



Knowledge attitude and practices of rural women regarding underutilized green leafy vegetables in Allahabad district

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ABSTRACT

A women's health affects the household economic well being. The present study was carried out with the objectives to assess the nutritional Knowledge, Attitude and Practices (KAP) of rural women regarding the utilization level of identified underutilized vegetables. The total 160 rural women were selected from Chaka and Jasara block, Allahabad between the age group of 25-40 years. Four villages namely Dabhaon and Bagbana from Chaka block and Budanva and Khatangia from Jasara block were selected for the study. Purposive sampling techniques were used for the selection of the respondents. The data was collected through a developed questionnaire based on nutritional knowledge, attitude and practices of the respondents regarding the identification and utilization of underutilized green leafy vegetables. 58.75 percent people were able to identify underutilized green leafy vegetables and 51.25 percent people were consuming it. The overall knowledge, attitude and practices regarding utilization of underutilized green leafy vegetables in selected rural women that is 43.12 percent, 46.12 percent and 49 percent respectively.

Key words: Underutilized green leafy vegetables, Knowledge, Attitude and Practices (KAP), Utilization

I. INTRODUCTION

Indigenous leafy vegetables are vegetables of a locality which originated from an area and may or may not be confined to that particular region. They account for about 10% of the world higher plants often regarded as weeds. Some indigenous leafy vegetables grow in the wild and are readily available in the field as they do not require any formal cultivation. Although they can be raised comparatively at lower management cost and on poor marginal soil, they have remained underutilized, due to lack of awareness of their nutritional values in favour of the exotic ones (Raghuvanshi, 2001).

Most of the rural community is unaware about the nutritional importance of underutilized vegetable crops, their uses in health care, and many products are prepared by them which are used in income generation and employment. Level of nutrition knowledge and attitude are the important factors that influence the dietary practice. Nutrition knowledge may impress dietary practice directly or via nutrition attitude. Dietary behavior may further become pattern of food intake and impress one's nutrient intake. Thus understanding nutrition knowledge, attitude and behavior of women is the essential. In view of the importance and limited number of studies, present investigation has been planned to identify Knowledge attitude and practices among rural people about the importance of underutilized vegetable crops.

II. MATERIALS AND METHODS

A. Location of the study

The present study was conducted in Chaka and Jasra Block of Allahabad district of Uttar Pradesh.

B. Selection of village

The four villages namely Dabhaon and Bagbana from Chaka block and Budanva and Khatangia from Jasra block were purposively selected for the study.

C. Selection of respondents

The total 160 rural women were selected from Chaka and Jasra block, Allahabad between the age group of 25-40 years. Purposive sampling techniques were used for the selection of the respondents.

D. Methods of enquiry and data collection

The data was collected through a developed questionnaire. It was enclosed with following information-

- a. General profile
- b. Nutritional Knowledge, Attitude and Practice Test

a. General Profile

Data regarding general profile of respondents was collected using the developed schedule. The information included name, age, family type, occupation, educational status of the rural women and other related general information.

b. Nutritional Knowledge, Attitude and Practices Test

To make people aware about the nutritional significance of underutilized green leafy vegetables and to increase their consumption rate there was a need to increase their knowledge and bring out a change in their attitude and practices regarding underutilized green leafy vegetables.

A Performa was developed to assess the knowledge, attitude and practices of the respondents regarding the identification and utilization of underutilized green leafy vegetables. The Performa included few multiple choice questions on KAP (Knowledge, attitude and practices) of the respondents. There were 8 questions based on knowledge level, 5 question based on attitude information and 3 questions based on practice level. The researcher asked the questions to the respondents and their answers were filled in the Performa.

E. Statistical Analysis

The data obtained was tabulated and analysed with the help of statistical techniques frequency, percentage, mean score and Z test (Geetanjali *et al.*, 2005).

III. RESULT AND DISCUSSION

General Information of the Respondents

Table 1. Distribution Of The Respondents According To The General Information.

GENERAL INFORMATION OF THE RESPONDENTS				
		No.	%	Total
Age (25-45 years)	25-35 year	116	72.5	160
	36-45 year	44	27.5	
Nature of family	Joint families	55	34.37	160
	Nuclear families	105	65.6	
Family Size	2-6 member	96	60	160
	7-11 member	44	27.5	
	12-16 member	11	6.875	
	Above 16	9	5.625	
Education	Illiterate	60	75	160
	Primary	20	12.5	
	High School	10	6.25	
	Intermediate	5	3.125	
	Graduation	5	3.125	
	Post graduate	0	0	
Occupation	Labourer	56	35	160
	Housewife	98	61.25	
	Business	6	3.75	

Age-The pooled data showed that the majority of respondents 72.5 percent were 25-35 years old. Only 27.5 percent respondents were belongs to 36-45 years age group.

Family type- The maximum respondents, 65.6 percent had from nuclear family and 34.37 percent respondents belonged to joint family.

Family size-The pooled data showed that 60percent of the respondents had family size of 2-6 people, 27.5 percent respondent's family had 7-11 members, 6.87 percent of respondents belong to the family size of 12-6 members while 5.625 percent people had above 16 members in their family.

Occupation of the respondents- The study showed that most of the respondents were housewives (61.25%) and about 35 percent were laborer and 3.75 percent were in business.

Education- Study revealed that out of the total respondents 75 percent respondents were illiterate, 12.5 percent were eight pass, 6.5 percent were high school, 3.12 percent were intermediate , 3.12 percent were graduate and no respondents was found post graduate.

