood and adulthood and is distinguished by an incredibly rapid growth. Adolescents go through a period of rapid growth and development during which they develop their physical size, their fine and gross motor skills, and their biological maturity. Adolescents must have their nutritional status closely monitored because they will be the parents of tomorrow. This accelerated physical growth is influenced by socioeconomic status and dietary habits. Numerous epidemiological studies have demonstrated a relationship between socioeconomic status and physical changes that occur during adolescence(Pal et al., 2017) .

The American Academy of Pediatrics (AAP) hosted the first medical symposium on adolescence in the United States in 1941. Then, by the 1950s, Boston Children's Hospital established the first inpatient department and academic training program in adolescent medicine. 28 With the help of the federal government, adolescent medicine training programs with thorough inpatient, outpatient, and psychosocial support services were developed in the 1960s. The Society for Adolescent Medicine was subsequently founded in 1968. 2 Later in 1979, the AAP started formally offering pediatricians in practice continuing medical education in adolescent medicine(Yasmeen, 2021) .

The Government of India recognizes the importance of influencing the health behavior of young people. The health status of this age group is a key determinant of India's overall health, mortality, morbidity and population growth scenarios. Investments in adolescent reproductive and sexual health therefore delay the age of marriage, reduce the incidence of teenage pregnancy, address unmet contraceptive needs, reduce maternal mortality, It benefits by lowering the incidence of sexually transmitted infections and lowering HIV infection

rates. It will also help India realize its demographic dividend as healthy young people are an important resource for the economy.

In Maharashtra, 1 in 10 children are born underweight and 1 in 3 mothers with children under the age of 2 have a body mass index (BMI) below 18.5, putting them at increased risk of having an underweight baby. I'm here. Child survival indicators remain a last-mile problem in tribal areas and urban slums. The rate of child marriage is below the national average and occurs mainly among girls between the ages of 16 and 18. However, there are large regional differences, with 17 districts having higher rates of child marriage than the national average. Adolescent girls are an important resource for a nation's growth. An investment in their health and development is an investment in the well-being of the nation. Adolescent girls have numerous unmet health, educational, social and economic needs. However, international organizations, funders and civil society organizations are starting to pay attention to the importance of investing in adolescent girls. There are a variety of government, non-profit, and corporate initiatives dedicated to promoting health, education, empowerment, and economic opportunity for teenage girls.

The Power of Nutrition focuses on increasing access and utilization of essential nutrition interventions. Iron and folate supplementation for pregnant women, vitamin A and deworming, nutrition education, advice on improving nutrition, care for children with severe acute malnutrition. These are complemented by measures to improve hygiene and hygiene facilities. This investment will enable more effective and efficient services for Maharashtra's most vulnerable people.Assuming increased coverage, the investment will prevent approximately 217,000 cases of stunting, 7,000 deaths of her children under the age of 5, and 272,000 cases of maternal anemia between 2020 and 2024 will be *News - The Power of Nutrition*. (2018, September 16).

Review of Literature

A Study of Nutrition Related Practices in a Rural Community.'the article by Sanjeeva Rao Nallapu, As per the article, though food availability has increased considerably even in rural areas, poor diets are being followed due urban influences, food fads and misconceptions. Recommended nutritional goals are not being practiced leading to increased burden of lifestyle related health issues. Intake of green leafy vegetables and fruits in rural communities is poor and age old practices like home pounded rice are becoming non-existent(Nallapu & Aila, 2020) .

Malnutrition is a silent emergency that still poses a serious threat to global public health, particularly in South-East Asia and sub-Saharan Africa. It is a sign of malnutrition and has a significant impact on both human health and the social and economic development of a population. It is among the leading global causes of morbidity and mortality in children and adolescents(Pal et al., 2017) .

The research reveals that the co-operation from public representatives in bringing health care schemes and participation of people are 'the key factors' in rural public health system.The People's Health Campaign is an unprecedented global movement, which has the 24 potential to generate both the much needed political will and people's initiative necessary to convert Humanity's dream of Health for All into a tangible reality(United Nations, 2002) .

The book titled Lifestyle Diet: Straight from My Heart by Rohini Patil mentions that 'Diet' is an overused and underrated word, and people don't realize the importance of diet as one of the indispensable components of a holistic lifestyle. The author has also suggested that the diet should be planned that cater to all kinds of lifestyles. The author lays a stress on the importance of meditation and 'pranayama' as well to maintain good health(Patil, 2021) .

