



TO ANALYZE THE IMPACT OF NURTURING PATTERN OF PARENTS AND CHILD DEVELOPMENT WITH RESPECT TO DIET OF SECONDARY SCHOOL STUDENTS

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ABSTRACT

Diet is an important factor in child growth, which further effects on each factor of child. The researcher has selected 500 students of secondary school to analyze the impact of nurturing pattern of parent and child development by self-made standardized questionnaire tools. It was observed that balanced diet is more affected factor in child development, in nurturing pattern of parents of secondary school students.

INTRODUCTION

Diet is a need of human body, require consuming during a day, which directly effects on daily metabolism function. For efficient functioning and growth of human body, it needs a proper balanced diet in a day. Balanced diet can be defined as carbohydrates, protein, minerals, fats, vitamins, and water in proper proportion.

Parents are always taking care of their child in all aspects, but specially every parents concern about providing healthy diet to their child, which directly effects on all function of their child's balanced diet. The need of diet depends on the person's age, type of work, physical activity etc. Researcher has selected secondary school students, who needs more stable balanced diet during a day, to perform more activities in a day to day life. These children need sufficient balanced diet, so that they can perform each activity enthusiastically.

Diet is a factor, which directly affects to the nerve system. Child needs proper diet such as fruits, milk, dry fruits, meal including bread, vegetable, dal-rice etc. so that he or she can perform all activities enthusiastically and with more energy. They can concentrate on their studies, manage each task related to studies more efficiently with their brain power.

OBJECTIVES

1. To analyze the impact of diet in nurturing pattern of child development.
2. To improve nurturing pattern of parents for child development with respect to diet.

METHODS

1.1. Survey Method

Researcher has selected randomly 4 schools of Mumbai region, with 500 secondary school students as a sample size.

TOOLS

Researcher has used self-made questionnaire which has been validated by experts.

Below questions have been used by researcher to evaluate how diet plays an important role in child's development in nurturing pattern of parents.

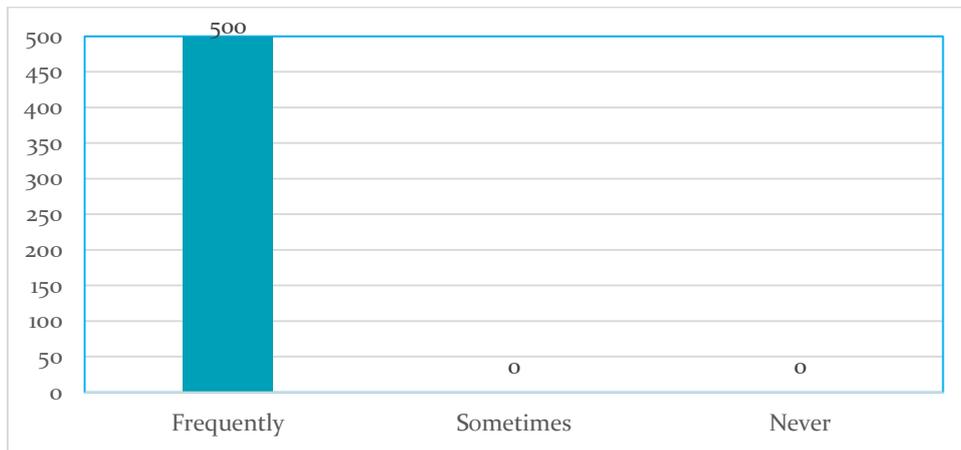
1. My mother takes care of my diet.
2. My mother always forces me to eat what she cooks.
3. My mother cooks my favorite food.
4. My parents do not allow me to eat junk food
5. My mother scolds at me, when I eat junk food.
6. I go to restaurant along with my parents.
7. My parents force me to have milk and fruit every day.
8. My parents allow me to go out with friends to have food
9. My mother gives me balanced diet.

