Original Research Paper

Nursing

A DESCRIPTIVE STUDY TO ASSESS THE KNOWLEDGE REGARDING FOOD ADULTERATION AND ADULTERANT DETECTION TO CREATE AWARENESS AMONG HOME MAKERS AT THIRUBUVANAI AREA, PUDHUCHERRY.

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ABSTRACT Food adulteration is one of the most prevalent social problems that are evident in our community as well as our country. Food adulteration causes health hazards to people which are not apparent in the initial stages but it has a devastating effect on the health of the people which becomes apparent in the long run. Rice, on the other hand is the principal food crops of the consumers of our country . **Objectives:** To assess the knowledge among the homemakers regarding food adulteration and adulterant detection. To measures the extent awareness related to food adulteration among selected group of homemakers. **Methodology:** the descriptive research study consists of 30 samples to assess the knowledge regarding food adulteration and adulterant detection to create awareness among home makers at Puducherry. **Result:** In homemakers, majority of them had moderately adequate level of knowledge 17 (56.7%), and others had adequate level of knowledge regarding food adulteration and adulterant detection to create awareness is 13 (43.3%). **Conclusion:** Thus the study findings conclude that majority of home makers knowledge about food adulteration Still some (12.5 percent) respondent did not heard about food adulteration and some of respondents did not know the harmful effects of food adulteration on human health.

KEYWORDS : food, adulteration, adulterants detection method, food safety.

INTRODUCTION:

Food is the basic necessity of life. One works hard and earns to satisfy our hunger and relax later. But at the end of the day, many of us are not sure of what we eat. We may be eating a dangerous dye, sawdust, soap stone, industrial starch and aluminum foil. Contaminated foods and drinks are common sources of infection (Dipak, 2011).

Food adulteration is one of the most prevalent social problems that are evident in our community as well as our country. Food adulteration causes health hazards to people which are not apparent in the initial stages but it has a devastating effect on the health of the people which becomes apparent in the long run. Rice, on the other hand is the principal food crops of the consumers of our country. Adulteration is one of the major problems we find in our rice grains, so we can imagine the harmful consequences we have to face by consuming such foodstuffs.

SOME ADULTERANTS IN COMMON FOOD:

Majority of adulterants used by the shopkeepers are cheap substitutes easily available. For example, adulterants in fats,oils and butter are paraffin wax,castor oil and hydrocarbons. Read chili powder is mixed with brick powder ,turmeric powder is mixed with yellow lead salts and pepper is mixed with dried papaya seeds. Similarly sugar is contaminated with washing soda and other insoluble substances, milk is adulterated with starch,argemone oil is used to adulterate mustard oil, vanaspati ghee is mixed with deshi ghee, beson is mixed with khesari dal etc. These type of adulterants makes a food stuff inferior.

STATEMENT OF THE PROBLEM:

"A descriptive study to assess the knowledge regarding food adulteration and adulterant detection to create awareness among home makers at, puducherry."

OBJECTIVES:

1. To assess the knowledge among the homemakers regarding food adulteration and adulterant detection
2. To measures the extent awareness related to food adulteration among selected group of homemakers.

3. To measures the relationship between the extent of awareness of the homemakers related to food adulteration with selected demographic variables.

METHODOLOGY:

"A descriptive study to assess the knowledge regarding food adulteration and adulterant detection to create awareness among home makers at, pudhucherry."

The target population who fulfill inclusion criteria are selected for this study. A purposive sampling techniques was used to select 30 samples. A structured interview questionnaires tool is used to assess the knowledge of food adulteration and adulterant detection of home makers majority of them17 (56.7%) had moderately adequate level of knowledge, and others is 13 (43.3%) had adequate level of knowledge regarding food adulteration and adulterant detection to create awareness among home makers. Mean and standard deviation of level of the knowledge regarding food adulteration and adulterant detection to create awareness among homemakers is (15.03±3.045). The investigator first introduce herself to the homemakers and develop a good rapport with them. The investigators explained the purpose of the study. The data collection done by structured interview method a separate questionnaires for create awareness in food adulteration and adulterant detection each samples. similarly 30 minutes spend for each samples..