Adolescence is a time of rapid growth and sexual maturation, so getting the right nutrition is essential to maximizing growth. Therefore, both in boys and in girls, poor nutrition hinders this process. Boys need more energy than girls do during adolescence because they have more muscles and a bigger body. Teenage girls typically menstruate, and iron deficiency is common among them. Adolescent girls need more iron for increased growth(Yasmeen, 2021) .

National Health Mission, Maharashtra and State Health Society, Maharashtra, have also launched various schemes to educate teenagers regarding menstruation. The guidelines of the above societies, mention that there are Physical mental and social changes during adolescent period. During this period Girls starts Menstruating. Adolescent girls constitute 10 to 11 % of total population. Menstruation starts any time between 10 to 16 years. Because of lack of scientific knowledge the girls face consequences. Government of India has launched Promotional Menstrual Hygiene Scheme as special programme. The scheme will be implemented in this state for 10-19 years girls from rural area. Nandurbar, Dhule, Buldhana, Beed, Latur, Osmanabad, Amravati, Akola and Satara are 9 selected districts from the State for implementation of the scheme. Government of India will supply "free days" brand sanitary napkins under the scheme. The state has constituted State Level Task Force Committee, District and Taluka Level Coordination Committees.

Government is also responsible for implementing schemes for the welfare of people especially women and teenagers. In 2018, Ministry of Women and Child Development had come up with the guidelines of

implementing the Scheme for Adolescent Girls (SAG) using the platform of Anganwadi Services of Umbrella ICDS Scheme through Anganwadi Centers *Home | Ministry of Women & Child Development*. (n.d.). https://wcd.nic.in/

Jomo points out that in November 2014, representatives from over 170 governments, together with leaders of inter-governmental organizations and civil society - including non-governmental organizations, researchers, the private sector, and consumer representatives converged for the Second International Conference on Nutrition (ICN2) in Rome. ICN2 was organized by the Food and Agriculture Organization of the United Nations (FAO) and the World Health Organization (WHO) to mobilize and unite the international community for the protracted struggle against malnutrition. The conference and its preparatory process provided a forum in which the world community, led by governments, affirmed its shared commitment to eradicating malnutrition by adopting the Rome Declaration and reaching agreement on a comprehensive, harmonized Framework for Action(Sundaram et al., 2015) .

The book on 'Mental Health Education In Ancient Indian Literature: Eastern Approach To Mental Health Education' by Dr Piyush Trivedi facts regarding evidence based practices to cure mental disorders. The basic aim of yog a is to control the v ersatile nature of the mind. Our mental health is affected by a number of factors like our food, Rasayana, our attitude towards the life, our spiritual beliefs and practices, pollution, body doshas , our control over the sense organs etc, the book added(*MENTAL HEALTH EDUCATION IN ANCIENT INDIAN LITERATURE: E. . .*, n.d.) .

'Health and nutrition in adolescents and young women preparing for the next generation' by Z.A. Bhutta, M. Makrides, A.M. Prentice has given a detailed information to us. 'Nutrition of young women and its effect on offspring is an almost neglected topic in developed and developing countries alike. Under- as well as overnutrition of the mother can negatively program the child's health: Maternal undernutrition and micronutrient deficiencies are related to both low birth weight and intrauterine growth retardation. Moreover, they also result in negative epigenetic programming both during conception and in the newborn. Obese mothers, on the other hand, may produce offspring with a lower life expectancy, a fact which could be related to the higher risk of developing metabolic syndrome in adult life. This book provides insights into the influence of maternal health and nutrition on both fetal and postnatal growth and health of the offspring. Contributions focus on future mothers from their adolescence to pregnancy, thus providing valuable information for the clinician involved in the care of adolescents and young women,' mentions the book.(Bhutta et al., 2014)

Concept of teenager

The word adolescence, synonymous with teenager, comes from Latin and means "to come of age." Puberty is a transitional period of physical and psychological development that generally occurs between puberty and adulthood. In these years, puberty begins during puberty. Some people have different definitions of puberty, starting as early as he is 10 years old and ending as late as he is 25 or 26 years old. The official definition of the World Health Organization calls young people from 10 to he 19 years young. In India, the concept of teenage is generally defined as from when he is 13 to when he is 19. Some believe that voting begins at 18 and ends for young people at 18.Adolescence is described as a transitional period in life when a person is not yet a child, but an adult. It is a time of great change, both physically and mentally. In addition, young people experience changes in society's expectations and perceptions. Physical growth and development is accompanied by sexual maturity, which often leads to intimate relationships. When social expectations require emotional maturity, an individual's capacity for abstract and critical thinking develops, as does a sense of self-awareness.