OBSERVATIONS AND CONCLUSION

Observations

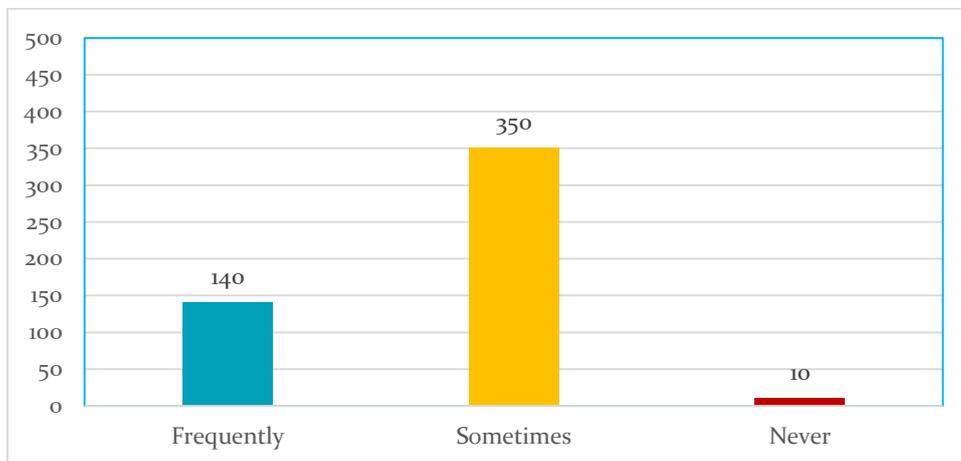
1. My mother takes care of my diet

Frequently	Sometimes	Never
500	0	0



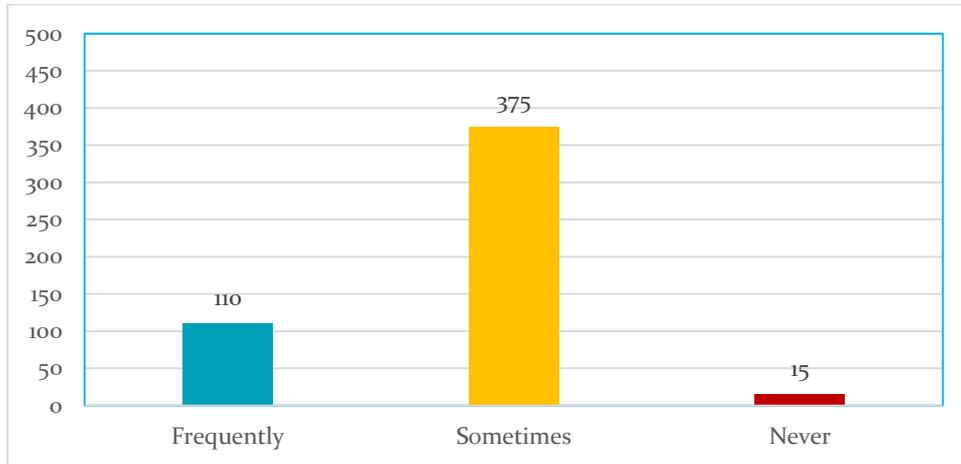
2. My mother always forces me to eat what she cooks