Table 2. Knowledge Level Of Respondents Regarding Underutilized Green Leafy Vegetables.

Nutritional Aspects	Respondents	
	Yes (%)	No (%)
Identification of underutilized green leafy vegetables	58.75	41.25
Consumption of underutilized green leafy vegetable	51.25	48.75
Nutritional significance of underutilized green leafy vegetable	41.25	58.75
Knowledge about iron content present in underutilized green leafy vegetables	41.25	58.75
Knowledge about different recipes from underutilized green leafy vegetables	15	85
Knowledge regarding health benefits from consumption of underutilized green leafy vegetables	35	65
Knowledge about cultivating methods of underutilized green leafy vegetables	63.75	36.25
Knowledge regarding underutilized green leafy vegetables is less expensive and provides equal health benefits in comparison to other leafy vegetables.	38.75	61.25
MEAN	43.12	56.88

S=Significant NS= Not significant

The pooled data showed that only 58.75 percent people were able to identify underutilized green leafy vegetables, 51.25 percent respondents were consuming it, 58.75 percent respondents were unaware about nutritional significance of underutilized green leafy vegetables, 41.25 percent respondents were aware about the fact that iron content is present in underutilized green leafy vegetables, 15 percent respondents knew that different recipes could be made by incorporating underutilized green leafy vegetables, 35 percent respondents knew about health benefits of consuming underutilized green leafy vegetables, 63.75 percent respondents knew that underutilized green leafy vegetables do not require any special method for cultivation and 38.75 percent respondents knew that underutilized green leafy vegetables are less expensive compared to other vegetables and provide equal health benefits.

Table 3. Attitude level of respondents towards utilization of underutilized vegetable crops.

Statement	Respondents	
	Yes (%)	No (%)
Consumption of underutilized green leafy vegetables	58.7	41.2
Attitude about underutilized green leafy vegetables are only a fodder to animals and not fit for human consumption.	38.7	61.2
Underutilized plant crops are less nutritive as compared to other leafy vegetables.	71.8	28.1
underutilized green leafy vegetables can cure deficiency diseases	26.8	73.1
underutilized green leafy vegetables can cause certain diseases	34.3	65.6
Mean	46.12	53.88

S=Significant NS= Not significant

The data showed that 58.75 percent respondents said that underutilized green leafy vegetables should be consumed, according to 38.75 percent respondents underutilized green leafy vegetables are only a fodder for animals and not fit for the human consumption, according to 71.87 percent respondents underutilized plant crops are less nutritive in comparison to other vegetables , 26.87 percent people believe underutilized green leafy vegetables can cure deficiency diseases and 34.37 percentages of the respondents consuming underutilized green leafy vegetables can cause certain deficiencies.

Table 4. Practices Of Respondents Regarding Utilization Of Underutilized Green Leafy Vegetables.

Statement	Respondents	
	Yes (%)	No (%)
Selling of underutilized green leafy vegetables	3.75	96.25
Underutilized green leafy vegetables should be washed before cooking	94.37	5.62
Mean	49.0	51.00

S= Significant NS= Not significant

The pooled data shows that only 3.75 percent respondents of Dabhaon village, Chaka block sell underutilized green leafy vegetables in their nearest Naini market and 94.37 percent respondents washed leafy vegetables before cooking .

Table 4. Frequency Distribution Of The Respondents According To Their Consumption Of Underutilized Green Leafy Vegetables

Underutilized Green Leafy Vegetables	Daily (%)	Weekly once (%)	Monthly (%)	Occasionally (%)	Not at all (%)
Indian sorrel leaves	0	0	0	0	100
Drumsticks leaves	1.875	16.25	35	26.25	20.62
Loni	15	26.25	24.37	13.75	20.62
Pathari	0	0	0	0	100
Lahesua	7.5	11.87	39.37	20.62	20.62
Surwari			50	14.37	35.62

Table shows that among underutilized green leafy vegetables *drumstick leaves*, *loni* and *lahsua* were consumed daily by all respondents. *Indian sorrel leaves* and *Pathari* were never consumed by any respondents because they don't know about its nutritional significance and importance in their daily diet. *Drumstick leaves* were consumed daily by 1.875 percent respondents, 16.25 percent consumed it weekly, 35 percent monthly, 26.25 percent were consuming it occasionally and 20.625 percent respondents never consumed it. *Loni* was being consumed daily by 15 percent respondents, 26.25 percent of respondents were consuming it weekly, 24.37 were consumed it monthly, 13.75 percent were consuming it occasionally and 20.625 percent never consumed it. *Lahsua* leaves they were consumed daily by 7.5 percent respondents, 11.87 percent respondents consumed them weekly, 39.37 percent consumed it monthly, 20.625 percent were occasionally and 20.625 percent never consumed them. No one consumed *Surwari* leaves daily and weekly, 50 percent of respondents consumed them monthly, 14.37 percent were consuming it occasionally and 35.625 percent never consumed *Surwari*.

IV. CONCLUSION

From present study it is concluded that there was knowledge, attitude and practice level of selected rural women is 43.12 percent, 46.12 and 49 percent respectively. Before imparting nutrition education 58.75 percent people were able to identify underutilized green leafy vegetables and 51.25 percent people were consuming it. Cooking demonstrations of underutilized green leafy vegetables incorporated traditional recipes may be held among the rural women for more effective results. Audio – visual aid should be conducted for the vulnerable group of the rural areas and should also be translated into different local languages so that the people may understand the concept of nutrition education in a more clear way.

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