Health concept:

Health" - the world of six characters itself has a great impact on life. When talking about the health of rural girls, concepts related to it caught our eye, such as unbalanced nutrition, ignorance of nutritious food, etc. We are told that it is our duty to keep our bodies healthy. Of course there are. Young girls and parents need to be educated about the importance of eating energy-producing foods. The more efficient your body is, the better you feel and the more you can use your talents to achieve superior results."

Mental health:

It is true that mental health is an important component of the concept of health. Adolescence is an exciting but stressful time as a child transitions into adulthood. It is a difficult time as many rapid changes and developments are taking place during this time. Teenagers begin to discover cognitive and psychological changes during this time. Most of the time, parents encounter self-centered behaviors and attitudes from their teens' departments. There is a popular belief that mental traits develop during the teenage years

- Abstract thinking
- Thinking ability
- Impulse control
- Creativity
- Problem-solving skills
- Decision-making ability

Indeed, words of encouragement increase teenage girls' self-confidence and good mental health for the above. It is well known that positive self-identity is also associated with higher self-esteem. Parents can foster a positive self-identity in their teenage girls in the following ways:

Nutrition concept:

Nutrition is the process of ingesting food and converting it into energy and other essential nutrients. The process of providing or obtaining nutrients necessary for health and growth.
Food is essential because it provides essential nutrients for survival and helps keep the body functioning and healthy. Food consists of macronutrients such as proteins, carbohydrates, and fats, which provide the body with energy and play specific roles in maintaining good health.Food also contains micronutrients (vitamins and minerals) and plants. It provides chemicals and performs a variety of important functions to ensure your body is functioning at its best.

Malnutrition
Malnutrition is defined as a person's diet or diet that does not provide sufficient nutrients or proper balance for optimal health. Lack of food is called malnutrition. Malnutrition, defined as ailments caused by deficiencies of calories, proteins, vitamins and minerals, as well as infectious diseases and other health and social conditions, affects millions of women and It undermines the strength and health of adolescent girls. Female malnutrition reduces women's employability and can spread across generations, resulting in economic losses for families, communities and countries.

Physical health:

The word "health" means both physical and mental health. However, physical health always has two factors for him: weight and height. These two age-related factors of his (weight and height) are taken into account when talking about physical health.
Physical health also plays an important role in a teenage girl's health, so it is good to encourage teenage girls to have their height and weight checked regularly. Such practices convey the concept of "overweight or underweight" in teenage girls. Therefore, you may lose or gain weight. A number of exercises are recommended for teens to maintain the correct weight process. method can solve the problem. Obesity, underweight, smallness, and overweight problems can be identified by regular checks of weight and height. This skilfully solves the girl's inferiority complex.
School health program:

The School Health Program was created to address the health needs of her school children and adolescents aged 6 to 18 in government and government-supported schools. This program includes semi-annual health assessments and early management of illnesses, disabilities and general deficiencies, and contact with secondary and tertiary care facilities as needed. It is the only public sector program specifically focused on school-aged children. The focus is on addressing the physical and mental health needs of children, nutritional interventions, encouraging physical activity, and advising and providing immunizations on fixed days along with education. Weekly iron-folate supplementation, WIFS, and suggested semi-annual deworming are associated with school health programs.

Weekly Iron-Folic Acid Supplementation (WIFS):

Weekly supplementation with 100 mg elemental iron and 500 µg folic acid (IFA) is effective in reducing the incidence and prevalence of anemia in adolescents. MOHFW has created a Weekly Iron and Folic Acid Supplement (WIFS) program for school-age adolescent girls and boys, and school-age adolescent girls. Through schools and the Anganwadi Kendra platform, approximately 13 million rural and urban youth will receive supervised weekly IFA supplements and twice-yearly anthelmintics to combat the intergenerational cycle of anemia.