Frequently	Sometimes	Never
140	350	10

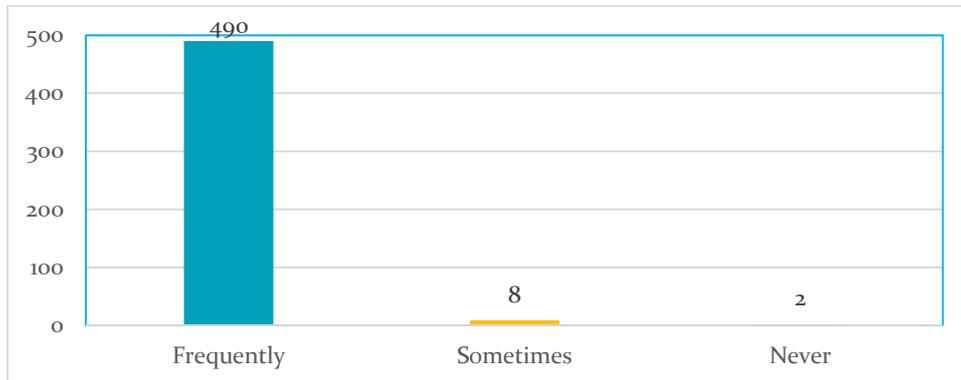


3. My mother cooks my favorite cooks

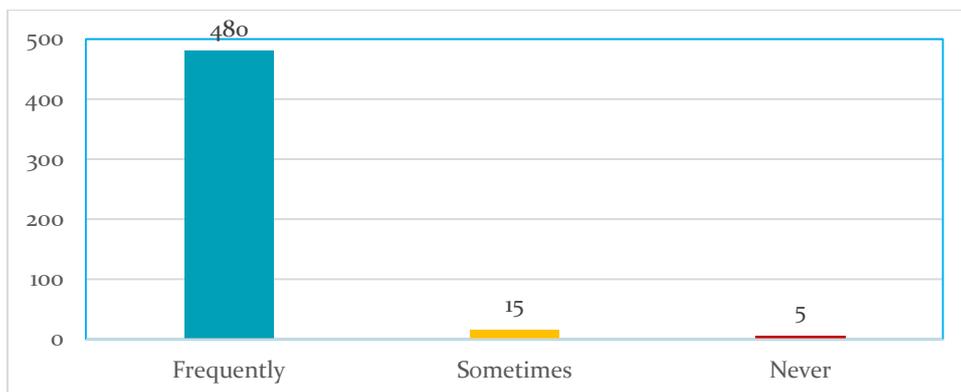
Frequently	Sometimes	Never
110	375	15

**4. My parents do not allow me to eat junk food**

Frequently	Sometimes	Never
490	8	2

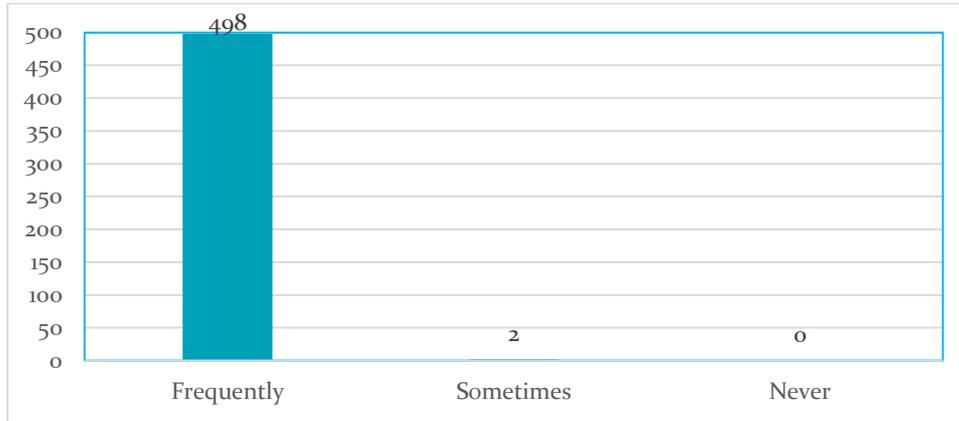
**5. My mother scold at me when I eat junk food**

Frequently	Sometimes	Never
480	15	5



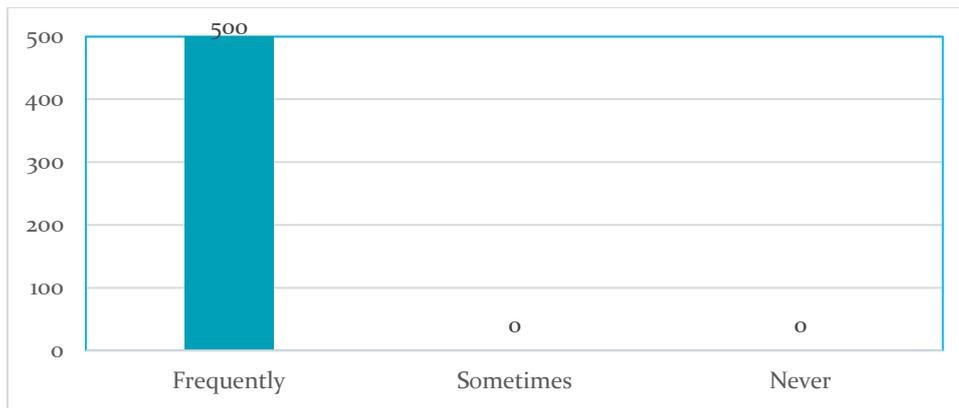
6. I go to restaurant along with my parents