MAJOR FINDINGS:

Table 1: Frequency and Percentage wise Distribution of Demographic Variables among homemakers. (N=30)
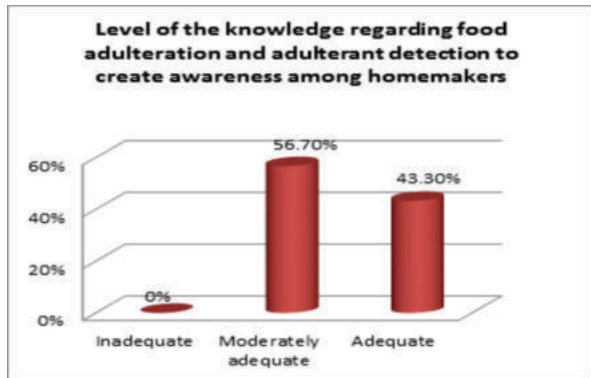
Table 1: Reveals that, Frequency and Percentage wise Distribution of Demographic Variables among homemakers. Out of the 30 homemakers who were interviewed, Majority of homemakers 14 (46.7%) of study population were in the age group between 36-45 years. Majority of the homemakers comes under female 28 (93.3%) in gender. Most of the homemakers 25 (83.3%) were belongs to Hindu religion. Most of the homemakers comes under married 28 (93.3%). Most of the homemakers were belongs to secondary school education 18 (60%) in education qualification. Most of the homemakers

come under house wife 21 (70%). Majority of the homemakers were monthly family income is 12 (40%) in above rupees 11000-15000. Most of the homemakers were belongs to nuclear family 21 (70%). Majority of homemakers were used corporation water 13 (43.3%) in sources of drinking water. Majority of the homemakers were belongs to rural area 17 (56.7%).

Table 2: Frequency and percentage wise distribution of level of the knowledge regarding food adulteration and adulterant detection to create awareness among homemakers
(N = 30)

LEVEL OF THE KNOWLEDGE	FREQUENCY (N)	PERCENTAGE (%)
Inadequate	0	0
Moderately adequate	17	56.7
Adequate	13	43.3

Table –2: Frequency and percentage wise distribution of level of the knowledge regarding food adulteration and adulterant detection to create awareness among homemakers. In homemakers, majority of them had moderately adequate level of knowledge 17 (56.7%), and others had adequate level of knowledge regarding food adulteration and adulterant detection to create awareness is 13 (43.3%).
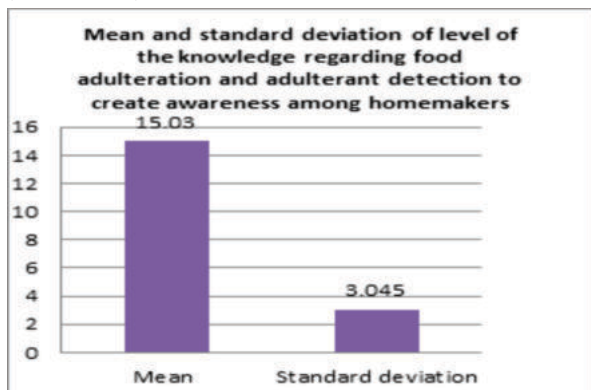

Fig: 11 Percentage wise distribution of level of the knowledge regarding food adulteration and adulterant detection to create awareness among homemakers

Table 3: Mean and standard deviation of level of the knowledge regarding food adulteration and adulterant detection to create awareness among homemakers
(N = 30)

LEVEL OF THE KNOWLEDGE	Mean	Standard deviation
	15.03	3.045

Table –3: Mean and standard deviation of level of the knowledge regarding food adulteration and adulterant detection to create awareness among homemakers is (15.03±3.045).

Fig: 12 Mean and standard deviation of level of the

knowledge regarding food adulteration and adulterant detection to create awareness among homemakers

Table 4: Association of the level of knowledge regarding food adulteration and adulterant detection to create awareness among homemakers with their selected demographic variables

(N=30)

The table 4 depicts that the demographic variables age in years, educational qualification, monthly family income, type of family , sources of drinking water and residential area had shown statistically significant association with level of knowledge regarding food adulteration and adulterant detection to create awareness among homemakers with chi-square value of $(x^2=18.3, d.f=3)$ $(x^2=13.7, d.f=2)$ $(x^2=30, d.f=3)$ $(x^2=16.8, d.f=1)$ $(x^2=19.1, d.f=2)$ and $(x^2=30.0, d.f=1)$ at **p<0.001 level.**

Religion and occupation had shown statistically significant association with level of knowledge regarding food adulteration and adulterant detection to create awareness among homemakers with chi-square value of $(^2=7.84, d.f=2)$ and $(^2=12.5, d.f=3)$ at **p<0.05 level.**

CONCLUSION:
Thus the study findings conclude that the knowledge regarding food adulteration and adulterant detection to create awareness among home makers out of 30 samples majority of them 17(56.6%) had moderately adequate level of knowledge and other 13 (43.3%) had adequate level of knowledge regarding food adulteration and adulterant detection among home makers.

RECOMMENDATION:
Based on the findings of the present study, the following recommendation have been made,
• The same study can be conducted in different settings
• The study can be replicated with larger samples for better generalization
• The study can be conducted by home makers

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