Menstrual hygiene scheme:

The Ministry of Health and Family Welfare (MOHFW) has launched a program to promote menstrual hygiene for girls aged 10 to 19 in rural areas. The pilot project will be implemented in 152 districts in 20 states of the country, with 105 districts receiving care through central procurement with quality assurance guidelines by local self-help groups. A pack of sanitary napkins (6 of each) is labeled 'Holiday'.

Research Methodology

Importance of the subject:

1. It will be useful to understand the need of maintaining good health of teenage rural girls.
2. It will help to deal the problem emerged regarding rural girls by the influence of imbalanced diet as well as overeating of junk food.
3. It will help the health system in the village to perform its role with more responsibility.
4. This Study will be done for a village in Nanded city in Marathwada region which is considered as the backward area.

Objective of Research:

1. To study the role of health workers in bringing Government health schemes to the beneficiaries
2. To understand the view of young girls about good health including maintaining mental health.
3. To understand the view of young girls about the importance of taking sufficient nutrient content food.
4. To understand the view of young girls on personal hygiene.

Hypothesis:

1. Parents attempts to understand the need of providing healthy food to young girls.
2. Girls are not aware about the impact of junk food
3. Young girls are aware about personal hygiene.

Research Design:

It is impossible to do research without research design. The process of research will be mentioned in research design before doing it. The research design helps to understand the problem which can arise during research & it can also help to suggest solution regarding that problem. This research is based on explanatory research design. The explanatory analysis of data which has been collected by scientific method is called explanatory research design.

Data collection:

The primary data was collected through a structured questionnaire. The secondary data of this study had been collected from census reports, health department reports, books, websites, academic journals and articles published on the issue of mental health to formulate the study and while analyzing the data.

Introduction of Universe

The present research has studied the status of health and nutrition of young girls at Taroda (Budruk) village near Nanded city. The village witnesses handsome number of teenage girls. The society which has good number of healthy people especially healthy teenage girls will emerge as the good living place for the future years also. The health and nutrition of the teenage girls are considered as the important factors to lead a healthy life. The

study has also stated that parents' awareness in maintaining their daughters' health, the role of Primary Health Centre's workers in bringing out the schemes of Government to the beneficiaries and the role of teachers in educating parents and students both for good healthy life style. The impact of underweight and obesity in girls and taking imbalance food has also studied in the dissertation. The summary of the research has been presented here.

Universe of the study

This is an exploratory study to understand the status of health and nutrition of teenage girls in rural area. The present study is confined to the teenagers living in families of different classes of the society specially located at Taroda (Budruk) village near Nanded city.

The present research deals with the teenagers belong from different families of upper class, middle class & lower class located in the village.

Selection of Samples:

The researcher is using the random method of non probability sampling for this present study in order to have adequate representative data because considering the teenage girls at Taroda (Budruk) near Nanded city it may be possible that some of the teenagers are school dropouts so finding the exact number of teenagers is difficult.

Considering the non probable number of teenager the respondent will be 50.

RESULTS AND DISCUSSION

1.1 Table showing Height- Weight Checking pattern of teenage girls

Details	No. of Girls	Percentage
Regularly	20	40%
Frequently	1	2%
Often	28	56%
Never	1	2%
Total	50	100%

The survey shows that 56% of girls (28 girls) check their height-weight often. It is quite interesting that 40% of the girls (20 girls) are willing to check their height and weight regularly. One girl frequently checks her weight and one girl never checks her height and weight.

Through this, the girls could understand they are underweight or overweight or proportionate weight and also about their proper growth rate with respect to height.

1.2 Table showing number of teenagers known about balanced diet

Details	No. of Girls	Percentage
Yes	40	80%
No	10	20%
Total	50	100%

The table shows about 80% of the teenage girls (40) are having the knowledge about balanced diet. It is a good sign. About 10 students have no idea about it and it is necessary to guide them on the importance of taking balanced diet to lead a healthy life.

1.3 Table showing teenage girls' satisfaction over mid-day meal system in schools

Details	No. of Girls	Percentage
Yes	49	98%
No	1	2%
Total	50	100%

The tabular column shows that about 98% of the teenage girls are satisfied with the Mid-day meal system maintained in their schools. Mid-day meal system is a boon for rural students and it is a satisfactory note that about 90% of the girls express their satisfaction over the mid-day meal scheme in their schools. It would be a great relief for rural parents as their wards get good meal in their schools. Indeed, it is a positive change in rural schools.