Frequently	Sometimes	Never
498	2	0



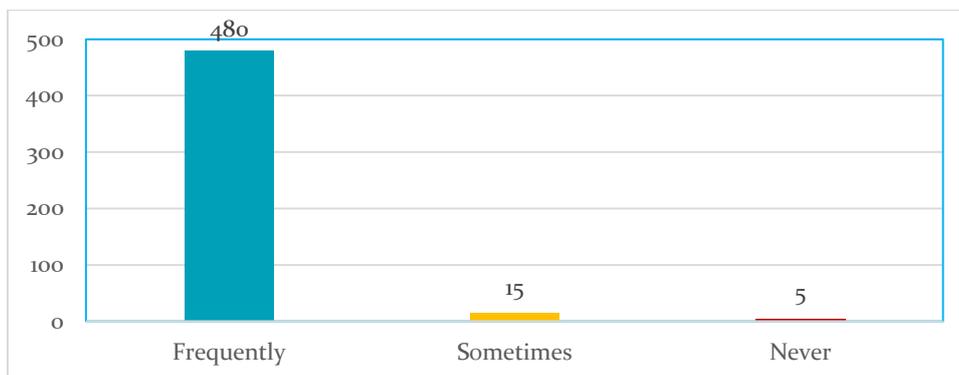
7. My parents force me to have milk fruit and milk every day

Frequently	Sometimes	Never
500	0	0



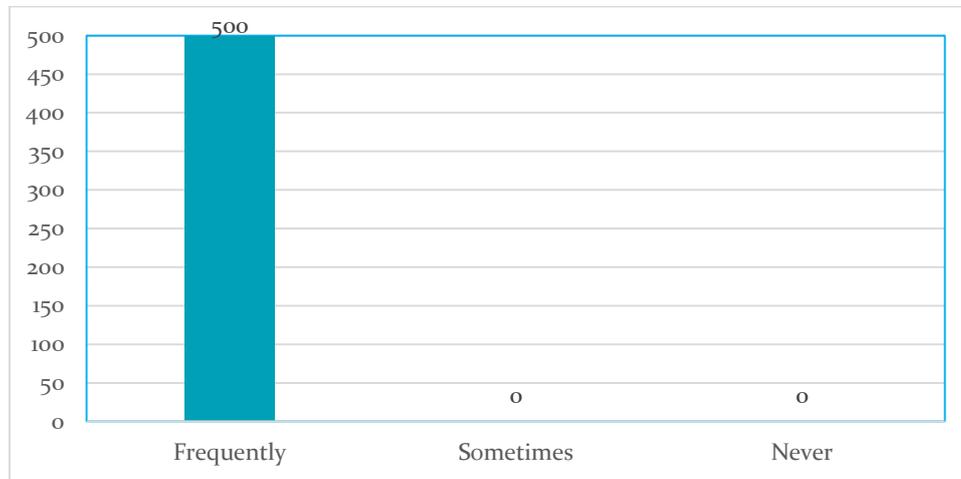
8. My parents allow me to go out with friends to have food

Frequently	Sometimes	Never
480	15	5



9. My mother gives me balanced diet

Frequently	Sometimes	Never
500	0	0



CONCLUSION

Researcher concluded that diet plays an important role of parent and child development in nurturing pattern, with respect to secondary school students. Parent should emphasis on giving their child healthy food such as fruits, milk, dry frits, meal, etc.

- Mother tries to fulfill child's daily diet requirement considering child's likes n dislikes related to the food. As in this age kids are very choosy about food.
- Parents are strictly against eating an outside junk food, which is not good for health. Junk food is always harmful, which can cause diseases related to skin, heart, stomach. Junk food also cause obesity, hence parents are strictly against having a junk food.
- Parents, especially mother takes care of balanced diet of each child. Mother insists of having milk every day, because milk is a complete food. Milk is rich in proteins and fats, which gives complete nourishment to nerve system as well as body system. Milk is also good for child's growth.
- Fruits contains full of minerals, fibers, which helps to increase immunity power of body, one can have enough food in a day and stay fresh for whole day, hence parents emphasis to consume more fruits and milk every day.
- Parents go to good restaurant with their child, so that child enjoys their favorite food with their parents.
- Parents always put their best efforts to provide the best to their child, so that child always gets what he or she desires.

Researcher concluded that overall there is positive impact of nurturing pattern of parent and child development with respect to diet of secondary school students.

REFERENCES

1. <http://en.m.wikipedia.org/wiki/parenting>