1.4 Table showing the no of students performing exercise to keep fit and healthy

Details	No. of Respondents	Percentage
Yes	27	54%
No	23	46%
Total	50	100%

In the survey, it is understood that 54% of the teenage girls (27) perform exercises. There is a need to educate girls on the importance of exercises to keep them fit and healthy. The authorities concerned in the village and school should guide the teenage girls to do regular exercises to lead a healthy and peaceful life.

1.5 Table showing places from where teenage girls getting proper guidance on health issues

Details	No. of Respondents	Percentage
Schools	32	64%%
Anganwadis	2	4%
Primary Health Centre	6	12%
All the above	10	20%
Total	50	100%

According to the girls, school plays a vital role in providing proper guidance on health issues as they chose the option 'schools' for 64%. The Government running Anganwadis and PHCs should focus on this issue as the teenage girls registered only 4% and 12% respectively. About 40% of the girls (20) opined that they have got guidance on health issues from schools, *anganwadis* and Primary Health Centres (PHCs).

Findings

1)It was found from the present study that some rural girls at Taroda (Budruk) are having adequate knowledge on health concept.
2) It is a satisfactory sign that most of the rural girls had an idea about mental health.
3) Teenage girls are attending yoga and meditation in school, the ancient path of maintaining both physical and mental health.
4) It was found from the study that many teenage girls have an idea about the need of maintaining health-weight ratio as most of them are willing to check their height-weight regularly.
5) It is a matter of concern that about 40% of the girls have no interest to take breakfast in time and teenage girls are taking breakfast depending upon the hunger and do not bather about the regular timing.
6) It is a good sign that most of the girls know about the importance of taking balanced diet.
7) It was found from the study that most of the teenage girls are doing physical exercises to keep them healthy.
8) The study showed that parents are encouraging teenage girls to keep fit. Teachers have also played some percentage in this regard.
9) From the study, it was known that many teenage girls are not known about the Government schemes implemented for them. It is a matter of concern, indeed.
10) The study also revealed that schools play a vital role in providing proper guidance on health issues.
11) It was found from the study that many teenage girls are not willing to attend the counseling session on health and nutrition by schools or Gram panchayats.
12) From the study, it was known that teenage girls have an opinion that they are not getting benefit from the health related programmes held in their village.
13) The study also showed that there is a mixed reaction from the teenage girls on the counseling session conducted for their age groups.

Conclusions:

Conclusively it can be said that the role of parents play a vital role in maintaining good health among young girls. As rural students have a good faith on their teachers, the teachers should take more measures to guide their students. AsAnganwadi workers and health assistants have the first hand approach with ruralparents, they should suggest good healthy tips to parents to make the teenage girls physically and mentally strong. The extension to young girls of the benefits of medical, psychological and related knowledge is essential to the fullest attainment of health.

Suggestions:

On the basis of all the previous chapters and observation and discussion, the researcher has brought about the following few suggestions which are given below.

1) Even though the teenage girls have knowledge on mental health, it is suggested that many motivational programmes should be organized in the village.
2) It is suggested that teenager girls should be advised to continue their way of checking their weight and height in regular basis.
3) It is suggested that the eating habit of teenage girls should be properly monitored by the parents.
4) It is suggested that more awareness programmes should be conducted to reach out the Government schemes to teenage girls.
5) It is suggested that the PHC at Taroda (Budruk) should focus on providing proper guidance of health issues.
6) It is suggested to appoint counselors in schools who can suggest solution to the problems of teenage girls for their overall development.
7) It is suggested that the authorities concerned of PHC should take notice of conducting health related programmes in the village in beneficial way.
8) It is suggested that the counseling session should be conducted in understandable way as girls opined that they are not being got benefitted from the counseling session.
9) It is suggested that awareness should be created among parents on gender equality as the teenage girls felt that inequality persists even now in the village.
10) It is suggested that proper counseling session should be organized to change the inferior mentality of the teenage rural girls about their rural social status.
11) It is suggested that all the socialization agencies i.e family ,neighbors, relatives, school ,peer group should play their role effectively to relief from stress or any physical or mental health problems.

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